

# SHIFTING



# TIMES

Volume 30, Number 2

[www.lonestarcyclists.org](http://www.lonestarcyclists.org)

February 2009

The LSC Board is really excited about George and Susan taking the Road I course in preparation for becoming "Certified Cycling Instructors". We strongly feel that our club needs to be more involved in teaching not only our club, but the community around us about bicycle safety. We would like for more members to get involved in this course and eventually the 'Certified Cycling Instructor' course. See page 4 for further information.



**Paul Tate's New Year's Day Ride:** *from left to right;* Mary McLachlan, Ron DeRoxtra, George and Susan Handy, Jennie Tate, Nancy and Dan Ford, Lois and Dave Olmstead, Erin McClendon (in back), and Tim Williams. Paul is taking the picture (if you look really, really, really close...you can see his reflection is George's sunglasses...OK, maybe not). See page 5 for the full report!

*Lone Star Cyclists is an organization of cycling enthusiasts mainly from Arlington, Grand Prairie and other areas south of the Dallas-Fort Worth Metroplex, dedicated to the interests of recreational bicycling, bicycling safety and camaraderie. We like to ride our bikes, get home in one piece, and we seriously enjoy having fun. Lone Star Cyclists was established in 1973 as the Grand Prairie Bicycling Association. We organized the Tour d' Italia bicycle rally in 1985, and it is held annually on the third Saturday of June in Italy, Texas. Our annual membership dues are \$20 for individuals or families. Members receive the monthly newsletter, discounts at participating bicycle stores, have the opportunity to ride on regularly scheduled club rides, and participate in special club functions and events with some really great people year round. To join, simply complete and return the membership form on the back of the newsletter along with your dues.*

**Shifting Times**

P. O. Box 540696  
Grand Prairie, TX 75054-0696



Editor  
Distribution Manager

Kevin Jespersen  
Rhonda Warrens

Shifting Times is published monthly. Articles, photographs, and announcements are welcome and should be submitted to the Editor ten working days before the first of the month.

Submissions may be sent directly to the Editor by e-mail or to 912 Park Place Blvd, Midlothian, Texas 76065.

Original material from this newsletter may be reprinted provided that Lone Star Cyclists is credited.

Club members may advertise personal items (buy or sell) free of charge. Black and white commercial ads are subject to the following monthly charges:

- \$10.00 Business card size
- \$30.00 1/4 to 1/3 page
- \$50.00 1/2 page
- \$80.00 Full page
- \$25.00 Ads uploaded to our website

Commercial ads must be ready for import to Microsoft Publisher without reformat (i.e. jpg, tiff, gif, etc.).

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**Thanks from Brighter Tomorrows**

On December 9, Jana Barker, Executive Director at Brighter Tomorrows thanked LSC for "your recent gift of toiletries. Domestic and sexual assault survivors will directly benefit from your kindness" going on to say, "thanks to your support, we can give a family in crisis a piece of the holiday magic and share the true spirit of the Holiday Season! Thank you for caring!"



**February Birthdays**

- Kim Smith 3<sup>rd</sup>
- Mary McLachlan 4<sup>th</sup>
- Judy Pluto 4<sup>th</sup>
- Jim Warrens 8<sup>th</sup>
- Suzanne Elliott 8<sup>th</sup>
- Craig Roshaven 12<sup>th</sup>
- Connie Wilson 16<sup>th</sup>
- Ken Krause 21<sup>st</sup>
- Betty Branhagen 22<sup>nd</sup>
- Anne Thompson 27<sup>th</sup>



**Happy Birthday**

**Lone Star Cyclists are proud to be affiliated members of**



**YAHOO! GROUPS**

To learn more about our Lone Star Cyclists Yahoo! Group and how to join, simply go to <http://groups.yahoo.com/group/lonestarcyclists>.

Once you are set up as a member, you can use this service to chat, query, or notify the member cyclists on everything from what degreaser someone might recommend to directions to a club ride to any club or bicycling related topic such as looking for a cycling partner.

**New Members This Month!!!!**



**Let us all welcome our two newest members:**

Mark Robinson  
P.O. Box 528  
Maypearl 76064-0528  
817-929-7297  
TexasGrizzly@msn.com

**and**

Pat McGinnis  
2700 Riverlake Court  
Irving 75060  
972-672-1671  
[PMIRISH@hotmail.com](mailto:PMIRISH@hotmail.com)

As of January 25, 2009, we have 105 members!

**BROKEN SPOKES FOLKS**

Jim Warren's wife, Rhonda, had another surgery (3-1/2 hours) on January 3<sup>rd</sup> to re-anchor a large bone fragment that had come loose from the first surgery. She is at home, but pretty limited in what she can do since she broke her right arm and is right handed. The doctor says it will take 4 to 8 weeks to heal the bone, and then an unknown amount of time to get movement back. Let's wish her our best for a speedy recovery!



# LSC CLUB RIDES

Club rides are open to all cyclists. **Listed times are start times, not meet times.** Arrive early enough to be ready to ride at the times listed. Helmets are required. Minors must be accompanied by a parent or legal guardian. Please obey all traffic laws, have fun and be safe! If weather conditions are marginal, such as extreme heat, rain or cold (40F or below) call the ride leader for a status report.

Mark Lanier, Ride Coordinator: (817) 229-9619



**Tuesday Nights, 6:15 P.M.:** Join up with the group from Bikes Inc, 5739 SW Green Oaks Blvd. (next to Pancho's) Arlington, TX 76017. 15-25 miles. Call Bikes Inc. at 817-572-2453 for further details.

**Thursday Nights at 6:15 P.M.:** River Legacy Park, 703 NW Green Oaks Blvd, Arlington, TX 76006, at the parking lot on the east side of the restroom pavilion. Contact Mark Lanier (info above) for further details.

## FEBRUARY

**SATURDAY 9:00 AM START TIME PACE: Moderate**  
**"Tony's Ride from Connie's...I mean Connie's Ride from 7 Tony's"** Join Connie Wilson on an adventure from Tony's Pizza Pasta & Subs; 2229 W. Park Row Drive, Suite D in Pantego, TX (76013). The distance is 50+ miles with an optional shorter route with an easier pace.  
**Ride Leader: Connie Wilson (not Tony) (817) 657-4839**



**SATURDAY 9:00 AM START TIME PACE: Moderate**  
**"Join In the Bikes Inc. Monthly Ride"** Let's join in with Bikes Inc. in South Arlington for their monthly ride. There will be routes with distances of 100, 60 and 30 miles with the possibility of a beginner's short loop as well. Bikes Inc. South Arlington is located at 5739 SW Green Oaks Blvd, Arlington, TX 76017. (SE corner of I-20 and SW Green Oaks). We will meet in the parking lot in front of Bikes Inc. The routes go south of Arlington. For information, **contact Mark Lanier (817) 229-9619**  
**Note: this will become a monthly ride for LSC (dates and times may vary).**

**SATURDAY 9:00 AM START TIME PACE: Moderate**  
**"Birthday Breakfast Ride"**- Someone (maybe the ride leader?) had a significant birthday recently, so we're gonna ride on the Trinity Trail to the Old South Pancake House for breakfast. Meet in Fort Worth at Gateway Park. Take Beach Street north from I-30 to the park (on the right) and take the first right in the park to the lot at the end. This is the side of the park with the dog park, not the ball fields. Ride distance is mid-20 miles. If we ride we'll be at the Pancake House about 10:00 AM; if the weather is not suitable for riding, meet at the Pancake House (University just south of I-30, east side of street), at 9:30 AM. We can still eat! No gifts please! **Ride Leader-George Handy (817) 602-0285**

**SATURDAY 9:00 AM START TIME PACE: Moderate**  
**"End of February Ride"** Come close out February with Mark Lanier on a ride from North Arlington to Fort Worth. The ride leaves River Legacy Park in North Arlington at 9:00 AM. Moderate pace for 50+ miles with a coffee stop in Fort Worth and an 11-mile option in the park at the end of the ride. There is a shorter ride of approximately 35 miles for those who want to ride at a more conversational pace. Meet at the parking lot on the east side of the restroom pavilion in River Legacy Park. The entrance to the park is located at Margaret Drive and North Green Oaks in far North Arlington. **Ride Leader: Mark Lanier (817) 229-9619**

## MARCH

**SATURDAY 9:00 AM START TIME PACE: Moderate**  
**"Lancaster Outbound"** This is a reprise of a Dave Chamberlain route that goes from Lancaster to Ferris with a scenic cruise through Trumbull (bring your cameras) to Palmer. We'll go for 58 miles with an option for 30 miles. At press time, this route hasn't been checked out but any adjustments will fall within the general mileage parameters. Meet at the gazebo in Lancaster. Exit #470 Lancaster Road / 342 from I-20 East. Turn right heading south passing Cedar Valley Community College, crossing Pleasant Run Road and to the gazebo in the park on your left, one block north of the town square (about 4 miles from I-20). **RIDE LEADER: Mary McLachlan (972) 780-9090**

*Riders are asked to meet 30 minutes before listed start times.*

**Ride leaders are needed and being sought for dates in March, April, and beyond! If you will lead a Saturday ride contact Mark Lanier with the date so it can be secured on the calendar. Thanks.**

**Tuesday Night at 6:15 P.M.:** We join up and ride with the group at Bikes Inc. located at 5739 SW Green Oaks Blvd. (Next to Pancho's) Arlington, TX 76017 - 817-572-2453. This is usually a 15-25 mile ride. Call Bikes Inc. to find out more details.

**Thursday Night at 6:15 P.M.:** The Thursday Night Ride location is River Legacy Park. We will meet at the parking lot located on the east side of the restroom pavilion, with a departure time of 6:15 PM.

For additional information, particularly on the Thursday ride, please visit the Lone Star Website located at: <http://groups.yahoo.com/group/lonestarcyclists/> or contact Mark Lanier at (817) 229-9619 or at [dfwbiker2003@yahoo.com](mailto:dfwbiker2003@yahoo.com)

#### Certified Cycling Instruction

Over the weekend of Jan 31st and Feb 1st, George and Susan Handy are taking the 'Road I' course offered by the League of American Bicyclists (LAB). The course description reads, "Gives cyclists the confidence they need to ride safely and legally in traffic or on the trail". The course covers bicycle safety checks, fixing a flat, on-bike skills and crash avoidance techniques; and includes a student manual. "Recommended for adults and children above age fourteen, this fast-paced, nine-hour course prepares cyclists for a full understanding of vehicular cycling."

This course is a prerequisite for the LAB 'Certified Cycling Instructor' course. The Road I course is \$65 per person, and takes place in Richardson. This link will take you to the sign-up page if anyone is interested. [http://www.bikeleague.org/cogs/programs/education/course\\_detail/2008?](http://www.bikeleague.org/cogs/programs/education/course_detail/2008?)

**Eddie Notes:** For any club member that may be considering taking this course, the club would be willing to pay for half of the enrollment fee if you go into the course with the intention of sharing what they learn with the club.



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## Give your bicycle some love for Valentine's? Spring is around the corner!

Now is the perfect time of the year to bring your bicycle in to one of our technicians to get your bike ready for racing or the 2009 MS150.

**FEBRUARY SPECIAL:** Bring this advertisement in for \$10.00 OFF one Deluxe Tune-up.




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## Who Rode What, Where & When

### January 1st

We had 12 People come out and start off the New Year with a 32 mile bike ride. The ride went from South Arlington to Mansfield and back, with a surprise stop at the residence of club President Eddie and Marilyn Stinson's. The group included Paul & Jennie Tate; Dave & Lois Olmstead; George & Susan Handy; Dan & Nancy Ford; Mary McLachlan; Tim Williams; Ron DeRoxtra; and Erin McClendon .

### January 3<sup>rd</sup>

Mark Lanier's comments (addressed to Kim & Denise Smith):

Thanks for doing a great job on yesterdays ride. It was a challenging and excellent ride and wasn't too difficult until we got to mile 55, then it was ten miles of STRONG headwind and a few hills; it was good to see the Casa Rita at the finish! I'm sure the guy who was off the back for most all of the 2nd half of the ride must be feeling it today. I noticed a bit of sunburn on my arms this morning...

### January 10<sup>th</sup>

When the morning of January 10<sup>th</sup> came around, not only was it a cold 38 degrees, it was windy too. But I had told people that I would be there for the ride so I put on a few layers, loaded up my bike, and headed for Alvarado. I stopped on the way down to fill up the truck. As I stood there in the near freezing temperatures being slammed with the 25 mph wind, I made an astonishing decision. I decided that nobody was going to show up on a day like this and that I wasn't going to ride either. I drove on down to the ride start location, half frozen, just in case one person didn't walk outside before getting into their car to drive down; and thus had not yet realized they needed to make the same decision I had made. I was there for a few minutes feeling very confident in my decision. Then someone pulled in. I thought to myself "I can talk that person out of riding". Then almost immediately another person pulled in. I was still sure I could talk them into going home. But it didn't stop there. By the time the clock said we needed to get the bikes out, there were nine of us there and I had lost all hope of talking that many people out of riding. We ended up with eight riders after one, that shall remain nameless, decided that I had been right and announced that he was going back home. This nameless person did make his delivery of his famous "Erin's N R G" bars before making the wise decision to get out of the cold and wind.

The first mile of the route took us straight into the frigid North wind and I was more convinced than ever of the wisdom of my earlier decision. But then we turned and for the next 25 miles had mostly tailwinds as we rode toward Rio Vista. While we were actually having a good time, I knew in the back of my mind that the repayment for this tailwind was coming up. By the time we made our turn, the temperature had warmed up ten degrees or so and the strongest part of the cold front had passed. The route kept us zigzagging down tree lined roads that offered good protection from what remained of the cold front. So we continued to have a great time. I ended up being very glad that the group made the decision to ride. Those joining me on that day were Mark Robinson, Kim and Denise Smith, Donna Steinke, Paul Tate, Tim Williams and Connie Wilson. Thank you all for getting me on my bike that day

### January 17<sup>th</sup>

On Saturday morning, January 17th, Eddie Stinson, Donna Steinke and Erin McClendon were sitting in Eddie's truck discussing beauty tips -- e.g. remember to moisturize your hands in the winter time. It was well nigh past the official start time for the scheduled morning ride from the Long Branch Elementary School in Midlothian. And none of us wanted to step outside and enjoy the balmy 47° F weather with winds. However, our hearts instantly warmed up as we saw three more intrepid souls enter the parking lot to join our ride. It was none other than Nancy Ford and the Olmsteads - Dave and Lois. So, we decided to venture outside the truck cab and have our ride after all. Everyone busied themselves getting their front wheels on and tires aired up. Dave had just been bragging about how long his mirror on his touring bike had been in service (4 years). It was not 2 minutes later, when Dave slammed the tailgate from his truck closed onto said mirror. Thus began our "**ride of the cursed broken mirror.**"

Of course, our ride started off with strong headwinds. We reasoned that those would be strong tailwinds on the return leg of the trip -- unless the winds shifted (curse you Dan Ford and your science information). The ride was going rather smoothly with Lois complaining about the heat wave as the temperature soared to 50°F. Lois unzipped her outer jacket and started reverse *parasailing* to keep from embarrassing the rest of us with her extremely fast pedaling. - *continued on page 8...*

## *The President's Wheel*



Eddie Stinson

*We are off and running with the Tour d' Italia. We had the first official meeting in combination with our club meeting on the 19<sup>th</sup>. Ande Rushing is doing a great job of organizing this year's tour. And we had several people step up to volunteer for the different areas of leadership. Ande and I also met on Thursday the 22<sup>nd</sup> with the principal from Italy High school. We are working to get the school and the community more involved in the tour. That will open up doors that we could not open ourselves to make it an even better ride. The next TDI meeting will be in February, probably at Ande's house. There are still lots of opportunities to help out with this year's Tour d' Italia.*

*The weather didn't cooperate very much last month for our Saturday rides but we still got in some miles. The temperatures will come up giving us something to look forward to. This is a great time to get your bike ready for this year's riding. Check to see if your chain, chain rings, or cassette need to be changed. Make sure that your brake pads still have enough thickness left and haven't gotten too hard. Look the tires over for cuts and how much rubber is left. Check all the bolts to make sure everything is still tight. Fine tune the shifter and brake adjustments. Then give everything a good cleaning and lube. With a little maintenance you and your bike will both be happier in the long run.*

*As we move toward spring, Mark Lanier and the rest of the board continue to work on ways to reach out to new and returning riders. We will continue to offer shorter routes along with the longer ones. Plans are being worked on for other ride options that we can do as the number of riders we have on Saturdays increases. The club will need more of us to help out with the Saturday rides as time goes on so we can provide for a wider variety of riders. On the subject of rides, Mark is putting together a check list for ride leaders so it will be easier for people to put together a club ride. As the days get warmer we will be having some short training sessions on bicycle safety and group riding. Most likely these will take place before some of our rides. If you have other ideas please let one of the board members know.*

*Remember to mark your calendar for February 21<sup>st</sup> and our End of Winter Party. It will be at Spring Creek Bar-b-que on I-20 in Grand Prairie. Be sure to add up last year's mileage and make note if you set any personal bests for yourself last year. There will be great food, friends and door prizes. Party Girl Nancy Ford will be putting it on again. Make a note to yourself that we are having this party instead of the club meeting this month.*

*This year is starting out great. Come be a part of it!*

*See you on the road (rubber side down),*

*Eddie*

817-296-1509



**Ron DeRoxtra**

## *A Peep From The Veep*

I have a confession to make. I am not a cold weather rider. I discovered that this season sometime after November 17<sup>th</sup> when the temperature dipped below 40. Mind you I've never had a problem before, but this year it hit me like a crosswind on the flat.

Two years ago I broke my hip in three places and was out most of the summer. Don't let anyone tell you it was something to do with a ladder. I got hurt shielding a mother of two during a convenience store ATM machine heist. Would have gotten a medal, too, if the ambulance hadn't taken me to the hospital before I could give a statement. But I digress...

I've talked with Mark Mark about layering clothes; Ande lent me a hat for under my helmet. I even traded in my long john undies for leg warmers. It doesn't cut it. I get outside in the cold and my hip begins to ache and it becomes a challenge to pedal. I've tried to nip the pain in the bud, so to speak, taking Aleve, or similar product before riding. Sometimes that works and sometimes it doesn't. More often than not it doesn't.

And so, I am finding it easier as the winter presses on, to stay in bed on Saturday mornings, rationalizing that it's cold outside and my hip (would probably hurt). So I roll over under the warm covers while my biking brethren take to the road. A few hours later I am in my garage and my bike whispers to me from its rack, "Psst, remember me?" To be honest, I've done a couple of rides this off-season...Paul Tate's trip out of Stovall Park, one of Erin's rides. But more often than not it has been a season of inactivity for me. And I know that means I will have to work harder when the weather gets nicer to get my 'base miles' in. I can't wait for the weather to get better so I can get out and ride relatively pain free.

Which leads me to you, dear reader. Why haven't you been in the saddle? Truly the weather this year hasn't been that bad, but some of you we haven't seen since they started putting up Christmas decorations (around here that's like, Labor Day). You might argue that I am using my hip to be lazy...and I probably am to some degree...but there is a genuine hurt that is pretty gnarly and I'm nearly as old as Dave Olmstead was a few years ago and he used aches and pains as an excuse once. But seriously, if you are healthy and otherwise okay, what's keeping you from riding with your club? Mark Lanier has been putting together some nifty night rides and except for a few nights in late December, they've been getting out on a pretty consistent basis. As for Saturdays, there have been some dandy routes and good ride leaders at the head of the peloton over the last few weeks. And Mark Mark is always looking for ride leaders to lead future rides.

Bottom line: You have been missed and we look forward to seeing you soon

On yer left,

*Ron*

### End Of Winter Party

Be sure to mark you calendars for Saturday, February 21st for the annual LSC End of Winter Party to be held at Spring Creek BBQ at 4108 South Carrier Parkway (at I-20) in Grand Prairie. A good time is sure to be had by all with great food, great friends, and door prizes! Be sure to bring your 2008 total mileage and also note any personal best for the year. See you there!

January 17th, continued from page 5

After our traditional rest stop at the shell station in Waxahachie, we ventured on and didn't make a stop until we got onto FM879 and almost into Boyce. That's when we discovered that Nancy's cassette rings had come undone. Fortunately, Eddie had "wicked-mad" mechanical skills and Dave had a tool kit. Between the two of them, the cassette was put together again and we were on our way. Three miles past Boyce, after we turned onto the FM1722 for the last 6 miles into Ennis, Nancy was again having the same problem with her cassette. Eddie and Dave came to the rescue for the second time and really fixed the cassette this time. There were no further mishaps as we cruised into Ennis and the Brown Street Cafe (which was bought by the Kolache Station). All of us enjoyed a good lunch and departed the cafe about 45 minutes later. All was well until we reached the turn onto FM879 from FM1722. We experienced very strong headwinds. Headwinds so strong that it actually blew two of us off the road. Yes, dear reader, I was blown off the road and into the ditch. I had a dirt sandwich. I wasn't sure how many seconds had elapsed before someone from the group asked me if I was alright (it seemed like an eternity). I spit out the grass and cleared more grass from my brake levers -- the bike was ok. The visor on my helmet broke, but no cracks in the helmet. Oh yeah, the other person blown down was none other than the Tess Trueheart of LSC, Donna Steinke. Donna fell onto the pavement, but, miraculously, was not hurt and neither was her bicycle. After struggling through so many misfortunes, which we collectively attributed to Dave breaking the mirror on his bike, we decided to console ourselves with ice cream at the Braums in Waxahachie. We didn't get very much tailwind benefit on our last leg of the trip. Those strong headwinds from the morning had completely died down so we did not get the beneficial tailwind boost at the end of the ride we were looking forward to at the beginning of the ride. However, we all enjoyed ourselves despite our many trials and tribulations that day (ice cream can do that). See you on the next adventure known as an LSC club ride.

Last month, I stuck in this little teaser (from Mary) and promised I'd tell you what it was. Here you go:

Mary says, "I've been scanning family stuff to CD and ran across the 1958 Magazine of Ardrossan Academy. Sandy grew up in Saltcoats, Scotland and went to school in neighboring Ardrossan at Ardrossan Academy. 1958 was his last year there before going to university. I was thumbing through it and one student by the name of Doreen Pae (they don't have grades but **forms** & she was in Form III; in '58 Sandy was in Form VI & 18; I haven't a clue as to how old that would make her; maybe 14 or 15) had written "Address To A Bicycle" (it's a spoof or play on Robert Burns' Address To A Haggis; the Scots are always toasting and addressing things)! So kids wax poetic about their bikes no matter where they grow up." **Note from the editor:** *There was no room in this edition to post the corresponding stanzas of "Address To A Haggis" so I'll gladly email it to you if you're interested (jesper\_k@swbell.net) or I'll post it next month.*

### ADDRESS TO A BICYCLE

Fair fa' your honest rusty frame,  
O leader for the travelling fame.  
Aboon them a' is your great name,  
car, bus or trike.  
Yet are ye worthy of no blame,  
My trusty bike.

Your pedals creaking on the hill,  
Your brakes that squeak when you stand still,  
The holes with oil you soft do fill,  
To stop some noise.  
While nothing that I do can kill  
Your raucous noise.

Doreen Pae, Form III.

*Eighteen*

**GREAT RIDES AND RALLIES**

Sunday, February 1st is the Superbowl Ride to downtown Dallas. Check your local bike shop for details.

Saturday, March 21st: **Beauty and The Beast** appears to back again this year. Tyler, TX Distances of 12, 22, 33, 41, 51, and 64 up the BEAST! <http://www.tylerbicycleclub.com/EventBeautyBeast.html>

Saturday, March 29th: **Ride for Heroes** Aledo, TX Route distances of 8, 20, 40, 62, 75, and 100 miles <http://www.rideforheroes.org>

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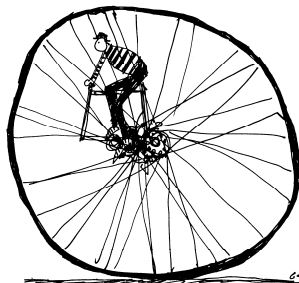
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-ADVENTURE CYCLING

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Fort Worth 76104  
(817) 348-0660  
[www.panthercitybicycles.com](http://www.panthercitybicycles.com)



**RICHARDSON BIKE MART**

1451 W. Campbell Rd.  
at Coit  
Richardson 75080  
(972) 231-3993  
[www.bikemart.com](http://www.bikemart.com)



9040 Garland Rd. at Oldgate  
Dallas 75218  
(214) 321-0705

**PEARL iZUMi Fort Worth Factory Store**

3000 South Hulen St.  
Ste. 156  
Fort Worth 76109  
(817) 377-8200



**BikeDFW**

Cycling Advocacy Group  
[WWW.BIKEDFW.ORG](http://WWW.BIKEDFW.ORG)

Be A Part Of Making It Happen

## LONE STAR CYCLISTS MEMBERSHIP APPLICATION

Individual or Family Memberships are \$20/yr. 1st year dues are pro-rated for renewal September 1st. See below.

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
(Please print)

City: \_\_\_\_\_ State: \_\_\_\_\_ 9-digit Zip: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E-Mail: \_\_\_\_\_

New member  Referred by: \_\_\_\_\_ Renewal

Birthday (month & day only): \_\_\_\_\_ Newsletter (check one): E-Mail  Paper

In submitting this application to be a member of the Lone Star Cyclists Club, I undertake to ride safely at all times. I understand that a bicycle is a vehicle and subject to the State of Texas laws as stated in the Texas Drivers Handbook. I also understand that Lone Star Cyclists encourages each member to wear an ANSI or Snell approved bicycle helmet as it greatly reduces the risk of serious, permanent injury. Finally, I understand that I participate at my own risk and hereby release Lone Star Cyclists, its officers, and other members from any and all claims, demand rights or clauses, present or future, whether known, anticipated, or unanticipated, resulting from or arising out of, or incident to, whole or part, my participation in the bicycle rides and related club activities, whether or not caused by negligence of the parties released hereby.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Please circle the activities for which you will volunteer your help and services: Officer - Ride Leader - Special Events - Membership - Website - Newsletter - Tour d' Italia - Other: \_\_\_\_\_

My riding pace average is (circle one): Easy (11.9 mph or less) Moderate (12 - 14.9 mph) Fast (15+ mph)

Mail application and make check payable to: Lone Star Cyclists, 4327 Hazy Meadow Lane, Grapevine, TX 76051-5718  
**NEW MEMBER PRO-RATED DUES Sept/Oct—\$20, Nov/Dec—\$17, Jan/Feb—\$14, Mar/Apr—\$11, May/June—\$8, and Jul/Aug—\$25 (also pays for the following year.)**



P.O. BOX 540696  
GRAND PRAIRIE, TX  
75054-0696

### End of Winter Party!!!

Mark your calendar for the LSC annual **End Of Winter Party** to be held on February 21st at Spring Creek BBQ on 4108 South Carrier Parkway (at I-20) in Grand Prairie. Be sure to bring your total mileage for 2008 and note your personal bests! There will be great food, fun, and door prizes! See page 8.

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\* Be sure to check out Erin's Ad \*

