

# SHIFTING



# TIMES

Volume 28, Number 7

www.lonestarcyclists.org

## ANOTHER WET



## LIGHTNING STRIKES TWICE . . .

Photos by George Fleischmann

Lone Star Cyclists took another hit from Mother Nature for only the second time in 22 years. Who would have thought that after such a long run of hot, dry Saturdays that we would suffer two years in a row of wet ones for the annual Tour d' Italia?

From around 4:30 a.m. early on Saturday morning of June 16th, Italy was beset with thunderstorms and rain through sunrise at 6:20 a.m. By



the open start times of 8 - 9:00 a.m., it was mostly cloudy with a light rain, temps of between 70F and 72F, visibility of ten miles and light to calm winds. Light rain and showers continued intermittently all day.

Preregistrations were up this year over last year with 519 versus 493. In 2005 there were 410 preregistered riders. The morning of the TDI, an additional 301 registered to ride giving 2007's TDI 820 registered riders



with 50 to 55 no-shows.

These figures seem to indicate that the TDI is as popular as ever. If Mother Nature ever sees fit to shine on Italy, Texas again, the ride could well see 1,500-plus riders, which it was on track to reach after having about 1,400 in 2005.

Many thanks once again to our steadfast and loyal volunteers and sponsors who support us every year - rain or shine!

This year's sponsors were the city of Italy for the police escort, and Chamber of Commerce President Susan Delaphimne, Italy High School, American Specialty Printing, B & B Bicycles, B & B Fun Party Rentals, Bicycles Inc., Burlington Northern Santa Fe Railway, Clif Bar, Coca Cola/PowerAde, David's Supermarket in Italy, Debo's Cycle Sports, the Ellis County Amateur Radio Club, Flowers Discount Bakery Company of Denton, Green's Produce of Arlington, Jay Bond and the M.A.D.D. crew, Kold Ice Company of Ennis, Mad Duck Sports, Mountain Sports, Pearl Izumi of Fort Worth, Panther City Bicycles, Performance Bicycle, Pickle Juice Sport, Richardson Bike Mart, Signs Now of Arlington, South Arlington Church of Christ, and the various law enforcement agencies in Ellis



(Continued on page 4)

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

Mary McLachlan  
Chris Fleischmann

Shifting Times is published monthly. Articles, photographs, and announcements are welcome and should be submitted to the Editor by the second Thursday of the month.

Submissions may be sent directly to the Editor by e-mail or to 310 S. Alexander Avenue, Duncanville, Texas 75116-4902.

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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Oct 2006 - Sept 2007

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**What? EIGHT New Members!!!**

Joining the LSC in June were Dave Ashworth & Janet Moll (janetamoll@hotmail.com), Shane Cavitt (shane@skcavitt.com), Nick Hosn (nhosn@sbcglobal.net), Lynne Joplin (lynne.joplin@bnsf.com), Kenneth Krause (kkrause@sbcglobal.net), Ross Love (pistolinsuru@aol.com), and Gary Mickel (americanflyer@tx.rr.com). *Welcome!*

**NOTE THE ADDRESSES & PHONES**

David Ashworth/Janet Moll, 5315 Merrimac Ave., Dallas, (214) 823-3310  
Shane Cavitt, 1301 E. Debbie Ln. 102 #33, Mansfield, (817) 726-0218  
Nick Hosn, 2659 Garden Ridge Ln., Arlington, (817) 860-3358  
Lynne Joplin, 2520 Radcliffe Dr., Arlington, (817) 352-7990  
Kenneth Krause, 2014 Broadleaf Dr., Arlington, (817) 468-7830  
Ross Love, 5611 Stanford Ave., Dallas, (214) 663-1223  
Gary Mickel, 6408 Springfield Dr., Arlington, (817) 483-2343  
Ande Rushing, 1500 Paisley Dr., Arlington

**NOTE THE NEW E-MAIL ADDRESS**

Don Carroll (dcarroll003@tx.rr.com)  
Ski Lieske (skilieske@yahoo.com)  
Ann Mayo (annbmayo@hotmail.com)

LSC MEMBERSHIP ON 6/22/07 . . . 164

**July Birthdays**

4 - Ken Muehl  
8 - Bobbie Carroll  
10 - John Heinfeld  
18 - Chris Fleischmann  
26 - Sherry Carter

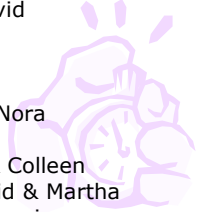
**YAHOO! GROUPS**

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.

**DUES DUE****July memberships due:**

Cantu, Ramon & Suzanne  
Chamberlain, David  
De Roxtra, Ron  
Gray-Lion, Julia  
Johnson, Sinsey  
Nevers, David & Nora  
Penny, Dyan  
Rebant, Robert & Colleen  
Wasserman, David & Martha  
Wilson, Mike & Connie

**Previously due:**

**Badlato, Peggy & Bales, Steve**  
**Blakely, Doris**  
**Byrd, Chuck**  
**Clark, Tom**  
**Gensler, Kurt**  
**Harrison, Floyd**  
**Herdman, Charley**  
**Hutson, Tom & Ramey**  
**Jespersen, Kevin**  
**Lieske, D. 'Ski'**  
**Luong, Julie Quynh**  
**McGough, Chris & Clair**  
**Miller, Mike & Cornelia**  
**Pflueger, Al & Lori**  
**Roshaven, Craig**  
**Rubin, Sherwin**  
**Ruesing, Bev**  
**Scalzo, Bill & Denise**  
**Sheldon, Silk**  
**Stinson, Eddie & Marilyn**  
**Sutton, Scott & Nancy**  
**Tate, Paul & Jennie**  
**Taylor, Ross & Beverly**  
**Thompson, Bill**  
**Wickham, Dari**



It is both necessary and important that all members, new and renewing, have fully completed and signed the current membership form on the back of the newsletter and returned it for the club to have on file. One form for each member.

**Please remember to notify me of any change in your address, phone numbers, emergency phone numbers, or email addresses.**

Thanks. **Chris Fleischmann, Membership**

**BROKEN SPOKES FOLKS**

**Kipper Rushing** - June ??; broke wrist scaling a 6 foot fence; was in a cast at the Tour d' Italia

**Alice Carter** - June 3rd; broke her collarbone crossing some railroad tracks; off the bike 6 - 8 weeks.

**Ron DeRoxtra** - May 2nd; suffered 3 moderate displacements of the pelvis and one in the acetabulum area (where the head of the femur meets the pelvis forming the hip joint); recovering at home with the aid of a walker; off the bike 6 - 8 weeks

**Bobbie Carroll** - April 23rd; left knee replacement surgery; chucked the cane, rehabbing and doing well



# 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.

**Paul Tate, Ride Coordinator: (817) 988-1635**



**Not-So-Fine Print:** Ride leaders will not be responsible for cyclists who ride out of sight ahead of the leader! With or without a map, you will be on your own.

**TUES/THURS EVENING TRAINING RIDES** Meet at Joe Pool Lake Overlook off of FM 1382 south of I-20. Start time is 6:00 p.m. and rides last 2 - 2-1/2 hours. Groups form according to pace desired and route determined by those present. A low-traffic, slower-paced, 14 - 24 mile ride on Tuesday evenings will be led by Nancy Ford.

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

## JULY

**SATURDAY 8:30 AM START TIME PACE: Moderate**

**7**

**"John's Birthday Ride"** Meet at the Heinfeld's Glen Rose home for rides through Somervell County (lots of hills and few cars) in celebration of John's birthday with routes of 30 and 45 miles. Cookout afterwards with the birthday boy and Maria furnishing the dogs and burgers. Riders should bring their own drinks and snacks and a side dish or dessert (and don't forget your lawn chairs!). Directions from Hwy. 67 in Glen Rose: Take Hwy. 144 (Barnard St. in town) south for about 5 miles; left on FM 202 for a mile, and right on Green Meadow Dr. Turn right on Shady Oaks Circle continuing up and around to 2027 Shady Oaks Circle, Glen Rose 76043; allow 1-1/2 hrs drive time

**Leaders: John Heinfeld (254) 897-3295, (817) 776-0425 (cell), Maria Heinfeld (817) 776-0426 (cell)**

**SATURDAY 7:30 AM START TIMES PACE: Moderate**

**14**

**"Mark Mark's Barking Dog Ride"** Riding north out of River Legacy Park, Mark's heading to Grapevine (and where the stops will be nobody knows but Mark Mark) and onward to the southern edge of Lake Grapevine before turning southward and back to North Arlington. The pace will be kept conversational. Ride distance will be 40 to 45 miles. Optional lunch afterwards at Al's Hamburgers. Directions: Go to the main park located at Margaret Dr. and Green Oaks Blvd. and follow the main road north until you get to the parking lot located on the immediate east side of the restroom pavilion.

**Leader: Mark Lanier (817) 966-9804 (cell)**

**SATURDAY 8:30 AM START TIMES PACE: Moderate**

**21**

**"Tour of the Tuscan Hills - Chapter 2"** Kim and Denise will complete the ride cut short by rain last summer. We will do 40 to 45 miles, checking out the Ballpark at Arlington, see how construction is coming on the new Cowboy's Stadium, then swing north up through the airport and its new observation park. Those that want to complete the Italian experience can join us for lunch at Rocco's Pasta in Lincoln Square. It pains your ride leader to have a post ride lunch at a place that serves no beer or wine; however, you may bring you own Italian beer or wine if you are so inclined. Meet at Rocco's Pasta (780 Road To

Six Flags St. E, Arlington 76012; east of Collins; exit Collins south off I-30) and park as close to the street as possible.  
**Leader: Kim Smith (817) 633-4431, (817) 368-9399 (cell)**

**SATURDAY 8:00 AM START TIME PACE: Easy**

**28**

**"Come Ride With Me"** Show and go for an easy-paced follow-me ride of 40/45 miles with Richard out of Waxahachie. Meet in the Waxahachie High School parking lot next door to the H.E.B. off Hwy. 77. Directions: I-35E to East Hwy. 287 toward Ennis (or Hwy. 287 east from Midlothian & cross under I-35E); exit Hwy. 77 (Dallas Hwy.) and turn right at stop light. High school is about half a mile down on your left. Optional lunch after the ride.

**Leader: Richard Sheaner (972) 975-4030**

## AUGUST

**SATURDAY 8:00 AM START TIME PACE: Urban**

**4**

**"Ande's August Bikeatswimarama"** First-time ride leader Ande Rushing's inviting everyone to come ride from his home (1500 Paisley Dr. & Fielder, Arlington, 76015) for an approx. 45-mile urban ride that will include some of the Trinity Trails with a shorter ride of approx. 25 miles as an option. He's also planning to grill burgers and chicken after the ride providing iced tea and water to drink. Do feel free to bring soft drinks, chips, and desserts to share. Cooling off in his swimming pool is also an option, so bring your swimsuit, towels & a change of clothes. Note: if parking gets crowded around Ande's house, overflow parking is just across Fielder at Gunn Junior High School.

**Leader: Ande Rushing (214) 232-6260**

**Ride leaders are needed and being sought for September 22nd and October 13th. All dates in November and December are currently open. If you will lead a Saturday ride contact me, Paul Tate, with the date so it can be secured on the calendar. Thanks**



George Handy  
Tour d' Italia Director

**The President's Wheel**

Oh No, Not Again!!

In a repeat of 2006, strong thunderstorms raked across North Texas early in the morning of the Lone Star Cyclist's Tour d' Italia.

After a low turnout last year, hopes were once again high for a sunny successful rally. The weather Friday afternoon and evening was clear and warm, but the forecast for Saturday morning was not looking

so good.

TDI workers at Italy High School woke early Saturday to rain, lightning, and thunder. The storms intensified as the sun started to come up. Still, volunteers reported to their posts, and incoming cars started to fill the parking lots. As the ride start drew closer, the weather started to clear up. At 8 AM, it had stopped raining and the riders were led out buy the Italy Police Department.

Shortly after the ride started, another band of rain came though, fortunately without any lightning. The Amateur Radio operators were reporting water flowing over the roads near Frost and on the 12-mile route. There were also reports of vehicles stuck in the mud at the Frost rest stop.

Despite all this, all the riders that braved the weather and made the trek to Italy appeared to have had a fine time on the ride. Not a word of complaint was heard, and the riders kept commenting on the great course, and the cheerful workers at the rest stops. Only one (a miracle considering the wet roads) report of an injured cyclist who suffered minor road rash and a jammed thumb.

By noon the weather had mostly cleared up, and the refreshments were set up at the school. Returning riders were wet but smiling, and many commiserated with us on the inclement weather two years in a row. Just about everyone said that they would be back next year.

**Lone Star Cyclists Come Through Again**

I'll admit it — in January, I was starting to get a little worried about the future of the Tour d' Italia. My requests for volunteers for the 2007 ride were going unanswered. Well, I thought, we'll have a meeting in January and see what happens. If people are burned out on the Tour, well, we've had a better run than most rides in the area.

And what happened at the first meeting? You, the members of the Lone Star Cyclists came through again. So many of you offered their help and once again the Tour d' Italia, in spite of the weather, came together and went off without a hitch.

So many people to thank, but two in particular are deserving of special thanks. First is Rest Stop Coordinator Marcelo Esparza, who made many trips to Italy with me (and on his own) in the months and weeks prior to the ride to scout rest stop locations, work with the TX-DOT to get FM 55 in Blooming Grove repaired, and everything else he did on his own time to help make this ride a success.

Second is David Nevers, who took pity on me and answered my plea for help, and tackled the job of driving the TDI equipment truck. My most sincere thanks to both of you.

*(Continued on page 8)*

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*(Continued from page 1) Lightning Strikes Twice*



and Navarro Counties.

As usual, special thanks to Carl "Elvis" Cassidy, a sure crowd pleaser every year.

And a 'well done' to club member Ken Loose on this year's really sharp t-shirt design.



## Donna's 2007 Memorial Day Weekend Self-Contained Tour With Options

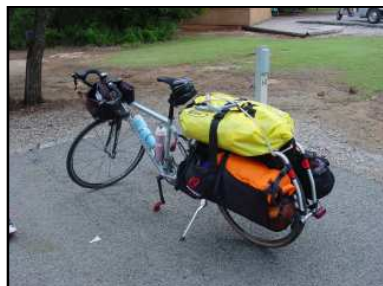
May 26-28, 2007

By Ann Mayo; Photos by Ande Rushing

This whole ride was about options, starting with the ride itself: six of us opted to do it, despite weather predictions and other concerns. We were Donna Steinke, Ande Rushing, Bev Ruesing, Eddie and Marilyn Stinson, and myself, Ann Mayo. I must say that all those who didn't do this tour really missed out, but that, of course, was also an option.

This tour was my first self-contained tour and the first time I rode some real mileage several days in a row. I had various concerns about my ability to do the ride and keep up, etc., but without much challenge from me, Donna waved all aside and I found myself in Donna's truck headed for Mineral Wells State Park in a torrential downpour early Saturday morning. Fortunately, I was more concerned about lightning than rain, having done rain camping, backpacking, and mountain biking . . . and we didn't get the lightning.

One of my concerns had been packing. Not just what to bring, but how to get it all on my bike! I have a Trek Pilot (WSD) 5000, which while a decent road bike is not really meant for self-contained touring rides.



I was able to fit it with a trunk bag with hang-down panniers of sorts and I got a Camelback that was a mini-backpack, too so that I could put some stuff in there as well as carry water. I already had a handle bar bag (my David Chamberlain look – hats off to David: he's trained me pretty well for road biking). Thus, I opted to make the bike work, at least for a

short tour. I figured I'd try it out and go from there. But I was still worried.

The tour was three days of about 50 miles a day. We went from Mineral Wells to Fort Richardson to Graham and back to Mineral Wells, with the possibility of some additional miles. My computer tells me that I covered a total of 162 miles (Of course, my computer lies to me – I couldn't possibly have ridden that far – the others will have to collaborate the distance.). About ten miles of that total was an option. Since I am limited in space, I'll hit what were my highlights and the others can fill in theirs. The highlights of the tour were the options. Donna Steinke planned a nice range of options.

First of all, there was the weather. It was totally optional. You name it and we either had it or nearly had it. There was mist, there was rain, there was cloudy and sunny, and real rain, and real hard rain . . . there were even almost-dry tents, wet tents, and tents in lakes. We opted not to have hail, lightening, or horrible gusty winds, or even tornadoes. So constantly we had weather options.

But the first ride option was on leaving Mineral Wells to, at all costs, miss the Wal-Mart due to concerns about busy traffic...however, despite our brave efforts and excellent navigation especially by Ande, we rode right by the Wal-Mart – that option turned out OK. We were off on a decent day and some nice rolling hills. The wildflowers were beautiful. You see, we opted for absolutely, not to be missed, only this May, beautiful scenery.

We had a nice option of a first stop at a simple quick store, even got a group picture taken and talked to some folks who use to ride . . . took the option of talking with local folks . . . good choice. But the first real highlight of the first day was that some of us wanted to do some extra miles, though I admit I was doubtful if I could. When we stopped on the way to discuss, it started to rain, and then it really rained, so we decided

there were other options, which we took. We opted to get to the campsite make camp and then ride.

The final highlight was the optional ride Donna, Eddie, Ande, and I took. We started with a 16-mile loop but had a few bike problems and some really real pounding rain and came back to the campsite more soaking wet, if that were possible (having escaped the worst under the overhang of a closed concession stand), and only 10 extra miles (Did I mention that to get to the camp site we had to ride through a fair amount of water running over a dam?...not to mention the flooding conditions on this sandy path we did the extra miles on...a special highlight for me (which Ande will corroborate) was that I found harvester ants at Fort Richardson (these are what I am studying now).

The second day was even better as the weather cleared and we had the cooler, cloudy weather and some sunny weather and opted again for excellent company and beautiful scenery. It was absolutely great.



We also opted for the first turn onto the road leading to our campground which took us



through some beautiful country side, onto dirt, gravelly roads, some also over-run with water, and by country, want-to-run-with-you dogs, who kept up for a long distance. The dogs were a bit too friendly but we opted not to have a more literal run-in with them.

We had a challenging downhill into the campground and Eddie and Marilyn opted to blow out a tire at this point. Still we got to the camp site, set up tents, thought through the options since now we had one bike totally out of commission, and began to cook dinner.

Finally, we took the option for Ande and Eddie to ride back to Mineral Wells, get a vehicle and come back. That's a lot of cycling. After they left, we women got organized to cook. It started to rain big drops, then it started to rain harder. Donna and Bev took the option to stay out a bit but finally, we all opted to sit out or sleep out the rain. Three hours later, Donna



and I opted to awake in a lake. Then all of us opted to move camp to higher ground which was hard to find, but find it we did. Luckily, there was a restaurant at this campground

(Continued on page 7)



Dan Ford

### A Peep From The Veep

On Saturday, June 16th, our club's annual Tour d' Italia bike rally was once again threatened by rain in a prelude to the downpours and flooding that would soon put North Texas on national TV.

In spite of the rain, nearly 1,000 cyclists pedaled the puddles before the Tour d' Italia bike ride morphed into the "Tour de Gainesville" rowboat rescue.

Meanwhile, a thousand miles to the northwest, at my western Colorado vacation home, MY ride was being threatened by the burning sun and a dry heat that would eventually send my minivan thermometer soaring to 108 degrees.

MY ride was hoping to attract only 3 riders, not 1,500 - the 3 riders being myself, wife Nancy, and my daughter's friend Danielle, who was eager to sample long distance bicycling as a part of her recently adopted fitness lifestyle. (Unlike so many of our nation's youth, Danielle has not resigned herself to being a couch potato, but has admirably taken personal responsibility for her physical fitness.)

So, Nancy and I were glad to be of help in intro-

ducing her to her first real bike ride as a young adult. But the heat worried me. I was concerned about possible heat exhaustion and also that Danielle would not enjoy the ride but instead be turned off to cycling altogether.

But if I cancelled the ride, Danielle would miss the opportunity to ride in an area that Bicycle Magazine once listed as a top ten bicycling destination. What to do? What to do? ...

Then I had an epiphany! I myself would not ride but instead I would be the sag wagon! I would carry icy drinks, scout ahead for shaded rest stops, and provide an air conditioned refuge or rescue from the heat if needed. I would make sure that my 2 "tour riders" were happy and safe, and Nancy would provide conversation and camaraderie.

I don't know where my epiphany came from, but I like to think that the same Lone Star Cyclists spirit that prompted so many of you to volunteer as helpers for the Tour d' Italia also inspired me.

And so, at the very same time that LSC volunteers were helping riders deal with the cool rain, Nancy and I were helping a new rider deal with the dry heat.

I am happy to report that Danielle enjoyed the ride immensely and after a brief celebration at the local snow cone stand, she even did a few

extra laps in our driveway to boost her ride distance to a very respectable 31 miles (50K!). And because of our efforts and willingness to adapt to the weather, in Texas or in Colorado, many people were given a gift, a blessing if you will, of celebrating life, rain or shine!

President George Handy's preliminary report on the tour estimated that due to the rain only 850 riders showed up. Make that 852, George, and job well done!

And if only one person was "turned on" to the joy of cycling with good friends (GOOD friends, not "fair-weather" friends) then it was all worth it!

Rain or Shine,  
We all did Fine!

*Take it easy ... don't let the sound of your own wheels make you crazy !*

**VEEP! VEEP!**



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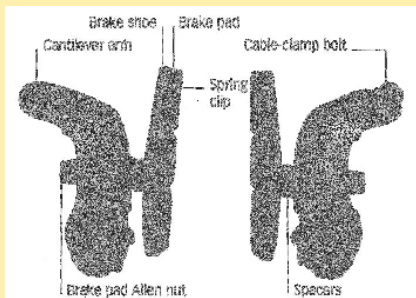
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**BIKE TIP**



Keep cantilever brakes running smoothly by regularly checking the pads for wear and adjusting the pad alignment and brake travel.

Check the pads for wear and replace as necessary. Pull the brake lever to see if both brake arms contact the rim simultaneously and that the pads are angled so that the front of each pad hits the rim before the rear when the brakes are applied - this is called "toe in."



**CLUB OFFICER ELECTIONS NOTICE**



Come September, Lone Star Cyclists will elect new officers for 2007-08. A nominating committee has been formed that will be responsible for bringing to the elections on September 20th, a full slate of nominees. All club members in good standing are welcome to run for any club office whether selected in advance by the nominating committee or the night of the elections by nomination from the floor.

The club offices are: President, Vice-President, Secretary/Treasurer, Ride Coordinator, Special Events, Membership, and Newsletter Editor. Contact the nominating committee for information regarding offices and duties or to be considered for any office nomination.

The 2007 Nominating Committee:

- Ron De Roxtra, chairman [817-472-6639; deroxtra@sbcglobal.net]
- Peter Baron [817-801-4404; ptbaron@tx.rr.com]
- Bobbie Carroll [972-264-1027; bobbiedavidc@sbcglobal.net]
- Clair McGough [817-652-0170; magoorx@tx.rr.com]

Lone Star Cyclists are proud to be affiliated members of



**BURLEY TANDEM**



- Nearly 9-year old blue Rumba Burley tandem ridden two years, in good shape
- No pedals but Includes saddles and luggage rack
- Two owners (Ande Rushing & John Baima both LSC club members)
- \$400 Firm

Contact John Baima at (214) 632-6379 or via email to john@baima.org

*(Continued from page 5)* **2007 North Texas MS150**

and we now opted for that rather than what was left of our fixings. We had a nice dinner and closed down the place opting for some nice conversation with the owner, our waitress, and a manager. Then we opted to have the prepared special desert of those who did the buying for our camp dinner. It was very special. You definitely want Bev and Marilyn on a ride.



I heard the guys come in but left others to deal with whatever, so I took

the more sleep option. We got up and opted to ride back to Graham for breakfast which we ate at Sonic – a new experience for me. We filled our bottles and rode. But again after we had opted for the rain, we now opted for some sunshine, the excellent company, and beautiful scenery. We also opted for several long, steep, more challenging hills and more distance on this day. And finally we opted to eat at the same nice hamburger joint we had the first day.

Ande graciously opted to drive the vehicle and took pictures and also opted to encourage us coming up the steeper, long hills. I don't know how we got back so quickly and it seemed strange when we got to the park. But we opted to congratulate each other, reload the vehicles, and make our way back.

Other options taken were to ride or not to ride on the last day, to only carry one's own tools, to attempt carrying the full load of gear, to put on a rain coat or not.

I liked Donna's option of singing up some of the harder hills: I finally joined her with the "heigh-ho, heigh-ho, it's up the hill we go..." and "I like hills..." But most of all, we all opted to go on a big adventure in good humor and excellent company. I hope my fellow travelers know how special and wonderful they are. It was more than a good time; it was more than a ride: it was Donna's 2007 Memorial Day Self-Contained Tour with Options. And if you weren't there, well, you missed it!

Thanks to so many of the LSC members for helping me prepare and go. Special thanks, also, to the others on the tour for their help and encouragement and for just being who they are.

## Who Rode What, Where & When

### May 26th - 28th

**Memorial Day Weekend Self-Contained tourers:** Ann Mayo, Bev Ruesing, Ande Rushing, Donna Steinke, and Marilyn and Eddie Stinson

### June 2nd

**Club Ride** Hills, hills and more hills. Peter's GPS showed 3,252 feet of accumulative climbing for the 60-mile route. A little rain at the start did not dampen the enthusiasm of this hardy bunch of riders. We stopped at the exotic animal preserve to check out the 'zonkeys', beefalos and gazelles. The wildflowers were perfect and the routes were surrounded by flowering yuccas. After the ride, all went to the Jubilee Trailhouse, which is now Los Vageros Mexican restaurant. The riders were: 60-mile riders: Peter Baron, John Baima, Alice and Mark Carter, Donna Steinke, Eddie Stinson, Ande Rushing, and Kim Smith 50-mile riders: Bev Ruesing, Denise Smith, and Connie Wilson 35-mile riders: Lois and Dave Olmstead, and Marilyn Stinson

**Mesquite Rodeo riders:** Betty & Darrel Branhagen, George Fleischmann, Ann Mayo, Erin McClendon, and Denise & Kim Smith

### June 9th

**Club Ride (TDI Pre-ride)** The weather on the evening news summed it up pretty well: 'Today was about as bad as it gets in North Texas - hot and humid, sultry, tropical, equatorial, torrid. Riders were: David Chamberlain, Ken Loose, Ann Mayo, Erin McClendon, Lois and Dave Olmstead, Beverly 'Bull Nettle' Ruesing, Ande 'Brakes Are For Sissies' Rushing, Denise and Kim Smith and Connie Wilson. Guest riders: Lynne Joplin, Laurie Iverson, and John (?) Painters. The road markers and crew were Peter Baron, Marcelo & Angie Esparza, George Handy, and Anne Thompson. Special thanks to Peter Baron for providing the SAG service.

**Collin Classic riders:** Darrel Branhagen

### June 10th - 16th

**Oklahoma Freewheel riders:** John Hamm, Mary McLachlan, Craig Roshaven, Jennie and Paul Tate

### June 16th

**Tour d' Italia riders:** Bill Thompson

### June 23rd

**Club Ride** Our unusually wet weather cleared just in time for first-time ride leaders, Dave and Lois Olmstead, to lead their 54-mile 'first ride of summer' ride out of Venus. As promised we saw a great buffalo herd, climbed a mountain peak (while Cow Country Classic riders were descending it!), headed south to a great house and then west for a grand view. To vary the Varied Venus Venture further, we had a couple of flat tires, one rider shot out the back but carving an auxiliary route to Maypearl (and redeeming herself by leading the 37-milers back to Venus), one battling back spasms, another with leg cramps, and one with a touch of the dry heaves after slugging down chocolate milk in Maypearl. (*Was this a great ride or what?*) Along with a scenic and fun route, Dave also had what has to be the best club ride map of the last few years for the ride, too. Riders on the 54-mile were ride leaders Dave and Lois Olmstead, Chris Claus, George Handy, Mark Lanier, and Denise and Kim Smith. Riding tandem were John Baima with daughter, Jessica, and Bev Ruesing and Ande Rushing. Visitors were Peter Downing and Terry Loudamy. Riding the shorter route (which varied from 41 to 47 miles) were George Fleischmann, Mary McLachlan, Dean Rutledge, and Jennie and Paul Tate on tandem. All ate at What-A-Burger in Venus after the ride, albeit in two waves. Thanks, Dave and Lois (*When's your next one?*).

**Cow Creek Country Classic riders:** Peter Baron, Betty and Darrel Branhagen, Erin McClendon, Bill Thompson



Photo by George Fleischmann

**AND 35 MPH MIGHT BE A TAD FAST,  
DON'T YA THINK?**

(Continued from page 4) **President's Wheel**

And of course, many, many thanks to everyone else who e-mailed, called, drove, sagged (special thanks to Beth Hayes, of Bluebonnet Bicycles) worked rest stops, set up and took down, loaded and unloaded, stuffed and un-stuffed, and everything else!! This club is the best!! I know that whoever is TDI Director for 2008 (don't look at me like that!) can count on the same level of participation and support as I've had the last two years. Thank you one and all.

See you on the road!

**George Handy**

**Post-Tour d' Italia Party** will be Saturday July 14th, 7PM at George & Susan Handy's home, 1520 Azalea Drive, Arlington 76013.

Everyone is asked to bring a covered-dish delight to share for a potluck dinner. Tableware, drinks and desert will be provided.

Team Captains are asked to update any information they have and bring it to the party to turn in to TDI Director, George Handy

For further information, contact George at (817) 602-0285.

## RIDES, RALLIES, TOURS and RACES

**July 1, 2007**

**Firecracker 100** - Stephenville, Texas 10, 26, 43 & 62 Miles  
www.firecracker100.com/index.htm

**July 14, 2007**

**19th Annual Peach Pedal Bike Ride** - Weatherford, Texas 11, 27, 40 & 62 Miles  
www.peachpedal.com/ Brent Baker (817) 598-6275 or bakerb@wc.edu

**July 15, 2007**

**The Katy Flatland Century** - Katy, Texas 30, 45, 62 & 100 Miles  
www.northwestcyclingclub.com (713) 466-1240

**July 21, 2007**

**23rd Annual Tour de Paris** - Paris, Texas 8.4, 24.1, 39 & 61.3 Miles  
www.tourdeparis.com/ (800) ParisTx

**July 28, 2007**

**20th Annual Goatneck Bike Ride** - Cleburne, Texas 10, 27, 41 & 72 Miles  
www.thegoatneck.com/ Brad Mead (817) 556-4057 or brad@united-cs.com

**17th Annual Dehydrator** - Duncan, Oklahoma 10 to 69 Miles www.thedehydrator.org  
(580) 252-8384

**August 11, 2007**

**14th Annual Melon Patch Tour** - De Leon, Texas 8, 18, 29, 49 & 71 Miles  
www.themelompathtour.com/ ride@themelompathtour.com

**August 18, 2007**

**12th Annual Vernon Burnin' Bike Ride** - Vernon, Texas 12, 22, 38 & 62 Miles  
www.vernonjaycees.org (800) 687-3137 rgra@herringbank.com

**Red Hot Chili Pepper Ride** - Dallas, Texas 20, 40 & 60 Miles www.redhotrally.org  
(214) 467-1966

**August 25, 2007**

**26th Annual Hotter 'N Hell Hundred** - Wichita Falls, Texas 10K, 25, 50, 62 & 100 Miles  
www.hh100.org (940) 322-3223 [\$5.00 for a timing option if your timing is important to you; available for all routes but 10K]

**September 8, 2007**

**19th Annual Cowntown Classic** - , Texas Miles www.cowntownclassicbikeride.org

**September 15, 2007**

**OmniSYS Cotton Patch Classic** - Greenville, Texas 6 to 63 Miles www.omnisisys-inc.com/cottonpatch (903) 455-5405

**September 15 - 16, 2007**

**Fort Davis Cyclefest** - Fort Davis, Texas 10, 25, 55 & 76 Miles & the Mt. Locke Mountain Climb www.peytonbikes.com (800) 373-4764

**September 21 - 23, 2007**

**Southern Tandem Rally** - Chattanooga, Tennessee www.thetandemlink.com/STR.html STR2007@bicycletech.com

**September 29, 2007**

**23rd Annual Waco Wild West Century Bicycle Tour** - Waco, Texas 10, 26, 50, 65 & 100 Miles www.teamwbc.com/wacowildwest (254) 772-2453 wacowildwest@aol.com

### Bicycle Shop & Store Discounts

The following businesses offer discounts to Lone Star Cyclists members, but be sure to mention your membership and have your current card ready before the sales ticket is written.

#### B & B BICYCLES

408A N. Hwy 67  
Cedar Hill 75104  
(972) 293-3100  
www.bbbicycles.com



#### BICYCLES, INC.

510-1 Harwood  
Bedford 76021  
(817) 268-6572 (Metro)  
www.bicyclesinc.com



5039 Granbury Rd., Fort Worth 76133  
(817) 292-2911

1607 S. Bowen Rd., Arlington 76013  
(817) 461-5555 (Metro)

101 Town Center Ln., Ste. 109, Keller  
(817) 379-2453

#### BIKE CENTER

Mansfield Town Center East  
121 Debbie Ln., #105  
Mansfield 76063  
(817) 473-8200  
(817) 473-8294



#### DEBO'S CYCLE SPORTS

4400 Matlock  
Arlington 76018  
(817) 557-3326



#### PANTHER CITY BICYCLES

1306 W. Magnolia Ave.  
Fort Worth 76104  
(817) 348-0660  
www.panthercitybicycles.com



#### RICHARDSON BIKE MART

1451 W. Campbell Rd.  
at Coit  
Richardson 75080  
(972) 231-3993  
www.bikemart.com



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

#### PEARL iZUMI

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Fort Worth 76109  
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www.pearlizumidfw.com

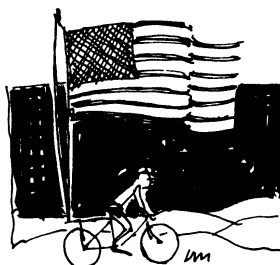


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**WWW.BIKEDFW.ORG**

Be A Part Of Making It Happen

# LONE STAR CYCLISTS MEMBERSHIP APPLICATION

Individual or Family Memberships are \$20

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

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

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

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

Birthday (month & day only): \_\_\_\_\_ Newsletter (check one): Electronic  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, 325 Clearwood Drive, Grand Prairie, TX 75052-5202



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

## No Club Or Board Meetings July and August

***YO! Are your club dues in arrears? More than a few months in arrears? (and quite a few are) See page 2***

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