

June 2009

SHIFTING



TIMES

Volume 30, Number 6

www.lonestarcyclists.org

NEW CYCLISTS!

This section is your one-stop guide to articles and such specific to your needs. **This month's special is "Monthly by Mark"**, a new monthly section with tips for new (and seasoned) riders on page 7.



Turn to page 8
To see pictures
from the annual
LSC Club Picnic
held on May
16th.

O Solo Mio!!

It's Tour D' Italia time!!

8:00 a.m.

June 20, 2009

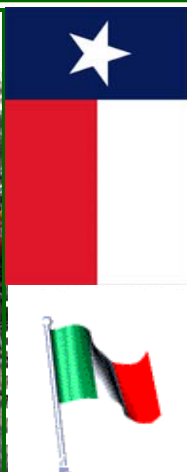
Come join us for the best ride of the year.

Routes of 12, 28, 42, and 50 miles, and a 100K Metric century.

Come to Italy, Texas about halfway between Waco and Dallas. Take I-35E to the Italy exit, go east on Highway 34, cross Highway 77, and follow the signs.

The Tour D' Italia ride supports the Italy High School Scholarship Fund, the Tarrant County Food Bank, Bikes for Tykes, and Brighter Tomorrows Women's Shelter in Grand Prairie.

(The pictures you see below are from last year's ride start. It was a gorgeous day!)



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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Oct 2008 - Sept 2009

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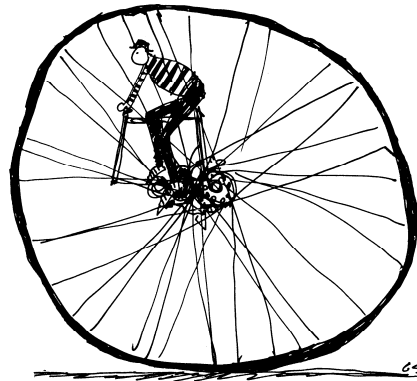
NON-BOARD POSITIONS

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George Fleischmann, (972) 262-6570
lscridner1-web@yahoo.com

June Birthdays

- 6/4 Richard Dodge
- 6/12 Joe Willis
- 6/13 Paula Lanier
- 6/20 Clair McGough
- 6/20 Barbara Muehl
- 6/22 Nora Nevers
- 6/24 Lorine Nunley
- 6/25 Gary Gray
- 6/26 Gary Mickel
- 6/30 Mary Alice Tudor



-ADVENTURE CYCLING

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 newest members:

David Jackson
1904 Scarlett Ct.
Arlington 76012-2032
817-637-6917
jacksondf@gmail.com

Karl Goerner
6601 Falcon Rive Way, #622
Arlington 76001
817-478-1280
k.goerner@hotmail.com

Richard Wilks
P.O. Box 1304
Arlington 76004-1304
817-469-7287
ckayaker@sbcglobal.net

If my calculations are correct; as of the end of June, we are up to 121 members!!!!



We will dearly miss you, Lupinus Texensis.

Until next year, farewell bluebonnets!!!



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



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.

Tuesday and Thursday evening rides: Meet at Joe Pool Lake Overlook off 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. On Thursday nights, Nancy Ford will be leading a 15 to 25 mile ride for people wanting to go at a slower pace. I still recommend that you have lights on the front and rear of your bike so we can extend our ride time to dark or a little beyond

JUNE

SATURDAY 8:00 AM START TIME PACE: Moderate
6 "Leaderless Mystery Ride" Actually, this is a leaderless ride leaving from the Oasis/Marina parking lot at Joe Pool Lake. Routes will be determined by who shows up. The Oasis/Marina is located at 5700 Lake Ridge Parkway, Grand Prairie Texas 75052 (it may also be called Lynn Creek Marina). If you are interested in leading this route call **Mark Mark at (817) 229-9619**
No ride leader

No scheduled ride on June 13th due to packet pickup for Tour d' Italia. If you are not a member (yet) and are doing the Tour d' Italia, you may pick up your packet at participating bike shops. Check the website for details. You may still pick up your packet on the 20th.
www.tourditalia.com

SATURDAY 8:00 AM START TIME PACE: However fast or slow you decide! "24th ANNUAL TOUR D' ITALIA"
20 Club members should be in attendance (but not riding). Non-club members, feel free to attend what we feel is the best supported bike rally in Texas! See www.tourditalia.com for complete details.

SUNDAY START TIME is TBA PACE: also TBA
"Let's Go For a Ride After Church" Join Mark on a Sunday outing after church. Details on this ride will be announced soon and will be posted on LSC-Yahoo (also sent to the yahoo group email address. See <http://groups.yahoo.com/group/lonestarcyclists/>
Ride Leader: Mark Lanier (817) 229-9619

SATURDAY 8:00 AM START TIME PACE: Moderate
"Bring Your Climbing Legs" Erin says bring your climbing legs with you to Cedar Hill at the Valley Ridge Park. It's time to climb Texas Plume Rd again. Join Erin McClendon for your choice of 3 scenic rides from Valley Ridge Park into Midlothian, Cedar Hill, Ovilla, Venus and back. Note that not all routes go to the aforementioned cities. Whether you are up for a 29, 41 or 52 mile ride, there is something for everyone. Erin will be leading the longer 52 mile ride. Special instructions with maps will be given to the volunteer leaders of the shorter routes. Anyone who wants a map before the ride, please contact Erin via

email (spammersfool@yahoo.com) and he will send you the map via PDF file. *Ride Leader: Erin McClendon spammersfool@yahoo.com (preferred) or 214.679.4818 (cell).*

JULY

SATURDAY, July 4th...Have a SAFE and Happy Fourth! - No Official Ride Scheduled for today. However, check the Yahoo newsgroup (or LSC-Yahoo email) for possible rides on the 3rd, 4th, 5th, or 6th.



SATURDAY 7:30 or 8:00 AM START TIME (TBA) PACE: "Mary-Moderate" "Mary's Mystery Tour" Join Mary for an excellent July ride. The ride will be approximately 45 miles but no other details have been worked out at this time. See the July newsletter for the full scoop!
11
RIDE LEADER: Mary McLachlan (972) 780-9090

SATURDAY 8:00 AM START TIME PACE: Easy
"Wanderings" Join Jim Warrens on a leisurely 18 mile ride on some lightly traveled roads south of DFW airport. This ride is relatively flat and would be good for new riders or someone working on getting back into shape. The ride will start at Bob Eden Park in Euless. Meet at the west parking area, which is just east of the intersection of Mid-Cities Blvd. and Hwy. 157 (also called Industrial in this area). The park is on the south side of Mid-Cities and well marked if you come from Hwy 360. (There are rumors floating around that the newsletter editor may show up). *RIDE LEADER: Jim Warrens (817) 329-3016*

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

Ride leaders are needed and being sought for dates in August, September, 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 and Thursday evening rides: Meet at Joe Pool Lake Overlook off 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. On Thursday nights, Nancy Ford will be leading a 15 to 25 mile ride for people wanting to go at a slower pace. I still recommend that you have lights on the front and rear of your bike so we can extend our ride time to dark or a little beyond. **Note:** *we will be needing someone to replace Nancy as leader on her ride for the summer.*

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

Coming home from today's club ride, I took Camp Wisdom Road. At just about the Camp Wisdom / Polo Rd intersection, I saw my first *ghost bike*. I'd read about them but this is the first one I've ever seen. I've attached the photo I took. Of course, it's for the couple who were killed there on June 8, 2008, Meredith Hatch & Mike Alfaro.

Submitted by Mary McLachlan



ATTENTION ALL RIDERS:

When you cannot attend regularly scheduled rides on Saturday mornings, or Tuesday and Thursday nights, feel free to send an email asking for ride "partners" who may also ride at the same time of the day that you do. Many of us must ride around our schedules. I see groups of two or three out riding around Midlothian on my way to work (noon-ish) all the time. Some of us do prefer to ride solo; most of us do not.



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Who Rode What, Where & When

May 9th

We had 22 riders turn out for the Goddess of Beauty ride out of Venus on May 9th. And those of us that were looking for the Goddess of Beauty were not disappointed; and that's all I have to say about that. ☺ We had three routes with Marilyn Stinson and Jane Rutledge leading the 23 mile route. Ron DeRoxtra was also assigned to be the flat fixer on that course. ☺ George Handy lead the 40 mile route and had close to half of the riders go with him. I heard something about one wrong turn but George didn't mention it to me. ☺ The rest went on the 55 mile route and got to see a motor cycle race; and join in with the riders out on the Cedar Hill ride (Head for the Hills) for a few miles. It was a beautiful day with lots of trees canopies over the road, green rolling hills, and wildflowers galore. On the ride were: Eddie and Marilyn Stinson, Jane Rutledge, Donna Steinke, Paul Mitchell, Dave and Lois Olmstead, Dan and Nancy Ford, Colleen Rebant, Mark Robinson, Lori Baker, Richard Dodge, Karl Goerner, Mary McLachlan, Paul Tate, George Handy, Pat McGennis, Ron DeRoxtra, Nate Schwartz, and Kim and Denise Smith.

May 16th

The Lone Star Annual PICNIC on May 16th was supposed to be at Valley Ridge Park Pavilion. But instead it got moved due to rain (good call, Nancy) to the grill of Eddie and Marilyn Stinson in Arlington. There was a good turn out of riders and friends of riders. Even Bobbie Carroll, chauffeured by David, came on her walker after recent knee replacement surgery. At Nancy's request, Mark Mark brought the meat including hot dogs, hamburgers, and chicken, which Eddie grilled; and Sensay brought all kinds of chips and dips. Others brought various side dishes. There were literally no desserts brought, which of course means that next year we will have people only bringing desserts (LOL). After a good time of food and fellowship, a few brave souls such as Connie, Stephanie, and Dan took a try at staying upright on a bicycle on rollers in the garage. Oh, the good ole days! Then we played "Round the World" at the Stinson's ping pong table. That pretty much wore the group out. Seems running around a ping pong table requires different muscles than a bike does! Thanks to Nancy for organizing the picnic. It was a fun time for all. See the pictures on page 8.

May 23rd

16 people showed up for the ride on May 23rd and a stray was picked up while we were catching a bite at

Main Street Bakery in Grapevine. Those on the ride were: Paul & Jennie Tate on the tandem, Mary McLachlan, Connie Wilson, Cathie & Rodney, Wayne McChristian, David Jackson, Karl Goener, Paul Mitchell, Dan & Nancy Ford, Stephanie Mills, Pat McGennis, Mark Mark, and a couple of other riders. The group took the new section of Hwy 161 from Carrier southbound all the way to I-20, then went all the way to Grapevine for an enjoyable sit-down at Main Street Bakery. Congrats to several people who did their first ever 100k!

Memorial Day Tour (May 23rd-25th)

There were 6 of us that left Mineral Wells State Park on Saturday morning: Mark and Alice Carter, Eddie Stinson, Donna Steinke, Peter Baron and Bob B. (towed). We had good weather, especially welcome after last year's **Tour d' Heat** and the year before that, the **Tour d' Rain**. We rode "fully loaded" which means we carried all our camping gear on the bikes. All of us used panniers attached to our bikes except Peter and Bob, a trailer. We enjoyed the camaraderie that comes from hauling a bike that weighs almost as much as the rider, and pedaling up hills together. Alice and I sang hill climbing songs. Mark talked about their recent bike trip to Italy. Eddie gave out the advice that comes from much touring experience. Peter and Bob, well, they had a few relationship issues unfortunately. We rode about 50 miles to Jacksboro. The roads looked like a mural of wildflowers painted along our route. The next day we headed 45 miles to Graham and a campground next to the Brazos river. Although we were camped within feet of the water the bugs were no problem. We had a great time around the campground playing horseshoes and hiking, and the storms went around us that night. Peter and Bob took some time away from each other which I think was a good thing. On Monday we returned 56 miles to Mineral Wells, mostly downhill with a tailwind. Mostly. By this time Alice and I were making up new lines to the Brady Bunch theme (Here's the story / of some Lone Star Cyclists...), Mark and Eddie were flying down the road, and even Peter and Bob were getting along and moving along. Of course there were more incidents and accidents that occurred than I have time to tell here. So just ask one of us. A good time was had by all, even Bob.

Editor's Line

First, I must apologize for the late newsletter. No classes to get in the way, but all manner of other occasions came up to slow me down. I have still only ridden my bike three times in the past 10 months; but the "steed" is sitting in the garage, ready to go. I will be the first to admit that each ride hurts just a bit (I have to get used to the saddle again). To add to Mark's tips: I use Performance Cat 1 sunglasses that have photo-chromatic lenses (they adjust to changing light), which means I can still wear them at dusk. I also wipe down my frame and most exposed aluminum with a damp (not wet) cloth and "bicycle" cleaner, then promptly dry it. I do this after every ride. I also either wipe down or rinse my helmet once per week. For those following my progress in school...straight A's! *Kevin*



Eddie Stinson

The President's Wheel

I took a few moments to look back at the things we wanted to work on when this group of board members took office and realized that the club has made great progress in some of the areas. Here is what I wrote in my first article:

1. Moving the club meetings to Monday nights so we're not competing against a ride night.
2. Making our club even more appealing to new and returning riders without sacrificing the needs of the more experienced riders. This will include things like having more than one route available every Saturday with experienced riders on all routes, offering more settings to teach bicycling technique, function, and safety including pre-ride demonstrations and club meetings. Having additional rides at least once a month devoted entirely to riders wanting to do a shorter slower ride.
3. Rewriting our club bylaws to include making the Tour d Italia director and Web Master board positions as well as a few other needed changes.
4. Getting a club jersey order placed including extra ones to keep on inventory so new club members can purchase a jersey soon after joining the club.
5. Putting together a club calendar to be kept up to date on the web site showing many of the events that we have planned through the year.

Moving the meetings to Monday night has lead to us having twice as many people attending and therefore much more involvement. Having rides that will accommodate riders with a wide range of abilities and interest is still, and always will be a big challenge. It was one of the biggest challenges we faced when I was President before and one that most clubs face. But I think we have made good progress in this area by having a greater variety of rides available on most Saturdays and having a "What's the Hurry Ride" on Thursday evenings. We have definitely been getting more new and returning riders coming to our rides and joining the club. By the way, it is that time of year when **Dan and Nancy Ford** make their transition for the summer and will not be able to continue to lead the What's the Hurry Ride on Thursday evenings. This has been a very valuable tool in getting new riders in and started down the path of becoming better cyclists. In fact, most of the early riders in their group have already moved on to ride with the longer route, faster paced group. **We really need to continue this ride.** So if there is anyone out there that would be willing to take up this opportunity for the summer to help new riders get started and returning riders to get some fitness back please contact one of the officers and we will get you going.

We've made progress on getting people trained and certified to teach bicycle safety classes and should be able to start offering those before the end of the year. **George and Susan Handy** have completed the first portion of their training and are very excited about all they have learned. We have re-written the by-laws and passed those as a club. The club jerseys have been designed and ordered and should be here in the next couple of weeks. Plus there has been much progress made this year in taking the Tour d' Italia to the next level. Overall, there has been a lot of work done by the members and the officers this year and a whole lot has been accomplished. The result has been that the club is having a bunch of fun and we are gaining many new members. With that said, I realize that we have much still to accomplish; but we're in a much better position now to do so.

The weather has really cooperated for the rides this month and have had great attendance as a result. We did get rained out for the picnic and ride so we moved it to our house. We still had 21 or so people come over for B-B-Q not knowing what they were getting into with the rollers (some didn't know that rollers even existed before they had a chance to try to ride them); and the "Round the World" ping pong...we laughed and ran and spun in circles until we felt like we had ridden 50 miles.

Point is that we have a **GREAT CLUB** that knows how to work together, have fun together, and understands our important place in the cycling community. We still have work to do, but we'll get it done while having a great time doing it together. **Thanks** for being a part of all this!

See you on the road soon (rubber side down).

Eddie 817-296-1509

Monthly From Mark (Tips for New Riders)

Last month the emphasis was on safety as we discussed helmets, sunscreen, tires & tubes. This month we'll continue to discuss safety related issues.

1. Keep your eyes and ears on the road: Get a good pair of sunglasses from a cycling store, such as Performance; they have several styles of affordable glasses with interchangeable lenses that are fairly good at being optically accurate. Use a darker mirrored lens for riding during the day, and an amber lens for riding closer to sunset. I prefer a ventilated lens which keep my glasses from fogging. Buy a good quality mirror that clips onto your handlebars or onto the earpiece of your sunglasses. You MUST assume that you are invisible to other drivers, and using a mirror is the best way to keep an eye on the traffic in the lane behind you. Most accidents where a cyclist is hit from behind can be significantly reduced or prevented by using a mirror. If you are at the back of the pack it is your responsibility to alert the pack to the presence of a vehicle behind the pack - the best way to do this is to simply yell: "CAR BACK". If the car is weaving or stays on the extreme right side of the lane, it is also your job to alert the pack and to prepare to quickly and safely get off the road and/or shoulder. Be a keen listener when you are on the bike, which means don't use earphones; you also want to pay attention to noises coming from your bike, which can alert you to a loose or cracked part. It's a good practice before you ride to lift your bike a foot or so in the air and while holding loosely to the frame, drop it onto the pavement and listen for any new or strange noises. You will become accustomed to the sound your bike makes when you "drop" it. If you hear anything unusual, drop it again and try and isolate the source of the noise. About once a month, completely rinse off your bike (do not use a pressure sprayer), and rinse your helmet and glasses weekly to remove any built up sweat, which acts as a corrosive agent on plastic.

2. Bicycle Rights in the State of Texas: A bicycle is a vehicle and any person riding a bicycle has all of the rights and responsibilities as a driver of a vehicle, according to the latest version of the Texas Drivers Handbook - the applicable sections are included for your information. The only exception I know is bicycles are prohibited from using the lanes/shoulders of an Interstate Highway. Again, please read pages 9-7 & 9-8 of the Handbook.

Here are the applicable sections from the Texas Statute that covers cycling (<http://www.statutes.legis.state.tx.us/SOTWDocs/TN/htm/TN.551.htm#A>):

Sec. 551.103. OPERATION ON ROADWAY. (a) Except as provided by Subsection (b), a person operating a bicycle on a roadway who is moving slower than the other traffic on the roadway shall ride as near as practicable to the right curb or edge of the roadway, unless:

(1) the person is passing another vehicle

moving in the same direction;

(2) the person is preparing to turn left at an intersection or onto a private road or driveway;

(3) a condition on or of the roadway, including a fixed or moving object, parked or moving vehicle, pedestrian, animal, or surface hazard prevents the person from safely riding next to the right curb or edge of the roadway; or

(4) the person is operating a bicycle in an outside lane that is:

(A) less than 14 feet in width and does not have a designated bicycle lane adjacent to that lane; or

(B) too narrow for a bicycle and a motor vehicle to safely travel side by side.

(b) A person operating a bicycle on a one-way roadway with two or more marked traffic lanes may ride as near as practicable to the left curb or edge of the roadway.

(c) Persons operating bicycles on a roadway may ride two abreast. Persons riding two abreast on a laned roadway shall ride in a single lane. Persons riding two abreast may not impede the normal and reasonable flow of traffic on the roadway. Persons may not ride more than two abreast unless they are riding on a part of a roadway set aside for the exclusive operation of bicycles.

(d) Repealed by Acts 2001, 77th Leg., ch. 1085, Sec. 13, eff. Sept. 1, 2001.

Acts 1995, 74th Leg., ch. 165, Sec. 1, eff. Sept. 1, 1995. Amended by Acts 2001, 77th Leg., ch. 1085, Sec. 10, 13, eff. Sept. 1, 2001.

Sec. 551.104. SAFETY EQUIPMENT. (a) A person may not operate a bicycle unless the bicycle is equipped with a brake capable of making a braked wheel skid on dry, level, clean pavement.

(b) A person may not operate a bicycle at nighttime unless the bicycle is equipped with:

(1) a lamp on the front of the bicycle that emits a white light visible from a distance of at least 500 feet in front of the bicycle; and

(2) on the rear of the bicycle:

(A) a red reflector that is:

(i) of a type approved by the department; and

(ii) visible when directly in front of lawful upper beams of motor vehicle headlamps from all distances from 50 to 300 feet to the rear of the bicycle; or

(B) a lamp that emits a red light visible from a distance of 500 feet to the rear of the bicycle.

That all for this issue, I promise to talk about chains in the next issue!

Graciously submitted by Mark Lanier

Pictures from the May 16th Annual LSC Picnic

When you can't have the picnic outdoors, what do you do?? Move it **INDOORS** (see picture below). We haven't had a picnic rained out since I became a member in 2001 (I haven't attended one since 2004, I believe - *bad editor*). But it appears the day was saved by Nancy's "Plan B". Hurray for Nancy!

And to what kind of evil torture is Eddie subjecting these poor young women (lower two pictures)? Does Marilyn approve of this? Just kidding! I know these are rollers, used to perfect balance and cadence. Though the sort of "rollers" I prefer are the ones that gently slope up and down (rolling hills). According to Eddie, a great time was had by all despite the nasty weather of the day!!



GREAT RIDES AND RALLIES

Saturday, June 20th: **24th ANNUAL TOUR D' ITALIA** Italy, TX
Routes of 12, 30, 40, 50 and 63 miles. <http://www.tourditalia.com/>

Saturday, July 11th: **Peach Pedal** Weatherford, TX Routes of 26 miles, 39 miles, and 100K. <http://www.peachpedal.com/> There are hills but the peaches are the best.

Sunday, July 19th: **Katy Flatland** Katy, TX Routes of 33, 44, 57, and 100 miles. <http://groups.google.com/group/kfc2008> Many riders do this ride near Houston to see how fast they really are on relatively flat terrain.

Saturday, July 25th: **The Goatneck Bike Ride** Cleburne, TX Routes of 10, 27, 41 and 62 miles. <http://www.thegoatneck.com/> Be ready to climb like a goat!

Saturday, August 8th: **Melon Patch Tour** DeLeon, TX Routes of 8, 18, 29, 42, and 71 miles. <http://www.themelompathtour.com/ride.htm> I have been told this is a "juicy" ride!

Saturday, August 15th: **Red Hot Chili Pepper** Dallas, TX Routes of 20, 40, and 60 miles. <http://www.redhotrally.org/> This one is a good warm-up for Hotter 'n' Hell.

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.

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Rhonda Warrens

jandrwarrens@verizon.net

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BikeDFW

Cycling Advocacy Group
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

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