

# SHIFTING TIMES



SEPTEMBER 2010

- Next club meeting, Monday, September 20th
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Volume 31, Number 9

www.lonestarcyclists.org

## September is DUES Month!

September is the month we renew all memberships for the club. Exceptions to this are the folks who joined as a result of purchasing a new bicycle at the affiliated shops this year. Those memberships are extended until September 2011. Our annual membership dues are still a paltry \$20. And if you have led 6 rides for the club this year, we may actually waive that fee. Otherwise, crank open those wallets and pony up that membership fee. The fee is the same for either a household or an individual. In other words, you and your spouse, significant other, etc are covered under the same membership fee of \$20. Where else can you have so much fun for a full year at such a reasonable price? I dare say, no where. So, write those checks out to **Lone Star Cyclists** and mail them to: 4327 Hazy Meadow Lane, Grapevine, TX 76051-5718



No, this is not a club member laughing out loud at our ridiculously low annual dues, but rather, (left to right) Tim Williams, holding in a chuckle, while officious Leaderless Ride Leader, Erin McClendon, gives maps and turn by turn directions to member Dean Rutledge and guest Paul Chambers for the short route on July 31st. (This photo submitted by Sandy Crader, see page 6 for the full story).

## IT'S NOT TOO LATE TO GET YOUR 25TH ANNIVERSARY TOUR 'd ITALIA JERSEY!

We still have several sizes available of the Limited Edition Commemorative Tour 'd Italia Jersey from the 2010 ride.

Men's: Medium, Large, (no XL), 2XL, 3XL, 4XL  
Women's: Medium, Large, XL

We recommend ordering one size larger as they run small. To order, send your \$55 check made payable (and addressed) to Lone Star Cyclists at 333 Beatty Drive, Grand Prairie, TX 75052. Discount available for Lone Star Cyclists club members (*Editor's note: ask Denise when ordering*).

Call Denise Smith, 214.707.6303, with questions.

<<<Erin, Shifting Times Editor and Chief Bicycling Slacker, is wearing the same jersey in the photo on the left. Below is the official mock-up of the jersey front and back.



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 September 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**  
Contact us via email:  
[shiftingtimes@gmail.com](mailto:shiftingtimes@gmail.com)

Editor

Erin McClendon

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 are to be sent directly to the Editor by e-mail to: [ShiftingTimes@gmail.com](mailto:ShiftingTimes@gmail.com).

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. 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 2009 - Sept 2010

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## September Birthdays

John Baima	9/04
Brittany Coffin	9/04
Jennifer Jackson	9/05
Michael Prowell	9/07
Peter Baron	9/09
Mark Collard	9/09
George Fleischmann	9/12
Dan Ford	9/13
David Wasserman	9/13
Veronica Rivera	9/14
Susan Handy	9/14
Ryan Wells	9/16
David Carroll	9/17
Andy Sadowski	9/23
David Olmstead	9/23
Ron De Roxtra	9/23
Peggy Badlato	9/25
Rick Presser	9/25
James Sulak	9/28

Lone Star Cyclists are proud to be affiliated members of



## Lone Star Cyclists Membership List

We have a membership list of all active members of the club. It includes names, addresses, phone numbers, and e-mail addresses. If you want your information removed, please e-mail Rhonda Warrens : [jandrwarrens@verizon.net](mailto:jandrwarrens@verizon.net) and it will be pulled before the list is offered to any member requesting it. Thanks!



**THERE WERE NO NEW MEMBERS THIS MONTH.**

**JIM WARRENS INFORMS US THAT WE HAVE APPROXIMATELY 141 MEMBERS NOW.**

**We still have 9 members more than we did last year at this same time.**

## BROKEN SPOKES FOLKS

Marti Lewis is recuperating from a broken clavicle (aka collar bone). See her full story on the last page of this issue called, "It only takes 1 Second".

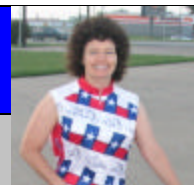
Peter Baron did a pavement sprawl on a ride with Mark Lanier on August 2nd. Peter and Mark were going east bound on Lancaster Avenue from downtown Fort Worth. Evidently, Peter touched the rear wheel of Mark's bike and hit the pavement. Possible broken thumb, groin pull and cracked ribs. It will probably be a while before he's back on the bike.

## 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.

# LSC CLUB RIDES



Club rides are open to all cyclists. Listed times are start times, not meet times. Meet times are 30 minutes prior to listed start times. 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. If you would like to lead a ride, contact **Donna Steinke - Ride Coordinator 817.291.3485** or email her at [donna.steinke\\*at\\*gmail.com](mailto:donna.steinke*at*gmail.com)

Tuesday and Thursday evening rides: meet at Joe Pool Lake Overlook off FM 1382 south of I-20 (see page 4 for map inset). Start time is 6:15 PM and rides last 2 - 2½ hours. Groups form according to pace desired and route determined by those present. On Thursday nights, Karl Goerner will be leading a 15 to 25 mile ride for people wanting to go at a easier pace. It is still recommended 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.

## SEPTEMBER

**Saturday Leaderless Ride 7:30 AM**

**Location:** Brookshire's Parking Lot in Alvarado. Lone Star Cyclists has a history of long rides on Labor Day weekend. For a couple of years, we did a century to commemorate this day. Then folks turned to math and no longer was a simple 100 miles sufficient. Oh, no. There developed a formula comprised of the temperature, the miles, certain numbers and who knows what else went into the recipe! Well, come on out and join us and don't feel like you have to ride that many miles (I won't be). We'll gather at the Brookshire's parking lot in Alvarado, on Hwy 67 near the I35W intersection. Routes and speed will be determined by those present. P.S. I can suggest a route for those who want to ride a century the old fashion way (the new math is just too much)! **Ride Leader: Leaderless**

**Saturday Time to Climb 8:30 AM**

**Pace:** Touring with Fast Paced Option **Location:** 2850 Valley Ridge DR, Valley Ridge Park in Cedar Hill. With 11 route options of 54, 41 or 29 miles, there should be something to please all distance riders in the club. Each ride starts with a climb up Texas Plume RD (with an optional climb up Lake Ridge PKWY for the faint of heart), so bring your climbing legs for a heart pounding ride to get your blood going. It's time to climb. Want a map? Be man or woman enough to request one by emailing [Shifting-times\\*at\\*gmail.com](mailto:Shifting-times*at*gmail.com) and a pdf version will be sent to you. NO, I'm not printing your map for you; be an adult and use your own ink and paper. **Ride Leader: Erin McClendon 214.679.4818**

**Saturday Mad Ducks and Horsies Revisited 8:00 AM**

**Pace:** Touring and Fast Paced **Location:** Mad Duck Cyclery in Grapevine at 721 E. Northwest Hwy, Grapevine 76051. Join Mark Lanier for an encore ride from Grapevine to Arglye. The ride crosses Lake Grapevine Dam, then goes through rural Flower Mound and northwest to Arglye. Lunch after-

ward somewhere in Grapevine (I'm sure Mark can make a recommendation on a good place). Choose between a 35 mile route (no horsies) and a 50 mile route (horsies) and either way you'll experience the rolling hills and beautiful country of north Texas. **Ride Leader: Mark Lanier 817.229.9619**

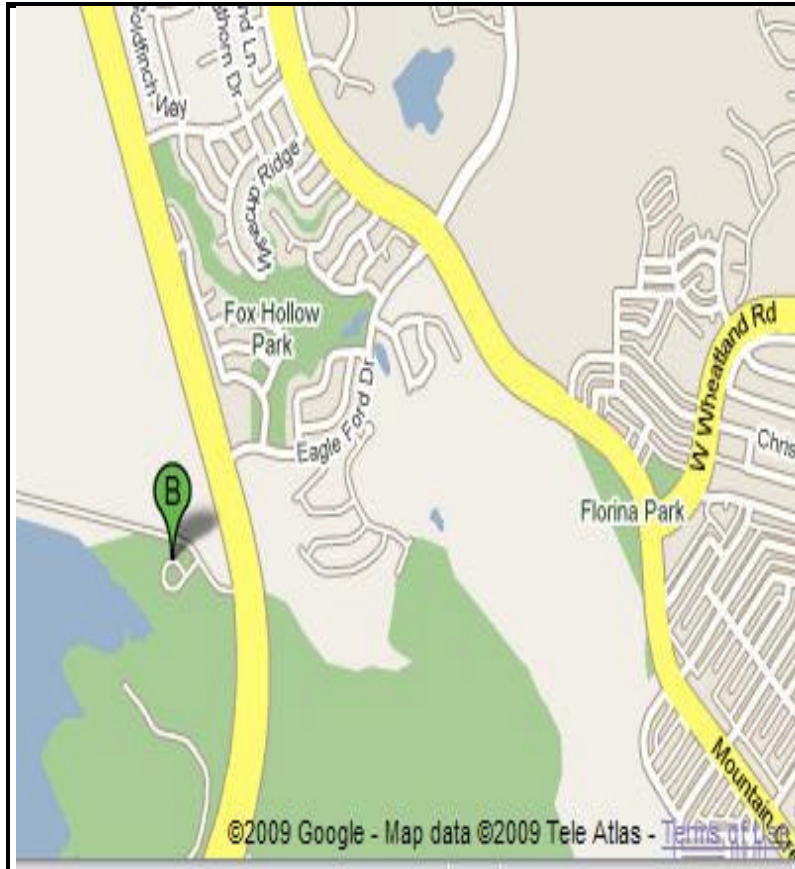
**Saturday Wilmer Wanderings 8:00 AM**

**Pace:** Touring **Location:** Eddie Stinson is teaming up with Mary McLachlan to ride out of Wilmer, using roads David Chamberlain enjoyed. There will be a 45 and a 60 mile route, give or take a few miles. We will see hot spots like Hutchins, Seagoville, Crandall and Combine and have lots of fun all along the way. Lunch will be afterwards at a place yet to be determined. Take I-20 to I-45 in Dallas. Go south to the Beltline/Wilmer exit. Take Beltline west (right) to N. Dallas Ave.; turn right and look for the police station on the right. Park near the gazebo. **Ride Leaders: Eddie Stinson - 817.296.1509; Mary McLachlan - 972.780.9090**

## OCTOBER

**Saturday Midlothian to Ferris 9:00 AM**

**Pace:** Touring **Location:** Long Branch Elementary School in Midlothian, on FM1387. It's 4 miles east of the Midlothian PKWY and FM1387 traffic light. This is a very flat route with almost no hills. Route length is approximately 47 miles. It's an out and back trip. Lots of gas stations for rest stops. The original plan was to eat in Ferris and then cycle back. However, this time, we will not eat in Ferris. We will stop at a local gas station for a rest stop and then head back. Traffic can vary, but there are lots of shoulders to ride on. Send an email to [Shifting-times\\*at\\*gmail.com](mailto:Shifting-times*at*gmail.com) for a pdf copy of the route. Again, I'm not printing it out for you; be an adult and use your own ink and paper. **Ride Leader: Erin McClendon 214.679.4818.**



**Tuesday and Thursday evening rides:**

Meet at Joe Pool Lake Overlook off FM 1382 south of I-20 (see map inset at left). Start time is 6:15 PM and rides last 2 - 2½ hours. Groups form according to pace desired and the route is determined by those present. It is still recommended that you have lights on the front and rear of your bike. Daylight Savings Time started earlier this year — it DOES get dark before the ride ends.

For additional information, please visit the Lone Star Website: [www.lonestarcyclists.org](http://www.lonestarcyclists.org)

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## The President's Wheel

By  
Eddie Stinson  
LSC President

Well, LSC did something different this summer. We had an **August club** meeting for the first time ever. At least, as far as I can remember - and as you know I've been around

this club for quite awhile now! We usually take the summer off after all the meetings to get ready for Tour d' Italia. This year, there were enough things going on to warrant a meeting in August. Besides that, we do have a good time when we do get together!

About 25 people attended a great presentation arranged by **Lois Olmstead**. **Robb Huhn**, a registered trauma nurse and cyclist, had a lot of good health information. He was very entertaining as he talked about how to be **safe and smart cyclists**. On top of that, he brought free back packs with water bottles and first aid kits for everyone. It's hard to beat fun and FREE!

The decision has been made that we will not be having our annual Meridian campout this year. It is sad for me, because I have so many great memories from all the years our club went there. However, the cost keeps going up; plus our attendance dropped a few years ago, and has not rebounded. All is not lost, because **Richard Wilks** has agreed to check on other alternatives for a **club trip this fall**. We are looking for something that would have other options to camping, maybe a bed and breakfast or hotel. Of course, it will be in an area with great riding. Richard has come up with some really good choices, and I hope we will be announcing the location very soon ([see page 11](#)>>>**Late Breaking News...**).

The **September meeting** is a very important meeting for our club, because it is when we elect our **new officers**. We have a **Nominating Committee** headed up by **Richard Wilks**. They are working very hard to find out which officers will be re-upping, and which positions need to be filled (**Editor's note: see the August Board Meeting Minutes on page 10. Needed positions will be listed there**). They are charged with finding not only people who are capable, but also finding those willing to serve for a year. This is no small task, and has a big impact on the club's future. They (the nominating committee) will make recommendations for the next slate of officers to the club at the September meeting. These are just recommendations, and anyone can throw their name into the hat for the club to vote on. You do have to be present to vote. So, be sure to be at the September meeting!

We have ordered more **club jerseys**, as we are almost completely out. We want to maintain an inventory, so new members can buy a great looking club jersey - plus they provide good advertising for our club. I have a confession

to make: when it was first proposed that we not only add a clothing manager to the club, but that we also make it a board position, I thought it was overkill. But I have to admit now, I was wrong (there's a first for everything!). Having **Denise Smith** in this role and on the Board has absolutely been the right thing for the LSC. She has done an excellent job with what has turned out to be a big responsibility, especially with the Commemorative Tour 'd Italia jerseys we did this year. She is also a great board member, giving very helpful feedback on the tone and direction of our club. Thank you **Denise!**

I just returned from spending a few weeks in Africa. Everywhere in the world I go, I'm very tuned in to how bicycles are used in that culture. I observed in an earlier article how China is moving away from bicycles in favor of the more prestigious car. However, in Africa, bicycle use is still on the increase. They carry just about everything on two and three wheel bikes, including huge bags of produce, stacks of grass for their cows, overflowing containers of charcoal for cooking and boiling river water for drinking, and even large pieces of furniture. Owning a bicycle in Tanzania is still a purchase that is out of reach for many citizens.

It may appear I'm completely switching subjects at this point, but I will bring it back to **bicycles** in a moment. The **Tanzanian culture's** views on marriage are very different than in the US. If a man wants to get a wife, he must first pay the bride's family a bride price (of course, if a man has enough money, he can purchase additional wives). There is a negotiation; and the final price is determined by how much money the groom's family has, and how good a catch the wife is deemed to be. This is good news, bad news for the wife. On the one hand, she wants to be worthy of bringing a good price: say maybe five cows, a few goats, and several blankets. On the other hand, the man feels like he actually owns the woman since, after all, he did buy her. This later issue leads to a lot of problems in the marriage, including many wives being beaten on a regular basis if they don't do things exactly right.

I was discussing this problem with one of the Tanzanians, and he finally asked what it will take for this to change in their culture. What will it take for women to get the freedom and respect they deserve? That is a hard question, and I probably didn't give him a very good answer. I have thought about it a lot since he asked, and I keep coming back to something Susan B. Anthony said in 1896:

**"I think [the bicycle] has done more to emancipate women than anything else in the world," said feminist pioneer Susan B. Anthony. "It gives a woman a feeling of freedom and self-reliance. The moment she takes her seat she knows she can't get into harm unless she gets off her bicycle, and away she goes, the picture of free, untrammled womanhood."**

As Tanzania slowly makes its way forward in so many ways, I have to wonder if the rise in availability of bicycles will play some role in the equalization of women there — as it did in our earlier history. I do pray something will make this difference -- and soon.

See you on the road (rubber side down -- unlike I was a few days ago, right Mark?),

Eddie



## Guess Who Rode, What, When, Where???? (continued)



Photo submitted by Richard Wilks. 8-14-10

<<<<<Saturday, August 14th – Twenty-two riders showed up at the Bishop Arts District in Oak Cliff for a 40-mile ride through the urban environs of Dallas and Highland Park. The riders were (from left to right): Darrel Branhagen, Linda Metcalfe, Mark Robinson, Mary McLachlan, Pat McGinnis, Michael Franks, Paul Tate, Debra Newton, Paul Mitchell, Donna Steinke, Denise Smith, Dana Johnson, Sammy Hargrove, Erol Baysal, Sandra Grigsby, Jim Warrens, Yvonne Kauffman, Mark Collard, and John Hamm. Not pictured: Jan and Ewa Pieniadz. We began the ride with a short tour of Oak Cliff and then rode straight into downtown Dallas and onto Swiss Avenue. Mark Collard on his Catrike was able to take plenty of photos of our little tour and these can be seen at his web photo album (<http://tiny.cc/n4d3o>). Riding through downtown was exhilarating, and Swiss

Avenue was beautiful in the early morning hours. Our relaxed pace combined with multiple stops allowed us all to loosen up and



Riders on the 8-14-10 ride stopping for lemonade . Photo snagged from Mark Collard's <http://tiny.cc/n4d3o>

enjoy some nice conversation in addition to the surroundings. We rested up in Lakewood and then rode on to White Rock Lake, where we hopped onto the White Rock Lake Trail and enjoyed great scenery all around. From the lake we rode to north Dallas via the White Rock Creek Trail, leaving the trail at Forest Lane for our 2nd rest stop. We had noticed that Debra Newton, who is making the transition to clipless pedals, was wearing one bicycling shoe and one regular shoe, and her wise decision not to fully clip in came in handy on the grassy slope behind the Starbucks! On to the beautiful roads of Preston Hollow and our 3rd rest stop at Inwood Village, and then we had another, impromptu stop at a lemonade stand on our way to Highland Park. The day was really heating up by then and our riders bought all the ice the kids had! As expected Highland Park had some amazing neighborhoods to pass through on our way to our last bike path. At Knox we made a right turn onto the KATY Trail for a magic carpet ride back to downtown Dallas, emerging at the AA Center. Soon we were headed back to Oak Cliff on the Houston Viaduct. We had good food, drink, and a wonderful time at Eno's Pizza Tavern after the ride, and five diehards (including your humble writer) wandered over to the corner café and bakery for coffee and dessert after lunch. - **Richard Wilks**



<<<<<Saturday, August 21st— We had a great turn out for the ride. 30 people arrived ready to ride, some riders did the metric century, some went 49 miles, and some did the 40 miler. We had 20 people arrive in time for the group photo and 10 late arrivals who arrived at the start time after the photo was taken. The riders who signed in were: Ride Leader - Paul Tate, Jennie Tate (rode her single bike), Dan & Nancy Ford, Donna Stienke, Eddie Stinson, Ken & Sandra Grigsby, Pat McGinnis, Mark Robinson, John Thornton, Ande Rushing, Bev Rueshing, Dana Johnson, Mark Lanier, Micheal Franks, Tim Williams, Joe Willis, Richard Dodge, Yvonne Kauffman, Mike & Connie Wilson, Larry & Sherry Harris, and a few others who I did not get their names or get signed in. We had one crash , in which, L SC President Eddie Stinson received some road rash and bruises but finished the ride, but was sore the next day when I checked on him. —

**Paul Tate**

Photo was submitted by Paul Tate. Note there are 3 people wearing the TDI jersey.

## The Soon-To-Be-Famous "Rocky Mountain L.S.C. S.O.S. I.C.U. Tour"

by Dan Ford

(Coming soon on big screen helmet-cam at a future LSC club meeting)

Nine Lone Star Cyclists were nearly overcome by "Scenery Overdose Syndrome" (S.O.S.) during a week-long biking, rafting, and hiking tour of Western Colorado and Utah in late July. Fortunately, all nine LSC members survived and have since managed to make their way back to Texas where each of them has completely recovered from the excessive Colorado/Utah scenery. It is thought that the comforting effect of the warm Texas climate may have played a role in helping each of the club members make an instantaneous return to reality from the scenery-induced psychedelic state which they recently experienced while in the I.C.U. (In Colorado & Utah).

While still in the ICU (In Colorado & Utah), the condition of several of the club members had actually deteriorated to the extent that they were heard mumbling non-sense phrases such as "the sky is blue!" or "imagine climbing 2000 feet and not sweating!" or "I'm a bit chilled, how 'bout you?" or "Do you know a good real-estate agent?" Tour leaders Dan and Nancy Ford were perhaps the most seriously affected by this particularly vicious strain of Scenery Overdose Syndrome as they spent almost 9 weeks in the ICU (In Colorado & Utah) where their combined medical and real-estate expenses are said to have exceeded \$190,000. (A fund has been set up to help the Fords with their medical and real estate expenses - or just slip Dan a 20 any time the mood strikes.)

For those of you who still insist on touring Colorado in the future, simply follow these four easy rules outlined by the EMT's (Extremely Macho Texans) who were the first to arrive at the "scenery of the accident" which caused the S.O.S. in the first place:

Four Rules for Avoiding S.O.S. (Scenery Overdose Syndrome) - A Primer.

**Rule #1** Do not go anywhere in Colorado suggested by the Fords such as the Glenwood Canyon Bikepath; the Road to Maroon Bells; Rimrock Drive in the Colorado National Monument; the Kokopelli Trail; the Sneffels Range as seen from Inspiration Point; or Utah's Westwater Canyon raft trip.

**Rule #2** Stay in Denver, indoors, window blinds shut, watching Oprah.

**Rule #3** Leave your bike locked on the car at all times. Not to prevent theft. To prevent riding. Leave the key in Texas.

**Rule #4** Use a Scenery Avoidance Document (S.A.D.) to help you identify locations especially prone to causing S.O.S. The following Scenery Avoidance Document (S.A.D.) has been compiled from actual photos taken at the "scenery of the accidents." Instructions: If you find yourself in Colorado or Utah (ICU), look around. If you note a similarity in the scenery surrounding you and any of the photos found in the S.A.D. below, simply close your eyes, release the brakes, and hit the accelerator pedal "Thelma & Louise" style. You'll be back in Texas before you can sit on your spurs!



S.A.D Photo #1— Marti Lewis, Barry Dorsch, Sandy Crader, Tim Williams, Bob Goerner and Pat McGennis taking a break from the SOS. Note that all have their backs to the scenery as a precaution. Please observe there are 2 people wearing the TDI jerseys. Again, these jerseys are still available, see page 1 for the information on how to get yours. *This photo was submitted by Sandy Crader.*



S.A.D. Photo #2—Tour guides Dan and Nancy Ford at Maroon Bells near Aspen. *Another photo submitted by Sandy Crader.*



S.A.D. Photo #3—LSC'ers Tim Williams and Nancy Ford try to escape SOS at the Westwater Canyon in Colorado. *Yet one more photo was submitted by Sandy Crader.*

**RIDES AND RALLIES**

**September 4th**—Fifth Annual Tour De Trykes, Enid, OK. Raises money for therapeutic tricycles for children and adults. 8:00 AM start, \$27, \$50 for tandem, routes of 10, 24, 38, 58, 100 miles. Visit [www.tourdestrykes.com/](http://www.tourdestrykes.com/) for more info.

**September 11th**—Tour De Florence, 8711 W FM487, Florence, TX. 9:00 AM start, routes of 15, 35, 45, and 65 miles. \$40. visit [www.thevineyardatflorence.com/](http://www.thevineyardatflorence.com/) for more info.

**September 11th**—Cowtown Classic Bicycle Ride, Crowley, TX. Staggered start times beginning at 8:00 AM. Routes of 20, 40, and 62 miles. Web page gives no information on registration fee or starting location. In the past, it started at the High School. Good luck extracting information from the website: [www.cowtownclassicbikeride.org/](http://www.cowtownclassicbikeride.org/)

**September 18th**—Texas Farm Bureau Cotton Patch Challenge, Greenville, TX, routes of 21, 31, 41, 54 and 63 miles. 9:00 AM Start, \$35. Visit [www.cottonpatchchallenge.com/index.php?id=2](http://www.cottonpatchchallenge.com/index.php?id=2) for more info.

**September 23rd—25th** —Texas Time Trials, Cleburne, TX, Visit [www.tt24tt.com/](http://www.tt24tt.com/) for more information.

**September 25th & 26th**—Lone Star Ride Fighting AIDS, American Airline Training Center, Fort Worth, TX is the start and finish for both days of riding. Each rider is required to raise \$500. The ride is SAG supported on both days and has rest stops approximately 10 to 12 apart. Total mileage both days is 165. Lunch included on both days as well as breakfast. Visit [www.lonestarride.org](http://www.lonestarride.org) for more info.

**September 25th** — Waco Wild West Century, 100 University Parks DR, Waco, TX. Start time is 8:00 AM, routes of 10, 25, 50, 60 and 100 miles. \$25 before Sept. 17th, \$30 after. Visit [www.wacowildwest.com](http://www.wacowildwest.com) for more info.

**Sunday, September 26th**—1st Annual Little Elm Lions Club Charity Ride, Little Elm, TX. Start time is 7:00 AM, \$25 before Sept. 15, \$30 after. Routes of either 25 or 50 miles. Visit [www.e-clubhouse.org/sites/LittleElmTX/page-8.php](http://www.e-clubhouse.org/sites/LittleElmTX/page-8.php) for more info.

**Saturday, October 2nd**— North Texas Bicycle Rally, 4800 Henrietta Creek RD, Roanoke, TX. Start time is 9:00 AM, \$20 before September 20, \$25 through September 30, \$30 on rally day, routes of 15, 30, and 50 miles. The rally benefits St. Jude’s Children’s Research Hospital. Visit [www.ntbicyclerally.org](http://www.ntbicyclerally.org) for more info.

*Editor’s Disclaimer: Rides listed in this section do not represent all the rides and rallies which are occurring during the month. The editor reserves the right to exclude out of region and out of state rides and rallies. For a more thorough listing of rides and rallies, please visit [www.bicycle-stuff.com](http://www.bicycle-stuff.com). This is where the editor gets most of these listings.*

**Email addresses in the *Shifting Times***

Because we post email addresses and this newsletter online, we have taken the pre-caution of taking out the @ symbol for email addresses. Instead, addresses will have \*at\* instead. Note that we are using the \* before and after the word at to replace the @ symbol. This may well fool those pesky internet robots who scour the web for email addresses for spamming purposes.

**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](http://www.bbbicycles.com)



**BICYCLES, INC.**

143 E. Harwood  
Bedford 76021  
(817) 268-6572 (Metro)  
[www.bicyclesinc.com](http://www.bicyclesinc.com)



5139 Granbury Rd.,  
Fort Worth 76133  
(817) 292-2911

5739 SW Green Oaks BLVD, Arlington, TX 76017  
(817) 572-2453

101 Town Center LN, Keller, Keller, TX 76248  
(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](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

## AUGUST EXECUTIVE BOARD MEETING MINUTES LONE STAR CYCLISTS

Bobbie Carroll was absent due to a medical problem. Eddie Stinson provided a financial report for fiscal year to date, and comparison of Italy expenses over the last five years. LSC has \$36,266.66 in the checking account, but we still need to make our charitable contributions from Tour d' Italia. These amounts will be decided in the TDI post-ride wrap up meeting coming up soon. Also noted was the \$49,905.00 TDI gross income this year, which is somewhat assisted by the sale of the memorial jerseys.

Election of officers will occur at the September 20th meeting. Richard Wilks agreed to head up the nominating committee. Reah Reedy volunteered at the regular meeting to be on the committee. Eddie asked the officers who would agree to run again for their office for the coming year. Eddie, Denise Smith, and Donna Steinke agreed to run again. Lois Olmstead does NOT want to run for VP again. Bobbie Carroll told Eddie that she does not want to run for Secretary/Treasurer next year. Erin McClendon agreed to continue as newsletter editor, but is trying to become an elementary school teacher and that may cause him to withdraw in the coming year (certainly for the following fiscal year). Jim Warrens offered to run for the Secretary/Treasurer for the coming year, and may continue as Membership Chairman if needed.

The board decided via e-mail not to have the Meridian Campout this year because of poor attendance and increasing costs. Other alternatives were discussed including a bed and breakfast location for a weekend of riding or a SAG supported ride. Richard Wilks said he would make a proposal for a substitute ride. *(See page 11 Late Breaking News...)* This decision may allow us to hold an October meeting. Jim Warrens will call the Arlington Parks to see if our meeting place is available October 18th *(Editor's note: it is and we have it booked)*.

Chris McGough was not at the meeting, so we had no Tour d' Italia report except the financial report from Bobbie.

Denise Smith reported that we only have 9 club jerseys at this time. She proposed ordering more jerseys to replenish stock. Eddie was given a list of sizes and agreed to comment back to Denise. Denise has some orders from club members for about 6 jerseys, but we need to order a total of at least 50 to get per jersey price break. Board agreed to order 50 jerseys in the current style. Denise will order as soon as she gets the size and quantities okayed by Eddie. Denise also stated that we still have 26 men's TDI commemorative jerseys and 68 women's TDI commemorative jerseys. She may send some e-mails to the female TDI riders to sell some more. Otherwise, we may sell them at a discount next year at the TDI like we do the T-shirts.

Lois announced the September meeting will include the election of board officers, and this will be followed by a swap meet. Lois still has a CPR refresher scheduled for the November meeting, but the new VP will need to follow up on that. Lois would like ideas (ANY IDEAS, PLEASE!!!) for the

October meeting *(those ideas can be forwarded to the new VP)*.

Donna commented that she is starting to need ride leaders again. She asked the board to "talk up" the idea of being ride leaders to the membership to help with this. She also mentioned the ride last Saturday was exceptionally good and fun, even with the heat. It is unknown, at this time, if Donna set a new record for e-mails about a single ride concerning this event. *(Editor's note: I counted 8 emails for that ride, if that isn't a record, it should be.)*

Erin reported that we are currently not mailing out any newsletters. A year ago, objections to going paperless made this goal seem out of reach. Erin suggested we consider creating a nice, color tri-fold about the club to send to the bike shops instead of the current monthly ride sheet. This would reduce his work and be easier on the shops. We could send this two or three times a year to attract members. Jim Warrens is going to get a price on the tri-fold, and the board will consider the matter again next month. Erin also suggested just posting the newsletter on the web site for the members, instead of e-mailing the PDF file to everyone. He has some problems with members having too much in their e-mail and the e-mail bouncing back.

Jim Warrens reminded the board that club dues are due in September. Erin will have this in the newsletter for September as well. *(Editor's note: Jim, it's on the front page of this issue.)* Our membership is doing well and Jim reported we are getting more people from the free membership with buying a new bike program.

There were some comments about updating the club web site. This might include a better copy of the newsletter so it could be printed well. The current copy prints poorly because of how it is added to the web site as an image rather than a PDF. However, it was pointed out that we need to be careful in posting a PDF since the e-mail addresses in a PDF can be found and used by spammers. It was commented that our current web site is a bit difficult to navigate and difficult to find the rides.

-----Submitted by Jim Warrens

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**A Peep From Our Veep**  
 By  
*Lois Olmstead*  
 LSC Vice President

Hello to all LSC members from your out-going VP! It has been a great year for me to serve as your vice president with a terrific Board of Officers. August's club program with Robb Huhn, RN and Emergency Department Manager of Texas Health Harris Methodist Hospital-Azle, turned out to be an informative culmination of his introduction to "Cycling Safe and Smart" from January's program. He told me he could have gone on with another hour's worth had the time allowed! We learned a good deal from the time he gave us.

Monday, September 20th's club meeting is an important one to attend. We will vote on all the Board positions for the upcoming year. Richard Wilks is heading the nomination committee which will have names of all nominees to vote upon. After that is accomplished, we will have a bike swap, so please bring any of your unwanted bike items, including bicycles and bike clothing, that you would like to sell or to swap for other bike items. I bet we all can come up with something that is still in good condition to bring. No matter if you come with or without, DO come! You might leave with a gently-used item that you found was just the right price. I can almost guarantee that you will have loads of fun!

We will have a club meeting in October at the Bob Duncan Center since we have voted to cancel the annual Meridian Campout that would have normally taken the place of our regular October club meeting. The incoming vice president will have the program which will be posted in the October edition of the *Shifting Times*. So watch for that. Again, I thank you all for your great support towards me and this year's club programs. I have enjoyed putting them together and hearing how much you enjoyed them too. You are truly a wonderful group to work with, and I know that our new VP will give us new ideas and programs to look forward to. I hope to see you on the bike and/or at our next meeting in September!



S.A.D Photo #4—Notice newly engaged LSC Club members Sandy Crader and Karl Goerner with their back to the scenery at Maroon Bells Lake in Colorado. No, this isn't an Olin-Mills backdrop. *This Photo was also submitted by Sandy Crader.*



S.A.D Photo #5—LSC'ers Karl Goerner, Tim Williams (sporting the TDI Long Sleeve Jersey) Nancy Ford, Marti Lewis, Barry Dorsch, Dan Ford, Pat McGennis and Richard Wilks in front of the Ford's Fruita, Colorado house before encountering SOS. *You guessed it, this photo was submitted by Sandy Crader.*

**>>>>>LATE BREAKING NEWS FROM THE DESK OF THE PRESIDENT OF THE LONE STAR CYCLISTS...**

***We are putting together a Fall Club Bicycle trip. The dates will be October 8th, 9th, and 10th. The location will be in the Tyler State Park area of East Texas, and should include Bed and Breakfast and camping options. The rest of the details are still being worked on. It will be beautiful riding in what should be ideal fall weather. Be sure to put this fun filled weekend on your calendar and watch for more details. — Eddie Stinson***

# LONE STAR CYCLISTS MEMBERSHIP APPLICATION

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

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

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

Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E-Mail: \_\_\_\_\_  
(Newsletter is presented in pdf format via email.)

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

Birthday (month & day only): \_\_\_\_\_  Do not print my email address  It's ok to print my email address

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 (check 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/Jun—\$8, and Jul/Aug—\$25**  
**(also pays for the following year.) Lead 6 Rides during the year (from September to September, and earn a year membership.**

## IT ONLY TAKES ONE SECOND

By Marti Lewis

Several of you asked about my exciting "adventure?" As I was flying down the Colorado National Monument, my rear tire blew and I crashed. I fractured my clavicle, 5th rib, and possibly L. humerus, sprained my Left wrist and R. thumb, bruised my L hip and had a severe contusion on my entire lower L leg."

Consequently, I have not been able to use my Left arm and had to wear a compression stocking for 3 weeks with limited walking. Several cyclists advised they got back on the bicycle too soon resulting in complications requiring surgery. So, I decided to try to be patient. I go back to the orthopedist (a cyclist) on the 1st for another x-ray and evaluation.

The true, unexciting story, is that on a Saturday before the trip, I overslept due to packing for the trip and missed the club ride. I planned to check out my old Karma which had not been ridden since last fall, by riding Benbrook Lake and the hilly neighborhoods out to Triple Hill. Please note, since Mary Alice Tudor's accident last summer, I always ride with someone else except on the Trinity River trail from 183 to downtown. However, on that fateful day I was alone, really alone, as I saw no one else out at the Lake. My front tire "fell apart", when I tried to air it up. After obtaining a new tire and tubes, I set out again —ALONE. As I neared Dutch Creek Branch, I looked down "just a second" at my derailleur thinking there was a major problem. Since my tire had

fallen apart I thought "what now?" Indeed, in the next second there was a problem. I saw a gate that is not usually there and remember thinking, Oh No!! My next thought was on the other side of the gate as I hit my head really hard on the asphalt and then realized that I was conscious. I managed to sit up, looked for my bicycle and realized I would not be cycling in Colorado this year. My left shoulder and left leg were rapidly swelling and I now needed ice!! I called my son, who brought ice and took me to the ER. My bicycle was in pieces, but miraculously was reassembled without cost. I wore a helmet (which saved my life but has a big dent) and I had a cell phone with ID papers in my pocket but was very alone out there. This was my first accident in 18 years. So, for those of you who ride alone, beware! If I had been unconscious, no one would have found me for a very long time.

I went on the trip thinking I could be as miserable in Colorado as at home and indeed I was. However, I did have some fun times with a terrific group of cyclists and took over 500 photos. I even did two short hikes and the soles of my Loew hiking boots fell apart from disuse the past 4 years. On the Westwater Canyon rafting trip I was strapped into a life jacket and my splint but spent the entire day on the Colorado River with the group. Unable to hold an oar I just took photos. Thanks to everyone who called, emailed, or sent cards of encouragement and to my companions on the trip for their patience and support.