

September 2008

SHIFTING TIMES



Volume 29, Number 9

www.lonestarcyclists.org

LSC Club Elections are here. We need volunteers for the President's job and the VP job. We also take nominations from the floor at the September meeting. If interested, call George Handy at 817-602-0285.

CLUB MEMBERSHIP DUES ARE ALL DUE THIS MONTH!!

The Lone Star Cyclists Executive Board decided to change the dues so that they are all due September 1st each year. Having talked with the past and present membership chairpersons, I guarantee that this change is needed. The current system of dues coming due every month of the year creates a lot of extra work and opportunities for mistakes. Beginning September 1st, 2009, every member will owe \$20 for his club dues so it should be easy to remember. New members will pay a pro-rated dues their first year to get them into the cycle and then pay on September 1st like the rest of us.

This year you will owe dues on September 1st in the amount listed below, and this will extend your membership to September 1, 2009. The dues are pro-rated per the schedule in the December, 2007, Shifting Times where two months are packed together in one price. Dues are: 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.) Send your dues to the Grapevine address on the renewal/new member form on page 10 of the newsletter (include the form as well). There is a list on page 6 of members and what they owe. Thanks to the members who have paid their dues already. The list is only one name, even if there are more of you on that membership. If you're not on the list, either you don't owe anything or we dropped you from the membership rolls for non-payment of dues. Remember guys and gals, our club dues don't even cover the cost of the newsletter so we still need your help with the Tour d' Italia ride which is our only other fundraiser.

Thanks, y'all!

**Club Meridian Campout October 10th, 11th, & 12th this year.
Keep the date open. See details on page 7.**

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

Jim Warrens
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 4327 Hazy Meadow Lane, Grapevine, Texas 76051-5718.

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.).

OFFICERS

Oct 2007 - Sept 2008

PRESIDENT

George Handy, (817) 602-0285
ghandy@tx.rr.com

VICE- PRESIDENT

Nancy Ford, (972) 602-3022
ndford@sbcglobal.net

SECRETARY/TREASURER

Bobbie Carroll, (972) 264-1027
bobbiedavidc@sbcglobal.net

SPECIAL EVENTS

Vacant

RIDE COORDINATOR

Mark Lanier, (817) 229-9619
dfwbiker2003@yahoo.com

MEMBERSHIP

Rhonda Warrens, (817) 329-3016
jandrwarrens@verizon.net

NEWSLETTER EDITOR

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james.warrens@siemens.com

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WEBSITE MANAGER

George Fleischmann, (972) 262-6570
lscyclists@sbcglobal.net

TOUR D' ITALIA DIRECTOR

Ande Rushing (817) 784-6276
andrewrushing@sbcglobal.net

DUES DUE

**ALL MEMBERSHIPS ARE DUE
IN SEPTEMBER!!**

SEE PAGE 6!!!

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—**ESPECIALLY THE EMERGENCY CONTACT**—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.

Help keep our records up to date. Thanks.

Rhonda Warrens, Membership

August Birthdays

- 4 - John Baima
- 8 - Deborah Taylor
- 9 - Peter Baron
- 12 - George Fleischmann
- 13 - Dan Ford
- 13 - David Wasserman
- 14 - Susan Handy
- 17 - David Carroll
- 23 - Ron DeRoxtra
- 23 - David Olmstead
- 25 - Peggy Badlato
- 28 - James Sulak

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.

WOW!!

**Five New Members
This Month!**

Jay Dunn
1711 E. Redbird Lane
Dallas 75241
214-533-7033
FimP@sbcglobal.net

Lorine Nunley
1026 Tower Drive
Cedar Hill 75104
214-763-8845
Lorinegirl@sbcglobal.net

Francisco Ramirez
3514 Indian Summer Lane
Arlington 76016
352-26554533
205-385-2407
f.ramirez@ramirez.lu
(mailed in from Luxemburg)

John & Edith Byrd and family
3207 Amberway Drive
Arlington 76014
817-375-1868
JTHUG4ER@aol.com

Michelle Hudson
8422 T N Skiles Road
Ponder, Texas 76259
940-300-8277
getlimber@earthlink.net

We hope to see you on a club ride real soon. Glad you're with us!

LSC MEMBERSHIP ON 29Aug08—120





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) 966-9804



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 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 for club members if arranged in advance by phone with Mark Lanier.

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

SEPTEMBER

SATURDAY 8:30 AM START TIME PACE: Easy

6 "Jim's 6 City Tour" Join Jim Warrens on a tour starting in Grapevine and going through Southlake, Westlake, Roanoke, Fort Worth and Keller. The route covers 40 miles through suburban streets and country roads, including a wonderful view of the Texas Motor Speedway and Alliance Airport in the distance. There are rest stops at 10 and 27 miles. Meet in the parking lot of the Tom Thumb store at Highway 121 and Hall-Johnson Road. Lunch after the ride at the Cotton Patch Café.
Ride Leader: Jim Warrens (817) 329-3016

SATURDAY 8:30 AM START TIME PACE: Easy

27 "Pancakes with the ex-Prez" Recently retired club President George Handy will lead a ride on the Triunity Trails to have breakfast at the Old South Pancake House. The ride will start this time at the Benbrook end of the trail. Take the Hwy #377 South exit from I-20 and go through Benbrook about 1.5 miles to Winscott Road. Go left on Winscott and then right into the ball fields parking lot. We'll roll at 8:30am and the mileage should be in the mid-20's. **Ride Leader: George Handy (817) 602-0285**

OCTOBER

SATURDAY 8:30 AM START TIME PACE: Moderate

13 "David's Birthday Ride" Come join David Wasserman as he celebrates his birthday by riding recumbent style from Mesquite through a choice of routes. Previous rides with David have gone to Wings Over Seagoville for lunch. This ride could go through Forney or complete the route done in August to Seagoville. The ride starts from the Lowes parking lot at 4346 Galloway Avenue at Barnes Bridge Road. The Lowes and Lowes' sign are huge so you can't miss it. Take I-30 East to the Galloway/Gus Thomasson Road exit (56-A). Turn right on Galloway, and make a U-turn at Hutchison, past the church, and the Lowes will be on your right. Distance will be about 45 miles regardless of route. Lunch location by vote of the riders. Note: Singing is allowed for David's birthday.
Ride Leader: David Wasserman (214) 342-0807

SATURDAY 8:30 AM START TIME PACE: Moderate

4 "A Jaunt to Fort Worth" Join Mark Mark for a 50+ mile urban ride from River Legacy Park to Fort Worth. There is an additional 11 mile option at the end of the ride in the park. Meet at the parking lot located on the east side of the restroom pavilion. The entrance to the park is at North Green Oaks Blvd. and Margaret Drive in Arlington. Lunch Al's Hamburgers afterwards is a possibility.
Ride Leader: Mark Lanier (817) 229-9619 or dfwbiker2003@yahoo.com and

SATURDAY 8:30 AM START TIME PACE: Moderate

20 "Connie Cuts Loose" Connie Wilson is leading a ride from North Arlington to Grapevine and beyond. The ride leaves from River Legacy Park in North Arlington. The ride will be 50 miles or a bit more. Meet at the parking lot located on the east side of the restroom pavilion. The entrance to the park is at North Green Oaks Blvd. and Margaret Drive in Arlington.
Ride Leader: Connie Wilson (817) 657-4839

SATURDAY 8AM or 9 AM START TIME PACE: Moderate

11 "Joint LSC/Bicycles Inc. Century of the Month" A fun ride with ride leaders and ride support. Routes of approximately 100 miles, 60 miles, 30 miles, and possibly a beginners loop. The start time has not been determined, but will be between 8 and 9 am. Meet at the Bicycles Inc. in south Arlington at 5739 SW Green Oaks Blvd, Arlington, 76017. For more info, call Bicycles Inc. at 817-572-2453

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

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 info removed, please e-mail Rhonda Warrens at jandrwarrens@verizon.net and it will be pulled before the list is offered to any member requesting it. Thanks!

SPORTS, DEEP TISSUE & MEDIUM PRESSURE SWEDISH MASSAGE **30 min \$45.00**60 min \$75.00**90 min \$115.00**

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- **Pain Relief
- **Removes Heavy Metals
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Ozone treatments ** \$40.00 ** Packages Available

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 - *Relieves chronic fatigue and environmental illness.
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It's time to ride the new 2009 models of bicycles

You could be HERE !

CLUB MEETING SEPTEMBER 18TH AT 7:30PM

"Bicycle Maintenance & Safety"

Robert Purinton from Bicycles, Inc. will be the speaker for our September Meeting. He will give a ½ hour talk on bicycle maintenance and bicycle safety after the club elections.

See you there!

Who Rode What, Where & When

August 2nd

Sixteen riders tackled the weather and the roads on Ande Rushing's Lillian d'Mile ride. Starting on the 52 mile route from Ande's house were Ande, Bev Ruesing, Paul & Jennie Tate, Chris McGough, Eddie Stinson, Donna Steinke, Kim & Denise Smith, Connie Wilson, Peter Baron, Mark Lanier, and Tim Williams. They met up with the 40 mile riders at Bicycles, Inc. on Green Oaks. This group included Mary McLachlan, Ron DeRoxtra, and Dean Rutledge. No one did the published mileage for the two routes. By the time the riders got to Lillian, it was getting too hot for most, and the route back was whatever was shortest. Eddie Stinson never made it to Lillian because he had a flat tire AND a broken chain. He eventually found some riders in Kennedale and finished with them. The Tates had to bum a ride from Lillian when their newly installed bottom bracket broke, causing the pedals/crank arms to wobble back and forth and sounding like popcorn. Peter Baron had two flats, the last one riding into Ande's driveway. The return ride was pretty hectic with several groups coming back on different routes. Oh, the joys of the Texas summer!

August 16th

Ah, the weather was simply wonderful and it looked like it would hold out for those souls choosing to do the HHH (90° beats 100°+). Joining Kevin Jespersen on his Midlothian South 800 ride were Donna Steinke (she turned around at about 3 or 4 miles due to illness) and Eddie Stinson (he had to be back so he went up CR206 from 916). Others included Mary McLachlan, Tim Williams, and Paul and Jenny Tate (on the tandem). We decided to split the difference on the 80/40 and take 916 straight into Grandview instead of adding the extra 15 miles by using FM 66 and FM 67. Our mileage totaled approximately 65 miles, and even though we made good time to Grandview, the headwind, although moderate, still set us back. The ride took a hair over 5 hours. Overall it was a good ride on a great day. A tailwind back would have been nice but then if also could have been 100°+.

August 2nd Riders at Lillian

Photographer—Mary
McLachlan





The President's Wheel

I'd like to say "Thank you" to all the members of our great club for giving me the privilege of being an officer for the last 6 years. It's been a lot of fun (and work), but all good things must come to an end. Please try your hardest to help the new and returning officers in the building and growing our organization. With just a little effort from everybody, we can continue to make our club the BEST in the area. My thanks go out to all club officers past, present, and future. I appreciate all the work that you do that goes above and beyond the duties of your position. I look forward to helping the club in my retirement. Maybe I'll even have the time to go on a club ride! Thanks again, and I look forward to seeing you on the road.

George Handy

LSC DUES Due 01Sep08

K. Anderson \$11
 J. Baima \$20
 D. Blakely \$28
 D. Branhagan \$8
 B. Bruner \$20

M. Carter \$20
 S. Cavitt \$28
 J. Chamberlain \$20
 K. Chamblee \$14
 C. Smith \$20

R. DeRoxtra \$25
 R. Dodge \$8
 K. Emerson \$14
 C. Fleeman \$17
 D. Ford \$14

J. Hamm \$31
 G. Handy \$20

K. Harvell \$20
 J. Heinfeld \$31
 A. Horton \$20

N. Hosn \$28
 L. Iverson \$20
 J. Moll \$20
 K. Jespersen \$11
 L. Joplin \$28

L. Kelton \$11
 K. Krause \$28
 A. Kruse \$20
 M. Lewis \$17
 R. Love \$20

A. Mayo \$8
 C. McGough \$28
 G. Mickel \$20
 C. Moser \$20
 D. Nevers \$20

D. Olmstead \$20
 R. Park \$20
 P. Badlato \$28

L. Perez \$17
 M. Pluto \$14

R. Reedy \$11
 J. Riba \$17
 C. Rogers \$11
 D. Rutledge \$20
 K. Smith \$8

D. Steinke \$20
 R. Steinke \$28
 E. Stinson \$11
 M. Stone \$20
 M. Tanner \$20

D. Taylor \$17
 R. Taylor \$28
 J. Thornton \$17
 M. Tudor \$8
 J. Vidrine \$20

R. Werth \$20
 T. Williams \$20
 R. Wilson \$28

MERIDIAN CAMPOUT OCTOBER 10, 11, & 12

Next month is the annual Lone Star Cyclists Campout at Meridian State Park near Hillsboro. It's time to gather together as a club and have a weekend of pure fun down in Bosque County. The dates for this year's weekend campout are October 10th—12th.

Meridian State Park, located on Route 22 just outside of Meridian, Texas, is one of the lovelier state parks. The group camp site that we reserved has seven screened shelters, four camper sites with water and electric, and room for several tents. The screened shelters and sites are reserved through Bobbie Carroll, and are done so on a first-to-call-her basis. The group site has an air-conditioned kitchen and dining hall, and an outdoor deck area. It also has really good showers with both cold and hot running water and restroom facilities.

Some members try to go down early on Friday to work in a ride before dinner. On Saturday, we usually have a couple of rides of different lengths to choose from. Come Sunday morning, we manage yet another short ride before packing up and heading home.


We are planning a chili dinner on Friday night, but need a volunteer to cook the chili. Please bring your favorite dish, dessert, cornbread, chips, or whatever sounds good to you, and join this fun time Friday evening while discussing the route you may take on Saturday.

Saturday night also sees one of the club's most prestigious awards presented. The Klutz Award is given to the crash-klutz of the year. (take note: you do not need to be present to win). Please contact Donna Steinke with your nominations.

The cost for the weekend is a bargain price, \$30 per person, which covers breakfast on Saturday and Sunday mornings, and the evening meal on Saturday, prepared with everyone's help, by Chef Richard Conger who comes all the way up from Palacios just to tingle our taste buds.

It also includes your camping fee costs, excluding the park entrance fee. Let's face it—even for a state park, it's a good deal. You'll need to bring a few extra bucks for dinner if you choose to eat out, as some do, on Friday night.

It is most important, if you plan to attend and eat meals whether or not you camp overnight, that you RSVP to Bobbie Carroll (972-264-1027). An accurate head-count is necessary if everyone expects to eat over the weekend. Also let her know if you want to reserve a site.

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Tour de Cure 2008
SATURDAY, OCTOBER 18, 2008
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62, 32 & 5 mile rides  \$150 fundraising min.

 \$15 early registration, \$20 after Sept. 18th 

REGISTER NOW **diabetes.org/tour**



Star-Telegram



"The Rusty Needles" team rides again in the Tour de Cure for diabetes. The Tour will be a one day event on October 18, 2008 starting from Texas Motor Speedway. Last year, the event raised over \$100,000 with 103 riders participating. The Rusty Needles team (all FWBA members, others are welcome) raised over \$6,000 with 15 members. You can join the team or any other team, start a team or ride as an individual. Registration is \$15 and the minimum in donations required is \$150. Registration, donations and promotion are easily done online at the American Diabetes Association website at <http://www.diabetes.org/tour>. You even get a team page and your own individual page. We need volunteers for rest stops, SAG support, etc. Last year we had an all FWBA rest area and will continue the tradition this year.

A message from Jim West, Tour Chairman:

Our team name, The Rusty Needles, is linked to the fact that 2 members, Dan Milburn and Jim West, are insulin dependent diabetics of many years duration. We are also originators of the Rusty Chain Gang, a group of bicyclists formed in 1994. All of our team members participate in cycling because of the healthy aerobic exercise, fun and safety of riding in groups. At age 11 when I (Jim) was diagnosed with type 1 diabetes, in 1944, my family was advised that my life expectancy was 5 to 10 years. I am lucky enough to be here now and bicycling about 100 miles per week. I have some of the inevitable problems connected with diabetes and have to continually work at keeping my blood glucose in control

Beyond the importance of maintenance of health for diabetics we must support research for development of better methods to control diabetes and eventually develop a cure. Please help with your donation or participation.

GREAT RIDES AND RALLIES

September 6, 2008

Cowtown Classic—Fort Worth, Texas. 20, 40, and 62 miles cowtownclassicbikeride.org

September 20, 2008

Cotton Patch Classic—Greenville, Texas. 6, 22, 31, 41, 54, and 65 miles omnisisys-inc.com/cottonpatch

September 27, 2008

Waco Wild West Century—Waco, Texas. 10, 26, 50, 65, and 100 miles wacowildwest.com

October 11, 2008

Tour de Fire Ant—Marshall, Texas. 10, 30, 45, and 62 miles marshall-chamber.com/pages/tour

October 11, 2008

Paluxy Pedal—Glen Rose, Texas. 29, 45, 60, and 80 miles paluxypedal.com

October 18, 2008

Tour de Cure—Heart of Texas Motor Speedway, Fort Worth, Texas. 5, 32, and 60 miles see ad left

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



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(817) 268-6572 (Metro)
www.bicyclesinc.com



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5737 Green Oaks Blvd., Arlington
(817) 461-5555 (Metro)

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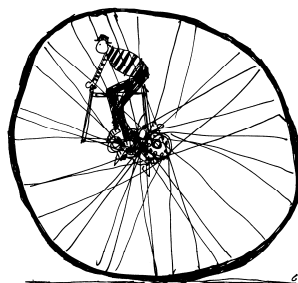
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Be A Part Of Making It Happen

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): Elec- tronic
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/Jun—\$8,
and Jul/Aug—\$25 (also pays for the following year.)**



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

Club Meeting at 7:30PM on the 18th
Board Meeting at 6:30PM
Club Elections at this meeting

Are your club dues in arrears? If you do not pay your dues by September 30th, you will become an Inactive member and you will no longer get the newsletter! See page 2

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