

Plano Bicycle Association Newsletter

March 2024

Let's Get Social!

PBA Happy Hour – Thursday, March 21st

Join us at the Katy Trail Ice House Outpost and visit with PBA friends! Thanks to the feedback received during the online poll, the event has been switched to a Thursday night! Katy Trail has one of the best patios in Plano, so keep your fingers crossed for great patio weather!

Who: PBA Members and Guests

When: Thursday, March 21st

Time: 6:00 – 8:00 PM

Where: Katy Trail Ice House Outpost, 4700 W Park Blvd, Plano



Spring Forward!

Don't forget to set your clocks one hour ahead at 2 AM on Sunday, March 10th



New PBA Links!

Now you can access the PBA website through these new links:

PBA.Bike

ComeRideWithUs.bike



Club News

PBA Kit Update

The PBA Team Store is live and open for orders of the new PBA kit summer collection. The kit design was created by PBA member Jeff Hays and voted best by our members. The design features PBA slipstream, color asymmetric stripes for visibility and "Come Ride With Us" club slogan on the side of the jersey. The new jersey is flashy AND classy!

New Products

Polo shirt - Made with moisture wicking fabric, you can now wear your PBA pride to bowling, hiking, or golfing with a more put-together look.

Elite jersey - This jersey is made of Italian fabric and is the highest performance jersey ScudoPro offers. It is for men and women who seek the highest performance, lightweight, fresh and aerodynamic jersey that will push them to the ultimate limits of endurance.

Peloton Fit Jersey - Same fit as the "ProFit - Relaxed" but with different material. This is a great value jersey.

Other products offered in the Summer Collection: Pro Short Sleeve Jersey, Sleeveless Jersey, Bib Shorts and Shorts, Sun Screen Sleeves, Cap, Gloves and Tech T-Shirt.

When can I get my jersey?

The team store is located under the **Members Only** section of the PBA Website. [PBA Store](https://www.pbastore.com) ScudoPro (www.scudopro.com) is a Texas-based company and the same company that made the winter kit, so the fit and sizing should be familiar. Scudo offers an excellent ordering and shipping process and typically delivers orders in about 2 weeks. They are also very responsive on returns/exchanges.



New PBA Rides

Two new rides are being added to the PBA Calendar. One is already off to a great start and the other is coming soon! Another old favorite is returning this month.

Early Birds Get Donuts

When: Fridays at 6:00 AM

Where: Northeast Community Park, 2895 Honey Grove Dr. Frisco, TX 75035

Ride Leader: Shawn Stewart

Description: This is an approximately 32 mile drop ride with an 18.5 - 20 mph avg pace depending upon conditions. Donuts are involved!



Coming in April! Sunday Morning Gravel Ride

When: Sundays at 8:00 AM

Where: Erwin Park, McKinney

Ride Leader: Billy Bob Derryberry

Description: This ride will be approximately 25 miles on a mix of paved and gravel surfaces. It will be a no drop ride at approximately 13 – 15 mph pace.

Stay tuned for more info on the start date!



DB Rec Returns March 16th!

Alexander Moeller, Kevin Vinson, and Linda Vinson will be back as your co-ride leaders for the Saturday DB Rec ride. DB Rec is a training ride for those that want to ride stronger and longer, preparing for the MS150, HHH, or to be able to ride a century. Please note that this is a drop ride and we will build our mileage each week.

DB Rec will start **Saturday, March 16th**, so look for it on the ride calendar.

Important Dates:
MS150 is May 4-5
HHH is August 24



Education

Upcoming Class – PBA Ride Leader Training



Ride leaders are the backbone of our club. These volunteers step up to lead a specific pace group on a coordinated route and work to ensure the group has a safe and enjoyable ride. The Ride Leader training will cover how to sign up to lead a ride, the pre-ride speech and rider check in, managing a group ride and incident reporting. You may register on the PBA website | **Calendar**.

Date: Monday, April 1st

Time: 6:30 PM – 9:00 PM

Location: Virtual

Instructors: Education Director Chrissie Taveira & Vice President Susan Noble – both certified League Cycling Instructors (LCI)

Become a League Cycling Instructor!

BikeDFW is hosting a **League Cycling Instructor (LCI) seminar** in April. LCI's are certified through the League of American Bicyclists (<https://bikeleague.org/>) a national bicycle advocacy, education, and promotion organization. The link for the LCI seminar registration is below:

<https://www.tfaforms.com/4979601?event=a3dQI0000002Nuz>

Prerequisite to the LCI Seminar

Successful completion of the **League of American Cyclists (LAB) Smart Cycling course** is required before taking the LCI seminar. The Smart Cycling course has two components: online training and on-bike training.

1) The online training of the Smart Cycling class can be taken at the link below. Please complete this training prior to attending the on-bike class. [Learning Center | League of American Bicyclists: SMART CYCLING](#)

2) The on-bike training will be held at Bicycle Evolution, 4101 East Park Blvd #138, Plano, TX 75094.

Option 1: Sat March 30th, 1:00 – 4:00 PM [Smart Cycling Bicycle Skills March 30th, 2024](#)

Option 2: Sat April 20th, 1:00 – 4:00 PM [Smart Cycling Bicycle Skills April 20th, 2024](#)

PBA members who are interested in taking the LCI training may be eligible for tuition assistance through the PBA.

If you are interested in becoming a League Cycling Instructor (LCI), please email [Chrissie Taveira](#) and she will get your information to [Stefan Hirsch](#) the Bike DFW Director of Education. For more information on becoming a cycling educator, visit the website below.



President's Corner



Greetings PBA members!

I hope everyone had a nice February. I can't believe it is already March. My focus this month is on the PBA club rides. Our Ride Coordinator, Richard Bohonsky, can correct me if I am wrong, but I counted 30+ club rides, including weekly and monthly rides. When I joined PBA in 2010, I rode the Saturday DB rides. As time went on, I started venturing out to do other rides on the weeknights.

One of my goals when I was elected president of PBA was to participate in rides I have never ridden before. The primary reason for this goal is that I thought it would be a great way to meet other club members. I have been very fortunate to meet so many nice people on the club rides I have participated in, and I know there are more nice people out there that I have not had a chance to meet. Starting in March and going forward, I'm planning to join the rides listed below:

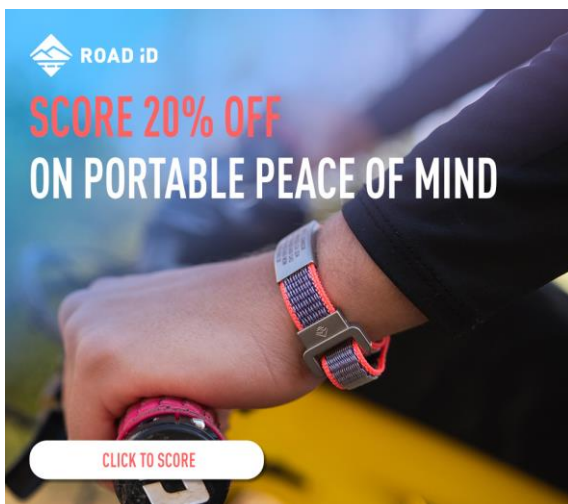
- Monday Morning C Ride (C Voyage)
- Early Bird Gets Donuts (A new ride)
- Saturday Novice
- Saturday Step-Up
- Saturday B Squared
- Saturday Tweeners
- Saturday Tweeners Long
- Saturday Fast Forty
- Sunday Adventure Ride
- Sunday Caffeine Cruise

My plan is to join the ride, take pictures and do a post-ride write-up in future editions of "The President's Corner". It's incredible the offering of rides PBA has for its members. It is very impressive and kudos to our Ride Coordinator, Richard Bohonsky, his helper Chrissie Taveira, and all our dedicated Ride Leaders! I'm looking forward to meeting more PBA members.

Have a great March!

Kevin

Special Discount for PBA Members



PBA Members can receive a 20% discount on Road ID products. Use the link below to score your discount code.

[GroupDiscount \(roadid.com\)](https://roadid.com/GroupDiscount)



Road ID



Shawnita Sterett Memorial Ride – March 23rd



It is with our deepest sympathy that we share the loss of Shawnita Sterett, a beloved member of the North Texas cycling community. Shawnita passed away suddenly while on a business trip in Costa Rica. Shawnita was a wife, a mother, a daughter, a friend, a cyclist, and a senior director at her company where she traveled all over world. Shawnita leaves behind husband Shane and their 3 sons.

Celebration of Life Ride

A ride to honor and celebrate the life of Shawnita is planned for Saturday, March 23rd. There will be two distances:

50 Miles – Shawnita's age

33 Miles (slower paced group) – The years Shawnita and Shane shared

Date: Saturday, March 23rd 8:00 AM

Location: Gates of Prosper Center, 401 Gates Pkwy, Prosper, TX 75078

Questions?

For questions about the memorial ride, contact Chris Jones at: crjsdj@gmail.com

Go Fund Me Support

If you would like to help this family with the financial burdens they are accruing, a Go Fund Me account has been set up by Tanja Pavlovich:

[Fundraiser by Tanja Pavlovich : The beautiful life of Shawnita Hamill Sterett \(gofundme.com\)](#)



"Shawnita was a light that shined so bright in all of our lives. Her smile, and her contagious spirit and willingness to help and support those around her is something so many of us got to experience and grow from." - Tanja Pavlovich



Get Your Gravel On!

What It's Like to be a Gravel Grinder

You've seen the Facebook posts of PBA members riding gravel and now you're curious about what gravel cycling is all about. Read on for some answers to common questions about this rapidly growing cycling discipline.

What is Gravel Cycling?

Gravel cycling involves riding on unpaved roads, typically consisting of gravel, dirt, and sometimes even rough terrain. It's a blend of road and off-road cycling, providing a sense of adventure and exploration that you won't find on traditional paved roads.

What is it Like Riding Gravel?

As expected, it's a bumpier ride on gravel. Your arms and shoulders work harder absorbing the impact of the rough terrain. For the casual rider, it's not as fast as riding on the roads. Instead of riding in a paceline, you'll be picking out your best line where the gravel is smoothest. Depending on road conditions, lots of dust is common, especially if a random car passes by. The nice thing about gravel roads is that they dry out a lot faster after rain.

Gravel bikes are designed to handle the challenges of gravel roads more effectively. Gravel bikes feature wider tires for improved stability and control, disc brakes for better stopping power, and a more relaxed geometry to enhance comfort on longer rides.

Why is Gravel Cycling So Popular?

Gravel cycling has gained popularity for several reasons:

1. Gravel roads lead to less-explored areas, offering a sense of discovery and adventure.
2. Gravel routes typically have less traffic and serene, natural landscapes.
3. Gravel bikes can handle a variety of terrains, making them suitable for diverse riding experiences.
4. The gravel cycling community is known for its inclusivity and camaraderie.
5. Gravel cycling is fun! It's like being a kid again!

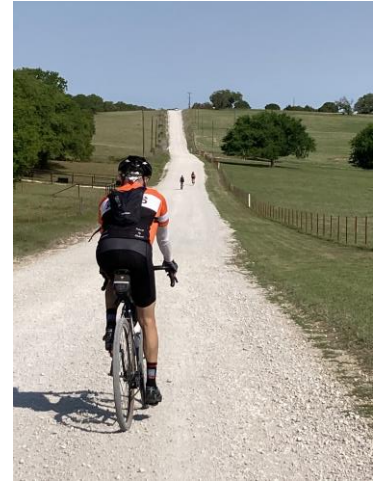
Where to Ride Gravel

Texas has become a popular state for gravel grinding. The Hill Country and the Red River Valley (North Texas Hill Country) are especially scenic and offer many gravel routes, but gravel riding can be done almost anywhere in the state. The Northeast Texas Trail (NETT) is a 131.8-mile point-to-point trail near Farmersville, Texas. The terrain varies, from smooth gravel to dirt roads and some bridges must be crossed by foot. You can ride the NETT to Celeste and back for an approximately 26-mile round trip. netexastrail.org Another option is the new PBA Sunday gravel ride coming in April. It will start from Erwin Park in McKinney.



A few of the larger gravel events include MidSouth in Stillwater, Oklahoma, Gravel Locos in Hico, Texas, and Unbound in Emporia, Kansas. Locally, Spinistry runs regular gravel races and events.

If you are looking for a fresh challenge or something different, the gravel roads await your exploration.



Member Spotlight

Meet our new Social Director - Jack Tam!

1. Have you always lived in this area? If not, where are you from?

My hometown is Dallas! I've resided in the DFW area my entire life, predominantly in the Collin County area.

2. How long have you been cycling?

I have been cycling for 4 years now, I got my start in cycling when my friend invited me to take a hybrid bike out to Erwin Park. After a few crashes and barely completing the south loop, I was hooked.

3. What do you enjoy most about cycling?

What's not to like? I get my fitness and I get to be social! I've met many great friends over the past 4 years and my only regret is that I wish I could have been involved earlier. There is an amazing allure to ride with a bunch of like-minded folks on the road! If I could do something on the scale of Hotter N' Hell every Saturday, sign me up!

4. How did you learn about PBA?

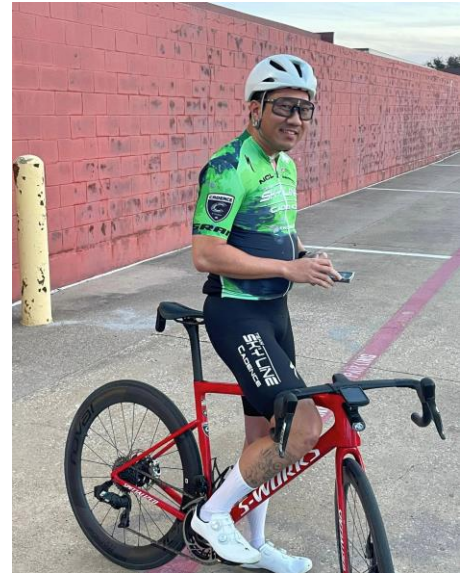
The past 4 years have been a blur, I'm not even sure how I stumbled upon PBA. I started riding out of the Cadence Cyclery shop in McKinney, and gradually joined the other cycling clubs on their rides. I settled in on PBA as my second home to Cadence as I have made so many friends and acquaintances. Whoever is reading this, it is important to know that PBA is more than just a club for group rides! Until this year, I hadn't paid attention to all the great things the club does for the community; it is truly a sight to see. Kudos to the volunteers that have stepped up and saw that it's bigger than just us riding around town.

5. What is your favorite cycling workout?

I love all of my cycling work outs; I do prefer the hard stuff like intervals. Intervals are the cornerstone to developing cycling strength!

6. What advice would you give to someone new to cycling?

If your goal is to get faster and stronger, do not neglect your easy rides. Too many times I have met folks who desire to become stronger, but neglect proper rest. Go ahead and go on an easier ride than you would normally do, it's OK! Most importantly make sure you are still having fun.



7. Is there anything else you would like the PBA club to know about you?

I have a wife and 2 daughters. They are my biggest cheerleaders and I love my moments with them. During the week, I work for a govtech company called GovOS. I manage the implementation of our records management software. Chances are if you have interacted with the Collin County Clerk's office, you have used our software. I've played semi-pro paintball and was a professional gamer during my college years.



Soul Patrol Juneteenth Rally

Special Discount for PBA Members!

Join the fun at the 5th Annual Soul Patrol Juneteenth Bicycle Rally. This year's event will take place **Saturday June 15, 2024**, from Kuykendall Stadium in Frisco, Texas.

As you may know, Juneteenth holds significant historical and cultural importance in commemorating the emancipation of enslaved African Americans in the United States. Our Soul Patrol Juneteenth Bicycle Rally aims to honor this momentous occasion through a celebration of freedom, community, and the joy of cycling.

The rally will feature various routes suitable for all cyclists and skill levels, ranging from leisurely scenic riders to more challenging courses through the cities of Prosper and Celina for the adventurous spirits among us. After the ride, there will be opportunity to engage with local vendors, enjoy and dance to classic R&B music, and savor delicious food.

PBA will be providing support for this rally by hosting a hospitality tent in the rider village and also providing volunteer ride marshals. Contact Chrissy Taveira at education@planobicycle.org if you are interested in helping out.

Ride registration link: [Soul Patrol Juneteenth Ride 2024 Online Registration \(bikereg.com\)](https://bikereg.com)

Register before March 10th to get \$5 off at checkout using discount code PBA2024.



1976 Schwinn Varsity Project

How Daryl Hearne Restored this Classic Bike

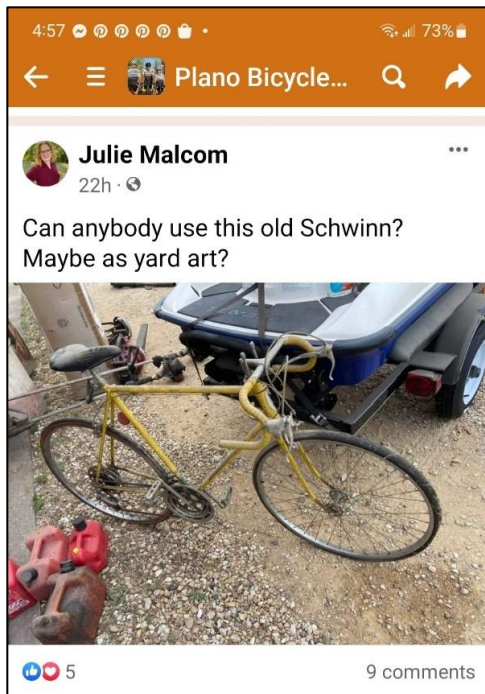
The Start of a Passion

Daryl became interested in restoring bikes in 2018 when his employer held a 10-week weight loss contest and he decided to restore his vintage Maserati racing bike that he raced while in the Navy in the 70's. Daryl used the restoration project as motivation to lose weight. It kept him focused on winning the weekly prizes leading up to the \$500 grand prize. After dropping 75 pounds in 10 weeks, Daryl won the contest and was able to pay for his paint and frame restoration and buy a polishing wheel at Harbor Freight to polish components before assembly.

Another restoration project was a vintage Viner racing bike purchased from a lady whose husband used to race it. It was in rough shape but had great paint. "I was excited to get that FREE Schwinn bike but was quickly reminded when I brought it home that there's no such thing as a free bike," Daryl says. "I decided I'd better lay low for a while before getting another bike."

Finding PBA

After purchasing a gravel bike to ride in a gravel ride in Kansas, Daryl realized he needed to get in shape and was referred to PBA by Bike Mart. He liked being able to start riding in a PBA group he was comfortable with and progressively move up to a more challenging group. Daryl enjoys the people he has been able to ride with at PBA. He also enjoys riding his gravel bike with friends on fun gravel routes up north with the DFW Gravel Grinders.



The Varsity Project

Credit goes to Julie Malcom for deciding to give this classic bike another chance to ride the pavement. "Instead of tossing this bike to the curb for the scrap metal truck, she posted it on the PBA Facebook page for someone like me who enjoys restoring vintage bikes," says Daryl. "After a good power wash, taking all components off the frame, and a good scrub down with a Magic Eraser, I decided to keep the patina of the paint and clear coat it. Kinda like a Rat Rod keeping the "soul" of the bike and its history."

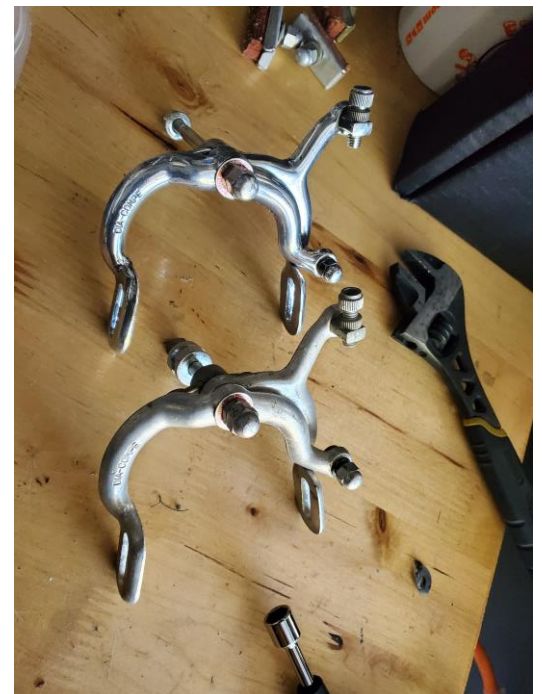
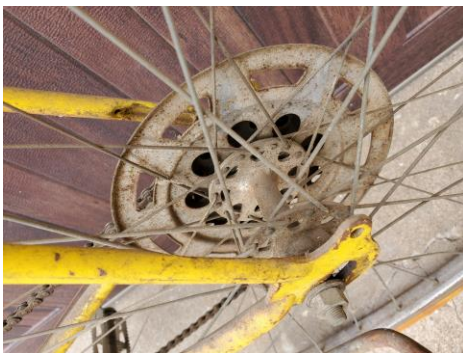
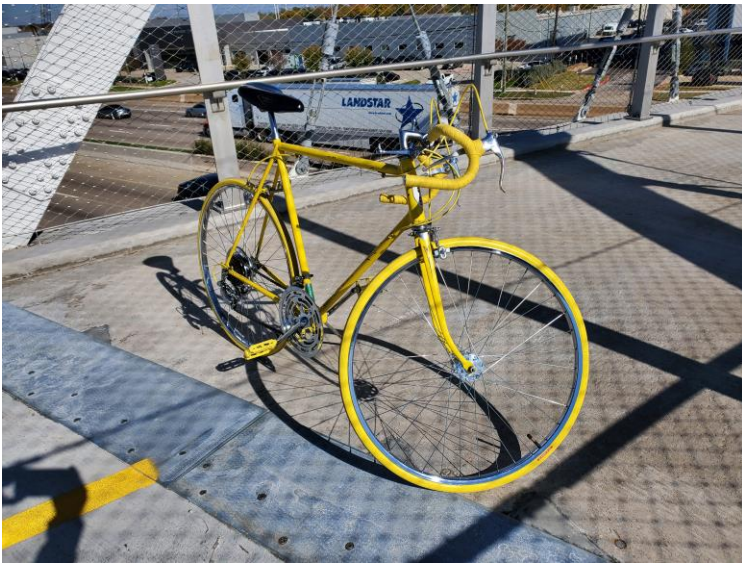
All components were put to the polishing wheel and the chrome parts were polished with aluminum foil and WD-40. The spokes were in too bad a condition to try and polish, so they were replaced with new spokes. This made it easier to polish the rims and hubs and repack bearing grease in the hubs.

Daryl had never laced wheels before and this was a good project to learn on. He left the truing to Bike Mart. After this experience, he decided it would be best to just let Bike Mart do the wheels next time. After reassembling the components, new bar tape, cables with housings, chain, brake pads, tubes and tires were put on. The original

seat was cleaned and adjusted. The 38.2 LB classic Schwinn Varsity is now ready to cruise! Check out pictures of the restoration on the following pages!



Before and After Photos



Gorgeous Restorations! - the Maserati, the Viner and the Varsity

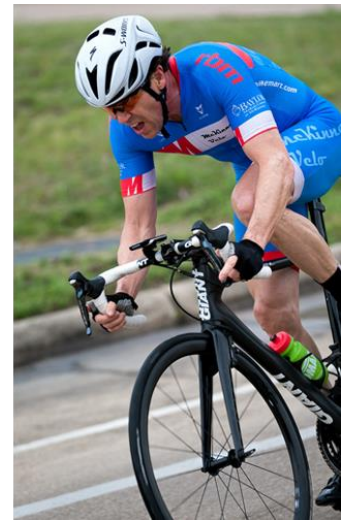
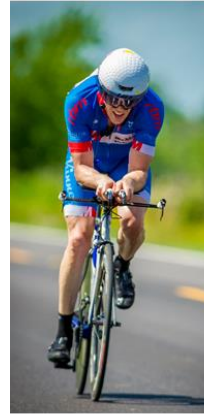


Sponsor Spotlight

Featuring: Bill Shirer, Cyclist at Law

For more than 28 years, Bill Shirer, Cyclist at Law, has proudly represented victims of bicycle accidents in the Dallas-Fort Worth area. As a cyclist himself, Bill has a deep understanding of the short- and long-term, physical and mental trauma that can result from a bicycle accident and will fiercely fight on your behalf.

Bill Shirer is a Texas attorney board-certified in personal injury law by the [Texas Board of Legal Specialization](#) and a highly experienced cyclist. Bill knows how seriously cycling injuries can impact your life. He'll fight to ensure you're awarded the maximum amount of financial compensation you're owed.



Why a Cyclist Bicycle Accident Lawyer is Different

We have a different perspective as cyclists since we understand how essential cycling is and how devastating it may be to be struck by a motor vehicle while riding. A bike accident can result in a wide range of personal injury, from road rash to serious, life-threatening injuries. We also understand what it's like to lose the desire or ability to ride.

Catastrophic and long-term injuries can be typical in severe bicycle collisions. Many cyclists who suffer serious accidents live with the consequences of their injuries for the rest of their lives. Physical scars, paralysis, and emotional trauma are all common long-term impairments.

Our mission is to help Texas cyclists who have been injured in cycling accidents get the compensation they deserve. We are determined to safeguard cyclists' rights, and we will do everything we can to obtain the compensation you deserve for your medical expenses, lost income, and other losses.

In addition, a collision may emotionally and psychologically impact bike riders. Working with Cyclist at Law, a bicycle accident lawyer may assist you in fighting for the greatest compensation possible for your bike accident claim, including tangible and intangible losses like medical costs, pain, and suffering.

For more information, visit [Dallas Bicycle Accident Lawyer | Cyclist at Law](#)



Main Office: 5720 LBJ Freeway, Ste 575, Dallas, TX 75240
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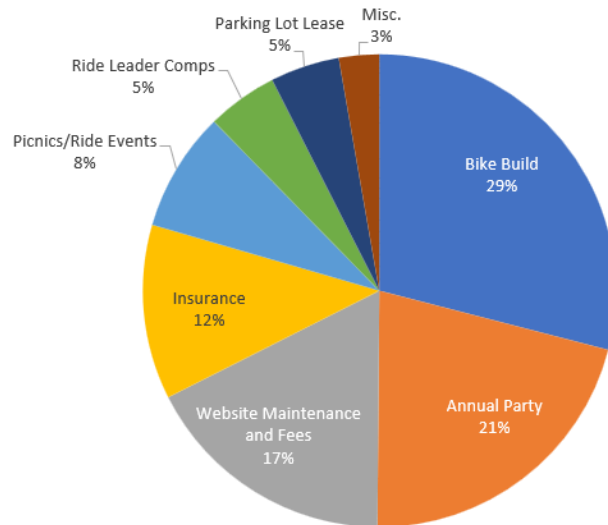
merchandise@planobicycle.org

Did You Know?

Quick Tidbits

Membership Dues

If you've wondered how your membership dues are used, here is a breakout of where your money went in 2023:



The "Miscellaneous" category includes things like PBA trailer expenses, dues to be a part of the League of American Bicyclists, advertising with Plano Parks & Rec.

Rider Supplemental Insurance

PBA provides supplemental medical insurance coverage on club rides. Here is how it works:

The insurance is not meant to be used up front with a doctor or facility. It is for reimbursement after the expense has been paid and primary insurance (if applicable) has paid their portion.

The PBA Supplemental Insurance Policy covers a **paid member** that is registered on PBA-sanctioned group ride and has an accident on that ride.

The policy is excess over any other available insurance in regard to the injury. This policy will help cover reasonable and customary out of pocket medical expenses related to the injury such as deductibles and co-payments. The policy has an excess accident medical limit of \$25,000 with a \$250 deductible. The policy has a benefit period of one year.

Rides not covered by PBA insurance are those you don't sign up for on the PBA website such as Pop rides, Rudy Ride, PF Flyers, Ad-hoc rides, Outliers rides, Saturday Eastside ride, solo rides, Rallies (e.g. Hotter N Hell, St. Jude's etc.)

There is a 90-day window (maximum) to report an incident.

For more info: [Rider Supplemental Insurance - Plano Bicycle Association](#)



Did You Know? continued

Bike Mart Reward Program

How the program works:



1. PBA members that shop at any Bike Mart location or bikemart.com can earn rewards on all purchases (excluding bikes and service). Your rewards accumulate all year long on all eligible purchases.
2. In January and July, you'll receive an email with your accumulated rewards balance.
3. Bring in your rewards or shop online - you can use your rewards to purchase anything, including bikes, carbon wheels, Garmins, tune-ups, GoPros and any other cycling product you can think of!

For more information and to read the FAQs, visit [Bike Mart - Rewards Program - Bike Mart - Dallas' Best Bike Shop](#)



Thank you to all who contributed information, articles, or pictures to this newsletter:

- Billy Bob Derryberry
- Daryl Hearne
- Kevin Spicer
- Jack Tam
- Lou Tseng
- Kevin Vinson
- Anna Wood

