

Plano Bicycle Association Newsletter

May 2024

Memorial Day Ride & Picnic

Monday, May 27th

Check the calendar for special rides on Memorial Day rolling out of Hoblitzelle Park in Plano. The rides will include a stop at the Plano Veterans Memorial Park to plant a flag and honor the fallen.

Who: PBA Members and Guests

When: Monday, May 27th

Time: 8:00 AM – 2:00 PM

Where: Hoblitzelle Park, 7500 Red River Dr, Plano



Memorial Day Picnic

After the Memorial Day rides, stay and join us for a barbeque at the pavillion. Please bring a shareable side dish. A link to an online signup sheet will be coming soon.

Not riding? No problem. You can still join the picnic at around 10:30 AM.



Club News

Ride Leader Jerseys

In recognition of the members that have stepped up to lead rides, Richard Bohansky has designed a special ride leader jersey. Depending on the number of rides led in 2023, ride leaders will be eligible to order a free jersey or a jersey at half off the price. Here is how to get your jersey:

- Emails will be distributed to eligible ride leaders with a link to the ScudoPro team store. This ride leader store will have all the PBA products as well as the ride leader jersey and you will be given a special ride leader password to access the site.
- There will be 2 coupon codes: one for \$69.00 and the other for \$34.50. The coupon code is tied to your PBA email address. This code can only be applied to the ride leader jersey and not to other products. Shipping (\$9) will not be covered.
- The coupon codes are determined by the number of rides led in 2023:
 - Lead 15 or more rides: \$69.00 coupon
 - Lead 5 or more rides: \$34.50 coupon
- In 2024, as soon as a ride leader leads 5 rides, he or she will get a \$34.50 coupon code.

Ride leaders are the backbone of our club. We want to thank all the ride leaders for your time and effort in leading rides and helping keep our members safe!



Bike Build Update

The annual bike build in December benefited the Children's Advocacy Center of Collin County and we also donated 2 bikes to Plano ISD. The bikes went to 2 high school students in need and they are using them for transportation. Thanks again to all of our members that dedicated their time building and quality checking the bikes. The bike build is a lot of work but may make a difference in a child's life.



Education

Upcoming Classes – PBA Ride Leader Training



Support the club rides by taking the Ride Leader training! The 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: Thursday, May 9th

Time: 6:30 PM – 9:00 PM

Location: Virtual

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

Bike Check.Check

Before a ride, it's important to double-check that your bike is safe to ride. The easiest way to remember what to inspect is with the **ABC Quick Check**. It's not a comprehensive checklist, but it gets you in the habit of inspecting your bike and noticing a problem is the first step to solving it and keeping you safe.



- Air:** Squeeze the front and rear tires to verify they are properly inflated.
- Brakes:** Grab the brake levers and make sure the brakes engage.
- Chain and Cranks:** Pull on your cranks to see that they are not loose and check that the chain is not rusted and is free of gunk
- Quick Release:** Check that the front and rear quick release or thru axle is tight.
- Check:** Take a slow brief ride to make sure you bike is working properly.

Excerpted from: <https://bikeleague.org/videos/basic-bike-check/>



President's Corner

A Note from Kevin Vinson



Hello PBA members!

It's hard to believe that May is here, and I am in the 4th month as president of PBA. In this edition of the "The President's Corner", I'm going to talk about road conditions across the DFW Metroplex. Let me start with a disclaimer, we are very fortunate to be in an area that has so many 4-lane and 6-lane divided roads. This is great for urban cycling as is having a lot of these roads as designated bike routes.

Like me, most of you have seen the conditions a lot of the roads are in right now. From potholes to cracks to seams between the lanes, it's become an obstacle course on some roads. Municipalities across Dallas, Tarrant, Collin, and Denton counties have their hands full with much needed road repairs. The weather we have seen the last several years has been tough on the roads. It doesn't matter where you go on a group ride, you're going to encounter some bad roads and road construction with lane closures.

Safety is the number one focus of the PBA group rides. It's important that we ride smartly and cautiously on some of these roads. Allow a little more space between you and the rider in front of you and the rider next to you. Ride Coordinator, Richard Bohonsky, hosted a PBA Ride Leader meeting recently and one of the discussion points was that safety is a group effort and communication is important during the ride. As Ride Leaders, we need to make sure we inform everyone of known hazards out on the route and stress the importance of calling out hazards and passing the communication backwards and forwards in the group.

It's been a rough start to 2024 with the number of bike crashes that have occurred. A lot of these crashes were the result of road conditions. Road conditions such as potholes, cracks and seams are going to be a part of our rides. Let's make sure we remain aware of these road conditions and ride accordingly.

Have a great May!

Tailwinds,

Kevin

Ride Start Time Change

Weekend Rides Move to 7:30 AM

April showers bring May start time changes. With the weather getting warmer, ride start times will move to 7:30 AM for our weekend rides. Please plan on arriving 15 minutes before the start time to check in with your Ride Leader.

Certain rides like the Century Ride/Century Lite, Caffeine Cruise and Adventure Ride may alter their start time at Ride Leader's discretion.



Soul Patrol Juneteenth Rally

Help PBA Support This Rally

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 Frisco, 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 Chrissie 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://www.bikereg.com)



Ride Discounts for PBA Members

Skittles Waco Wild West 100

Sunday, September 8th

PBA has obtained a 20% discount off registration if you use code: **SweetPLANO20**.

<https://wacowildwest100.com/register>



The Sweetest Ride In Texas!

Big Dam Bridge Ride

Saturday, September 28th

PBA has secured a 10% discount off registration if you enter coupon code: **plano_bicycle_association_2024**

<https://www.thebigdambridge100.com/>

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Member Spotlight

Meet Herman Guzman!

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

I have been in Plano since 1995, I am originally from Mexico City and grew up all over Mexico (Baja California, Jalisco, Queretaro, Tabasco) and I have also lived in Canada and Costa Rica.

2. How did you start cycling?

Growing up during my elementary school and secondary school time, I had a bike and rode all over. In junior high and high school, I played all the high school sports on the varsity team: track, volleyball, American football (not soccer) and rowing (crew). As an adult, I ran long distances and still do and did not ride much until the fall of 2020, when I purchased my first real road bike and joined PBA.

3. What do you enjoy most about cycling?

I like being outside, riding with other people and working out. I have enjoyed group riding as I have met very interesting people with different backgrounds, and I have learned a lot by riding with them about a lot of things.

4. How did you learn about PBA?

While running on Saturday mornings, I used to see the group rides here in Plano and they looked like competitive pelotons like you see in the big races. I checked the PBA website in summer/fall 2020, and I realized that they had group rides at different levels. When I tried the Novice ride, I was impressed with the ride leaders and how welcoming, helpful, and down to earth they were, so I decided to purchase a real road bicycle.

5. Do you have any favorite rides or routes?

I have done Novice, Step Up, B^2 and Tweeners PBA rides. Also, a couple of rallies, the MS 150 and Tour de Paris. I am planning to do a couple of different rallies this year. My aspiration for the year is to be able to ride at the pace of Tweeners Long.

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

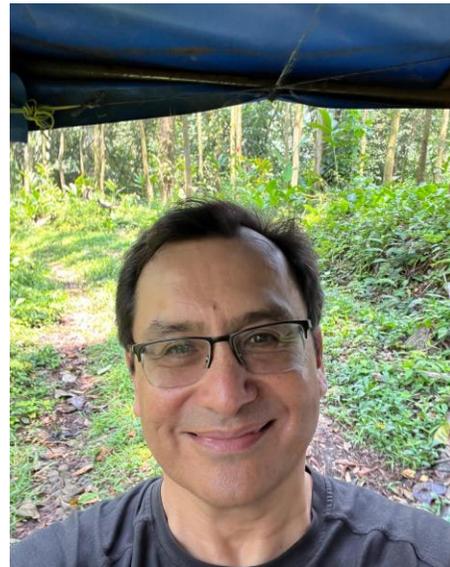
For anyone considering cycling as exercise, be patient in learning to ride with a group as it is different than riding on your own. There are a lot of small things that could be critical and a recipe for disaster in a group ride. Also, learn about basic bicycle maintenance. PBA offers classes in riding skills (which I took) and ride leader classes (which I took) and all these classes have helped me as a rider.

7. What do you enjoy most about PBA?

Thanks to PBA, I have met a lot of interesting people that are fun to ride with but too many to name here. I like PBA's structure and strong emphasis on safety and this has motivated me to take more cycling tours to see cities from a different lens. Last year, I visited Dublin and Amsterdam.

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

I enjoy travelling, working out, good cuisine, history, spending time with family and I pretend to know something about wine and mezcal. My wife Maria-Fernanda and I have 2 grown children, Charlotte was born in Canada and Diego was born in Texas. I am looking forward to them taking on cycling!



For Your Health

Cycling in the Heat



It's warming up in Texas and the heat and humidity bring a whole set of challenges, including dehydration that can lead to bonking, decreased performance, and sometimes, serious heat-related dangers like illness or even death.

The rising temperatures shouldn't keep you off your bike if you know what you're doing when cycling in the heat. Here are tips to help keep you cool when the mercury rises.

Get Acclimated

Getting acclimated to cycling in heat and humidity typically takes 10 to 14 days of exposure in exercise sessions that last 60 to 90 minutes. When beginning to exercise in heat, you should do so gradually over a two-week period so your body can adjust. By building slowly over at least two weeks, you have a better chance of tolerating the activity without it beating you up.

Plan Ahead for Cold Drinks

To prevent your drink from becoming too warm, freeze one water bottle at half full and another at the three-quarter mark before topping them off. Have a plan to fill up with ice and water at rest stops. Consuming cold fluids will reduce your core temperature and increase your performance.

Cool Down

To keep your temperature down and prevent overheating, fill a ladies nylon stocking with ice and then stuff it in your jersey around your shoulders and neck. As the ice melts, it cools you. If you use a Ziploc bag filled with ice, you hold onto the weight of the water and the bag stays full. When you keep cool, you don't have to use as much energy to cool yourself down so more of that blood can be used to deliver oxygen to the muscles.

Hydrate Right

In the days leading up to a long ride, increase your consumption of watery fruits and vegetables (such as watermelon and grapes). Sodium helps your body hold on to the fluid you're drinking, so sip an electrolyte beverage during your ride. A good rule of thumb for hydration is to consume one 20-ounce water bottle per hour.

Ease Up

Don't try to maintain the same pace or power you'd put out on a cooler day when cycling in the heat. Dial back your level of effort a few notches to help your body accommodate the heat.



Members Doing Epic Stuff!

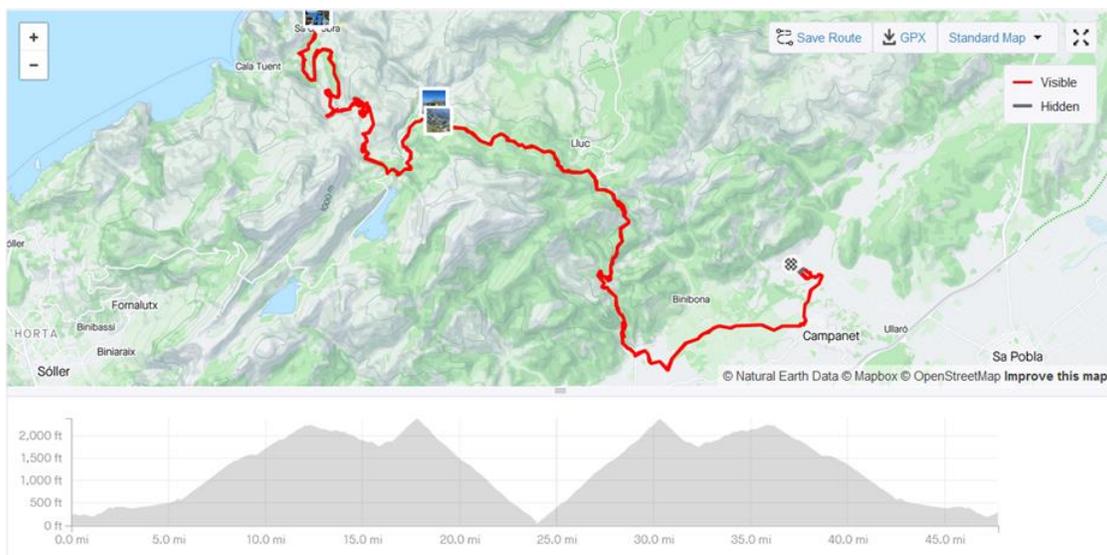
Mallorca 2024 – Part 2

By Manny Taveira

Several PBA members traveled to Mallorca to do a Trek Travel multi-day cycling trip. Read Part 2 of their epic adventure cycling this Mediterranean island.

Day 1 - Sa Calobra (48 miles, 6,000')

Our warmup was supposed to be an easy, flat 30-mile route prior to our 2 big climbing days, but this was not to be! Our day instead turned into “choose your own adventure” and what better choice than the iconic Sa Calobra! The 10-11% inclines were a beating, but we were rewarded by incredible views and very fast descents with hairpin curves. We were glad that we did it! So much so, that we went out and bought the kits as badges of honor 😊. It was absolutely one of the highlights of our trip and the views were epic.



Day 2 – Tramuntana (69 miles, 7,600')

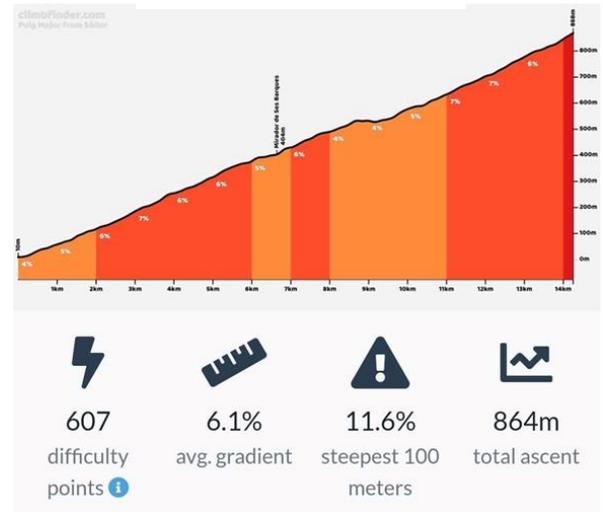
There was no warm up on this ride or for that matter many of our rides. Right out of the parking lot we went up ~5% for about 3 miles. It was a long day with demanding climbs. We all quickly ran out of gears on the ascents. I have never used the front chainrings so much. In Mallorca, you get full use of your entire group set! We had a tasty lunch at Port de Sóller with incredible views of the sea. All the sandwiches, pizza and pastries were homemade, and all included in our Trek package.

Our longest day from Andratx to Campanet was tough but rewarding. That lunch break at the beach in Sóller tasted so good, but the biggest climb on the island started the second we got back on the road. After lunch, we were warned about the next challenge which consisted of a 2,500-foot climb over 8.7 miles. We were passed by quite a few teams that appeared to be flying uphill like we ride on flats. It was funny seeing all of us hobbling around like 100-year-olds after climbing Puig Major which is the final ascent before entering the creepy dark tunnel to the descents. As a reward, we got a 5-course dinner at Hotel Rural Monnaber Nou.

Other notables:

- Eric getting lost!
- Getting passed on the climb like we were going backwards. We just told ourselves they must be pros. 😊
- The Flintstones sized steaks ordered at dinner.

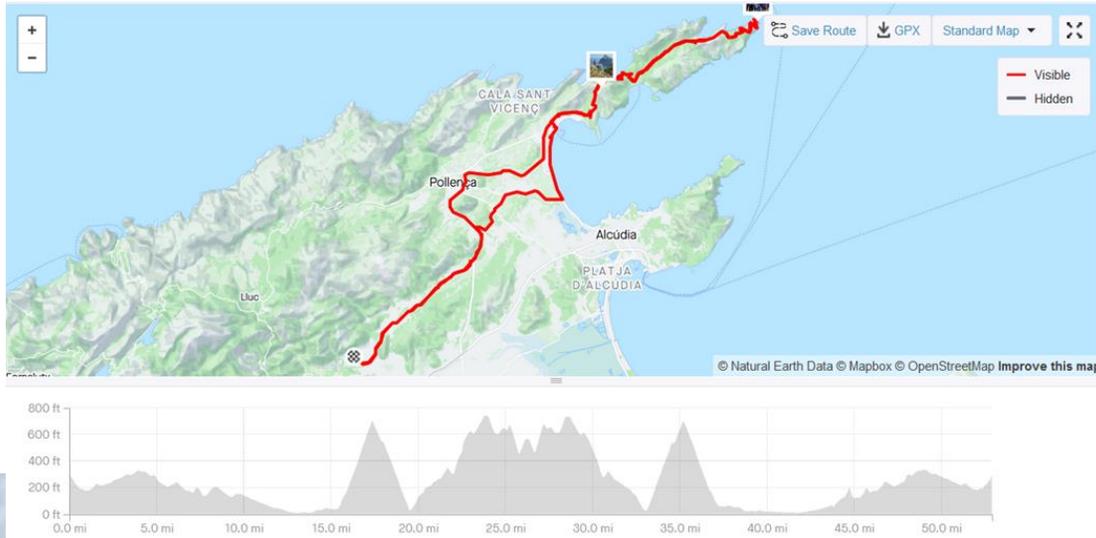
Puig Major from Soller





Day 3 – Far de Formentor (53 miles, 4,200')

The lighthouse at Far de Formentor was definitely worth it. There were more bicycles than cars on the road to the lighthouse. It seemed we were faster by bike than cars. We had an incredible lunch of paella and other specialties at the beach at Tolos at Port de Pollença where we met Anke, Angela, Vojna, and Kelly S. As we rode more, we started feeling stronger on the bike as mileage and elevation gain accumulated. Riding back to the hotel after lunch, we started following a group of 5 cyclists on recumbent bikes. This turned into a go-zone as we stayed with them for the last 5 miles of our day. And, yes, Eric got lost again 😊!



Day 4 – Café Ride – The Wind-Down

Saturday was a café ride day. This was our check-out day from the hotel, so we had to finish our ride by noon. Some of us rode a short ride through Búger and Campanet before taking a shower and leaving for Madrid. Others, including myself, enjoyed a 30-mile ride to Sineu with wall-to-wall cafes and bikers enjoying a morning pastry or two. Deepu kept Eric from getting lost on this one 😊

Epilogue

Oriol and Alex were great hosts, and we couldn't be happier with Trek Travel. They made the trip easier, and I recommend them heartily for their services and the hassle-free advantage of not having to cart bikes overseas.

For transportation during our time in Mallorca, we found it economical and convenient to rent cars. The island is quite large so it is worth renting, especially if you have international rental car insurance on a credit card, which helped reduce the cost. It's also important to get an international driver's permit which is super easy to get at AAA for \$25 and only requires filling out a form.

We were sad to see the week come to an end, but grateful beyond words for getting to spend time with such a great group of fellow cyclists. We loved every minute of this trip, and we hope that this inspires you to GO!



Partner Spotlight

Latini's Bicycle Repair

Latini's is not your typical bicycle repair shop. At Latini's, Johnny Ervin felt that a new standard for bicycle repair was needed. Throwing bikes in the stands and cranking them out may work for some. For others, a little more is desired. More time. More quality. More care. More devotion.



Latini's is a small, family-owned bike shop. Johnny is the only mechanic and salesman on site, so he does things a little differently than the other guys, such as appointments for repairs. They are typically 1-2 weeks out for most repairs in peak season. The perk, your bike isn't just sitting around until we can get to it. Most repairs are out on the same day of the appointment date. Latini's sales floor is open during business hours but all repairs are by appointment. Latini's has many wonderful customers but a very small staff; and may not be able to answer every call on the first attempt. The preferred method of contact is email: JohnnyFixThatBike@Gmail.com.

About Johnny

In 1999 at the age of 14, Johnny was offered his first job at a large bike shop in North Texas. He discovered a knack for wrenching and a tough work ethic. Little did he know that years later he would be working for himself, doing what he loves in a way that he could be proud of.

Services

Latini's provides a variety of services, including ultra sonic cleaning race prep, tune ups, mechanical adjustments, bike builds, wheel builds and much more.

Products

Latini's keeps many of our favorite cycling "essentials" in stock and are happy to special order any of the products from the quality brands listed on their website or check on the availability from others that may interest you. Latini's knows how specific a cyclist's needs can be and never wants to sell you something that you are not absolutely in love with.

Group Ride - Latini's Fast Fifty (ish)

There is a weekly ride on Saturdays hosted from Latini's. It's a spirited ride with flats, hills, and designated sprints. Check Latini's website for more information and the route.

Kevin and Linda Vinson from PBA have been regular customers at Latini's since 2019. "We were having trouble with the gear set up on our Co-Motion tandem and friends recommended Johnny at Latini's. Since then, we take all our bikes to Latini's" said Kevin. He is impressed with Johnny's honesty, integrity, and craftsmanship, "Johnny is like an artist". "He is very good at communicating and he doesn't talk down to me and does a great job of explaining what needs to be done on the bike."



Latini's is located at 2120 W Spring Creek Pkwy, Plano
Contact: (Preferred) JohnnyFixThatBike@Gmail.com
Phone: 469-863-7460

[Latini's Bicycle Repair \(latinibicyclerepair.com\)](http://latinibicyclerepair.com)



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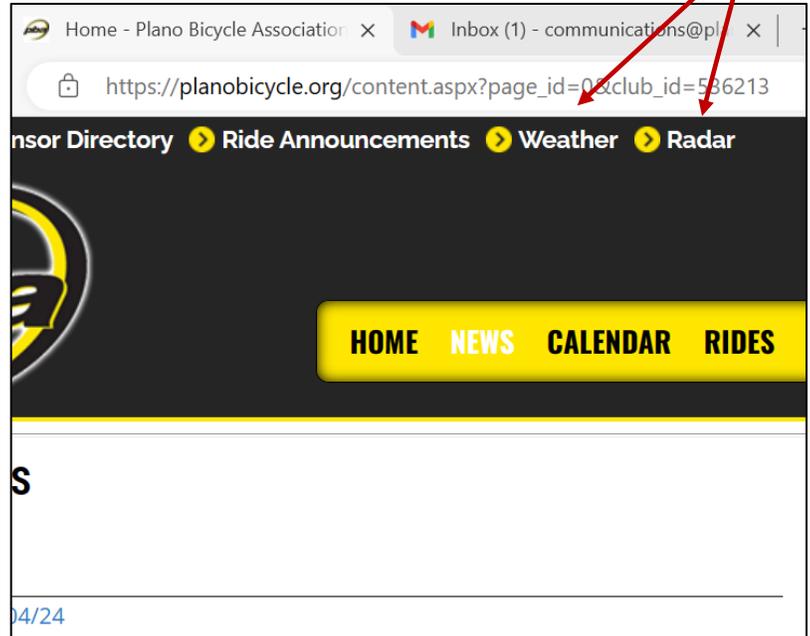
merchandise@planobicycle.org

Did You Know?

Quick Tidbits

The PBA website is a source of information on weather conditions and forecasts which we use to plan routes. At the top of the web page, select > **Weather** and you'll be taken to the National Weather Service website. Info on Temperature, Heat Index, Surface Wind, Gusts, and Rain are all available.

For a look across the area, select > **Radar** to see what is moving across North Texas.



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

- Herman Guzman
- Nicole Pownall
- Manny Taveira
- Chrissie Taveira
- Analyn Urpi
- Kevin Vinson

