

Plano Bicycle Association Newsletter

April 2024

Let's Get Social!

PBA Happy Hour – Thursday, April 18th

Join us at Taverna Rossa for dinner and drinks with PBA friends! Enjoy great pizza, salads, sandwiches and more.

Who: PBA Members and Guests

When: Thursday, April 18th

Time: 6:00 – 8:00 PM

Where: Taverna Rossa, 4005 Preston Rd, Ste 512, Plano



Liberty Block Party!

Saturday, April 13th 2 – 5 PM
Liberty Recreation Center
2601 Glencliff Dr, Plano

By Jay Breeding

PBA will be a featured organization at the annual *Liberty Block Party* hosted by the City of Plano Parks and Rec Department. We will have a booth to promote the benefits of cycling and our club.

To those who volunteered to help, know that we are especially grateful; look for an email soon with more details. If you didn't get to volunteer, come on by our booth anyway and see what's going on. We will be outside the rec center next to the *Bike Friendly Plano* booth.



Club News – New PBA Rides

Early Birds Ride Ridgeview

When: Thursdays 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 - 20 mph avg pace depending upon conditions.



Starting April 7th! Sunday Morning Gravel Ride

When: Sundays at 8:00 AM

Where: Erwin Park, 4300 Co Rd 1006, McKinney. Park in the upper parking lot, across from the skills area.

Ride Leader: Billy Bob Derryberry

Description: This ride is approximately 26 miles on a mix of paved and gravel surfaces. Average pace is approximately 14 – 15 mph and it is a drop ride.

Note: this ride is in the process of being added to the PBA calendar.

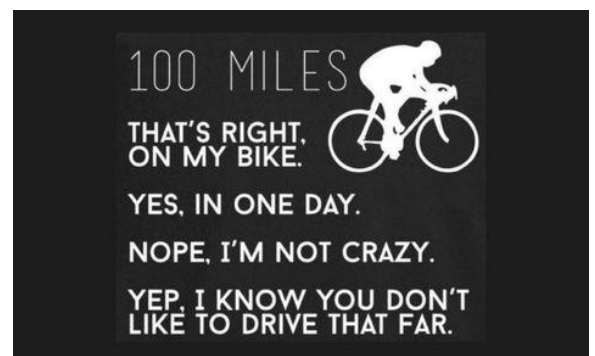
DB Century and DB Century Lite Rides

When: The first Saturday of every month

Where: Trek Bicycle Allen, 190 E Stacy Rd, #1704, Allen (park in the lot behind the shop)

Ride Leaders: Larry Ochak, Manny Taveira, Alexander Moeller, Kevin Vinson

Description: A 100+ mile ride at DB1 effort (Century) or DB Lite effort (Century Lite). This is a drop ride.



Education

Upcoming Classes – 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: 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)

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. LCI seminar registration link: <https://www.tfaforms.com/>

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.

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

A Note from Kevin Vinson



Greetings PBA members!

I hope everyone is doing well. March has come and gone. My message in last month's edition of "The President's Corner" was about PBA club rides I haven't ridden since joining the club in 2010. Well, I was able to eliminate one of the rides I had listed, the "Monday Morning C Ride (C Voyage)". I joined the group on Monday, March 11th for the 7:30 AM start from the parking lot of the Bike Mart in McKinney. Jay Breeding is the ride leader (captain) and Matt Harrison is the dedicated sweeper (first mate). The route for this day was the "Ridgeview-Hardin Route".

[Ridgeview-Hardin Route · Ride with GPS](#)

If memory serves me correctly, we had 15 riders go out. Jay does an excellent job of managing the ride from the front and from the back. When Jay is riding in the back, he is very aware of what is going on within the two pace lines. He didn't hesitate to coach the group when he saw overlapping wheels. Making Jay's job easier is Matt as the sweeper. Matt is by the book and that speaks volumes. Not to mention you can hear Matt's calls very well! This combination of leader and sweeper makes for a great club ride.

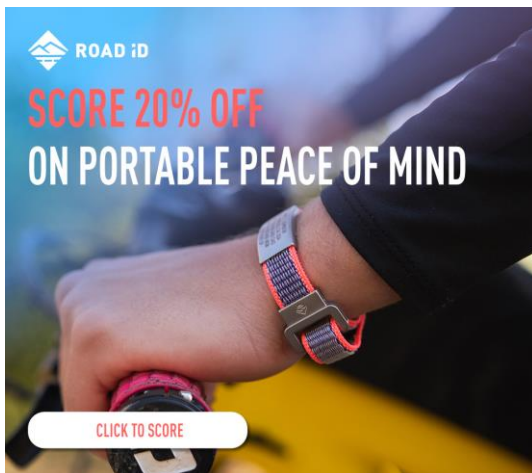
It was a cool morning with a slight chance of rain. Things were going well until we approached Hardin and it started to sprinkle. It wasn't too bad as this point and when we got to the rest stop, it had stopped sprinkling. It wasn't long after leaving the rest stop that it started sprinkling again. This time we weren't so lucky, what was sprinkling became a steady rain. We were soaked and fighting the road spray and grit from the road and we were very cold! It was decided that we would cut the ride short and take a direct route back to the start.

Thank you to Jay Breeding for leading a great ride and to Matt Harrison for sweeping. It was a great group and, even though it rained, it was a great ride. I look forward to riding the "Monday Morning C Ride" again. I registered for the March 15th "Early Bird Gets Donuts" ride but it was cancelled due to rain. Maybe I'll try again in April! Have a great month!

Tailwinds,

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



Ride of Silence – May 15th

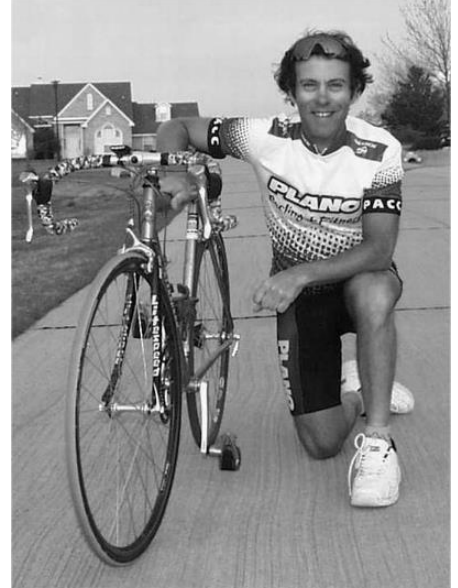
Honoring Cyclists Killed or Injured on the Road

On Wednesday, May 15th, the Ride of Silence will traverse and unite the globe as nothing before it. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roads. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves.

The Ride of Silence asks cyclists to ride no faster than 12 mph, wear helmets, follow the rules of the road and remain silent during the ride. There are no registration fees. The ride, which is held during [National Bike Month](#), aims to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for and honor the lives of those who have been killed or injured.

History

In 2003, Chris Phelan organized the first Ride of Silence in Dallas after his friend, endurance cyclist and former PBA president Larry Schwartz, was hit by the mirror of a passing bus and killed. The 2003 Ride of Silence™ at White Rock Lake in Dallas drew 1,000 cyclists through word of mouth and email communication over a period of only ten days. There was no registration and no fees. Local media reported the ride to be incredibly moving as these cyclists rode in silence, occasionally wiping away a tear or patting a friend on the back. Chris thought the ride would be a one-time event, but as word got out, other cyclists began to contact him with a desire to do the same thing in their own communities. You can read Chris' ride report from the first ride [here](#).



2003 Timeline

May 4 - Larry Schwartz is killed by a school bus mirror

May 8 - Funeral for Larry and concept of idea

May 11 – Emails go out

May 21 - First Ride of Silence, one-time-only event in Dallas, 1,000 attend

You can read about Larry Schwartz here: [LarrySchwartz-Hotter-n-Hell-08-02.pdf \(rideofsilence.org\)](#)

Present Day

The Ride of Silence has grown to 228 locations worldwide, in 40 states and 16 countries across 5 continents. Stay tuned for information on PBA's plans for our Ride of Silence on May 15th.



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.

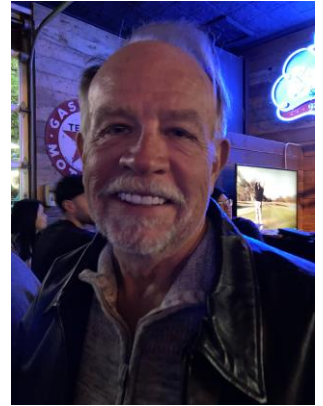
Ride registration link: [Soul Patrol Juneteenth Ride 2024 Online Registration \(bikereg.com\)](https://bikereg.com)



Ride Coordinator's Corner

Group Cycling Safety: Ride Strong, Ride Together

By Richard Bohonsky



Staying Smooth in the Pack:

- **Mind your Wheels:** When riding in a group, avoid overlapping wheels. This is a major cause of crashes. Keep a safe distance from the cyclist in front of you and signal clearly before changing positions.
- **Easy on the Brakes:** When braking in a group, remember a light touch is the best. Always be predictable, don't lock up your brakes just because you didn't notice the rider in front of you slowing.
- **Uneven Ground:** Be prepared for bumps, cracks, and seams in the pavement. These can jolt your handlebars and cause wobbles. Loosen your grip slightly and maintain a smooth pedal stroke to absorb the bumps. Always attack seams with an angled front wheel. Never let the angle be less than 30°.



- **Pothole Patrol:** Keep an eye out for potholes and road hazards. Point them out to riders behind you by calling out "Hole!" and indicating with a hand signal. If you point out the hole, be sure you're not riding through the pothole with your hand off the bars.
- **"Aim small, miss small":** When avoiding an obstacle, keep your bike avoidance maneuvers small. Don't swerve, just slight movements to avoid the obstacle. Large moves will panic riders around you causing them to potentially lose control. Use small motions and be predictable.
- **Bicycle maintenance:** Before starting the new riding season, have your bicycle checked by your local bicycle shop. Make sure your tires, brakes, shifters and derailleurs are in good repair. Remember that tires are consumable so they may need to be replaced. Same with brake pads and chains. Please have your bicycle in good working order before joining a group ride. Don't be the rider that has a mechanical due to lack of repair. Take care of your bicycle, a bicycle in good working condition is a safe bicycle.

Choosing the Right Ride:

- **Know Your Limits:** Haven't been on the bike in a while? Be honest with yourself about your fitness level. Don't jump into a challenging group ride. Start with a shorter, slower group to rebuild your endurance and skills.
- **Building Up:** Gradually increase the distance and intensity of your rides as you get stronger. There's no shame in starting slow!
- **Strength in Numbers:** Consider joining a group ride below the rides you rode last year. These rides typically have members in your same situation and you'll be around experienced riders who can offer guidance and route tips.



Remember: Group cycling is a fantastic way to stay motivated and explore new routes. By prioritizing safety and choosing the right ride, you can ensure a fun and rewarding experience for everyone.



Member Spotlight

Meet Analyn Urpi!

Analyn's spotlight wouldn't be complete without a little history about the Tuesday Night Coed Ride. Years ago, the EDS/HP Cycling Club was riding routes around the Plano area and Analyn happened to come across the group on Preston Meadow. Analyn knew some of the riders, and they invited her to join them. It wasn't long before Analyn set up a GroupMe with all of the riders that wanted to ride on Tuesday nights. Analyn would send out a message and everyone that could ride would respond. These Tuesday night rides were popular, so Analyn approached the PBA Board about making the ride a regular part of the PBA calendar. Thus, the Tuesday Night Coed Ride was born!



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

I have been in Dallas since 1982, but I am originally from Costa Rica. I moved to the US in the 70's. I went to high school and college in Memphis, Tennessee.

2. How did you start cycling?

I have not always been a cyclist. I picked up cycling to help me keep in shape to play volleyball. I played volleyball for years before I started to cycle more seriously. Since my knees got so bad, I had to stop playing volleyball and picked up cycling full time.

3. What do you enjoy most about cycling?

I cycle for various reasons, exercise, socialize, fun, and stress relief. I enjoy group rides, but I prefer to take adventure rides in the country so I can take pictures of animals and the countryside. Of course, those country rides are more fun with friends around enjoying the ride with you. Wish I could ride more often, but life and work get in the way.

4. How did you learn about PBA?

One Saturday morning I was riding solo, when a cyclist came up next to me and started talking to me. He was a talker for sure, but he eventually told me about PBA. Most of you guys know the cyclist, Warren Casteel. It took me a while to start riding with PBA since I did not own a road bike that fit me properly at the time. I became a member in 2013 and have been with the club since.

5. Do you have any favorite rides or routes?

I prefer doing bike rallies. Of the many rallies I have ridden mostly in Texas, the one that jumps out at me is the Tour de Paris. The homemade goodies at one of the rest stops might have something to do with that. Honestly, there are so many good rallies in Texas it is hard to say I have a favorite. The Easter Hill Bike Rally in Kerrville was one of the most scenic rides I have ridden in. Though I have not ridden gravel in about 3 or so years, I have found I really enjoy doing gravel rides a little more than road rides. I will have to say I am not a true gravel rider; I like to have my porta potties along the route, lol.

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

For new cyclists out there, I highly recommend learning a few basic bicycle maintenance skills. You never know when your bike will break down. Additionally, PBA has a riding skills class and a ride leader class they offer. Both classes have helped me be more confident while riding. Even if you are not thinking of being a leader, I would take both courses. The most important thing to remember is to be safe and have fun.

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

I know many of you have seen me taking pictures at PBA events and rides. I just bring my trusty little camera and it does all the work. I have a bigger camera at home. I keep telling myself that one of these days I am going to learn how to use the big camera, so it is in my list of things to do.



For Your Health

Nutrition for Better Cycling

By Kimberly Trogdon

Kimberly Trogdon is a Registered Dietitian at Memorial Hospital in Colorado Springs and has been a member of PBA since 2018. I asked her to answer some questions about cycling and nutrition for this month's newsletter.



Is there a link between nutrition and cycling performance?

Yes, the body requires fuel in order to perform at its best. With physical activities, fuel gets burned faster than just enjoying a movie on the couch. After you exercise, it's important to refuel so muscles repair and glycogen stores are replenished. The more consistently you eat, the better you will perform. This does not mean overeat, it means eat to your body's energy requirements.

How important is it to eat before a ride?

We all know that feeling of bonking half way through a ride! You start out feeling great, and then all of a sudden there is nothing in the legs. The body can only store so much carb in the muscles and liver. Since carbohydrate is the main source of fuel when exercising at moderate to high intensity, it's important to be "topped off" before you ride. Usually eat a couple of hours before your ride starts, so foods can already be liquefied and moving through the gut by the time you start working. Some riders feel better if they eat a lower fiber, carb rich, with a little protein and fat in their pre-ride meal. It's also important to start a ride well hydrated, that is something you can never catch up on during the ride if you are already short. If this is an after-work spin and you ate lunch, you might not need a snack prior to the ride.

Should you eat during a ride? How much?

Depends on how long the ride is. If you're just going for a short spin less than 20 miles, then likely you do not need anything. If you're on the Saturday ride, you probably need to fuel during the ride for the same reason you need to eat before a ride. Research has shown that between 30-60 grams of carb every hour for moderate intensity can help the muscles last longer and keep your power up. It also helps you think clearly, as the brain uses carb for fuel. For high intensity efforts, like time trials and race days, up to 90g/hr might be needed. It definitely depends on the rider's effort, training readiness, and the weather. There are lots of choices for fuel, some people do well with fruits, nuts, actual sandwiches. Some do better with more liquid choices and gels or chews. Electrolytes in the bottle are super important during hot weather, and also if you sweat a lot in general. On shorter rides, you can get away with water if the weather is not scorching.

Is post ride fueling important?



Post ride fueling is so important after a hard training ride. Your muscles are broken down, your carb stores are depleted, and you're likely a little dehydrated. In order to be ready for your next ride, help reduce recovery discomfort, and reduce the risk of injury, you need to fuel soon after your ride. Your after-ride snack or meal should include carb for fuel, protein for muscle repair, and electrolytes for all the salt on your jersey. Aim for nutrient rich choices rather than "junk food" as the body really loves having a balance of all the vitamins and minerals it needs to create energy. If you are someone who doesn't feel hungry after a ride, try a smoothie or even chocolate milk until you can tolerate solid food. If this was a recreational spin, then you may not need anything until your next planned meal. The most important take away is make sure you have replenished within 24 hours.



What are the biggest misconceptions about cycling nutrition? (ex: Should I avoid sugary snacks?)

Glucose is the main source of fuel for our body, if you are exercising/training, you need it, this is a fact. A rule of thumb if you are curious on carbohydrate needs:

- Low intensity 3-5 g/kg/day
- Moderate intensity 5-7 g/kg/day
- Moderate to high intensity 6-10 g/kg/day
- High intensity 8-12g/kg/day

Another fact, you **do not** burn more calories by exercising in a fasted state compared to a fed state. You do, however, feel differently, most likely you feel awful when fasted and training.

The more protein you eat, the more muscle growth you will have, is a common myth. The body processes only so much protein at a time, and the rest will be converted and stored as fat. While protein is important for muscle growth and repair, excess doesn't do you any good. How much protein you need depends on your size and your training level. Excess protein can also contribute to dehydration, which in turn can contribute to constipation. Approximate needs for protein (varies by individual):

- Endurance 1.2-1.4 g/kg/day
- Strength 1.6-1.7 g/kg/day
- Elite Endurance Athletes 1.5-1.8g/kg/day

These are per day, NOT per meal ☺

What are some of the best foods to eat pre-ride, during a ride, post ride?

This is really a personal choice, but actual foods with vitamins and minerals in them are always good choices. My personal choices before a ride, oatmeal with milk and fruit, rice or pasta-based dishes with some protein, fruit smoothie with a little protein, or even a baked potato. Also good are yogurt and banana, toast with peanut butter and jelly, granola and fruit.

During a ride, that's up to your body, solids or liquids depending on how your gut handles food with effort, see "Should you eat during a ride?" above.



After a ride, if it was an intense training and you need to replenish, some of my personal favorite meal ideas are burritos or tacos with protein, cheese, avocado, greens (lettuce, spinach), tuna or egg salad sandwich, or if post ride appetite is low - smoothies with protein. It's just such a personal preference due to everyone's likes and dislikes of foods. The goal is to include protein, carb, and fat so the body can recover and repair itself. You are not going to be able to drink all you lost during the ride but try to replenish fluids lost within 4-6 hours after your ride. If it was a hard training session, try to eat something within an hour of your ride finishing, so you do not feel ill. If this was an easy spin and you know lunch or dinner is coming up, then you may not need a post ride snack.



Members Doing Epic Stuff!

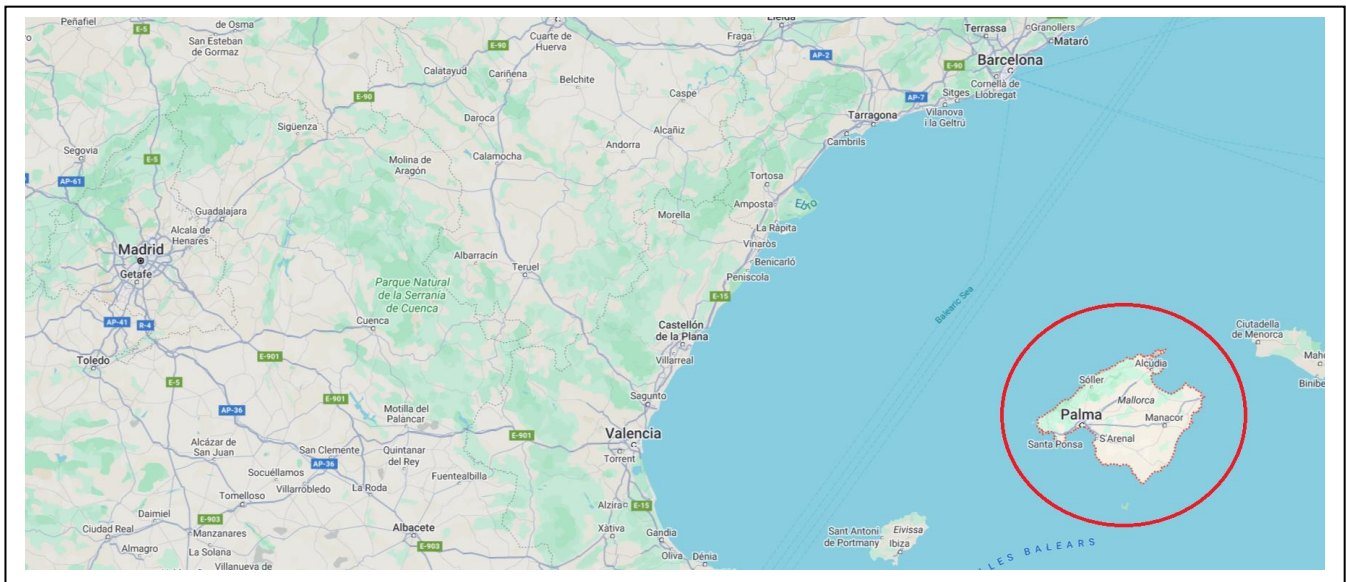
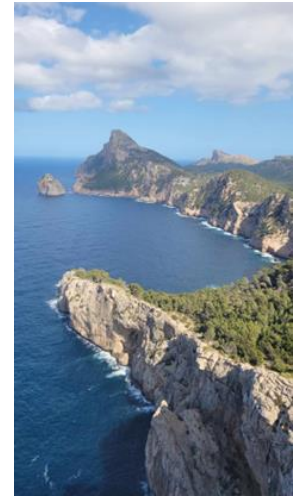
Mallorca 2024 – Part 1

By Manny Taveira

Several PBA members traveled to Mallorca to do a Trek Travel multi-day cycling trip. Read Part 1 of their epic adventure cycling this Mediterranean island.

Overview

Mallorca is a cycling mecca and is the largest of the islands off the eastern coast of Spain in the Balearic Sea. It has established its cycling credentials with it being the training destination for many cycling teams as well as the Mallorca 312 race. With so much history and great Mediterranean food and beaches, it caters to the biker and non-biker alike.



Our travel group included the following adventurers:

Alexander and Anke Moeller
Allwyn D'Silva
Deepu Pillai
Eric and Vojna Casteel
Jack Tam
Joseph Thomasson
Kelly Floren
Kevin Byrd
Kevin and Kelly Spicer
Lou and Angela Tseng
Me (Manny)



Our travel was extra special in that we got to celebrate Alexander's, Eric's, Kelly Spicer's and Oriol's (our Trek guide) birthdays! Eric's birthday happened before the rest of the crew arrived, so he celebrated by riding Sa Calobra solo!



This being the first time traveling to this exotic location, we decided it best to leverage the services of Trek Travel. Our Trek Travel guides, Alex and Oriol did a phenomenal job of making it a great travel experience with their guidance and recommendations.

Even though we did some planning for this trip, Trek made it so much easier by providing just about everything that we needed including:

- Lodging
- Bikes, helmets, Garmin computers, route advice, sag vehicle
- Two 5 course dinners at Hotel Rural Monnaber Nou
- Rest stop meals including Paella at Tolos
- All the snacks and drinks that you could possibly want!



I remember grabbing handfuls of all the Trek provided snacks, gels, chocolate covered waffles and candy I could get my hands on pre and post rides LOL!

One of the bonuses of a longer trip of this nature was getting to know everyone on a more personal level while drinking great wines and local coffee. John Troutman was planning on going as well, but unfortunately got pulled away by work.

Traveling

Getting to Mallorca comprises a 10-hour flight from DFW to Madrid or neighboring city with another 1½ hour flight to Palma. I found it helped combat the 6-hour time difference by sleeping on the overnight flight as much as possible. Next time, I would also grab an aisle seat instead 😊.



The Madrid airport was a veritable zoo made all the worse by a one-day strike by Lufthansa. Deepu and Jack ended up on standby getting into Mallorca well past midnight. Their (mis) adventures did score them tasty sandwiches and freebie sunglasses (Oakley's) care of Iberia.

Pre-Ride

Some in our group got to Europe earlier and visited friends and other destinations such as Portugal and did sightseeing in and around Palma including the Cathedral, Bellver Castle, Palma Center. We were very impressed by the beauty and diversity of the island, from beaches to mountains, and we lucked out with great riding weather, which is not a given in March.

Shopping

Palma hosts many name brand stores for bikers including Rapha, Café du Cycliste, and Pas Normal Studios, many of them within a city block. Jack took the prize for most kits purchased in an afternoon! Of course, we ribbed him about the acronym for Pas Normal Studios but of course we were all envious of how stylish he was on every ride. Many of us had kit-envy and ended up buying the turquoise Mallorca Rapha jersey like Jack's.



Besides biking apparel, the island also hosts many haute couture fashion brands such as Louis Vuitton and more. The Monnaber Nou hotel where we stayed is an operational finca (farm) where they grow and make their own olive oil. Needless to say, some of us brought home several containers.



The Roads

The roads are generally in great shape with few potholes; however, they are very narrow. There is no 2-by-2 riding here. The roads are tight everywhere, but cars and riders coexist rather well. It is important to be cautious of wildlife though. There are hundreds of goats and there was even a sow grousing on the side of the road after the Sa Calobra climb, so it is important to be vigilant and moderate the descents.

The Rides

Mallorca has so much to offer. While we struggled up the ascents using every gear we had, our non-riders enjoyed many amenities including the hotel spa, cooking classes and of course shopping sprees.

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

To be continued in the May newsletter!



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Did You Know?

Quick Tidbits

The PBA website has some good information for Ride Leaders. Login and then expand the “Members Only” menu and select “RL Corner”. You will find the list of documents below. The “Ride Leader – Ride Administration Tips” is a very helpful guide on how to handle the administrative/web related tasks.



RIDE LEADER CORNER

Documents

- [Pre-Ride Speech 2021](#)
- [Ride Safety](#)
- [YouthRideWaiver 16-17](#)
- [ChileRideWaiver 15 and under](#)
- [Incident Report](#)
- [Rider Supplemental Insurance](#)

PBA Rider Leader Schedule

- [Ride Leader Schedule](#)

Forums

- [Ride Leader Forum](#)

Ride Administration

- [Ride Leader - Ride Administration Tips](#)

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

- Richard Bohonsky
- Jay Breeding
- Manny Taveira
- Kimberly Trogon
- Analyn Urpi
- Kevin Vinson

