



The Seat Post



1-Feb-03

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**Bicycles, Inc. Store
Locations in the DFW
Area:**

Arlington

1607 S. Bowen Rd.
Arlington, TX 76013
817-461-5555 (Metro)

Bedford

510-I Harwood Rd.
Bedford, TX 76021
817-268-6572 (Metro)

Fort Worth

5039 Granbury Rd.
Fort Worth, TX 76133
817-292-2911

Keller

101 Town Center Lane
Suite 109
Keller, TX 76248
817-379-2453



The Official Newsletter of Team Bicycles Inc. - TBI

We the People

The February 3rd meeting showed a preface to several of the many positive changes to be coming to the organization of the club. After several weeks of meetings and, at times, very heated discussions, the team officers completed the new Charter for the club and team. Highlights of the new Constitution were presented to the General Membership. In summary, the new Executive Committee will consist of a President, Vice-President, Secretary, Treasurer, Race Director, and two Members-At-Large.

In addition to the new Charter, and as a result of these changes, new elections were announced. Nominations were taken for the several positions, and the voting will take place online, at the website, and at the next month's meeting.

These nominations were presented:

President: Jamie Connally, Nathan Larimer.

Vice-President: Andy Hollinger, Randy Wallis.

Treasurer: Robbie Merritt, Steve Covington.

Secretary: Dave Hyland, Art Pacione, and Jerry Vargas.

At-Large: Don Merritt, Mike Reade, Art Pacione, and Ray Allen.

The results of the voting regarding the possible change of the jersey design were announced. Eighty-eight votes were received, and the majority (approximately 52%) selected to keep the current design as it is. The results were tallied by Andy Hollinger and certified by Don Merritt. These results are binding and final.

Member News

Robbie Merritt continues to make progress and improvement, healing from her injuries. She had surgery on her thumb, and is looking forward to a total recovery. The team presented Don with a TBI jersey and helmet for Robbie. Our best wishes to her, and hope to see her back on the bike soon.

Former TBI racer Joey Spragins has joined team **Mercy Hospital Racing Team**, from Fort Smith, Arkansas. This semi-professional elite traveling racing team is the 2nd largest TREK-sponsored

team in the nation. The team consists of six elite racers, provided with TREK 5500 bicycles and DURA-ACE components. On top of that, Joey has recently upgraded to Category 1, as a bicycle racer.

Congratulations to Joey. Josh Kerkhof, a nationally ranked junior racer from Fort Worth, son of TBI racing coach Pierre Kerkhof, also joins Joey at Mercy. They will be racing under different team colors, but they have our support and we wish them great success in the future.



Goes Without Saying ...

... that a great deal of appreciation goes to our sponsors. They provide the support and facilities to allow all of us to enjoy our sport, while giving the club the opportunity to act as good-will ambassadors during local and state-wide cycling events.

In return for their support, we encourage

our members and friends to enjoy their products and services, which can be found at **Bicycles, Inc., Sam Pack's Five Star Ford, Specialized, Reyes Law Firm, Smoothie King of Hurst, Clif Shot and Clif Bar, Bravo Technologies, Southlake Eye Associates, Bell Helicopter – TEXTRON, Aussie, and Tom Thumb.**

Upcoming Events

Feb 19: Pierre's Cycling Clinic.

Feb 26: Pierre's Cycling Clinic.

March 3: TBI Meeting, Arlington.

March 5: Pierre's Cycling Clinic.

March 12: Pierre's Cycling Clinic.

March 22: Steam N Wheels, Abilene.

April 7: TBI Meeting, Keller.

April 12: Lancaster Ride.

May 5: TBI Meeting, Bedford.

June 2: TBI Meeting, Bedford.

June 28th: Mineral Wells Road Race.

June 29th: 30k Time Trial Alvarado.

July 7th: Team Meeting Arlington.

July 19th: Matrix Criterium.

July 20th: TBI Top Gun Criterium.

August 4th: Team Meeting Keller.

August 23rd: HHH Tour Wichita Falls.

September 8th: Team Meeting Bedford.

October 6th: Team Meeting Bedford.

November 3rd: Team Meeting Arlington.

December 2nd: Christmas Party - Dinner.

My Crosswinds To Bear – John Roden

Regardless of one victory, two victories, four victories, there's never been a (Tour de France) victory by a cancer survivor.

That's a fact that hopefully I'll be remembered for." –

*Lance Armstrong,
December 2002.*

When I first started racing bicycles, I thought about courses and decided if they were hard or easy pretty much based on the hills. As time goes by, the whistling of the spring winds always reminds me that those gusty April breezes can be one of the great challenges facing the intrepid cyclist. From across the bean fields, the gritty, slanting, unrelenting hammering of the wind and the ruthless actions of your fellow competitors can make the flat windy day even more difficult than the worst hills and hollows of southern New York.

As the author of this masterwork (of utter tripe) I have to step out and level with the reader. I am writing this article in the deepest of winter, tucked in my ski waxer's lair, with the bubbling pots of Super Rex Blue Extra on the stove and the ever-present hockey pad sniff of drying ski boots. My bike lies neglected in a heap out behind the snow thrower, still muddy from the last time it made me bonk, and bonk hard. (*Continues next page.*)

My Crosswinds To Bear (cont'd)



*In need of a good novel to read? Check the new novel by Andy Hollinger, **Hangin' On**. It can be found at iUniverse.com, Barnes and Nobles Online Store, and at Amazon.com.*



I can write confidently about the winds, because the painful memories of racing in the winds up in the tobacco fields up in Ontario are pretty easy to call up, bringing me back to those cold windy afternoons spent right on the very nose of the saddle, single file down the gutter, dodging mailboxes and hoping like crazy for that right hand turn to come before I go right off the back. Yep, I can summon those memories right back in a jiffy, snow or no snow.

Having a good race on a tough, windy course requires some thinking, some fitness and some degree of awareness during the race. The fitness part is clearly beyond the scope of this article; perhaps Jack LaLane can be of help but not me. The other two factors can be impacted by the application of a little bit of thinking.

On the drive up to the race, note the wind direction and force. Races in exposed areas or near big bodies of water are pretty well bound to be windy during the spring months. Consider the wind and how it will play out on the course and impact the race. You don't really care too much about a headwind and a straight up tailwind is not a huge deal either. The key factors in a race are crosswinds of all flavors, including the sneaky "cross tail winds" that make the pace wicked fast while offering little in the way of direct shelter. The garden-variety sideways headwind will have the effect of creating an echelon, (or sideways line across the road) according to all the cycling books. In real life, it seems like riders use these types of winds to go right to the front and move the side of the road, which offers other riders the least shelter from the wind, and proceed to hammer like mad. The riders behind are denied much shelter and either suffer along, or die and leave gaps, which others must then rush across or become detached, from the group. In an extended crosswind

section, the group will start to break apart, especially as the race progresses. Those in the back are powerless and watch in horror as the pack breaks apart and scuttles to the ocean floor. As riders get dropped or become otherwise consolidated, the echelons will sometimes start to form, but the real damage is done with single file riding on the windy side of the road.

So, what can you do to race a little better in the springtime? First, be aware that wind will be a factor many days this spring. Either tour the course before, or at least use a route map to guess where the real "crunch" sections will be located. Before these sections, try to note a landmark or something to help remember the location from the rest of the god-forsaken landscape. When the field approaches an extended crosswind section, you can expect people in the know to head for the front. You need to do likewise, hopefully with the help of teammates or some one else's wheel. Try to get right near the front, but not quite at the front before the fun starts. As you enter crosswind hell, look up the road at all the riders in front of you and be wary of someone leaving even a little gap. If others are also tired, it is imperative that you get out and jump across any little gaps that form in crosswind sections, no matter how much coal gets thrown in the firebox. If your group does well, you will turn out of the crosswind with a ready made break away.

Good luck and see you on the roads, or trails.

Team Bicycles Inc.

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About Our Club Team Bicycles, Inc.

Founded in 1986 as the Mid-Cities Wheelmen, Our Club/Team became Team Bicycles, inc. on January 1st, 2001 as a reflection of the more widespread geographic representation of our membership and our principal sponsor who now has four stores serving the DFW Metroplex area.

Our club is a USCF and Texas Bicycle Racing Association (TXBRA) affiliated organization that is made up of Road Bicycle racers and those who enjoy Road Racing activities.

Team Bicycles Inc.
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Bedford, TX 76021

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