

DATES NEWS**DATES Captains! It's: Stoker Appreciation Ride XI!
April 3 - 4th**

One week left to perfect the poem!! Regardless of whether you ride in the Stoker Appreciation Ride, all Captains should write a poem of appreciation to their Stoker in honor of this special weekend.

This year's ride is scheduled for Saturday and Sunday April 3rd and 4th. We will as always have:

- A SAG van for overnight luggage w/ ice chest for the bubbly.
- Detailed, entertaining, semi-accurate maps of the classic, award winning* SAR route.
- A beautiful, quiet, scenic route lined with wild flowers from Weatherford to Glen Rose on Saturday.
- Pie in Tolar.
- Group dinner in Glen Rose Saturday night.
- Champagne and Stoker Poetry (tm) after dinner.
- Overnight in Glen Rose, a favorite romantic town in north Texas.
- A lovely ride back on Sunday.

Particulars:

Gather at the Chamber of Commerce building in Weatherford (Highway 80 @ Santa Fe) around 8ish on Saturday morning, load the SAG, have donuts and juice, get tandem tattoos and leave around 8:30ish, or whenever the stokers are ready. Ride to Glen Rose - 60 miles on the back roads.

Saturday afternoon we square everyone away at the hotel, motel or romantic B&B of their choice (see www.glenrosechamber.com/lodging.html) and then gather everyone up for group dinner, champagne and the legendary reading of the poetry have written for their stokers. (We've been using the Glen Rose Best Western as unofficial ride headquarters, but there are so many wonderful places to stay - be adventuresome!)

Sunday morning we gather the luggage up and hit the road about 9ish for the ride home. Often teams have

a late lunch together back in Weatherford.

Fine print: DATES member teams only, limit first 20 teams, RSVP ASAP and questions to: Tom Shaddox email at t.shaddox@verizon.net or call 972-517-4534

2004 MEMBERSHIP SIGN UP

This will be your last newsletter in you have not renewed your membership for 2004. See application in this newsletter and submit your dues

Mesquite/Sunnyvale Ride - Sunday, April 18 - 9:00 am

Join Team HudsonCroy on Sunday, April 18 for this 35 mile ride (shorter or longer routes also available) in Mesquite and Sunnyvale. We'll start at the Lowe's (parking lot at the south end of the store next to the Garden Center) at the intersection of N. Galloway and Barnes Bridge Road at 9:00 am. From I635 going east, exit at Oates/Galloway. Turn left on Galloway (not Oates). Cross I30 and then turn left into the Lowe's parking lot. Call 214-320-8708 if you need more information.

Ride Leaders Needed!

Your new Ride Coordinators, Bruce Hudson & Carol Croy, have been making lots of phone calls, but so far have only managed to get commitments for 3 rides. We'll keep on calling, but please don't wait for us to ask. Call us now at 214-320-8708 or email HudsonCroy@worldnet.att.net and volunteer to host a ride. We have plenty of dates available in May, June, July, August and beyond, so give us a call and get your name on the calendar today.

DATES Business Meeting/Social

Sunday April 25th, 5:30PM

This month's meeting will be at the home of Jim and Rhonda Hoyt. Rhonda will be grilling up chicken and hamburgers so please bring a complimentary side dish or dessert. 1309 Dumont, Richardson, TX. Please RSVP at 972-699-8449 so we can get a headcount.

May 2004 DATES-LINE Schedule:

Mailed by: April 26, 2004

Notices & Articles due by: April 23, 2004

THINK SPRING - Easter Hill Country Ride - *Friday-Sunday, April 8-11*

Although not officially a DATES event, many of our members join hundreds of other cyclists every year for the Texas bike clubs Hill Country weekend. After 28 years, the Easter Hill Country weekend is a ritual to many of us; our B&B or motel reservations are already made. Camping is also available. Although the "official" ride headquarters is in Kerrville, most DATES members stay in and ride out of Fredericksburg.

The big attractions are spring weather, an excuse to ride in Texas' most unique cycling area and wild flowers, primarily blue bonnets. For information on the "official event" see: <http://www.hbc.stevens.com/ehct/>

The "unofficial" tandem rides will begin on Friday and Saturday at 9:00 am at the Gillespie County Courthouse. Sunday's ride usually begins at 8:00. For more information contact John McManus (214-321-6085). In Fredericksburg during that weekend, call (830) 997-5894.

It was a Hell of a Week - John McManus

We've been cycling in the Texas Hill Country for a long time. But we got a lot more of it last week. It was Texas Hell Week.

I was vaguely aware of this event but never took much interest in it because I thought it was for people who ride much longer distances than we do. And sure enough it started as eight days of riding a hundred miles a day. That was fourteen years ago; coincidentally the same year that DATES started the Southwest Tandem Rally. Nick Gerlich, a college professor at West Texas A&M University, started Hell Week. It was his idea of an ideal spring break. Personally, I thought the original spring break of bikinis and beer was a pretty good idea.

But there are a lot of crazy cyclists out there. And it's still cold in March in much of the US. So long distance riders, like randeneurs, need a spring training camp of sorts. 'What's a "randeneur"?' Brenda asks. "A cyclist who participates in randonnés."

A randonné is an organized group ride, with some emphasis on speed, but it is not a race. Riders will typically be on road racing or light touring bicycles. Randonnées are often quite long and do not normally stop for the night. One of the most famous (and most rigorous) is the quadrennial Paris-Brest-Paris ride, 1200 kilometers, (750 miles)

stopping only for meals and catnaps. Don't tell the French, but the North American Boston-Montreal-Boston ride is the same distance but much harder (more climbing).

To continue your education in French and cycling, you also need to know about a brevet. To be eligible to ride in major randonnées, a rider must qualify by riding a series of shorter randonnées called "brevets." This is a French word, variously translatable as "diploma," "certificate" or "patent."

Ok here's the test: What do randonnés and brevets - both French words - have in common with the French language? (Answer at the end of the article - but don't look.)

But I digressed - back to Hell Week. Over the years, they've added shorter rides: "B" rides of 56-75 miles and even "C" rides of 26-44 miles. And of course there are the "A" rides (74-106 miles), the "A+" rides (124-126 miles) and one "AA" ride (206 miles). So there's something for everyone.

Each evening, participants swing by the Sunset Hotel to see which rides are posted for the next day. It may be A6, B2 and C4. A-rides leave at 8:30, B at 8:45 and C at 9:00. We rode the prescribed B-rides but usually left on our own from our B&B instead of starting with the group and we almost always changed the route a little. This is fine; Hell Week is oriented toward riding and fun - everyone is flexible. On four nights there are optional seminars (bike fit, nutrition, long-distance racing, developing more power) and there is a banquet on Tuesday.

So who rides Hell Week? It's a very diverse group. The most recent winner of the Race Across America was there as were slow tourists like us. Everyone is welcome except wimps and whiners. All in all there were 353 riders from 33 states. And one third of the riders were female! It seemed to me this was the friendliest group of riders I've ever encountered. Almost everyone who passed us shouted a greeting or started a short conversation.

We whimped out the first day because it was raining. But we got in almost 500 miles the next seven days - and to our surprise, learned many new roads in the Hill Country. One thing is sure: we'll be back next year. (Answer to the earlier test: Randonnés, brevets and the French language are all "pains it the butt"!)

DALLAS AREA TANDEM ENTHUSTISTS

Annual Membership is \$18.00 effective in January. If you join after July 1 dues are \$9.00. Teams joining in November or December pay \$18.00 and are paid up for the following year.

1. Fill out the information below. Please print!
2. Read and Sign the waiver.
3. Mail this page with both sides completed with your check payable to "DOUBLE DATES" to: Kevin or Linda Vinson 7013 Fox Drive, The Colony, TX 75056-4458

CAPTAIN: _____

STOKER: _____

ADDRESS: _____

HOME PHONE: _____

CITY: _____

WORK PHONE: _____

STATE: _____ ZIP: _____

E MAIL ADDRESS: _____

Check here to receive only electronic version of the Newsletter; Hard copy will not be mailed.

Check here if interested in submitting a team photo for the DATES website.

LIABILITY RELEASE

All riders must sign a waiver of claim below to become members and participate in Double DATES activities. A Parent or guardian must sign for riders under 18 years of age.

I ACKNOWLEDGE THAT BY SIGNING THIS DOCUMENT, I AM RELEASING THE DOUBLE DATES, ITS MEMBERS, OFFICERS, AND AGENTS FROM LIABILITY. THIS RELEASE IS A CONTRACT WITH LEGAL CONSEQUENCES, AND I HAVE READ IT CAREFULLY BEFORE SIGNING.

I acknowledge that cycling is an inherently dangerous sport and fully realize the dangers of participating in group rides.

I FULLY ASSUME THE RISKS ASSOCIATED WITH SUCH PARTICIPATION. For myself, my heirs, executors, administrators, legal representatives, assignees, and successors in interest (collectively "Successors"), I HEREBY WAIVE, RELEASE, DISCHARGE, HOLD HARMLESS, PROMISE NOT TO SUE, AND INDEMNIFY the Double DATES, its members, ride leaders or hosts and officers (collectively the "Released Parties") from any and all rights and claims including claims arising from the released parties' own negligence, gross negligence or intentional conduct, which I have or which may hereafter accrue to me, and from any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of, my participation in or association with an event sponsored by Double DATES.

I understand and agree that situations may arise during a ride, which may be beyond the immediate control of the leader(s) or host(s), and I must continually ride so as to en-

danger neither others nor myself. I accept responsibility for the condition and adequacy of my own bicycle equipment. I will wear a helmet that satisfies the requirements of the ANSI Snell regulations that can protect against serious head injury, and I assume all responsibility and liability for the selection of such a helmet. I have no physical or medical condition, which to my knowledge would endanger others or myself if I participate in Double DATES rides or would interfere with my ability to participate in such rides. I agree that should I or my successors assert my claim in contravention of this agreement, the asserting party shall be liable for the expenses (including legal fees) incurred by the other party or parties in defending. I understand that a parent or responsible adult must accompany all riders under the age of 18 on any Double DATES ride. If I am a minor, my parent or guardian also is signing on my behalf and we both agree to be bound by the terms of this waiver and release.

SIGNATURES OF ALL RIDERS

_____ CAPTIAN AGE _____

_____ STOKER AGE _____

_____ ADDITIONAL RIDER

Print name

_____ RIDER AGE _____

Signed name

Leakey Tandem Weekend 2004 Maybe . . .

From Team Mahoney

In case you have been waiting for information on this year's Leakey Tandem Weekend over Memorial Day weekend, we have been informed that Edward and Anne Tasch will no longer be coordinating the event. While our current HATS' responsibilities do not allow us to take over this task, we want to facilitate finding a replacement "host" for the weekend if there is enough interest.

If you would like to step in and spearhead the event and keep this Memorial Day tradition alive, please contact us at m-smahoney@sbcglobal.net. For many of us, this has become an anticipated annual event and you may choose to show up in Leakey whether it's a coordinated event or not. As we see it, the organizational role for this event does not need to be a huge burden...just someone to act as a focal point for dissemination of information and coordinating the locale for group gatherings. The Leakey area routes are well-known and maps are readily available.

If a Memorial Day Leakey weekend doesn't work, there has been interest in planning a similar tandem weekend in a cooler time of year, possibly over the Columbus Day weekend in October. While this may mean many of us might have to take a vacation day, for us at least, the cooler temps would be worth it. If someone would like to step in and organize such a fall event, please let us know.



Sign up for DATES Email Distribution List

Receive up-to-the-minute information about scheduled & impromptu rides and other events and matters of interest to cyclists in general and tandem riders in particular. Go to web page groups.yahoo.com/group/DATES1 and click on "Join This Group" in the upper right corner of the panel, then click on "Sign Up Now" to go to the sign up page.

If you need assistance in signing up, e-mail Warren Casteel at warren@casteelsign.com.

fresh dates

Team Thurman

Dallas, TX

Captain: Bob Thurman

Stoker: Laura Thurman

Joined DATES: March 2004

How long have you been cycling?

Captain: 30 years

Stoker: 1 week

How long tandeming? 1 week

Why did you start riding tandem? We run marathons together and wanted to cross-train together as well

What kind of tandem do you ride?

Santana Sovereign

How often do you ride? Just started, but expect to ride 2-3 times per week

How far? 13 miles on the first try, but expect to build to 75-100 miles. We plan to do Hotter 'n Hell 100.

Usual route/area? White Rock

Favorite Ride? ???????

Where/How did you hear about Double DATES? Carroll Mayhew and John McManus at Richardson Bike Mart

Anything else you'd like us to know about you? We are both educators. We look forward to being active in DATES, but would like to see some Saturday rides. Sunday is usually a bad day for us.

RICHARDSON

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U2

Hello all, Brad & Tacey of team Heppler here. Well, we've gotten exactly one years use out of our SportWorks U2 tandem rack and thought we'd shoot out a review. In our many years Tacey and I've owned and used 8 different racks for our bicycles. I have to say that the U2 tandem rack is the quickest and easiest rack either of us has ever used and that includes racks for single bikes. The beauty of the SportWorks U2 is that one person can load the tandem on top of the car/SUV by themselves without help (our U2 is on top of our Explorer). This is possible by SportWorks tilting front wheel hoop and the ratcheting arms/wheel locks. The beauty is that you don't have to remove the front wheel, so that eliminates half the work & half the time.

As you can see in the 1st picture, my wife/stoker and in this case lovely assistant Tacey, wheelies the bike into the tilted front wheel hoop.



Then in picture 2 she places the rear wheel on the rear wheel tray and walks the bike to its upright position.



In picture 3 she drops the ratcheting arms on both the front and rear tires, checking that they are both snugly fit. Then you get in the car and drive to your destination. After a little practice it takes all of about a minute or two to load your tandem.



Is that awesome or what!

The rack comes with adapters that will mount the U2 to both Thule or Yakima load bars. If using on a SUV like we do, it will help to get a "wheel step". This is a little gismo that fits on your vehicle's rear tire and makes a step so you can get to the roof of higher vehicles, like SUV's. (See picture 1 left) Actually the process of putting the step on vehicles rear wheel is why it takes 2 minutes to load our tandem. If this rack were on a car that was easier to reach, the whole process would take a few seconds instead of two minutes.

Good points:

1. super quick for one person to load our tandem.
2. the bike is held securely to the rack by the rubber of the bike's tires, so nothing is touching the paint (this was a BIG selling point as it'll help save our Co-Motion's paint).
3. you don't have to remove the front wheel.
4. it'll also haul long recumbent bikes.

Bad point: You always hear horror stories of someone forgetting they have their bike on top and driving under an awning. It happens but, it's no fault of the roof rack, that's human error.

SportWorks U2 tandem rack, we give it two thumbs up. These racks are available at your favorite bike shop. We should all try to support the shops that support our club.

DATES SOCIAL AND FUND-RAISER: WINE TASTING AT TONY'S WINE WAREHOUSE

Wednesday, May 26 - 6:30 pm

A special fun evening for DATES members and friends. Join us for an informative and entertaining evening; the wine-master will discuss and we will sample 20 specially selected wines. Appetizer of Grilled Blackened Chicken Pasta is included. This is a private event; reservations and pre-payment are required. Retail price is \$42.50 but we're able to offer it for \$35.00. Proceeds support Southwest Tandem Rally 15. More details in next month's DATESLINE but you can reserve a space (limited to 30 people) **NOW** by calling John McManus or Brenda Cole at 214.321.6085.



Mark your Calendar Now for a Fun New Ride on May 16

In addition to a great country ride, post ride activities will include lunch, enjoying the yard art, see photo right, swimming, a veritable bicycle museum & testing your skills on a high wheeler. And of course, the great DATES camaraderie we always enjoy.

See the May newsletter for all the details and plan to be there!

Bike Maintenance Tip - **CHAIN LUBES**

Lubing your chain? Most of us want to over complicate lubing a chain. Do I use this lube or that lube? What is best? There are some lubes better than others given a specific set of circumstances but you should try a few and find the one that works best for you. Every mechanic and rider I have come across has his or her own way of lubing a chain. To me, the important thing is to do something to you chain. It is really quit simple. Lubing your chain is done to improve its life span and performance. Like everything else on your bike, the chain wants to do a good job for you but it is a tough life. All of those sharp teeth, pressure, not to mention those huge "cross chain" shifts it has to deal with. A little lube every now and then is really the least we can do for the chains of the world. Here is the secret: the bushings run like bearings on the pins of your chain. These two pieces move a lot more than you would think. They wear faster if the contact surface between them is dry or dirty. This wear changes the way the chain rides on the cogs and chainrings; causing them to improperly shift and prematurely wear out. That is why, when you change old chains, you might also have to change cogs and/or chainrings. A little tip: after you apply your favorite lube, make sure to completely dry the chain with a rag. Not drying the chain after you lube it is the main reason most of us get that black build up. Also, lube your chain after you ride. This way the chain has time to dry before your next ride. If you do these two things you will see less dirty build up. Even a well-lubed chain won't live forever but it will have a more fulfilling life.

Sean Thomson

Former USA Cycling Head Mechanic

seant@planocycling.com



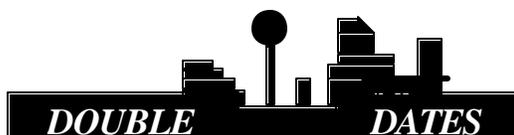
For DATES Rides and Events & Area Pay Rides, please visit the DATES web site at <http://www.doubledates.com>.

DATES-LINE is published monthly during the cycling season (*Ed. Approximately 10 issues/yr*) by and for members of **DOUBLE DATES**. Information contained herein is for the general good of the tandem community and may be copied without permission; credit to **DOUBLE DATES** and **DATES-LINE** is appreciated. **All comments and contributions are welcome. We reserve the right to edit all submissions.** Generally, Monthly Issues are mailed by the **Last Tuesday** of the previous month. Notices and Articles must be received a week prior to the mailing date to be included in the next issue. Exceptions to this schedule are published in the preceding issue of the newsletter. Machine-readable copy is required: either from MS WORD, text/ASCII or Word Perfect. Copy should be e-mailed to ddateseditor@aol.com or mailed on a 3.5 diskette to the editors Tom & Grace Hogan at 2200 Woodburn Corners, Plano, TX 75075-3507.

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DOUBLE DATES, the Dallas Area Tandem Enthusiasts, is a recreational club for riders of tandem bicycles. Membership dues are \$18 payable annually in January. If a team joins mid-year, the dues are: Jan - June \$18; July - Oct \$9. Teams joining in November or December pay \$18 and are paid up for the following year.

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		Out of Town	1.800.875.5662 (b)
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