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fresh dates

Team Nieves
Irving, TX

Captain: Carlos Nieves

Stoker: Brenda Nieves

Joined DATES: July 2008

How long have you been cycling?

Captain: approximately 30 years

Stoker: forever

How long tandeming? 4 years

Why did you decide to start riding tandem? It is easier to keep together. We don't have to wait on each other. Just seemed like a fun idea.

What kind of tandem do you ride? Cannondale – Bought a new Co-Motion, but crashed it, and Plano Cycle is trying to get it fixed.

How often do you ride? 6 days a week during the summer. On the weekends after daylight savings time.

How Far? 20 – 100 miles

Favorite Ride? Hotter "N Hell

Usual route/area? Carrollton ride that starts at the Irving Bible Church in Irving Monday and Wednesday and Andy Brown Park on Saturday

Where/How did you hear about Double DATES? Barry and Karen Zajac

Mexican Food Ride
Sunday, July 27th, 2008
Cedar Hill
Hosted by Alan and Renee Kailer
Ride Report by Kevin Vinson

As everyone can see from the date of the ride, I am a little late on this report. My apologies! As for the ride, it was another great DATES event. The following teams participated in this ride.

- Alan & Renee Kailer (our wonderful hosts)
- Chuck & Kris Carlson
- Harry & Janette Thompson
- Bruce Hudson & Carol Croy (welcome back you two!)
- Ronnie & Nanette Bryant
- John & Stephanie Scott
- Roane Logan (we missed you Juanita)
- Kevin & Linda Vinson

It was a very nice day for a tandem ride. The plan was for all of us to meet in Cedar Hill for an 8:30 AM start. Routes of 41 and 64 miles were offered. Everyone opted for the 41-mile ride.

Both routes are part of the Head for the Hills Bike Rally that originates out of Cedar Hill. After Alan went over some logistics for the ride, we made our way out of the Minyard's parking lot. People tend to forget how hilly it really is in and around Cedar Hill. The early part of the ride took us through some very scenic areas with some nice hills (Texas rollers if you prefer).

For the 41-mile route, we basically made our way south to Midlothian. The roads were very quiet for the most part. Once we got out of Cedar Hill, we were pretty much out in the country. It really amazed Linda and I how much development is going on in Midlothian. The country as whole might be experiencing some down times but the DFW area seems to be holding its own.

Linda and I couldn't get over how smooth the roads were for the 41-mile route. We were very impressed. It doesn't get any better than that when you have great weather, great route, low traffic, smooth roads, and good tandem friends. At the halfway point, half of the group stopped at Whataburger while the other half stopped at the designated rest stop which was a convenience store.

Linda and I were part of the group that stopped by Whataburger. What we thought was going to be a quick break ended up being a pre-lunch meal. The fries seemed to be the popular choice. Nothing like refueling with fries and soft drinks. A champion's meal!

Besides the scenery, low traffic, and smooth roads, the 41-mile route had plenty of twists and turns. It was nice that we weren't on any one stretch for a long period of time. There was one portion of the route in the second half that took us through a very nice development outside of Midlothian. There were no intersections, no traffic, and the road was so smooth.

We were flying through this portion of the route. It was a gradual downhill with some nice curves. It was perfect! We all met up back at the Minyard's parking lot. Once everyone packed up their tandems (in Roane's case, his single), we made our way over to a small family-owned Mexican restaurant that shared the parking lot with Minyard's.

Like the ride, the lunch was very good. Everyone seemed to enjoy their meal and the service was outstanding. My apologies for not remembering the name of this restaurant. I definitely recommend this ride and the restaurant for a post-ride lunch. Many thanks go to Alan & Renee for a wonderful day of riding. It was great seeing Bruce Hudson back out on the bike.

This is another one of the many DATES rides that I highly recommend. It's a nice combination of urban and country riding. Kudos to Alan and Renee!



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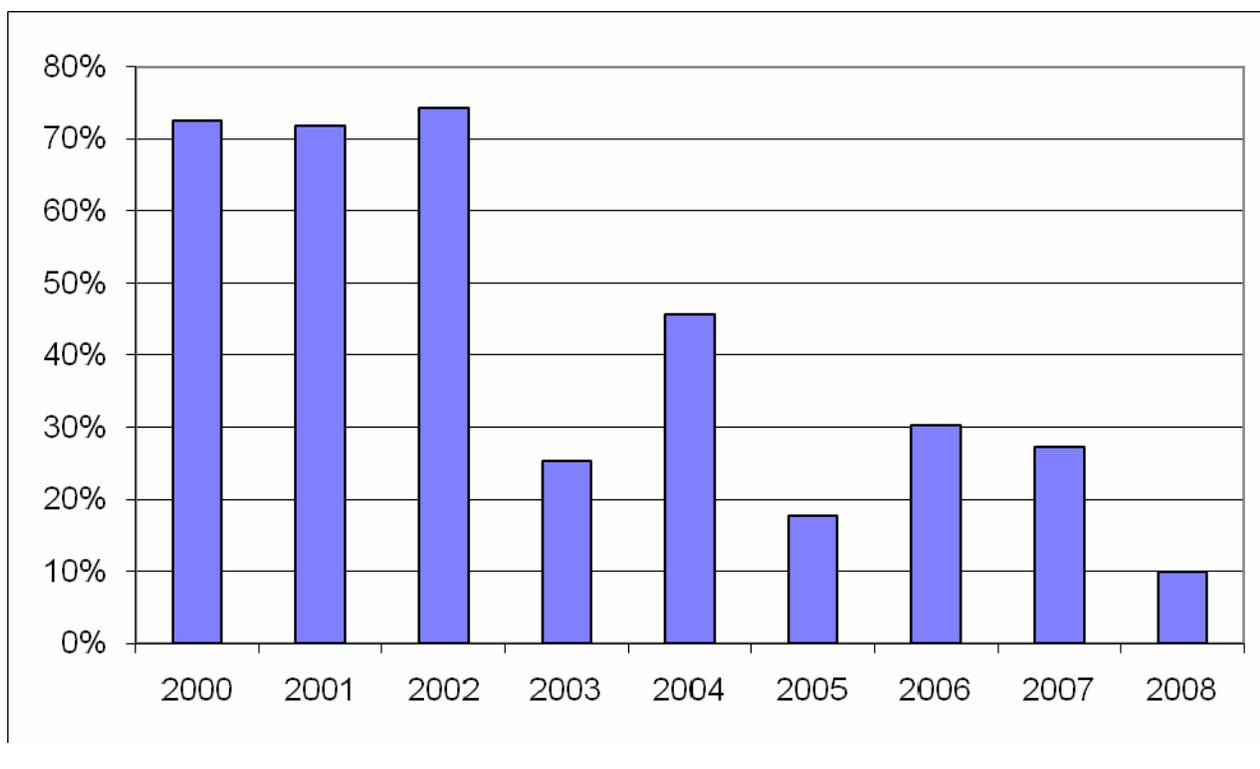
ONE BIKE OR TWO?

John McManus



An unusual thing happened at our house this past week. We rode the tandem. Not just once or twice but three times. We hadn't ridden it since the Southwest Tandem Rally last April. We got in 150 tandem miles this week. So we now have 300 for the year.

The percent of our cycling miles on the tandem has become less and less over the past several years as shown in the accompanying graph.



What's going on? It started innocently enough. As we toured more and more in hilly or mountainous terrain, we liked the tandem less and less. The tandem went up the mountains too slow and came down too fast. We found the (touring) road bikes were better for the tours we were riding.

Then the secondary effect took hold.

- As Brenda became a more accomplished rider, she became less than enthusiastic about the way I captained the tandem.
- So she gave me more coaching.
- And with her coaching I became less enthusiastic about her as a stoker.

But that was ok because we love riding our road bikes.

We had to ride the tandem this week – just to be sure we could still do before going to Nova Scotia. And hey, I liked it. We went fast. And so far, haven't had one disagreement! Maybe we'll reverse the trend.



John and Brenda on their singles, with Ronnie and Nanette in Ireland

TANDEM Q AND A

By Harry Thompson

I previously posed the following question, and Kevin Vinson has provided us with a helpful, detailed response.

Question: Janette and I seldom ride a paceline, but we recently had a rare opportunity to do so. How do you determine how long you pull and how do you drop off the front? Is it a set distance (one mile or something else), a time (three minutes), until your stoker starts screaming, or until your heart rate monitor explodes and your legs fall off? Do you hold your line and let the pack come around, or pull out and ease up?

Kevin Vinson:

I've had the opportunity of riding in pacelines on my single as well as with Linda on our tandem. Since this Q and A session is for the DATES-Line Newsletter, I will focus on our experience on the tandem.

The first paceline I will discuss is the single-line paceline. As the name suggests, this is a single line of tandem riders. The leader in the single-line paceline will usually lead based either on distance, time, or how they feel. It is the responsibility of the lead team to let the team next in line know that they are going to drop back to the end of the line. This can be done either verbally with the stoker letting the captain of the second team in line know that they are dropping back or, the stoker can extend their left arm out to signal that they are going to move over and drop back. From there, that team will drop their pace slightly to allow the paceline to pass on the right. It is important that the team that is dropping back maintain a pace that will allow them to smoothly drop into the back of the paceline without being dropped.

The second paceline I will discuss is the double paceline (or sometime referred to as a rotational paceline). This paceline consists of two lines of tandems. The line on the right maintains a pace just slightly ahead of the line on the left. The line on the right actually feeds the line on the left. Almost like a circular rotation, the lead team on the right will slide over to the left. The next lead team on the ride will pull ahead of the lead team on the left and then slide over to the left. This rotation continues for as long as everyone can maintain the pace. This paceline is a little more difficult than the single-line paceline due to the coordination of the teams but, it is much more efficient and no one team is killing themselves leading the paceline.

It is highly recommended that the tandem teams take time to discuss what type of paceline they would like to ride before the ride begins. Communication and organization is key.

Hotter 'N Hell and Post HHH Ride

August 23 and 24
Wichita Falls, Texas
By: Alan Kailer

The Hotter 'N Hell Hundred was August 23, 2008. Renee and I rode the 100K with Bruce Hudson and Carol Croy. Harry and Jeanette Thompson and the newest DATES members, Carlos and Brenda Nieves, rode the full century. The temperature thankfully did not live up to the name; the high for the day was "only" about 96. As usual, the rest stops did a great job and there was plenty of Powerade and food at each of them. For the second year in a row the airmen at Sheppard Air Force Base lined up along the side of the road through the base and formed a cheering section for the riders. Bruce and Carol and we went to a Casa Manana (a Mexican restaurant of course) for dinner on Saturday.

Sunday morning Hudson/Croy and the Kailer's were joined by the Nieves for an easy 30 mile to the Northeast of town.

It was a great weekend and good to ride with new members Carlos and Brenda. Hope to see you on another ride soon!



Bruce Hudson, Carol Croy and Renee Kailer at the start of HHH

The TROLS Big Adventure '08
September 19-21, 2008

Jefferson, TX
Kelly & Jimmy Duval

Hello DATES members!

We have taken over the TROLS ride for 2008.

The following is the announcement that we are now officially taking registrations for the TROLS Big Adventure of 2008.

In the early years, this ride was hosted by the Tandem Riders of Longview (TROLS), and continued to be hosted by the two remaining "Tandem Riders of Longview," Reggie and Linda Bowers. This year we are hosting another tandem weekend in Jefferson this September 19-21, and we would like to invite you along on our Big Adventure 2008. We will keep the same name, but we have to change the meaning because we are not Tandem Riders of Longview. For 2008, TROLS now stands for Tandem Ride Outside of Longview.

If you have a tandem bike and like to cycle the rural wooded roads around Jefferson, visit our website at <http://www.trols.org> for details and a registration form.

The registration deadline has been extended to September 1.

For a snail mail copy of the information and registration form, you can contact Jimmy or Kelly at 214-277-9952 or email at trolsride@gmail.com

Please pass the word on to other tandem riders you know wishing to be a part of for the TROLS Big Adventure of 2008 in Jefferson, TX.

Hope you can make it!

Kelly & Jimmy Duval

Red River Tandem Roundup

October 10-12

- Location:** Red River County Chamber of Commerce (101 N. Locust on the Square), Clarksville, Texas
- Fee:** \$50 per team to cover evening entertainment, breakfast for those not staying at the Courthouse Inn (breakfast is included there), and other incidental expenses.
- Lodging:** Riders will be responsible for lodging, lunch and dinner.
- Sponsors:** Red River County Chamber of Commerce with assistance from James & Pam Vaughan, Diane Peek, Rob & Kay Rowley, and a host of others.

For the sake of political correctness you may have noticed we have renamed the ride, but it will always be the RRRR in our hearts (or at least mine).

Schedule:

Friday (10/10)

Check-in/Registration will be anytime after 12:00 at the Red River County Chamber of Commerce (101 N. Locust on the Square).

A short ride of 20-30 miles will be planned for Friday afternoon, with no specific start time.

Dinner will be on your own, however, we will have one or two designated restaurants where we will be providing an open bar (beer and wine). A restored saloon (circa. 1895) in historic Downtown Clarksville will be open for mingling and getting acquainted from 6:00 to 7:00 & 8:00 to 10:00.

Saturday (10/11)

Breakfast will be provided at your lodging location between 7:30 to 8:30.

For the ride, we will hold a mass start at 9:30. This will allow any riders who want to drive over from Dallas on Saturday to attend. While there will be a mass start, riders who want to start earlier or later will have that option (anytime between 8:30 to 10:00). Two ride distances will be available for 40-45 miles and 70-85 miles. This is a reasonably flat, but very scenic and fun ride with minimal traffic. The routes will be a marked and supported ride with rest stops every 15-25 miles.

Dinner will again be on your own, however, we will have one or two designated restaurants where we will be providing an open bar (beer and wine). The 101 1/2 Saloon will also be open from 6:00 to 7:00 & 8:00 to 10:00.

Sunday (10/12)

Breakfast will again be provided at the location of your accommodations at no charge, but will be served earlier to allow time for the ride and time to get home at a reasonable time (6:30-7:30).

The ride on Sunday will start at 8:00 and will cover a distance of 25-35 miles.

Other Details:**Accommodations:**

The Courthouse Inn Bed & Breakfast located in downtown Clarksville is the most charming option. Space is limited to 6 teams. Please call 903-427-0801 or 903-427-5435 to make your reservations. Please indicate that you will be participating in the Tandem Rally as they have blocked all rooms for us for the weekend.

The Oaks which is B&B style without the breakfast. This a lovely restored old farm house with two bedrooms. It is great for two teams who enjoy each others company. Please call Mary Hausler at 903-427-2808 for reservations.

Cabins are situated on the lake at Clarksville Country Club about 6 miles north of downtown. These will be available at no charge; space is limited to 5-6 teams. Please notify me (Rob) via email of your interest in these accommodations.

Camping at the Rowley Ranch (about 10 miles east of town) which includes space for 3 to 4 campers. All hookups are available including outdoor hot water showers. Campfires/cooking out/grilling out are all OK and one or more grills will be available for general use, if desired. Please notify me (Rob Rowley) via email of your interest in these accommodations. (Reggie & Linda rest assured there will be no contractors on site, I promise)

The Red River Inn (903-427-2278) is locally owned and is on par with a Motel 6. They offer remodeled and nonsmoking rooms some with mini refrigerators and microwaves. The rooms aren't plush, but they are nice and clean. My family frequently stays there.

Breakfast will be provided on site at all locations.

Cost:

\$50 per team which includes breakfast and evening entertainment Friday and Saturday evening.

Support:

Saturday and Sunday rides will be supported (sponsor patrolled) and maps provided. Rest stops will be provided at 15-25 mile intervals on Saturday only.

Clarksville/Red River County:

Population is 3,800 and 14,000, respectively. Clarksville was founded in 1833 and Red River County was the gateway into Texas for the first settlers including Davy Crockett and Sam Houston. The roads are well maintained, reasonably flat, with only minor to modest traffic. Kay and I found our ranch on a tandem ride here and became permanent residents.

Registration Form:

This ride is limited to the first 30 teams who sign up for the ride prior to October 1, 2008. Registration will be accomplished by notifying Rob Rowley via email (rob.rowley@yahoo.com), the ride coordinator, with the following information:

Team Name: _____

Captain's Name: _____

Stoker's Name: _____

Address: _____

Phone Numbers: _____

Email Address: _____

Overnight Accommodations:

Bed and Breakfast____(You need to make your own reservations at the numbers noted above)

Red River Inn____(You need to make you own reservations at the number noted above)

Cabins____(Available to the first 5 teams requesting these accommodations)

Camping____(Available for the first 4 teams requesting these accommodations)

A standard release will be required to be signed at the time of registration at the ride.

Contact Names:

Rob Rowley 903-249-3483 (rob.rowley@yahoo.com or
clarksville.admin@lrcmail.com)

James Vaughan 903-427-3858 (jwvaughan@cebridge.net)

Red River Chamber of Commerce/Diane Peek 903-427-2645 (redrivercc@1starnet.com)

4th Annual (Now Unsupported) Halloween Ride October 25 & 26, 2008

Purtis Creek State Park to Tyler & Return
John McManus & Brenda Cole

Date: Saturday & Sunday, October 25 & 26
Distances: 80 or 60 miles each day – more or less

This DATES classic, in its new “unsupported” format, is scheduled almost a week prior to Halloween.

What does “unsupported” mean? Among other things, it means we’ll all carry our gear on our bikes from Purtis Creek State Park (near Eustace, Texas) to Tyler, Texas. Overnight will be at Comfort Suites in Tyler. Call 903-534-0999 and reserve your room *(89.99). Ten rooms are blocked at this price under the name “DATES”.

This is a fun event! Don’t miss it.

John McManus & Brenda Cole, 214-321-6085

Nanette Bryant Checking out Pat Jenkins’ decorations and candy stash at 2007 Halloween Ride



Southwest Tandem Rally
Kerrville, Texas
April 24-26, 2009

The Texas Capital Area Tandem Society (TxCATS) is pleased to announce that the 2009 Southwest Tandem Rally will be held April 24-26, 2009 in Kerrville, Texas. The headquarters for the rally will be the Inn of the Hills Resort and Conference Center. Kerrville has a population of about 23,000 and sits on the banks of the Guadalupe River. Kerrville provides some of the best riding for all skill levels in the Texas Hill Country. The most notable off-bike attraction is the James Avery Craftsman Jewelry Headquarters that is less than four miles from the Inn of the Hills.

The registration web link is now available at <http://www.txcats.org/swtr2009/>. The registration fee is \$235 per tandem team.

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The Inn of the Hills is ready NOW to take your room reservations. Please call (800) 292-5690 and ask for the Southwest Tandem Rally group rate. We have blocked 100 rooms. The room rate will be \$99 for single & double occupancy, \$109 for triple occupancy and \$119 for quad occupancy plus appropriate taxes.

Here is the website for the Inn:
<http://www.innofthehills.com>

If you have any questions please email swtr2009@txcats.org or call (512) 217-1280.

Dale & Linda Krueger

DATES Rides and Activities							
RIDE	DATE	START TIME	START PLACE	RIDE HOST	PHONE # / EMAIL	DISTANCE	DETAILS
DATES Tandem Tour	September 6 - 18	-	Nova Scotia	McManus Cole	John.McManus@yahoo.com	-	Contact John McManus for details john_j_mcmanus@yahoo.com
The TROLS Big Adventure '08	September 19-21	-	Jefferson, Texas	Kelly & Jimmy Duval	Jimmy or Kelly at 214-277-9952 or email at trolside@gmail.com	-	Visit website at http://www.trols.org for details and a registration form
Red River Tandem Roundup	October 10-12	-	Clarksville, Texas	Rob Rowley	(903) 249-3483 rob.rowley@yahoo.com	-	See Newsletter for Details
Halloween Ride	October 25-26	-	Purtis Creek State Park	McManus Cole	John.McManus@yahoo.com	60-80 miles each day	Details to come
Southwest Tandem Rally	April 24 - 26, 2009	-	Kerrville, Texas	Dale & Linda Krueger	(512) 217-1280 swtr2009@txcats.org	-	See Newsletter for Details

Notice:
October 2008 DATES-LINE:
Notices & Articles due by: September 25, 2008
We NEED your notices, ride reports,
articles & PICTURES for the newsletter

DATES-LINE is published monthly during the cycling season 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 **end** 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, preferably in MS WORD. Copy should be e-mailed to <mailto:datesline@gmail.com>, or mailed on a CD or 3.5 diskette to the editors: Alan & Renee Kailer at 1445 Ross Avenue - Suite 3700, Dallas, TX 75202-2785.

Advertising Rates (per issue): \$10 - Business card size ads; \$35 - ¼ Page ads; \$50 - ½ Page ads

DOUBLE DATES, the Dallas Area Tandem Enthusiasts, is a recreational club for riders of tandem bicycles. Membership dues are \$25 payable annually in January. If a team joins mid-year, the dues are: Jan – June \$25; August – Oct \$12. Teams joining in November or December pay \$25 and are paid up for the following year.

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WEB SITE	Kevin & Linda Vinson		http://www.doubledates.com
HOT-LINE	Dallas Area	214.352.7446 (b)	
HOT-LINE	Out of Town	1.800.875.5662 (b)	
HOT-LINE	Night (Warren & Audre Casteel)	972.596.8206 (h)	warren@casteelsign.com
DATES1 E-mail Distribution	Warren & Audre Casteel	972.596.8206 (h)	warren@casteelsign.com



DOUBLE DATES

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