



**Good Friends, Good Food and Fun at
the DATES Annual Meeting**

In This Issue:

Annual Meeting Minutes	4
Tandem Tips	8
2009 Membership Renewal	11
Membership Renewal Form	12

Upcoming Rides:	
Mesquite/Sunnyvale	2
The Inebriated Irishman's Ride	3
Southwest Tandem Rally	3

Mesquite/Sunnyvale Ride Sunday, March 22, 2009

Join Bruce Hudson & Carol Croy on the Mesquite/Sunnyvale Ride (aka Pete's Redneck Heaven Ride) on Sunday, March 22, 2009. We'll meet at 9:00 am in the Lowe's parking lot at the intersection of Galloway Road and Barnes Bridges in Mesquite and ride at 9:30 sharp.

This is a very versatile route with options from 20 miles to 60 + and everything in between. Come on out and ride with us on our home route. We'll also plan on lunch at one of the area restaurants. Hope to see you there.



THEY GO BOWLING. you ride.

Co-Motion
▪
Cannondale
▪
Raleigh

ride with us.

PLANO
Cycling + Fitness
www.planocycling.com

972-423-4130 + 1-888-98-BIKES
605 E. 18th Street Plano, TX 75074



The Inebriated Irishman's Ride

John McManus & Brenda Cole
April 5 at 8:00 a.m.
Lancaster Town Square

Welcome back to a DATES tradition – a St. Patrick's Day ride (a little late this year) from the Lancaster Town Square. Why St. Patrick's Day? Because John's Grandmother Ryan came from County Tipperery. Why Lancaster? Because John used to live here and knows that some of the best back-roads cycling is in Southern Dallas and Northern Ellis Counties. Choice of 46 or 58 mile route. Hills at no extra cost. Optional lunch after the ride. Lancaster Town Square is just East of State Highway 342 (Dallas Avenue) and Main Street in Lancaster. From I20, take 342 South to Main and turn left. There are no rest rooms at the starting point.

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.

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

Dallas Area Tandem Enthusiasts (DATES)

MINUTES: Annual Meeting & Social, Sunday, February 15, 2009

LOCATION: La Hacienda Ranch, Dallas, Texas

Thirty five people attended, including the following officers: Ronnie and Nanette Bryant, Alan and Renee Kailer, Roane and Juanita Logan, John McManus and Brenda Cole, Janette Thompson, and Kevin and Linda Vinson.

COORDINATORS (Roane and Juanita Logan):

Roane opened the meeting at 6:50 p.m. following a social hour and buffet dinner.

RIDE COORDINATORS (Ronnie and Nanette Bryant):

Ronnie reported that DATES hosted 25 rides in 2008, and that there was a ride every weekend in June and July. He thanked all the ride leaders for their efforts. He noted that Chuck and Kris Carlson have been nominated to become Ride Coordinators for 2009, and that a ride-leader signup sheet is circulating at the meeting.

DATES-LINE EDITORS (Alan and Renee Kailer):

Alan said that he appreciates all the members who contributed ride reports in 2008. He asked people to send pictures from rides for publication in the newsletter.

MEMBERSHIP (Kevin and Linda Vinson):

Linda reported that in 2008 the club had 75 teams as members; this included 7 honorary teams, 12 new teams, and 56 renewing teams. The honorary teams are: Reggie and Linda Bowers, Jack and Susan Goertz, Don and D'Ann Hunt, Rick and Tammy Gurney, Jim and Rhonda Hoyt, Dan McKay, and the Texas Bicycle Coalition. DATES thanks Richardson Bike Mart and Plano Cycling and Fitness for their willingness to make new tandem purchasers aware of our complimentary one-year membership in DATES.

Renewals for 2009 have been coming in slowly. Linda urged anyone who has not yet renewed for 2009 to do so at the meeting.

TREASURERS (John McManus and Brenda Cole):

John distributed the written financial statement for the 2008 calendar year. (The report will be attached to the official DATES minutes.) The bank balance on December 31, 2008 was \$1967.12. John noted that in 2009 the expenses for administration and the

website should be less. However, the club will need an as-yet-undetermined amount of extra funds to put on the 2010 Southwest Tandem Rally.

SECRETARIES (Harry and Janette Thompson):

Janette distributed copies of the minutes from the November 23, 2008 business meeting and dinner. No one had any suggested corrections or changes and the minutes were approved unanimously.

YEAR-IN-REVIEW (Juanita Logan):

Juanita mentioned some of the significant club events of 2008. She thanked Harry and Janette Thompson for coordinating a successful ride with the National Federation For The Blind in July. She talked about the club's "international" trip to Nova Scotia in September, and thanked hosts John McManus and Brenda Cole who planned such an exciting tour. She thanked Rick and Kay Watson for hosting a fun club weekend in conjunction with the Red River Roadkill Rally in Ardmore, Oklahoma in June 2008. Rick Watson spoke briefly and asked the club members to seriously consider committing to attending this rally in 2009. Warren Casteel mentioned a terrific tandem weekend in Clarksville in October 2008, the Red River Tandem Rally, which is sponsored by the Chamber of Commerce and hosted by DATES members Rob and Kay Rowley.

NOMINATING COMMITTEE (Bruce Hudson and Carol Croy):

Carol presented the following slate of candidates for the 2009 DATES club officers:

Coordinators: Roane and Juanita Logan
Ride Coordinators: Chuck and Kris Carlson
Treasurers: John McManus and Brenda Cole
Secretaries: Tom and Brenda Shaddox
Membership: Kevin and Linda Vinson
DATES-Line Editors: Alan and Renee Kailer

There were no nominations from the floor and the proposed slate of candidates was approved unanimously.

Roane thanked Carol for her efforts on the Nominating Committee, and said he appreciated the willingness to serve of the two teams who just became officers. He presented a thank-you gift of "Cycleopoly" to the outgoing officers, Ronnie and Nanette Bryant and Harry and Janette Thompson.

SWTR 2010 (Linda Vinson):

DATES will host the Southwest Tandem Rally in 2010. Linda Vinson is Chair of the Planning Committee. She reported that the site of the 2010 Southwest Tandem Rally will be

Paris, Texas. The dates of the rally are April 23 – 25, 2010. The SWTR committee consists of Ronnie and Nanette Bryant, Chuck and Kris Carlson, Bruce Hudson and Carol Croy, Scott and Mindy Mashburn, Janette Thompson, and Linda and Kevin Vinson. Also, John McManus will assist Linda in overseeing the budget for the rally.

Linda briefly summarized some of the steps the committee had taken to reach the conclusion that we wanted to hold the 2010 SWTR in Paris. Various members of the committee had conducted site visits to several venues. We requested and received detailed information from all these venues regarding lodging options and rates, and availability and prices of a space large enough to accommodate all the SWTR participants for breakfast and dinner; we also received catering menus. We reviewed route options from these locales. We eventually concluded that Paris was our preferred site for the rally.

During our visit to Paris we met with representatives of the Chamber of Commerce and members of the local bicycle community. We have decided on a venue for the group happy hours and dinners for Friday and Saturday nights, and the contract will be signed next week and a deposit mailed. We have visited lodging options. We are in the process of completing a grant application to be submitted to the Paris Chamber of Commerce to possibly supplement a portion of the rally costs. All of the people that we met in Paris seem very excited that the SWTR will be held in Paris, and have offered their cooperation in any way possible.

Linda thanked Casteel and Associates for generously donating bicycle decals which the club will sell to raise money for the rally.

Roane thanked Linda and her committee for their legwork and said that he thought that Paris was a great location for the rally.

WEBMASTER (Kevin and Linda Vinson):

Kevin reported that DATES has a new website. Rusty Nail initially started working on the website, and more recently Marc Mumby has done a great deal of work in getting it up and running. Kevin thanked both of these people. He demonstrated the various aspects of the new website and mentioned that any member can add content, create blogs or discussion groups, or add to the route library. If a member desires to add content, they should email Kevin and ask to be a publisher.

Kevin explained that there are 13 months of newsletters online and he has them electronically from 2002, and these will eventually be archived online. There are other categories for photos, member stuff, buy/sell, routes, and upcoming rides.

Kevin mentioned that DATES has been paying \$25 per month for webhosting services, but the new website will only cost the club \$10 per month. He thanked Marc Mumby for doing a terrific job in pulling together our new DATES website.

RECOGNITION OF MEMBERS (Juanita Logan):

Juanita thanked the two retiring teams for serving on the DATES Board for 3 years: Ronnie and Nanette Bryant as Ride Coordinators and Harry and Janette Thompson as Secretaries. She also extended thanks to the following people:

Carol Croy and Bruce Hudson for serving as the Nominating Committee, and for sending all new members a welcoming email;

Warren and Audre Casteel for handling the DATES Hot-Line and email distribution;

Kevin Vinson, Rusty Nail, and Marc Mumby for creating the DATES new website; and

Richardson Bike Mart and Plano Cycling and Fitness for their continued support of our club.

OTHER BUSINESS:

Roane introduced two new teams in attendance and welcomed them into the club: Jeff and Heather Lingo , and Leonard and Denise Chochrek.

Warren Casteel discussed recent developments in local and statewide bicycle advocacy.

Ann Dixon brought in a surprise birthday cake for Rick Dixon, who celebrated a significant birthday was this past week. The group sang happy birthday and feasted on cake.

Upcoming rides: Ronnie Bryant invited everyone to come to the club's belated Valentine's Day ride and brunch on February 22. Tom Shaddox said that the annual Stoker Appreciation ride will probably be held in early October.

The meeting adjourned at 7:50 p.m.
Submitted by Janette Thompson, DATES Secretary

Tandem Tips: High Speed Shimmy

This is a copy of a reply Warren Casteel received from Dwan Shepard of Co-Motion Cycles regarding an incident they had with a shimmy at high speed. Reprinted with permission.

At the Southwest Tandem Rally in Tulsa last spring, Warren & Audre, while descending the Big Hill) felt the tandem begin to shake. Braking only made it worse. It was 45 seconds of sheer terror. Warren had heard of high speed shimmy, but had never experienced it. Recently going down Windhaven Hill (Plano's biggest hill) a rider on a single had the same thing happen, and it scared a very seasoned cyclist. Plano Cycling went over the tandem very carefully, as did Warren, and no physical defects were found. Sometimes harmonic motion just happens – beware, and be prepared!

Subject: Speed shimmy

Hello Warren,

It's good to hear from you, I'm glad you and Audre are enjoying your Co-Motion still. I'll tell ya what I've learned about speed shimmy...

First, let's talk about equipment. Headset and hub problems generally have nothing to do with shimmy, although they're often the first thing people look at. Forks can be an issue, but as you know, you've had many good years of service from your fork. If your fork has had any trauma that might have caused misalignment, this could cause a harmonic, inducing shimmy. Or, if there's a structural failure in process, this too could cause a problem. I'm sure Kyle (at Plano Cycling and Fitness) could give your fork a good once-over, and if anything looks suspicious he can send it here for us to examine. Believe it or not, a wheel that's not fully inserted into the dropouts can cause a one-time incident like you described (happens easily when you've just pulled your bike off the car rack). Obviously, the wheel needs to be properly centered and the skewer tightened and locked.

Wheels and tires are another common source of shimmy problems. You said you just had your bike in for a tune-up, so I'm guessing your spokes are tight and your wheels are true. If a spoke has broken, I'm sure you would have noticed and mentioned that. Tires often cause problems, and are probably the leading cause of shimmy. Tires with nice supple casing and soft rubber can really screw things up on a tandem, especially if they're not properly inflated. On a tandem, you need to make sure you're inflating the tires enough so that the tire does not distort too much where the rubber meets the pavement. The amount you inflate your tandem tires will depend on your combined team weight. Top quality tires can be inflated 10-20% more than the stated sidewall pressure with no ill effects. I know some people who like their tires inflated even more, but you can't alter inflation very much with cheap tires.

Remember the Ford Explorer & Firestone Tire debacle? A major reason why the Firestone tires did not hold up is because the vehicle was heavy, causing the tires to distort too much, flexing the sidewalls with every rotation, causing the tire to overheat and fail (Ford

recommended an erred low inflation because they wanted to prevent rollovers). Similar flexing on a bike tire causes shimmy. Another problem with an under-inflated tire is that the tire's true center may not be contacting the ground. When the tire is smashed down where it meets the road, it may be touching at two side points, while the center is literally lifted off the pavement, like a shallow "W" shape. This causes handling problems as well as shimmy. I recommend experimenting with your tire pressure to find the ideal range for you and Audre.

It's doubtful that the frame is the source of the shimmy, but it certainly makes sense to check the whole frame over for any problems. Any frame fault that could cause speed shimmy would have to be around the head tube area, or at least forward of the front seat tube.

Now, let's talk about what to do if you experience speed shimmy again. Hitting the brakes is the first reflex most people have, but it can sometimes exacerbate the problem. If this happens again, place your knee firmly against the top tube; very often this stops the vibration immediately, or at least reduces it significantly. Sit more upright to catch as much wind resistance as you can- this will help to reduce speed. If one knee against the top tube does not abate the wobble, place both knees against the top tube and hold there until the shimmy abates, then apply your brakes.

It may very well be that the shimmy was a one-time phenomenon that will never bother you again. Very often, the conditions that caused a shimmy cannot be duplicated. Every object has a harmonic resonance that can be found under "ideal" conditions, and it may be that the wind, your speed, the pavement and the humidity were just "right" at the time.

I hope this helps, Warren. Let me know if you find anything suspicious, and what you think about tire pressure changes after you experiment with that.

Best regards,
Dwan Shepard
Co-Motion Cycles, Inc.
4765 Pacific Ave.
Eugene, OR 97402
<http://www.co-motion.com>



From John McManus: "Not a DATES event but DATES members help John celebrate his 68th birthday with a 100-mile bike ride. Special thanks to Brenda and Sandra Bloomer who allowed the others to ride the last 75 miles down-wind. Also in February, Rick Dixon had a birthday (and is on Medicare), as did Ronnie Bryant who is way too young."

And away we go,
on a bicycle built for two.

Serving tandem enthusiasts
with all your cycling needs
since 1962.



Richardson 72-231-3993
1451 W. Campbell Rd.

Dallas 214-321-0705
9040 Garland Rd.

Frisco 972-335-7600
8820 John Hickman Parkway

2009 Membership Renewal

If you have not already done it, please visit the DATES website for the DATES membership renewal form to download and print:

<http://www.doubledates.com/uploads/forms/renewform.pdf>

Follow the instructions on the renewal form. Or use the renewal form on the next page.

2009 DALLAS AREA TANDEM ENTHUSIASTS (DOUBLE DATES) RENEWAL FORM

1. Fill in the name and address information below. (PLEASE PRINT)
2. Read and sign the Liability Release. All riders over the age of 18 must sign.
3. Make out a check for \$25.00 payable to "DOUBLEDATES"
4. Send your renewal form and payment to:

DATES Membership Coordinators
7013 Fox Drive
The Colony, Texas 75056-4458

Captain's name: _____ Stoker's name: _____

Address:	Home phone:	Email (captain):
City:	Work phone:	Email (stoker):
State:	Cell phone (captain):	Email (alt):
Zip:	Cell phone (stoker):	

Check here if you are interested in becoming a "Bike Buddy" to a new member team.

LIABILITY RELEASE

All riders must sign a waiver of claim below to become members of DOUBLE DATES. Parents or guardians 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 Dallas Area Tandem Enthusiasts, its members, ride leaders 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 Dallas Area Tandem Enthusiasts.

I understand and agree that situations may arise during a ride, which may be beyond the immediate control of the leader(s), and I must continually ride so as to endanger neither others nor myself. I accept responsibility for the conditions 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 Dallas Area Tandem Enthusiasts 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 Dallas Area Tandem Enthusiasts 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 REQUIRED

_____, Captain Age: _____ Date: _____
 _____, Stoker Age: _____ Date: _____
 _____, Other rider Age: _____ Date: _____
 _____, Other rider Age: _____ Date: _____

DATES Rides and Activities							
RIDE	DATE	START TIME	START PLACE	RIDE HOST	PHONE # / EMAIL	DISTANCE	DETAILS
Mesquite/ Sunnyvale Ride	Sunday, March 22	Meet at 9:00 a.m.	Lowe's parking lot at Galloway Road and Barnes Bridges in Mesquite	Bruce Hudson and Carol Croy	hudsoncroy@sbcglobal.net	20 - 60+	See Newsletter for Details
The Inebriated Irishman's Ride	Sunday, April 5	8:00 a.m.	Lancaster Town Square	John McManus & Brenda Cole	214.321.6085 (h) john_j_mcmanus@yahoo.com	46 or 58	See Newsletter for Details
Southwest Tandem Rally	April 24 - 26	-	Kerrville, Texas	Dale & Linda Krueger	(512) 217-1280 swtr2009@txcats.org	-	See Newsletter for Details
See more rides on the new DATES website: http://www.doubledates.com/							

Notice:
April 2009 DATES-LINE:
Notices & Articles due by: March 26, 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 February. If a team joins mid-year, the dues are: Jan – June \$25; August – Oct \$12. Teams joining in December or December pay \$25 and are paid up for the following year.



DATES COORDINATORS	Roane & Juanita Logan	214.686.5577 (c)	roane.logan@swst.com
DATES-LINE EDITORS	Alan & Renee Kailer	214.208.0267 (h)	datesline@gmail.com
RIDE COORDINATORS	Chuck and Kris Carlson	972.248.8481 (h)	mac.carlson@mac.com kris365@sbcglobal.net vinsonlj@sbcglobal.net
MEMBERSHIP COORDINATOR	Linda & Kevin Vinson	972.625.6110 (h)	vinsonlj@sbcglobal.net
TREASURERS	John McManus & Brenda Cole	214.321.6085 (h)	john_j_mcmanus@yahoo.com
SECRETARY	Tom and Brenda Shaddox	972-517-4534 (h)	res1rrzj@verizon.net
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

Dallas Area Tandem Enthusiasts
 c/o Alan & Renee Kailer
 1445 Ross Avenue - Suite 3700
 Dallas, TX 75202-2785