



## Schulenburg November 15-17

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## **Safety Tip**

By Dr. Jesper Bondo Medhus, September 2, 2006

### **Strength Training Might Increase Performance**

Strength training is a controversial topic when we discuss optimizing training programs for cyclists. There is no definitive answer to whether cyclists should include weight lifting in their winter training plans. There have been several studies which have not yet proven that cyclists can benefit from strength training.

One of the biggest problems for these scientific studies is that they are done on untrained people and the study group is usually small. That makes it rather difficult to prove a significant difference between endurance training only versus endurance training combined with weight lifting.

My best guess is that strength training does make a difference and it is, at least in theory, possible to prove it with a larger study group. But the difference between including strength training or not, is obviously not the most important factor when it comes to overall performance in road races.

Thus, it is very difficult to recommend you either go to the gym or spend an extra hour on the bike. In both cases you will probably improve your overall performance level. It is important to note that even though studies about strength training do not show significant gains in overall cycling performance, it is very likely that there is a difference.

Many cycling coaches do not have an idea what they are doing in the weight lifting gym. It seems like they are trying to convert their training principles from the cycling world into the weight lifting world. I believe that cycling coaches should listen to people who are more experienced with developing explosive power.

Track and field coaches have a very scientific approach to strength training. Olympic style weight lifters are experts at improving power without gaining additional body weight. This knowledge about strength training increases ability at a very accelerated pace, but nevertheless, most riders stick to their conservative training principles. I hope that more riders and coaches will open up their eyes and discover what is going on.

If you plan to adopt strength training to improve your bicycling performance please get the advice of a qualified strength trainer in order to learn proper technique and to set reasonable goals. There are many variables such as age, health history and current state of health among others that must be taken into consideration. Knowledge is power.



# **DATES Annual Christmas Lights Ride**

**Sunday, December 8**

**Meet at 5:00 PM / Ride at 5:30 PM**

**Leaders: Kevin & Linda Vinson**

We'll meet at The Lot parking lot at 5:00 pm, December 8. The ride will start at 5:30 pm. Head lights and tail lights are REQUIRED and decorative lights are always welcome. It's an easy pace through festive streets around the White Rock Lake area. Ride time will be approximately 1 hour or less if it's really cold.

Dinner after the ride will be at The Lot restaurant. A white elephant gift exchange is optional, but fun. (One gift per team \$20 - \$30 range).

An email has been sent out to club members with a link to the DATES website to register. Please RSVP so we have a headcount for dinner and in case we need to let you know of changes due to inclement weather.

The Lot  
7530 E Grand Ave  
Dallas, Texas

Kevin and Linda cell: [214-455-6110](tel:214-455-6110)

# DATES Annual Meeting

## Sunday, January 26, 2020

Come join your DATES friends for the umpteenth Annual Meeting! Who doesn't like a cocktail, a great Mexican food buffet, and some rousing officer speeches and elections? Bring potential new DATES friends along too!

Sunday, January 26, 2020  
5:30 pm at Blue Mesa Grill  
14866 Montfort Drive Dallas 75254

\$20 per person (includes tax and gratuity - thanks to DATES)  
Pay by: Registering on the DATES website and paying online per our Wild apricot payment system OR send a check to David Dres 6923 Alpha Road Dallas 75240

### **Officer Elections for 2020**

Every year at the DATES Annual Meeting we elect officers for the next year, with terms starting March 1. Here is the slate of officer nominations, and if you would like to nominate yourself or someone else to be on the ballot, please let Scott or Mindy Mashburn know at [smashfamily@sbcglobal.net](mailto:smashfamily@sbcglobal.net). Voting takes place at the Annual Meeting, so if you want your voice heard - please attend!

### **Officer Nominees for 2020**

DATES Coordinators - Scott and Mindy Mashburn  
Ride Coordinators - David and Julie Gregory  
Secretary - Ernie and Regina Coose  
Treasurer - David and Mary (Jackson) Dres  
Newsletter Editor - Nancy and John Griswold  
Membership and Webmaster - Kevin and Linda Vinson

And we want too thank Glen and Barb Rudolph for their years as Secretary and wish them well in their future adventures!

## **Schulenburg Tandem Weekend November 15-17, 2019 By Ernie Coose**

In crisp Fall weather, 20 tandem teams spent a very enjoyable weekend riding through South Texas ranch country.

Schulenburg is about 4 ½ hours straight South from Dallas, kind of mid-way between Austin, San Antonio, and Houston. It was our first visit. We were about 150 years behind the German, Austrian, and Czech ranchers and farmers who settled the area. Being religious folk, they built the 'painted churches' for which the area is best known. Our bike routes took us to four of these modestly sized but elaborately decorated local churches. Congregations over the years have kept the paint fresh on their walls, ceilings, and wooden statuary.

We rode 34 + 43 + 35 miles Friday through Sunday. Several mileage options were available each day, but almost everyone chose these mid-range rides. That allowed us all to have an on-road conversation with most everyone somewhere over the course of the weekend.

The routes were mostly along 'red top' ranch roads. These were new to us too. Their surface is like a smooth chip seal and it does have a red tint. They're narrow, so cars typically went by with one set of wheels off on the grass. Roominess wasn't an issue, as there were hardly any cars. Cows outnumbered cars about a hundred to one. Hills were gentle. Views over the countryside were often wide. At other times we rode through beautiful tunnels of trees that didn't look like Texas at all.

Leland Fondren laid out all the routes and provided us with flawless GPS files. He was everywhere at once with us on the road, showing us the sites and briefing us on local history and culture. For fun, he created Brevet cards that listed all the attractions we might visit over the weekend. As we came to each, we could stamp our card to certify our visit. Stamped cards made us eligible for a Saturday night gift drawing. Also key to the weekend's success were Laurie Fondren,

their cheerful daughter, and Ric and Marcia Becker from House of Tandems.

Dallas area teams made an enthusiastic showing, including:

David and Julie Gregory

Lee and Beckie Wilson

Joe Twomey and Gina Coelho (new DATES members on their first, but they say not their last outing)

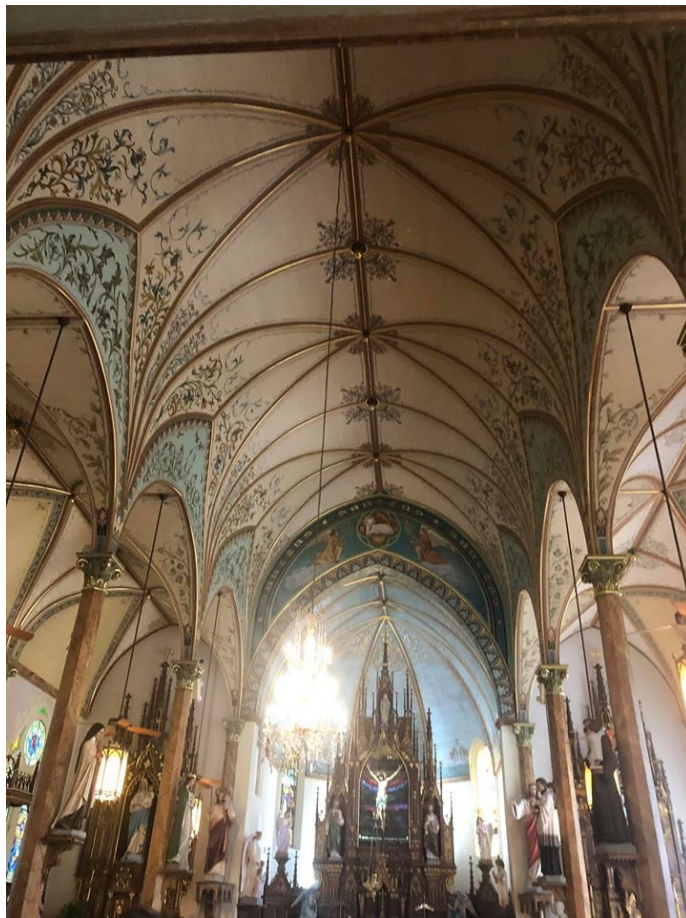
Randal and Jennifer Davis

Ernie and Regina Coose

Our \$125 entrance fee included Friday night happy hour with hamburgers at the Moravia General Store, a Saturday night banquet, as well as SAG and snack support along the way. This mini tandem rally was a job well done by the organizers in a great cycling area. It's in ink on our calendar for next year.

Happy hour at the Moravia General Store. DATES members David & Julie Gregory, Ernie & Regina Coose, Lee & Becky Wilson, and new members Joe Twomey & Gina Coelho.







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DATES RIDES & ACTIVITIES						
RIDE OR ACTIVITY	DATE	START TIME	START PLACE	HOST	PHONE # / EMAIL	DETAILS
The Lights Ride	Dec 8	5:30	The Lot	Kevin & Linda Vinson	Vinsonlj@sbcglobal.net	Page 7
The Annual Meeting	Jan 26	5:30	TBD	Scott & Mindy Mashburn	Smashfamily@sbcglobal.net	Page 8

DATES-LINE is generally published monthly 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 e-mailed by the end of the previous month. Notices and articles must be received a week prior to the e-mailing date to be included in the next issue. Machine-readable copy is required, preferably in MS WORD. Copy should be e-mailed to <mailto:DATELine@gmail.com>.

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 \$35 payable annually in February. If a team joins mid-year, the dues are: Jan – June \$35; July – Oct \$16. Teams joining in November or December pay \$35 and are paid up for the following year.

DATES is affiliated with or a member of the Tandem Club of America, the League of American Bicyclists, BikeTexas and BikeDFW.

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