



Annual Meeting January 26, 2020

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Safety Tip

By Scott Mashburn

I think anyone will agree that traditional spinning classes are nothing like cycling.

An exercise, nevertheless, which strengthens many of the muscles we need on the bike but barely utilize as we pedal, and burns around 800 calories an hour, isn't something trivialized.

Spinning is big business and as such new studios open up every year, especially in busy cities where time efficiency is crucial to success (or survival).

How closely related the class is to outdoor cycling will come down to the instructor. You never know if the instructor has experience on the road or if coaching spin is one of many different classes in their portfolio. They may or may not have a thorough knowledge of exercise physiology but as long as you listen to your own body there is hardly any way they can to hurt you except to play the music so loud that you incur some hearing loss. For this reason be sure to take earplugs.

I spoke to one instructor who said, "I have a lot of cyclists who come to train with us here. They realize it's very different, it's a very intense session, in one hour you can burn 800 to 1000 calories. Also, I do pretty much all the work off the saddle. That's very different from being outdoors, but dedicated bike riders – for whom cycling is their key sport – feel the benefits.

"One guy I train rides with a team, and he used to always be the weakest on the climbs, but after using these sessions, he's found he can now catch up with the team because his core got so much stronger – by which I mean mid-thigh up, the gluts, the obliques. A lot of people don't use those muscles, but if you do it'll make you faster on the hills and protect your back from injury."

“Some cyclists come in, and treat it like a road bike, crank up the resistance, and don’t really follow the class – you can’t have that mentality to act like it’s outdoors because this is completely different. It’s not a replication of an outdoor bike, but it really compliments it.”

“Short sharp bursts of sprints and hill efforts interspersed with active recovery and longer intervals to test strength and endurance all help to push your lactic acid threshold, annihilate fat, burn calories and build muscle.”

“Given the right instructor and the right set of tunes, you’ll push yourself harder [in a spin class] than you do on the road.” You never have to stop for traffic lights, watch for cars or potholes.

That said, the out the saddle work used at many spin studios will come as a shock to the system for a cyclist used to being unseated for short periods, so it’s advised that those new to the discipline do portions of the class sitting down until they’ve built up the strength required to stay upright for an hour.

“It’s excellent for strengthening core, gluts, hamstrings too. Some cyclists might find they have some imbalances between left leg and right leg, so this is excellent because once you start doing single-leg exercises, you will realize if your hips are shifted or you wobble on one leg, so it’s really good for alignment and to improve power on the bike.”

Spinning, in the sense of a traditional spin class such as this, is absolutely not the same as outdoor cycling and performed without outdoor riding wouldn’t be ideal for a bike racer. I also wouldn’t advise sporadic spinning, because the new muscles used will impact on the rest of your riding week. However, I can certainly see a place for a bi-weekly session, used to strengthen the core and work on leg speed, alongside normal routines on the turbo and outside.

Spin class basics: how do they work?

A spin class is a high-intensity cycling workout that generally takes place on a stationary machine with a heavy, weighted flywheel that is

linked to the pedals. The result is a fixed gear bike (like a track bike) – your legs are constantly moving and you have to apply pressure to slow them down. You can't simply stop pedaling and that means that every second of the available time is put to good use.

Most spin classes last for around 45-60 minutes; it's rarely necessary for them to be any longer and participants can expect to leave sweaty and with heavy legs. However, they can last longer, SoulCycle sessions can keep going for as many as 90 minutes. Nearly all classes will be led by an instructor who calls out intervals in one way or another along with inspirational pleas to reach deeper and to set your horizons higher.

A class that advertises itself as being designed to aid your outdoor cycling performance might be led by a qualified cycling coach who may focus the intervals on skills needed in a bike race – often based on power zones. In comparison, other classes like the one described above will place a greater importance on all-over conditioning. Both promise a thorough workout and it's really down to personal preference.

The handy thing about spin classes is that they allow riders of all abilities to push themselves as much as they like, in the same place. So an Olympic champion can train alongside a complete novice without either placing any impact on the other's training.

Spin bikes have resistance dials – so a stronger cyclist can turn their dial right up to the max, while a beginner may want to be a bit more restrained. No one gets dropped and no one gets frustrated. Most bikes have a simple console that shows time, resistance level, calories burned and wattage. Use these metrics as a means of measuring your performance on that day on that spin bicycle.

“Classes can also be modified for each individual as the resistance you add to your bike is linked to your own personal rate of perceived effort. Eight out of 10 may look very different for the new spinner and seasoned cyclist but it will feel exactly the same for both riders,” McClary said.

Tips for your first spin class

Going to give it a try? Here are a few tips to make sure you get the most out of your class...

Shop around

Spin classes vary dramatically. If you want a fun fitness vibe, look for one that focuses on the music and lights side of the show. If you're after specific race-related intervals, look for one led by a qualified cycling coach.

Get there early

Leave plenty of time to make sure you don't get saddled with the bike that everyone else knows has a useless resistance dial. You'll also want time to set your bike up to match your measurements and to swap the pedals if you're clipping in. Record your measurements for a faster setup the next session.

Take water, and a towel: It's going to get sweaty.

Be open-minded

Expect weights and 'tap backs': There will be some elements you wouldn't expect from a standard cycling class – be prepared to try something new, but know everything will be explained so you won't be left scratching your head. I have yet to see an instructor who demands that everyone follows instructions exactly. If it doesn't feel right just improvise.

Keep the pedal stroke smooth

Riding a fixed gear bike can pay huge dividends in optimizing your pedal stroke. The constant pedaling will naturally train your legs, but you can help the process by keeping a focus on the entire movement – both the down stroke and the often forgotten upstroke.

To get the position right, draw your stomach in and tense your pelvic floor muscles. Try to concentrate on your position wherever possible – especially when getting in and out of the saddle.

Other than this just go for it and hope for warm weather so you can get back on the road.





Saint Patrick's Day Ride - March 14

St Patrick's Ride

Saturday March 14, 2020

Meet at 8:30 AM.

Ride at 9:00

Start: Moore's Store, 1535 FM279, Ben Wheeler, TX

Leaders: Ronnie & Nanette Bryant

Park in the park next to the Volunteer Fire Dept across there street from Moore's Store. Look for our Maroon Honda Ridgeline. Routes are on low traffic scenic roads. Rest Stops on each route. All routes go through Edom. Barstool races at 3:30! After the ride, we'll eat at either Moore's Store or the Forge Bar and Grill. Maps for 31 mi, 45 mi and 60 mi are available on the Dates website.<https://doubledates.wildapricot.org/event-3725309>

DATES Annual Meeting Report

By Ernie Coose

Sunday, January 26,

2019 Business

Secretaries Barb and Glen Rudolph were traveling and unable to attend. The minutes of the last meeting have previously been published, so they were accepted without a public reading. We congratulated Mike Baker on his birthday.

Ride Co-coordinator Ernie Coose thanked ride leaders from 2019- David and Mary Dres, Mike and Sue Baker, Kevin and Linda Vinson, Scott and Mindy Mashburn, and John and Nancy Griswold. Ernie noted some non-DATES events which DATES members had enjoyed in the past year, including the Clarksville Tandem Weekend, the Schulenburg Tandem Weekend, the Tandem of the Ozarks rally, and tours organized by the non-profit Bicycle Adventure Club.

Dates Line editor Nancy Griswold thanked contributors of articles and photos, including Scott Mashburn for his monthly safety and training column. Members were encouraged to keep it up. It was noted that photo and article contributions are welcome on any cycling adventures that may be of interest to the membership.

Finance officers David and Mary Dres were unable to attend but left a financial statement to be shown to the members. Oops, we forgot to show it, so it was emailed to the membership. Total Income was \$2,575. Our beginning bank balance was \$6,696 and it ended at \$6,788, an increase of \$92. Our bank balance consists of DATES Operating Fund \$3,958 and Southwest Tandem Rally Reserve Fund \$2,831.

Membership officer Kevin Vinson reported that we have 49 members, up 4 from last year. Five new teams were named by Kevin, and in addition he welcomed two teams in attendance at the meeting who plan to join soon (Randal & Jennifer, Todd & Audrey). Kevin's on-going recruiting efforts include suggesting that members make

business cards that are available on our website, to hand out when meeting non-members. The Dates Facebook page and website continue to be online for viewing by potential members. He told us about the DATES group in Ride with GPS, where our routes are stored, and mentioned the links to this that are available from our website and Facebook page.

2020 Business

Incoming Ride Coordinators David and Julie Gregory described their plans to put at least one or two rides per month on the 2020 calendar as soon as possible. They've been asking members to mark in their 2020 commitments. They rewarded early responders with raffle tickets to receive one of two prizes they presented this evening. Nanette Bryan and John Griswold were the happy winners. They've also been reviewing the Ride Coordinator notes on past rides, looking for those that may be fun to revive.

SWTR 2021 – It's DATES' turn. Ronnie and Nanette Bryant have volunteered to lead it in Glenrose and have fittingly named it the 'Dino-myte' rally. Ronnie described progress so far, including selection of Oakdale Park as the banquet site, RFPs about to go out to hotels, scouting of routes, and potential special events in the state park or Fossil Rim wildlife park. He plans to announce more details at the 2020 SWTR in Kerrville. Ronnie will be asking DATES members to help with the rally.

Election of Officers: David and Julie Gregory will be the incoming Ride Coordinators, replacing Ernie and Regina Coose who will take up the Secretary post. The remaining slate of officers agreed to continue.



INCIDENT REPORTING INSTRUCTIONS

David Dres has renewed our bike club insurance. There is an incident reporting form on the Dates web site. We ask that anyone leading a ride take a copy of the incident report form with them and be prepared to do their best to complete it if an accident occurs. If possible, take pictures of the accident scene and get the names and contact information of witnesses.

Whenever an Accident Occurs:

An Incident Report form must be completed immediately after an accident occurs and mailed or faxed to American Specialty Insurance & Risk Services, Inc. as indicated below. This holds true whether the person involved is a participant or a spectator, or whether or not you feel the incident will result in a claim.

Although you may not have sufficient information to initially answer all questions, it is important that the form be completed as fully as possible at the time of the accident. Do not delay sending in the report form; an incomplete form is better than none at all. Be certain to include your name and daytime telephone number where indicated on the form. The form contains sections to capture information regarding injury to persons, damage to property, and accidents involving autos.

If you have any questions or need assistance regarding the completion of the Incident Report form, please call American Specialty 1-800-566-7941.

Mail or fax the completed Incident Report to:

AMERICAN SPECIALTY INSURANCE & RISK SERVICES, INC. 7609 W.
Jefferson Boulevard
Suite 150
Fort Wayne, Indiana 46804-4133
Fax: 260.969.4729

IN ADDITION, IN CASE OF SERIOUS INJURY TO A PARTICIPANT OR A SPECTATOR, it is important that you immediately notify American Specialty by calling 1-800-566-7941 (if after standard business hours, simply follow the automated instructions for emergency claims reporting). This hotline is active 24 hours a day, 365 days a year.

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DRAWING DATE **April 11, 2020**

At the 1st Annual Ride of Honor
Texas Motor Speedway

Proceeds will send cycling members
to the **2020 Police Unity Tour**

and help fund the

The Dallas Police Museum

Winner does not need to be present to win

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DATES RIDES & ACTIVITIES						
RIDE OR ACTIVITY	DATE	START TIME	START PLACE	HOST	PHONE # / EMAIL	DETAILS
St Pats Ride	3/14	9:00	Moore's Store, 1535 FM279, Ben Wheeler, TX	Ronnie & Nannette Bryant	ronnierbryant@mac.com	See Dates web page, see page 7

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 near the beginning of the current 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 nancyqgriswold@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.

DATES COORDINATORS	Scott & Mindy Mashburn	214-395-9565 (c)	smashfamily@sbcglobal.net
DATES-LINE EDITORS	John & Nancy Griswold	972-913-4904 (h)	nancyqgriswold@gmail.com
RIDE COORDINATORS	David and Julie Gregory	214-208-0606 (c)	ds_gregory@yahoo.com
MEMBERSHIP COORDINATOR	Linda & Kevin Vinson	972.625-6110 (h).	vinsonlj@sbcglobal.net
TREASURERS	David & Mary Dres	972.489-7671 (h).	maryjackso99@gmail.com David.dres@gmail.com
SECRETARY	Ernie and Regina Coose	469-520-7615 (h)	Coosefamily@gmail.com
WEB SITE	Kevin & Linda Vinson	admin@doubledates.com	www.doubledates.com