

Hale on Wheels Cycling Club

WEBSITE: www.haleonwheelsbikeclub.com



Newsletter No. 23

President: Randy Kaufman
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August 31, 2012

Special points of interest:

- * VOLUNTEERS NEEDED!!
- * Meet Your Fellow Member: Sandra Aven
- * Tour Reports
- * Membership Survey
- * Weekly Club Rides
- * Bike Awareness
- * Riding Goals

HELP! HELP!

VOLUNTEERS NEEDED

As all riders are aware, the 4th Annual Hale on Wheels Ride is coming up on Sept. 15th.

Our fellow member, Gabriel Martinez, again agreed to be Ride Director.

Gabriel and his family have devoted many, many hours to making the coming ride again one of the best around.

This year, Gabriel has asked for some volunteers from the club to help him with some of the work needed for the ride.

Gabriel and family did a superb job last year, almost without any sleep the night before. This year, let's pitch in and give Gabriel some help.

Call Gabriel and volunteer to help where you can

WOW

Have our members been busy riding since the last newsletter?



1. Jeff, Phil, and Ron A. at "Roll for A Cure" in Hobbs, see page 3 ;

2. Yours truly managed the Vernon Burnin' ride (sorry no "after" pictures allowed);

3. Jeff, Les, and Ron A. at "Hotter N Hell Hundred", see pages 4 & 5; and

4. Frances, Randy, Ron A., and Yolanda at "hk2020".

MEET YOUR FELLOW MEMBER

SANDRA AVEN

Sandra grew up in Kress, graduated from Plainview High School, and attended Wayland Baptist. She is married to Brent (30 years in September, i. e. she was a child bride!) and has a son, Chance (age 20). After 20 years at the Plainview Daily Herald, she has a new career with nQativ (accounting and payroll software company in Lubbock) as a support manager. Sandra has always had a love of sports, playing basketball and tennis and running track in high school. As an adult, she has enjoyed playing volleyball and softball. Last year, Sandra began her running career and has already completed three 5k's, the YMCA mini-triathlon, and the Buffalo Battle mud run. Her interest in cycling started while she was training with Tara Fox for Tara's sprint triathlon. Tara helped Sandra move from a Huffy mountain bike to her new, used road bike. She has already had her accident while riding with Tara and Melissa Wilkenson at Caprock Canyons State Park. However, her elbow is healing nicely and, after two weeks sitting on the couch, she rode to Hale Center and back with Nancy Malone. Sandra is excited to participate in the Hale on Wheels Bike Ride for the first time. Sandra says thanks for the warm welcome by all into the club.



Sandra and Tara



The new Bike

“ROLL FOR A CURE” HOBBS

Jeff, Phil, and Ron A. represented our club at the “Roll for a Cure” in Hobbs. Jeff again averaged 20 mph, Ron A. finished 13 minutes faster than last year, and Phil stated he was just happy to finish (my kind of rider!) They all rode the 100k. Ron A. reports the ride was a GREAT event and even better than last year. They had a free meal, showers, and free massages. They had lots of SAG wagons, rest stations were good, with motorcyclists escorting the riders the last 5-6 miles.



Ron A., Jeff, and Phil at “Roll for a Cure”

CLUB RIDES

Remember, there is a club ride every Saturday morning starting at 8:30 A.M. Meet at the Atmos Energy office parking lot on the west service road of I-27. Let's get a good group of riders out so everyone can ride with someone at a pace they like.

MEMBERSHIP SURVEY

Soon you will be receiving an email with a survey as to some club matters. When you get the email, please respond so we can know the wishes of the membership.

HK 2020

Frances, Randy, Ron A. and Yolanda represented us at the annual HK 2020 Neighborhood Ride with the HK 2020 kids. Randy got a nice quote in the paper about the club. Thanks guys and gals.

HOTTER 'N HELL HUNDRED

We had three members at HOTTER 'N HELL HUNDRED this year. Ron A., Jeff (see his full report next page), and Les. Les was riding his 17th HHH. Ron A. did the “triple threat weekend”, i. e. a 12 mile mountain bike ride, the 100 mile road bike ride, and the 1/2 marathon run. Whew! Ron A.’s new nickname is “Glutten”, as in gluten for punishment. Congratulations, Ron.



Mountain Bike



Road Bike



Run



Triple Threat

JEFF'S HHH REPORT

Going into Hotter 'N Hell Hundred, I was excited and nervous at the same time. I was nervous for three reasons: 1. I had never been in a ride with more than 400 people, 2. Up to this point I had never ridden more than 80 miles, and 3. The forecast showed a south wind at 19 mph. I was fortunate to be going with Les, who had ridden in HH100 17 times. Without someone to show me the ropes, it could have been overwhelming.

We arrived at 6am. This allowed us to be within 200-300 feet of the starting line. The 1 hour wait went by surprisingly quickly, and I wasn't nearly as nervous as I thought I might be in that sea of people. As 7:00 approached, they play the National Anthem, have a flyover, and fire the cannons...off we go!

I spent the first 10-12 miles searching for a group riding the pace I wanted to go. Not long after settling into a good pace (mile 17), I heard a crash right behind me. I don't know how many people got caught up in that, but it had to be quite a few. I was very glad it was behind me.

My first rest stop was at mile 39. I was feeling pretty good at this point. I topped off the Camelbak, grabbed a couple of orange quarters and I was off again.

The next 20 or so miles were pretty uneventful and easy since we had a pretty strong tail wind. My average speed at this point was somewhere between 21 and 22 mph. At mile 57 we turned east and things got more difficult because of the stiff cross wind. I was still keeping up a pretty good pace (20+) until mile 65. At that point we turned south into the wind. Fortunately, after about 3 miles we turned east again. That short stretch riding into the wind was pretty tough and was a small preview of what was ahead.

I stopped for the second time at mile 75. I was still feeling very strong at this point, but I was very hungry. This rest stop was very crowded because it was right at the point where the 50 mile route joined the 100 mile route (the 100k route joined about 8 miles prior to that). I got some food (oranges, banana, granola bar, and gel shot), topped off the Camelbak again, and I got back on the road.

The next 10 miles weren't too bad. The route was primarily heading east and we were dealing with the cross wind. Just before turning south for the final 15 miles, I started to get cramps in my calves. They weren't bad, but I knew that things weren't going to get easier with the head wind I was about to face. So I decided to stop at the rest stop at mile 85. I sat down on a cot under a tent and stretched out my legs. After a few minutes the cramps were gone and I was ready to go again. I was really surprised at how many people were getting in the SAG wagon at this rest stop.

After leaving the rest stop, I was really struggling with riding into the wind. All I could manage was 11 to 12 mph, but as slow as I was going, I was passing a lot of people. Finally a small group came by that was going the pace I wanted to be going, so I tucked in behind them and was able to maintain a 15 to 16 mph pace.

With about 4 or 5 miles remaining, we entered Sheppard Air Force Base. Right as we were going past the guard post, the guy in front of me hit the curb. I really don't know how he didn't crash, but fortunately he didn't. If he had, there would have been no avoiding him since I was only about 2 feet behind his rear wheel (Whew! Dodged a bullet there.)

The highlight of the ride was Airpower Alley and Airman's Alley. At Airpower Alley, they had 8 to 10 aircraft lining the route. Pretty impressive. I thought about stopping and talking to the pilots that were out there, but opted to keep riding. Airman's Alley was next. All I can say is (continued next page)

BIKE AWARENESS—PLAINVIEW

Charles Moon with the TTUHSC Garrison Institute has contacted Randy to talk about bike awareness in Plainview. The Institute has some grant money to help with signs and other things to help Plainview become more bike friendly. At Randy's request, I am going to send Charles a list of our club members so he can contact you to see if there is interest in forming a coalition to help spend the grant money. Charles wants to have a lunch meeting sometime the week after the Hale on Wheels ride to explore the idea. So, if you are contacted and have an interest, please respond. It surely can't hurt to try to make Plainview more bike friendly.

(Jeff's HHH report continued)

WOW! Airmen were lining both sides of the road, cheering us on. They were whooping and hollering and high fiving everyone going by. I was feeling pretty tired at this point, but seeing them gave me the boost I needed to finish strong.

I often wondered how the pros have enough energy to sprint to the finish after a 100+ mile race, but when I made the last turn and the finish line was just ahead, that's exactly what I did.

My official time was 5:19:46. That is 10 minutes faster than my goal. I'm not sure if the results on the website are final yet (they changed a little while ago), but they are showing that I finished 309th out of 3,704 that finished the 100 mile route.

I would encourage everyone to go do this ride. It was truly an amazing experience.



Jeff and Les at HHH

Typical HHH Rest Stop

Riding goals

Goals and riding to date:

Member	Goal	Miles Reported	% of Goal	% of Year
Ron Appling_____	3500	2091.6	59.76 %	47.67 %
Sandra Aven_____	500	40	8.00 %	
Carolyn Baker_____	500	66.16	13.23 %	
Frances Barrera_____	500	81.52	16.30 %	
Jeff Earhart_____	1400	1523.76	108.84 %	
Tara Fox_____	1200	150	12.5 %	
Ramiro Gomez_____	2500	1495	59.8 %	
Randy Kaufman_____	1500	455	30.33 %	
Gabriel Martinez_____	2000	215.4	10.77 %	
Edgar Martinez_____	2000	265.4	13.27 %	
Guadalupe Martinez_____	2000	215.4	10.77 %	
Ross Schott_____	800	125.92	15.74 %	
Ed Self_____	1750	930.3	53.16 %	
Phil Zolman_____	4200	1280	30.48 %	

Congrats to all riders for setting goals. If you have miles to report or corrections to be made, please let Mary Anna know.

Club Member	email	cell phone
Andrews, Brad		
Appling, Ron		
Aven, Sandra		
Aycock, Chase		
Baker, Carolyn		
Barrera, Frances		
Bertsch, John		
Bertsch, Kathy		
Carroll, Angel		
Carroll, Greg		
Carthel, Fonty		
Cherry, Lisa		
Earhart, Jeff		
Estrada, Tomas		
Fox, Tara		
Gomez, Ramiro		
Griffin, Les		
Hardage, Ashley		
Hardage, Carley		
Hardage, Stacie		
Hardage, Tim		
Henthorn, Adam		
Hernandez, Eugene		
Kaufman, Randy		
Lancaster, Andrew		
Luevano, Ernesto		
Marlar, Carl		
Martinez, Edgar		
Martinez, Gabriel		
Martinez, Guadalupe		
Martinez, Ofelia		
Montalvo, Martin		
Moralez, Yolanda		
Moreno, Hilario		
Nichols, Jack		
Quintanilla, Ron		
Schott, Ross		
Self, Ed		
Self, Mary Anna		
Self, Mitchell		
Shaw, Rick		
Stewart, Kevin		
Zolman, Phil		