

THE TRAILBLAZER SINGLETRACK



The Fort Hood TrailBlazers; an MWR activity

#3, JUNE 17, 2002

Recap of first two issues

First mail issue since reformation of club

Since this is the first issue of the newsletter that will be snail mailed to club members, and not all club members may have the ability to access our website, I will briefly recap information in the first two newsletters here.

Purpose: We exist to promote mountain bike riding. We do this by scheduling rides, maintaining trails, attending races, and holding other events.

If you have an annual pass you are automatically a member—and it takes your involvement to help the sport grow. A quarterly schedule appears on the website and this newsletter. More events can be scheduled with your participation. This is your club—you just gotta let us know: TESTA29@aol.com

Club Jerseys: So you wanna jersey like you see some of the club guys and gals wearing on the trails.

What you have to do is go to velowear.com and purchase a Texas state jersey. Also go to Walmart and buy an iron on transfer kit—make sure it is “cool transfer” type.

Once that is done contact Cliff who will verify you are an annual member and then can send you a file and instructions. See the jerseys on the WWW at: <http://members.tripod.com/forthoodtrailblazers/images/tbr0009.jpg>

Inside this issue:

4th quarter
schedule
Page 2

Club officers
Page 2

News from the
3d quarter
Page 3

Beginners'
corner
Page 4

President's
Column
Page 5

ED: Pkutheis@cs.com

Send all material for newsletter to Pete at above email

4th Quarter Schedule

Schedule is subject to change; always check email and web site for the “up to date”

Event	Date	Time
Saturday Morning Club Ride	06-Jul-02	9:00 AM
Trail Work Day	06-Jul-02	11:30 AM
Saturday Morning Club Ride	13-Jul-02	9:00 AM
Saturday Morning Club Ride	20-Jul-02	9:00 AM
TrailBlazer Meeting	25-Jul-02	6:30 PM
Saturday Morning Club Ride	27-Jul-02	9:00 AM
Saturday Morning Club Ride	03-Aug-02	9:00 AM
Trail Work Day	03-Aug-02	11:30 AM
Saturday Morning Club Ride	10-Aug-02	9:00 AM
Saturday Morning Club Ride	17-Aug-02	9:00 AM
Saturday Morning Club Ride	24-Aug-02	9:00 AM
TrailBlazer Meeting	29-Aug-02	6:30 PM
Mamacita's Kelly Creek Classic (see TMBRA website)	31-Aug-02	
Trail Work Day	07-Sep-02	11:30 AM
X-Bar Shoot Out (see TMBRA website)	14-Sep-02	
TrailBlazer Meeting	26-Sep-02	6:30 PM
The Huntsville Classic (see TMBRA website)	28-Sep-02	
Trail Work Day	05-Oct-02	11:30 AM
BTU Power Pedal (see TMBRA website)	12-Oct-02	
Piney Hills, Fall Classic (see TMBRA website)	26-Oct-02	
Daylight Savings Time Ends	27-Oct-02	12:00 AM
TrailBlazer Meeting	31-Oct-02	6:30 PM

<http://www.tmbra.org/calendar/calendar.htm>

TMBRA WEB SITE

CLUB POSITIONS AND OFFICERS

President: Cliff Mead TestA29@aol.com
 Vice-Pres:
 Trails Coordinator:
 Promotion:
 Ride Coordinator:
 Web Presence: Pete Kutheis Pkutheis@cs.com

Please attend a meeting and volunteer for a position; help make your club grow.
 Advance notice: Before Summer '03 the two filled positions will also be available.

ED: Pkutheis@cs.com

Send all material for newsletter to Pete at above email

Other Goings' On

?Several families enjoyed a barbecue and ride at the mountain bike park during memorial day weekend.

Similar special events will be scheduled on a periodic basis.

?SPC Jendry of The Ft Hood Sentinel interviewed 5 members and took some action photos of the club members in action. The story appeared in the 6 June edition.

?Special thanks to member Jean Baines who made a sign to help advertise the club to day use patrons. The sign contains the web address of the club and hangs on the picnic area trail map board.

?The Club President placed a poll on the TMBRA web site and attended a TMBRA board meeting to see about the feasibility of a future race on Ft Hood. See the president's page in this issue for further information.

?Trailwork is periodic. The upper intermediate trail recently received a good trimming. Remember trailwork should be coordinated through the club president. Ft Hood is home to a protected species; unauthorized trailwork could create problems with the nature conservancy.

RACE SCENE

So race season is officially over—NOT! Well for the spring series it is, but there is plenty to engage in during the lull between the spring and fall series.

Staying prepared now is the key to a successful fall race season. Watch your nutrition and keep training.

To stay prepared and motivated to ride join your club on one of its rides. Thinking about riding out of town some weekend? Let us know and we can email it to the membership—there might be others interested.

Check out the Texas racing scene further at <http://www.tmbra.org/>. You will find the Fall schedule, a racer forum, and even advice for beginners.

STAY INFORMED!!

If you do not receive email from the club but wish to; please drop an email to Cliff at TestA29@aol.com stating your desire to join the club email list.

Many extra events that are put together "at the last minute" will be announced this way.

Also you may choose to have a ride or event that you put together announced via the club email list.

*Help save a trail; do not ride when it's wet.
Trail conditions are periodically updated on the website.*

ED: Pkutheis@cs.com

Send all material for newsletter to Pete at above email

What are the contents of your camelbak (or what do I really need to ride?)

So you've taken your first ride or two and the riding bug has bitten. What do you need to bring to enhance the chances of a safe, enjoyable ride? A good, working bike that you have checked for safety (see your bike manual), and a helmet are givens.

The number one item is fluid replacement; either water or electrolyte replacement (such as diluted Gatorade). Sip from your bottle or water pack frequently. If you wait until you think you need to drink; you will dehydrate and fatigue more quickly.

Many racers will carry a water bottle; many race venues provide water handouts on multi-lap courses to sports class riders and above. Many beginners will find a camelbak will meet all their carrying capacity needs, both in terms of equipment and liquid. Brands other than camelbak exist. Ask a local bike store or see a web based cycling store.

Items to consider carrying include tubes, mini-pump, chain tool with shimano pin (or SRAM style power link), bike specific multi-tool, trail map, sunscreen, bandana, extra cleat bolts, electrical tape, and energy bars. If riding alone, a cellular phone may be a good idea.

Having the above will only make your ride fun if you know how to do quick repairs and minor adjustments. A few good manuals exist, and many websites and bike magazines cover trail side repair. I recommend **Zinn & the Art of Mountain Bike Maintenance, 3rd Edition** available at better bookstores and on-line.

So get out there and enjoy your ride; but always have a plan, practice fluid replenishment, ride within your ability, and heed to the International Mountain Biking Association's Rules of the Trail (http://www.imba.com/about/trail_rules.html).

A FEW USEFULL WEBLINKS

Repairs/advice	Magazines	Forums/other
http://www.parktool.com/	http://www.dirtragemag.com/	http://www.tmbra.org/
http://sheldonbrown.com/articles.html	http://www.mountainbike.com/	http://www.mtbr.com/
http://www.execulink.com/~dtierney/wmc/faq.htm	http://www.bicycling.com/	http://www.bikemojo.com/
http://www.imba.com/		http://www.active.com/



ED: Pkutheis@cs.com

Send all material for newsletter to Pete at above email

Can Mountain Bike Racing Return to Fort Hood?

(or, A letter from the President)

The Spring Championship Series has come to a close, with the Fort Hood Trailblazers finishing supremely. Two of our Junior racers finished second place in their age groups for the State of Texas and one of our older beginners finishing up at 13th. Kevin, we hope to see you gracing the Sport courses next year. It was a good enough season that we were able to grace the front page of the Leisure Section on the 6 June 2002 edition of the Sentinel. With a season as successful as it was, one thing seemed to be missing. The series was only eight races long instead of nine. What race was missing? **The Fort Hood race.**

What we have now is the question, can mountain bike racing return to Fort Hood and our mountain bike park? The non-committal reply to that is, we are trying everything we possibly can to bring the final race of the Texas Mountain Bike Racing Association (TMBRA) Spring Championship Series back here to Fort Hood. On 9 June 2002, I attended the TMBRA Board meeting to discuss the possibility of getting the Fort Hood race back on the Venue for 2003. The good part of that is that they gave us a tentative date for the race and if we can come through, will become a scheduled race date for the 2003 Spring series.

What will this mean for us? We have to get involved and do our part to make this race the great success that it has been in the years prior. If I could show you what the reply was to races in years past, you would be amazed. Volunteer support was at an all time high during the preparation and execution of the race and people left believing that the Fort Hood Race was the best they had been to. That means that you need to be involved in what ever field you feel you're strongest, or would want to learn more about. Do you have the desire to learn more about trail maintenance, scoring; maybe you're interested in the awards program, or racer support. The bottom line, we will need your support to make the race a success. **Without you, there is no us**, and without us, there can be a race but it will not be the great success that we have had in the past.

Now, did you know that if you are the holder of an annual pass, you are a member of the Fort Hood Trailblazers, authorized all the rights and privileges that come with it? This is your right. You don't have to ride alone or with someone you may not enjoy riding with based on differing skill levels. Let's face it, my family has a very diverse riding ability and there are days that we enjoy the ride together, and then there are the days that we need to go hammer at our own ability levels. We have all those levels in the club and you are invited to join us. And who knows, that 9 year old child of yours that is just starting to figure out cycling may be racing the National Off Road Bicycling Association (NORBA) Nationals one day and you will know that you helped their success by ensuring their first race was a great success just by being involved.

The reasons for racing are all different. Some do it for the festive atmosphere, some just because it's fun, and some for the need to compete. These are just a few. Racing will improve our trails and our club, as well as give you the opportunity to develop some fitness goals. And if you can be fast at Fort Hood, you can be fast anywhere. Just ask those who did well this last race series. Now, let's bring this race series home where it belongs.

For further information on mountain bike racing in Texas, check out our website at <http://members.tripod.com/forthoodtrailblazers/>, the Texas Mountain Bike Racing Association at <http://www.tmbra.org>, or you can go to the NORBA website for national information at <http://www.usacycling.org/mtb/>.

Cliff Mead
Fort Hood Trailblazers President.

ED: Pkutheis@cs.com

Send all material for newsletter to Pete at above email