2019 WTCA Christmas Party
Friday, December 6
Prosperity Bank
1401 Ave Q
The meal will be provided by Bone Daddy’s and will consist of sliced brisket/smoked turkey, green beans, Roadhouse Spuds (baked potato casserole), pinto beans, rolls, dessert, and tea or water.
Cost $18 per person
Please arrive around 6:30pm. We will eat at 7:00 and will have the annual slide show and awards afterwards. There will be an optional gift exchange at the end—bring a gift of approximately $20 value if you want to participate.

Next Club Meeting
Date: January 13, 2020
Meeting @ 7pm
Where:
Remax
4703 S Loop
289
It’s beginning to look a lot like Christmas…

”And before you know it, riding season will be here again. There is no better time to plan ahead with a boldly colorful Lubbock Bicycle Club jersey under the Christmas tree! We have a good selection of sizes in Men’s Club Cut, Race Cut, and Women’s Medium, Large, & XXL for $50 each. There are even some of the old style (same colors) Women’s Jerseys in small, 2X, and 3X for the bargain price of $25!

To get your shopping underway, call or text Liza Muse at 806-778-5621 or email l.muse@sbcglobal.net.
Call to Order 7:02
Treasurer Report
7,048 - WTCA
1,807.68 Chap
10,896.79 LBC

Tour Report:
Grape Day Ride: unsure about turnout

Race Report:
Upcoming Rides
Renegade Rambler in February 2020
Xmas Ride: riding after dark, riding without lights concerns

Old Business:
1. Officer Nominations - no changes possibly since no one wanted to nominate anyone
   - Note: can take nominations up until night of Xmas party, including ballots on the table (i.e. nominations from the floor)
   Awards: few nominations came in, and Barbara Hutchison for Outstanding Event (planning and directing tour supported)
     - Caprock Gravel Grind for Lorie LaShomb nominated from 2 people. Jasper Hubert Award (best Personal Achievement (extra effort for cycling, like crazy miles logged) - 3 different nominations 1. Judy Fleming, 2. Vince Tyson, 3. Wayne Smith
     - Bonnie Cain - Rider who greatly improved mileage or skill - Nominated Vince Tyson. Distinguished Service Award - (behind the scenes worker) one nomination Paul Friener. Paul Nichols Most Valuable Cyclist (capable leader in the club) One nomination Donna Stewart. Judy Austin Award with Justin Houser - no nominations were for this award.

2. Changes to Minutes from last meeting - none

3. Weekend Ride Leader: Social Rides or Intense Rides with faster speeds or longer distances.

4. Chism Rides is finished.

5. All weekly rides are closed.

6. Updates on Xmas Party -
   - Needing responses on attendance - EMAIL OR FACEBOOK LORI LASHOMB ASAP!!
   - Event will be at Prosperity Bank off Ave Q.
   - Caterer needs minimum attendees, so much know
   - Links for Slide Show to drop box pictures, email Lori

7. Robby Thrasher notes that Ride Post to Gail looks to be decent conditions for next year in Spring

8. Xmas Ride: sending out feelers to find host home. It's potluck style, alcohol optional, and need an area with pretty Xmas lights.

9. Prior Communication regarding membership. Getting in touch with new members

10. Ride Safety Clinics for new riders, such as changing tires or changing chains, etc.

11. Bicycle Maintenance Meetings - NICA has an annual training for it's members, but it's possible other can stop by and observe.

12. Website Needs Updating: contact info and existing rides are not available anymore

13. Posting Ride to Facebook - if you post, please provide the distance, speed, any possible maps of route
New Business
1. USA Cycling Safe Sport training - Robbie Thrasher took the training. But it’s only if we have Jr. Members. We official declare that we have no Jr. Riders.
2. Renewing USA Cycling Membership - It allows our members to wear Chaparral only jerseys, as opposed to wearing a neutral color. It’s due in December. $150 due. Motion Passes to renew this membership.
3. December 2019 is set for Xmas party.
5. Zwift Riding interests as a group - Paul to send a message on Facebook
6. Time Trial Race Director Looking for New Host and Coordinator - race box and stop watches, register everyone, do the math, and turn in results to Brian Alger
7. Rails to Trails - takes place in March 2020, be on the lookout later on
8. Cycle cross race - separate insurance, like Caprock Gravel Grind, grassroots. There is interests to have it in January 2020.

Donna Move to adjourn, Second by Pat.
Local Upcoming Events
See Events on WTCA Website
For Details

WheelBrothers.Com
Your Source of Bicycling and
Ride Information in Texas

Things to Know
+Bike and equipment must be
in good, working condition. If
in doubt have it serviced by a
pro before showing up
+Helmets are required on all
rides
+Make sure your WTCA
membership is current
+Sign the waiver so we know
who is on the ride
+Stay out of your aero bars if
riding in a group
+Bring your own flat kit, tools,
fluids and nutrition
+Some rides are no-drop, but
if you have a ride-ending
mechanical issue, be prepared
to call for a ride
+Leave the ear buds at home
+Guest get 1 free ride EVER
but must follow the club rules
and sign a Waiver of Liability
+Be safe and enjoy the ride!

Save the Date
December 6th
Club Christmas Party
Please send a check to arrive on or BEFORE
NOVEMBER 30th made out to WTCA to:
Lori LaShomb
5212 County Road 7910
Lubbock, TX 79424
Payment by Sunday, December 1st.

Weekly Ride Schedule
Any Saturday rides will be
posted on Facebook

Tuesday/Thursday Rides
These rides will resume in
March with the time change
to Daylight Savings time.
Check out Bikewtca.Org

**Club Rides**

Found under Events

**Club Officers**

Found under Membership

**Join/Renew Club Membership**

Found under Membership

**2017 Mileage Goals**

Found under Membership

Club Monthly Minutes are found under Membership at Bikewtca.org
Easy Bike Tune Up Tips

Want your bike to go faster? Ride easier? Shift smoother? Improvements in these areas are often relatively easy to accomplish with just a few simple steps. Try out these simple tune-up tasks below, which don’t require any special knowledge or tools, and see immediate improvements in your riding.

CLEAN AND LUBRICATE YOUR CHAIN

Doesn't matter if you're a spinner or a masher, the chain and sprockets on your bike play a key part in the transfer of power in your legs to your wheels, making them go round and round.

When they collect dirt and grit and get gummy, not only does it slow you down, but they also wear out faster. Keeping your chain clean and lubricated is one of the best ways to keep your bike working well.

- How to clean your chain - quick and easy

This is not a daily or weekly task by any means. Plan on doing this every thousand miles or so; more often if you ride in dusty or dirty conditions. That's only once a year if you do one 20 mile ride each week.

**Tip:** Use a lightweight oil specially designed for bikes. Stay away from motor oil as it is too heavy and will quickly attract dirt and crud. Want a big greasy chain ring mark on your leg? Using too much oil or the wrong kind is a guaranteed way to get one. Light lubrication is the key, and wipe off excess at the end. Also, WD-40 is no good, so stay away from using that as a lubricant.

LUBRICATE THE MOVING PARTS OF YOUR BRAKES AND DERAILLEURS.

Your bike has quite a few moving metal parts that are vulnerable to dirt and moisture.

To keep your bike happy and functioning well, these parts should be lubricated regularly.

Pivot points on the brakes and derailleurs are good examples of the types of places you should target because they are vulnerable to attracting dirt and grit due to their placement on your bike. **Here's a diagram of common lubrication points on a bike**, but you can spot many of these places just by watching your bike in action and seeing where metal parts move against and around each other.

For instance, think about your brakes. On most road bikes, they are mounted on a bolt on the frame above your wheel. When you squeeze the lever, the brake pivots around this bolt as it contracts. It's these places where you want to apply a couple drops of oil.
INSPECT YOUR BRAKE PADS.

A quick check of your brake pads will often reveal potential problems that are easy to fix. You want to check:

- Are your brake pads properly aligned?

  Brake pads are the little rubber things that clamp down on your rims to slow you when you squeeze the brake levers. Make sure they are hitting the rims evenly, and aren't either rubbing the tire or missing your rim partially or completely.

- Are the brake pads toed in?

  The bike brake pads should also be "toed-in," which means the leading edge of the pads should touch the bike rim first when you lightly apply the brakes. The pads squish a little, and when you squeeze down hard, you should get full contact to the rim. This helps prevent squeaking

- Check for junk embedded in the brake pads

  Inspect the surface of the brake pads where they meet the rims, and using a pointy sharp instrument like a knife, pick out any bits of sand or metal that may have become embedded in the pad. Removing this grit prevents the pads from wearing and scratching your rims and helps them provide more even and consistent stopping power.

CHECK THE PRESSURE ON YOUR TIRES.

One of the simplest things you can do is to pay attend to the air pressure in your tire. That is one thing that can have the greatest effect, and that surprisingly, people most often overlook.

Paying attention to keeping the proper level of air pressure in your tires accomplishes many things:

- Makes pedaling easier
- Protects your rims from damage
- Prolongs the life of your tires
- Makes it much less likely that you'll get flats.

Checking for proper air pressure in your tires before every ride is quick and easy to do.

Updated Mileage Goals

http://bikewtca.org

(Look under Membership)