

The Freewheel

The New Mexico Touring Society (NMTS), founded in January 1980.

A recreational bicycling club promoting safe enjoyable road and off-road cycling via organized day and overnight rides for all ages and abilities.



February 2025

Web Site: <https://www.nmts.org>

Vol 46-02

The club offers a variety of one time rides and recurring weekly rides for all abilities. **Helmets are required on all club rides.** Please check the web site frequently throughout the month for more detail and latest updates.

PRESIDENT'S CORNER

Albuquerque's cycling community is mourning the death of a longtime advocate who helped hundreds of people get outdoors and learn bike safety. Chuck died from his injuries, Sunday January 19th, sustained in a hit-and-run while on his bike. Chuck dedicated his life to making Albuquerque better through 25 years of service managing the City of ABQ's Outdoor Recreation Education program. Chuck's work taught over 10,000 youth per year on how to safely cycle and enjoy the great outdoors. His legacy lives through his establishment of the Esperanza Bicycle Safety Education Center, Santa Fe Safe Routes to School, and other programs centered at getting people outside safely. Chuck served as a board member and project coordinator for Free Bikes 4 Kidz of New Mexico. More than 200 cyclists gathered at Balloon Fiesta Park for a 10 miles memorial ride. Many NMTS members knew Chuck and several were in attendance for the memorial ride. A Ghost Bike was installed in his honor near the intersection of Kathryn and Carlisle.

Thanks goes to Bill Thompson who is again leading the Awards Committee. I ask you to support Bill (thompsonw50@hotmail.com) by sending him names of individuals you feel deserve awards and also by promptly responding to the awards survey he will send out late in February. More details are available later in this newsletter.

(Continued on page 3)

Inside this issue

President's Corner	1
Upcoming One-Time Rides.....	1
Treasurer's Report	2
Happenings & Announcements.....	2
January Ride Recaps.....	4
Safety.....	4
Mileage Reports.....	7

Welcome New Members!

Bill Straba
Michael McCormick

Upcoming One-Time Rides

Please check NMTS website for more detail (www.nmts.org/displayRides.php)

Date	Name & Contact info	Title	Start Location & Description
Feb 07, 10am	Jeffrey Hagemann hagemannjeff@gmail.com	Friday 30-ish Road ride, 30-35 miles, minor hills, all paces welcome	Rail Runner Lot, Sandia Pueblo near Roy Ave. traffic circle
Feb 11, 10am	Mike Davila 505-326-7509	Mesilla Valley Road Bike Loop Road bike, 41 miles, flat, 17(±1) mph	Mesilla Plaza , Las Cruces, NM Ride along both sides of scenic Mesilla Valley farmlands on low traffic farm roads lined with pecan orchards. Meet at Madelyn's 9:00am for coffee/breakfast and lunch at La Posta after.
Feb 12, 10am	Mike Davila 505-326-7509	Las Cruces MTB ride MTB, 16miles, frequent steep hills, 7(±1) mph, blue/black rating	Leasburg Dam State Park, Las Cruces, NM MTB ride on northern Doña Ana mountain trails. Trails are a bit technical, extremely scenic and only a few hike-a-bike spots. Showers available, Mike will grill burgers n brats after the ride. BYOB

Treasurer's Report

As of Jan 01, 2025

Membership

Renewing Members	19
New Members in January	2
Total Members	152

Financial

Beginning Balance 01/01/25	\$9588.25
Total Income	\$539.50
Memberships	\$479.50
Total Expenses	\$1461.60
New Balance 01/31/2025	\$8666.15

Happenings & Announcements

More photos, please!

We are always looking for more photos to appear on the website and in the newsletter. We can grab them from Strava or send them directly to the newsletter editor.

Special Shape Bikes Available

Please check out page 4 to view 3 special shape bikes available.



2025 NMTS Board

Position	Name	Phone	Email
President	Darcy Lewis	425-351-7646	president@nmts.org
Vice President	<vacant>		vicepresident@nmts.org
Secretary	Barbara Titus		secretary@nmts.org
Treasurer	Dianne Cress	505-260-0706	treasurer@nmts.org
Freewheel Editor	Liz Born	309-369-8657	freewheeditor@nmts.org
Ride & Mileage Chair	Frank Bouchier	505-266-0323	ridechairman@nmts.org
Safety Chair	Jeff Hagemann	505-720-4926	safety@nmts.org
Webmaster	Rob Brueckner		webmaster@nmts.org
Bicycle Advocates	Hal Stevens	505-268-4167	advocate1@nmts.org
	Chris Marsh	505-891-3464	advocate2@nmts.org
Members At-Large	David Atkins	505-681-1884	atlarge1@nmts.org
	Bill Thompson	505-299-0302	atlarge2@nmts.org
Web News Editor	<vacant>		webeditor@nmts.org

Ride Rating System

Mileage: Is total distance for the ride's route. Ride may include options for variations on the route and if so will specify additional distances within the ride description.

Pace: Is the speed a rider is expected to maintain on flat terrain with no wind. Think of it as an indicator of level of effort. Actual speed would be slower on climbs and faster on descents. The Pace is also not equivalent to average speed, because a route usually includes stops (rest stops, stop signs or lights, etc.), which will reduce the average speed.

Terrain: A descriptor of the ride's route terrain. In order from easiest to more difficult: flat; minor hills; moderate hills; frequent, steep hills; and advanced, difficult climbing.

- ◆ **The Freewheel** deadline is 6pm on the 1st day of the month.
- ◆ Please forward mileage information to Frank Bouchier, email: [mileage chair](mailto:mileage_chair) or 505-266-0323.
- ◆ Please send mileage ride sheets, change of address information and newsletter distribution to NMTS Treasurer, P.O. Box 1261, Albuquerque, NM 87103-1261 or email: treasurer.
- ◆ Send web information to Rob Brueckner, email: webmaster.
- ◆ Paid advertisements are accepted on a space available basis.
- ◆ Members may post free ads in **The Freewheel** and on the NMTS web site; see Members-only section on [web site](#).
- ◆ To submit a new ride, navigate to members only section on [NMTS web site](#).



President's Corner continued from page 1

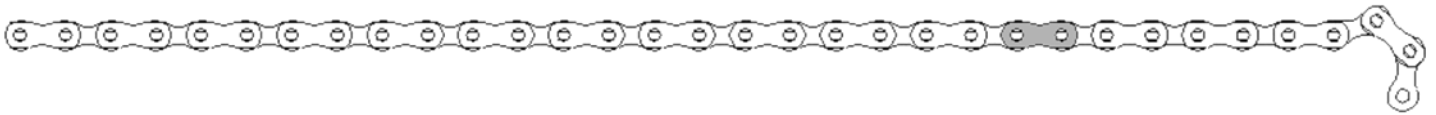


President's Corner continued from page 1

This year NMTS is offering two challenges through Ride with GPS. The total Mileage Challenge will be offered again for 202 and a new challenge, the Mountain Goat Challenge, is being offered for total elevation accumulated in 2025. Both these challenges include club rides and other activities you log. You will need to:

1. Join NMTS on RideWith GPS (<http://ridewithgps.com/organizations/5019-new-mexico-touring-society>).
2. Opt into the challenges, and
3. Allow RideWithGPS access to the app in which you log your activities





January One Time Ride Recaps

Date	Name	Summary	
Jan 01, 10am	Greg & Barb Titus 505-699-4745, 505-980-1095	29th Annual Ride to Rio Puerco Road Bike, 38 miles, moderate hills, all paces	Taylor Ranch Library An NMMS tradition: start the year right on deserted streets while others are recovering from too much partying. Check website for more info.
Jan 23-26, 2025	Mike Davila & John Gillett 505-326-7509, 505-280-7612	NMMS Arizona in Winter Road and mountain biking	All rides will be based out of Fountain Hills, AZ except the first day's mountain bike ride. Check website for more info.
Jan 25, 2pm		Memorial Ride at Balloon Fiesta Park for Chuck Malagodi 10 miles with low elevation gain. No pressure to complete it.	Balloon Fiesta Park 9401 Balloon Museum Dr. NE, 87113

A Word From the Safety Chair

I am taking a new role in the club as the Safety Chair and would like to share some thoughts. Safety in the absolute sense is absence of danger. Danger is a hazard posing a mortal outcome. Clearly, such an absolute meaning would deter even the most avid cyclist. So, the better definition for safety is reducing risk to an acceptable level. In this vein, it's the positive measures one applies to achieve safety. Cycling is our interest, but the notion is transcendent to all activities.

The key to safe cycling is risk management. Simply put risk is the possibility of mishap and, given the mishap, the degree of injury or damage. For a cyclist it may be choosing a path away from roads, hence reducing the possibility of a vehicle-bicycle encounter. It may be reducing bike speed for off normal trail conditions. For a possibility spill, it is wearing a helmet to lessen head injury. Riding on a street, a wise cyclist wears high visibility clothing and lights to alert motorists. Does not eliminate the hazard, but measurably reduces the possibility. One could go on, but the notion is clear: manage both mishap possibility and outcome to achieve safety.

An adage is worth mentioning. Good judgement comes from experience; experience comes from bad judgement. Most learn early on don't put a hand on a hot stove. Some avoid by learning from others experience. To this end, I encourage all to share (non attribution) mishaps or near misses you or others may have had. The point is lessons learned and share in a positive manner.

In the next year, I will post comments for your consideration. One item in our newsletter is Dr. Spoke. This newsletter item looks into the technical aspects of cycling ranging from waxing a chain to first aid kits. It works best answering questions you submit. Stay tuned and enjoy the great cycling days ahead.

~Dave Olson~



Weekly Rides

Sunday 10:00 AM	Chris Marsh, Dorothy Brethauer 505-362-9940, 505-504-5870 cmarsh1956@icloud.com, dmbreth@gmail.com	Sunday Bosque Trail, all paces, flat, 36 miles This is a variation of the familiar Sunday Bosque ride. We will have different ride leaders each Sunday. The basic route is to head south on Rio Grande Blvd (to avoid the crowds on the trail near the Open Space) and turn right to rejoin the bike path (at Candelaria, Campbell or further south). The group will pause at Rio Bravo and ride around the Chris Chavez loop, and head north again on the Bosque bike trail. New option to ride down to the Valle de Oro National Wildlife Refuge (for 36 miles). Participants have their choice of coffee shops - Java Joe's at 906 Park Avenue; Bike-In Coffee at 949 Montoya St. NW (accessible from the bike path south of I-40); or others. All paces; ride can be shortened if desired.	Alameda Open Space Parking
Sunday 10:00 AM	webmaster@nmts.org	A Movable Feast, all paces, minor hills, 40 miles Route will be influenced by the weather. Expect shorter rides on inclement days, longer ones on perfect days. If you see a freshening wind from the south, we'll probably go that way first, so we can get a nice tailwind on the way back.	Railrunner Lot, Sandia Pueblo near Roy Ave traffic circle
Monday 9:00 AM	Jim Fordice 505-803-3640 jim@fordice.net	Flexible Monday Ride, 16(±1) mph, moderate hills, 40 miles This ride is intended for those who want to start their week off with a moderately challenging ride. The goal is to vary the course each week, do some climbing, and stop for coffee. A typical ride will be to climb up Tramway, add a finger or two into the foothills, descend Constitution, and loop back to the start via the North Diversion Channel. Other weeks we will do a loop on the west side or go to Mesa del Sol. Please check web-site on Sunday afternoons for updates to route planned.	Alameda Open Space Parking
1st, 2nd & 3rd Mondays 10:00 AM	Tom Sullivan 505-299-6545 tdsulli@outlook.com	Start the Week Rite Ride, all paces, flat, 12 miles Route begins and ends at O'Bean's coffee shop located on San Rafael, just off tramway. Route travels along tramway and into local neighborhood. Route: https://ridewithgps.com/routes/45779673	O'Bean's Coffee
4th Mon- day 10:00 AM	Tom Sullivan 505-299-6545 tdsulli@outlook.com	Start the Week Rite Ride, all paces, flat, 22 or 29 miles 1. Ride south on the Bosque bike trail till Bridge Ave or continue 3.5 miles to Rio Bravo. 2. Return on the bike path to Candelaria and ride east to Rio Grande. North on Rio Grande for an optional stop at Flying Star. 3. Return via Rio Grande to the OpenSpace Parking Lot. Route: https://ridewithgps.com/routes/34984174	Alameda Open Space Parking
1st & 3rd Tuesdays 9:00 AM	Ralph Butler 505-377-1456 ralph.butler@gmail.com	Tuesday Fast Pace Ride, 20(±1) mph, Minor Hills, 40 miles Various routes around the ABQ Metro. Route: https://ridewithgps.com/routes/48080547	Promenade shopping center
Tuesday 9:00 AM	Dave Atkins 505-681-1884 dlatkins@centurylink.net Frank Bouchier 505-266-0323	Tuesday NE / NW Loop, All Paces, Minor Hills, 46 miles Starting from the Flying Star Café on Juan Tabo, the route alternates with 1) the Bosque Trail route on even-numbered Tuesdays with pickup points at Tramway and Manitoba, top of Tramway Hill, and Alameda Open Space (@10 am) and 2) the North Diversion Channel Trail route on odd-numbered Tuesdays with the same pickup points. Optional food stop at Flying Star Café on Rio Grande Blvd. Even-day route: https://ridewithgps.com/routes/32851185 ; odd-day route: https://ridewithgps.com/routes/32851904 .	Flying Star Café, Juan Tabo and Montgomery
Tuesday 9:15 AM	Chris Marsh 891-3464 cmarsh1956@icloud.com	Tuesday Westside Ride, All Paces, Moderate Hills, 40 miles This ride is planned to meet "Tuesday NE / NW Loop" ride group at Alameda Open Space at 10am. Start at the Rio Rancho Sports Complex (by the Dog Park). Go to https://ridewithgps.com/routes/33005636 (even Tuesdays) https://ridewithgps.com/routes/46078778 (odd Tuesdays) for the specific route. Optional food stop at Flying Star Café on Rio Grande Blvd.	Rio Rancho Sports Complex (by the dog park)



Weekly Rides (cont'd)

Wednesday 9:30 AM	Jeffrey Hagemann 505-720-4926 hagemannjeff@gmail.com	Wednesday Out and About Ride, 13(±1) mph, Moderate Hills, 35 miles Ride usually alternates between a westside ride (odd numbered days) and eastside ride (even numbered days). Adjustments to route may be made depending on weather and wind conditions. Please check website weekly for update. Usually back to AOS by noon.	Alameda Open Space Parking
Thursday 9:00 AM	Dave Atkins 505-681-1884 dlatkins@centurylink.net	Thursday NE / NW Loop, All Paces, Minor Hills, 55 miles This ride will meet up with the Thursday Westside ride at the Alameda Open Space (AOS) at 9 and continue on together to the food stop. The specific route is at ridewithgps.com/routes/32871428 .	Flying Star Café, Juan Tabo and Montgomery
Thursday 9:15 AM	Chris Marsh 505-891-3464 cmarsh1956@icloud.com	Thursday Westside Ride, All Paces, Moderate Hills, 50 miles This ride is planned to meet "Thursday NE / NW Loop" ride group at Alameda Open Space at 10am. Start at Rio Rancho Sports Complex in Rio Rancho (by the dog park). Optional food stop at various locations around Albuquerque.	Rio Rancho Sports Complex
Thursday 9:00 AM	John Gillett 505-280-7612 jgillett@live.com	Thursday Fast-Paced Ride, 19(±1) mph, Minor Hills, 38 miles Various routes around the ABQ Metro and East Mountains. Thursday's start location and route will be posted on the NMMS web site by mid-day on the preceding Wednesday.	Various locations, please check website.
Thursday 11:00 AM	Will Ferrell 505-903-4415 Will.c.ferrell@gmail.com	Sensible Winter Ride, All Paces, Moderate Hills, 25 miles A moderately paced (14 - 17 mph) ride through North and South Albuquerque Acres with a climb to the Open Space entrance at the top of Academy.	8850 Holly Ave NE



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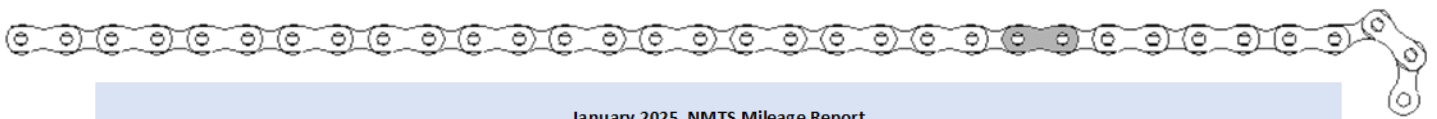
O'Bean's Coffee House
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Just east of Tramway, next to SHHA

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 OBeansCoffeeCruiser





January 2025 NMTS Mileage Report										
2025			2024		2023		2022			
Period	Trips	Miles	Trips	Miles	Trips	Miles	Trips	Miles	Trips	Miles
Jan	186	5,998	204	6,571	243	8,117			285	10,766
Feb			226	7,091	200	6,759			194	7,312
Mar			218	6,960	245	8,741			275	10,412
Apr			284	9,519	329	12,088			330	12,138
May			224	7,661	334	12,772			353	12,794
Jun			262	8,911	306	11,523			330	12,138
Jul			342	12,142	323	11,550			433	15,766
Aug			328	11,898	318	12,222			332	11,926
Sep			286	10,744	283	10,819			331	11,449
Oct			258	9,780	256	9,303			233	8,520
Nov			199	7,401	251	9,220			235	8,601
Dec			182	6,589	219	7,665			245	8,444
Total	186	5,998	3,013	105,267	3,307	120,779			3,576	130,266

Currently reported mileage includes the following:

Club Miles: miles recorded while participating in group club rides.

Club Rides and Trips: Number of club rides. Multi day rides will yield more than 1 trip.

Young Rider: Club miles recorded by members under 40.

New Member: Club miles recorded by those in their first full calendar year of membership.

Working Stiff: Club miles recorded by members who are employed full time. Send a note to mileagechairman@nmts.org if you would like to be included.

Details for all of the NMTS mileage programs are available at <https://www.nmts.org/club.php> in the linked "Club Miles Program."

The mileage tables shown on the following pages use the color coding nomenclature shown below.

RED: New in 2023

BLUE: New in 2024

Green: Working Stiff

January 2025 Club Miles
(in order of Mileage Total for the month, descending)

Name	Name	Name	Name	Name					
Atkins, David	570	Denning, Dean	216	Brethauer, Dorothy	107	Myers, Rick	36	Waggoner, Bob	17
Marsh, Chris	403	Hagemann , Jeffrey	211	Garner, Darlyne	91	Sullivan, Thomas	34	Lewis, Darcy	12
Bouchier, Frank	386	McCulloch, Mary	204	Lee, Jon	79	Mitchell, Fred	32	Martinez, Albert	12
Titus, Greg	372	Britt, John	189	Ferrell, Will	75	Pasnewski, Mark	32	Stevens, Hao	12
Gillett, John	362	Fordice, Jim	174	McKenzie, Steve	74	Simonson, Don	30		
Sturtevant, John	347	Davila, Mike	132	Higginbotham, Dale	52	DeMay, Will	28		
Young, Wesley	265	Okamoto, Yoshihiro Roy	124	Rafferty, Faye	49	Duarte, Jerry	28		
Shaw, Gary	248	Frizzell, Erin	119	Briscoe, Rob	46	Clifford, Rosella	25		
Brueckner, Robert	221	McCoy, Russ	119	McCormick, Michael	43	Gorenz, Fred	25		
Titus, Barbara	218	Ballenthin, John	110	Miller, Donald (Skip)	39	Taylor, Ronald	23		

January 2025 Club Miles by Name
(n order of Last Name, alphabetical)

Name	Name	Name	Name	Name					
Atkins, David	570	DeMay, Will	47	Higginbotham, Dale	104	Mitchell, Fred	36	Sullivan, Thomas	105
Bouchier, Frank	386	Denning, Dean	121	Lee, Jon	47	Myers, Rick	180	Taylor, Ronald	39
Brethauer, Dorothy	180	Duarte, Jerry	54	Lewis, Darcy	36	Olewine, Lisa	237	Titus, Barbara	218
Briscoe, Rob	72	Ferrell, Will	80	Marks, Peter	42	Pasnewski, Mark	36	Titus, Greg	372
Britt, John	189	Fordice, Jim	174	Marsh, Chris	403	Rafferty, Faye	58	Waggoner, Bob	43
Brueckner, Robert	221	Garner, Darlyne	141	McCombs, Darrell	28	Riggs, Roger	40	Wagner-McCombs, Crystal	28
Butler, Ralph	154	Gee, James	129	McCoy, Russ	78	Shaw, Gary	248	Young, Wesley	265
Clifford, Bernie	35	Gillett, John	362	McCulloch, Mary	204	Simonson, Don	28		
Clifford, Rosella	22	Hagemann , Jeffrey	211	McKenzie, Steve	179	Squier, Thomas	92		
Davila, Mike	39	Hall, Mike	57	Miller, Donald (Skip)	22	Sturtevant, John	347		

NMTS Total Miles Challenge 2025
(in order of mileage, descending)

Name	Miles	Name	Miles	Name	Miles	Name	Miles
Foltz, Eric	12427.3	Hagemann, Jeffrey	5468.0	Bouchier , Frank	4620.0	Martinez, Albert	2635.6
Shaw, Gary	6113.7	Titus, Greg	5150.2	Sturtevant, John	4385.2	Randour, Charles	1984.3
Brueckner, Robert	6008.3	Mckenzie, Steve	5058.9	Ballenthin, John	3794.2	Britt , John	1822.2
Young, Wesley	5983.7	Gillett, John	4905.9	Mathes, John	3518.0	Briscoe, Rob	1726.7



2025 Total Club Trips & Mileage
(in order of Mileage Accumulation descending)

Name	Rides	Trips	Miles	Avg	Name	Rides	Trips	Miles	Avg	Name	Rides	Trips	Miles	Avg
Atkins, David	14	14	570	40.71	McCoy, Russ	3	3	119	39.67	Yeomans, Rick	-	-	-	-
Marsh, Chris	13	13	403	31.00	Davila, Mike	4	4	132	33.00	Briscoe, Rob	1	1	46	46.00
Bouchier, Frank	11	11	386	35.09	Frizzell, Erin	3	3	119	39.67	McCormick, Michael	1	1	43	43.00
Titus, Greg	10	10	372	37.20	McCoy, Russ	3	3	119	39.67	Myers, Rick	1	1	36	36.00
Gillett, John	10	10	362	36.20	Ballenthin, John	3	3	110	36.67	Mitchell, Fred	1	1	32	32.00
Sturtevant, John	9	9	347	38.56	Brethauer, Dorothy	3	3	107	35.67	Pasnewski, MARK	1	1	32	32.00
Young, Wesley	8	8	265	33.13	Gamer, Darlyne	3	3	91	30.33	DeMay, Will	1	1	28	28.00
Shaw, Gary	7	7	248	35.43	Ferrell, Will	3	3	75	25.00	Duarte, Jerry	1	1	28	28.00
Brueckner, Robert	7	7	221	31.57	Lee, Jon	2	2	79	39.50	Clifford, Rosella	1	1	25	25.00
Titus, Barbara	7	7	218	31.14	McKenzie, Steve	2	2	74	37.00	Gorenz, Fred	1	1	25	25.00
Hagermann, Jeffrey	7	7	211	30.14	Rafferty, Faye	2	2	49	24.50	Waggoner, Bob	1	1	17	17.00
McCulloch, Mary	6	6	204	34.00	Miller, Donald (Skip)	2	2	39	19.50	Lewis, Darcy	1	1	12	12.00
Fordice, Jim	6	6	174	29.00	Sullivan, Thomas	2	2	34	17.00	Martinez, Albert	1	1	12	12.00
Britt, John	5	5	189	37.80	Simonson, Don	2	2	30	15.00	Stevens, Hal	1	1	12	12.00
Okamoto, Yoshihiro, Ray	5	5	124	24.80	Taylor, Ronald	2	2	23	11.50					
Denning, Dean	4	4	216	54.00	Higginbotham, Dale	1	1	52	52.00					

For Sale

For Sale: Wahoo Kickr Smart Trainer.
Paid \$861.99 in Nov 2022. Used for not quite 4 months. Asking \$650.00. Excellent condition

Contact Gary Shaw <gshaw@q.com>





NMTS Membership Application and Renewal Form

Make checks or money orders payable to:

New Mexico Touring Society

P. O. Box 1261

Albuquerque NM 87103-1261

New Member []
Renewal []

Membership Type:

Individual (\$25/yr)

Family (\$30/yr) *Specify names below*

Name _____

Physical Address _____

E-mail address _____ Phone: Cell _____

All family members must live at the same address

Family Member Name: _____

E-mail address _____ Phone: Cell _____

Family Member Name: _____

E-mail address _____ Phone: Cell _____

NOTE: *Indicate with an * next to the item any information you DO NOT want to appear in the club directory.*

NMTS is a non-profit organization dedicated to promoting safe recreational cycling and bicycle advocacy. Our membership includes road cyclists, mountain bikers and tourists of all fitness and skill levels.

Please print a waiver form <https://www.nmts.org/Documents/LABwaiver.pdf>

Have everyone read and sign it and mail it in with your application.

NMTS
P. O. Box 1261
Albuquerque NM 87103-1261