

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.

March 2025 Web Site: https://www.nmts.org Vol 46-03

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

PRESIDENT'S CORNER

Hello members.

It's only been a little over a year since our last increase in membership pricing, however the board voted at its February 2025 meeting to implement a price increase to the family rate to fully cover the cost of insurance on the additional family member.

We will be increasing the family rate by 5\$/year, i.e. from 30\$/year to 35\$/year. Individual memberships will remain at 25\$/year. The increase will go into effect on new or renewing family memberships occurring on or after July 1, 2025.

Our cost for insurance has risen to 9.34\$/per rider/year. The incremental charge of 10\$ for a family membership (35\$) above the cost of an individual membership (25\$) will allow us to cover the additional individual on a family membership. Our insurance costs for families of 3 or more are the same rate as 2 family members.

Expect communication from our Safety Chair, David Olson, shortly. He is working to update our safety instructions and information on the web. He will be soliciting questions and concerns from members related to safe riding. I encourage you to respond.

~ Darcy ~

Inside this issue

President's Corner1
Volunteer1
Treasurer's Report2
January Board Meeting Notes3
Safety4
Weekly Rides5
For Sale7
Mileage Report8

Welcome New Members!

Brown, Heidi Brown, Peter Hickman, Kent Kunchiappan, Ponarasu

Plea for Volunteers

2025 Santa Fe Century Cedar Grove Rest Stop

For years the NMTS has provided help to make the Santa Fe Century a success. They need our help once again on Sunday May 18, 2025. (The good news is a NMTS member could sign up for the Gravel Ride on Saturday and still volunteer for the Century Ride on Sunday!) The hours to be at the rest stop are 8am - 1:30pm, although volunteers can come for a shorter time. Volunteers make peanut butter & jelly sandwiches and mix Gatorade. They cut fruit and set out trail mix and pretzels. We also provide route info and moral support!

The Cedar Grove rest stop is about 20 minutes on I-40 (from the Big I) Take the Edgewood exit and go north for about 15 minutes. The Cedar Grove Fire Station is about a mile beyond the intersection of 344 and Frost Road. In past years the Santa Fe Century riders have been very appreciative and our Club gets a sizable gratuity for running the rest stop.

To volunteer, please e-mail Hal Stevens at halfencer@aol.com with your name, phone #, and tee shirt size.



Treasurer's Report

As of Feb 01, 2025

Membership

Renewing Members	5
New Members in February	4
Total Members	152

Financial

Beginning Balance 02/01/25	\$8666.15
Total Income Memberships	\$179.38 \$179.38
Total Expenses	\$210.00
New Balance 02/28/2025	\$8635.53

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.



	2025 NIV	ITS Board	
Position	Name	Phone	Email
President	Darcy Lewis	425-351-7646	president@nmts.org
Vice President	<vacant></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	freewheeleditor@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
bicycle Advocates	Chris Marsh	505-891-3464	advocate2@nmts.org
Members At-Large	David Atkins	505-681-1884	atlarge1@nmts.org
Wellbers At-Large	Bill Thompson	505-299-0302	atlarge2@nmts.org
Web News Editor	<vacant></vacant>		webeditor@nmts.org

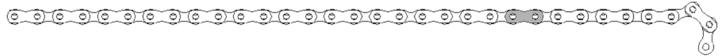
Ride Rating System

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 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: <u>webmaster</u>.
- 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 <u>NMTS web site</u>.



Notes from the NMTS Board meeting, 1/13/2025

Submitted by Barbara Titus, secretary

Meeting was held 1/13/2025 from 7:00 pm-8:00pm

Present: Darcy Lewis, Barbara Titus, Dianne Cress, Frank Bouchier, Rob Brueckner, Dave Olson, Dave Atkins, Bill Thompson

Absent: Liz Born, Chris Marsh, Hal Stevens

Meeting was held in 2 parts due to limitations with Zoom account Issues from first half of the meeting-

- 1.Decision regarding renewing mountain biking insurance for 2025
- *rate for the additional coverage not known yet, was \$279, for 2024
- *Mountain biking can bring additional riders to the club but concerns raised regarding lack of participation on some previous mountain bike rides
- *decision tentatively to keep the insurance for 1 more year unless rates have increased dramatically; Dianne will email the board regarding cost for 2025
- 2. Recognition of Frank Bouchier for setting up the club program with Ride with GPS, which 8 members used this past year
- 3. Suggestion to resume posting of club rides on MeetUp, Darcy looking for input from the board, listed as follows:
 - *cost vs benefit-would the club gain new members-discussion followed
 - *ride leaders should be able to opt out of posting on MeetUp
 - *how MeetUp postings would be managed and who would be responsible
 - *how to make changes to a posting
 - *managing members vs guests, and insurance concerns
 - *training in use of meetup and syncing various versions
 - *Currently web is source of record for number of rides, how to ensure have an accurate source of record
 - *Would we require individuals to sign-up to attend?
 - *Ensuring waivers are signed by all, currently the process is lax
- 4. **Safety/Security-** Dave mentioned previous matrix designed by Dee Friesen, would like additional input on issues such as the ride waivers, which are not being used across the board for all rides. He would also like a more proactive safety position for the club
 - *Rob- "safety forward" approach, meaning that NMTS takes safety very seriously
 - *Bill-discussion around LAB insurance and board members, liability coverage is included

Group felt that Chris may have more information, and Dianne is attending an online presentation about LAB insurance

Part 2 of the meeting included Theresa Dunn, president of BikeABQ and Connor Boyle from BikeABQ, who coordinated much of the Balloon Fiesta Bike Valet in 2024

Theresa raised several concerns that BikeABQ is having with the Bike Valet and would like input from NMTS about what our position and involvement will be.

Summary of these concerns:

- 1. Current mechanism and policies for signing up volunteers is impractical
- 2. A dedicated space for bike valet is needed, along with higher barriers, list of businesses where riders could park their cars and bike to the Fiesta along with published routes is needed, and possibility of year round bike valet for other events including the new soccer stadium
- 3. Better promotion of bike valet services and routes by the Balloon Fiesta
- 4. Recognition of organizations who organize and run the Bike Valet, including BikeABQ and possibly NMTS. Currently the Balloon Fiesta requests \$5K for organizations to post their name on a banner, BikeABQ feels that their work should equal an in-kind donation

Questions- what role does NMTS want to take in all of this? Board responded that we will need to discuss these concerns amongst ourselves and respond back to BikeABQ. Connor stated that if changes are not made he may not return to the position next year, and Theresa also stated that although BikeABQ has supported the bike valet for many years, that they may not continue unless some changes are made.



A Word From the Safety Chair

In this and subsequent contributions, I will pose scenarios for your consideration. In some I may poll—I'll need your support—or simply ask you to reflect. In the latter, perhaps it spurs a discussion during a break on the group ride. As I hope you note, there is a tonality in any situation. Often there is no always right or wrong. Let me caveat, violating traffic laws like running a red light is both very hazardous and legally impermissible.

A few years ago, the State proposed prohibiting bicycles on Tramway's adjacent curblane. As we know, it is very wide curb lane and proven suitable as a bike lane. However, the argument still valid is the proximity to higher speed vehicle traffic (posted at 50 mph) posed an unacceptable risk. The proposal, to limit bicycles to the pedestrian/bike lane paralleling the road. The counter argument was motorists turningright off Tramway may not see a cyclist on the pedestrian/bicycle path. Compounding, a cyclist may not see the right turning car. Hence the potential for vehicle-bicycle mishap was higher.

How would you evaluate it? Today, would you elect the joint pedestrian/bicycle path. Or, would you always use the adjacent curb lane? While the motion to exclude bikes from the curb lane failed, I offer the question still bears merit. In my view, I'd say it depends

on factors such rush hour traffic, construction, and so on. On the pro side, moving off the path reduces bicycle-pedestrian encounters. I hope to see you on a rest stop to get your views. Better, post them to me and I will publish to the Freewheel.

~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 website 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 Monday 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 Candeleria 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 cen- ter				
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 Ca- fé, Juan Tabo and Montgom- ery				
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)		
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, 39 miles Various routes around the ABQ Metro and East Mountains. Thursday's start location and route will be posted on the NMTS web site by mid-day on the preceding Wednesday.	Various locations, please check web- site.
Friday 10:00 AM	Jeffrey Hagemann 505-903-4415 hagemannjeff@gmail.com	Friday Out and About Ride, All Paces, Moderate Hills, 35 miles A moderately paced (13 mph), March 14 route TBD, March 21 route	Alameda Open Space









Bikes For Sale



For Sale: Made-to-Measure Rodriguez Adventure Steel Touring Bike. Made in Seattle at R&E Cycles, cost over \$3,500 (have receipt). Asking \$750. Will deliver anywhere in ABQ/Santa Fe area. Email hickman@gonzaga.edu

For Sale: Made-to-Measure Elephant Steel Road bike, from Elephant Cycles in Spokane. Custom wheels, full Campy Centaur. Asking \$450. Will deliver anywhere in ABQ/Santa Fe ar-

ea. Email hickman@gonzaga.edu







	2025			2025 NMTS Mile			-		
	2025		20	024	20	023	2022		
Period	Trips	Miles	Trips	Miles	Trips	Miles	Trips	Miles	
Jan	186	5,998	204	6,571	243	8,117	285	10,766	
Feb	241	8,337	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	427	14,335	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

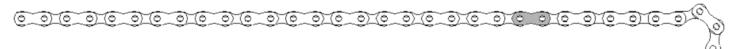
mileagechairman@nmts.org if you would like to be included.

Details for all of the NMTS mileage programs are available at https://www.nmts.org/

February 2025 Club Miles by Name

(n order of Last Name, alphabetical)

Name		Name		Name		Name		Name	
Atkins, David	674	DeMay, Will	116	Hall, Mike	30	Olewine, Lisa	165	Titus, Greg	276
Ballenthin, John	72	Denning, Dean	214	Higginbotham, Dale	198	Olewine, Michael	120	Waggoner, Bob	124
Bouchier, Frank	425	Duarte, Jerry	103	Kunchiappan, Ponarasu	67	Rafferty, Faye	23	Yeomans, Rick	42
Brethauer, Dorothy	145	Evans, Holly	50	Lee, Jon	48	Randour, Charles	170	Young, Wesley	418
Briscoe, Rob	115	Ferrell, Will	105	Levine, Ken	49	Riggs, Roger	73		
Britt, John	78	Fodness, Mark	35	Marino, Jan	20	Shaw, Gary	278		
Brown, Heidi	36	Fordice, Jim	329	Marsh, Chris	587	Simonson, Don	25		
Brown, Peter	36	Gamer, Darlyne	206	McCoy, Russ	75	Squier, Thonas	138		
Brueckner, Robert	327	Gee, James	123	McCulloch, Mary	124	Straba, Bill	46		
Butler, Ralph	79	Gillett, John	337	McKenzie, Steve	76	Sturtevant, John	287		
Clifford, Bernie	142	Golden, Thomas Kevin	60	Miller, Donald (Skip)	50	Sullivan, Thomas	55		
Clifford, Rosella	110	Gorenz, Fred	25	Myers, Rick	145	Thompson, William	54		
Davila, Mike	59	Hagemann, Jeffrey	198	Okamoto, Yoshihiro, Roy	327	Titus, Barbara	37		



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	30	30	1244	41.47	Higginbotham, Dale	5	5	250	50.00	Hall, Mike	3	3	30	10.00
Marsh, Chris	27	27	990	36.67	McCoy, Russ	5	5	194	38.80	Butler, Ralph	2	2	79	39.50
Bouchier, Frank	19	19	811	42.68	BAllenthin, John	5	5	182	36.40	Riggs, Roger	2	2	73	36.50
Gillett, John	19	19	699	36.79	Myers, Rick	5	5	181	36.20	Kuhchiappan, Ponarasu	2	2	67	33.50
Young, Wesley	19	19	683	35.95	Randour, Charles	5	5	170	34.00	Golden, Thomas Kevin	2	2	60	30.00
Titus, Greg	17	17	648	38.12	Miller, Donald (Skip)	5	5	89	17.80	Evans, Holly	2	2	50	25.00
Sturtevant, John	16	16	634	39.63	Sullivan, Thomas	5	5	89	17.80	Gorenz, Fred	2	2	50	25.00
Brueckner, Robert	16	16	548	35.43	Olewine, Lisa	4	4	165	41.25	Levine, Ken	2	2	49	24.50
Okamoto, Yoshihi- ro, Roy	16	16	451	28.19	Briscoe, Rob	4	4	161	40.25	Taylor, Ronald	2	2	23	11.50
Shaw, Gary	14	14	526	37.57	McKenzie, Steve	4	4	150	37.50	Sraba, Bill	1	1	46	46.00
Fordice, Jim	13	13	503	38.69	Clifford, Rosella	4	4	135	33.75	McCormick, Mi- chael	1	1	43	43.00
Hagemann, Jeffrey	13	13	409	31.46	Duarte, Jerry	4	4	131	32.75	Yeomans, Rick	1	1	42	42.00
McCulloch, Mary	9	9	328	36.44	Rafferty, Faye	4	4	72	18.00	Brown, Peter	1	1	36	36.00
Garner, Darlyne	9	9	297	33.00	Simonson, Don	4	4	55	13.75	Brown, Heidi	1	1	36	36.00
Ferrell, Will	9	9	180	20.00	Taylor, Ronald	2	2	23	11.50	Fodness, Mark	1	1	35	35.00
Denning, Dean	8	8	430	53.75	Clifford, Bernie	3	3	142	47.33	Mitchell, Fred	1	1	32	32.00
Titus, Barbara	8	8	255	31.88	Squier, Thomas	3	3	138	46.00	Pasnewski, Mark	1	1	32	32.00
Britt, John	7	7	267	38.14	Lee, Jon	3	3	127	42.33	Marino, Jan	1	1	20	20.00
Brethauer, Dorothy	7	7	252	36.00	Gee, James	3	3	123	41.00	Lewis, Darcy	1	1	12	12.00
Davila, Mike	6	6	191	31.83	Olewine, Michael	3	3	120	40.00	Martinez, Albert	1	1	12	12.00
DeMay, Will	6	6	144	24.00	Frizzell, Erin	3	3	119	39.67	Stevens, Hal	1	1	12	12.00
Waggoner, Bob	6	6	141	23.50	Thompson, Wiliam	3	3	54	18.00					



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		
		Phone: Cell All family members must live at the same address
Family Member Na	ame:	
		Phone: Cell
Family Member Na	ame:	
		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