

Team SAFD Cycling



Monthly Newsletter of the San Antonio Fire Department Cycling Team

Team SAFD Jerseys are being ordered soon.

Contact Ralph Guerra ASAP to add yours to the order.

Highlights

- * Welcome to the Team SAFD Newsletter
- * Fall is Here, Cycling is in the Air
- * Team SAFD Website is Live
- * Winter Cycling Tips
- * Team SAFD Ride Calendar—Find a Ride

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Team SAFD Newsletter Launches

Oct 2 – Welcome to the first edition of the Team SAFD cycling newsletter. Inside you will find cycling's current events, tech tips, information on new products, upcoming rides, and of course Team SAFD news.

The Newsletter is just one of several recent additions to Team SAFD resources. Also included is the team website where you can see upcoming rides, share pictures, check out some great interactive ride maps and get a little history on Team SAFD. In addition to the website there is a ride calendar (look for link in the left hand side of the webpage) that allows everyone to post and find upcoming rides. Then there are the forums, this is a great place to find

answers to questions, more detailed information on rides, even buy and sell cycling related stuff.

Soon this newsletter will be available by e-mail, on the webpage and possibly even in hardcopy. Currently the newsletter, webpage, calendar and forums are being maintained by just a couple of people and any help would be welcomed. The more people that get involved and contribute content and time, the better the resources will become. One of the primary objectives of these resources is to help new cyclists find fellow riders and rides. Your comments and suggestions are greatly appreciated.

The Arrival of Fall Means Cycling Weather is Here

It has been nothing less than a record setting summer. Everyone knows summer in south Texas is hot, but this year many records were shattered. Not only was this summer one of the hottest ever recorded, but we also saw tremendous amounts of rainfall.

And while it's been nice to not have water the yard much this summer, all the rain and heat has put a damper on riding. With the official arrival of autumn, temperatures have already dropped from triple digits to much more bearable levels and you can ride



any time of day. October is a great month for cycling, it's typically cool, dry and there is still enough daylight to get those evening rides in before the sun sets. So dust off the bike and enjoy the beautiful weather. See you out there.

Salado Creek Greenway North Opens New Sections

The Salado Creek Greenway is a new multi use path that when finished will run from Huebner Rd on the north side down to Lions park on the south side nearly 22 miles in total. Many sections are already complete and ready to ride on. The “multi use path” is made from concrete, asphalt and in a few places, boardwalks. There are trailheads in many parks that the Salado creek runs thru, Hardburger, McAllister, Lady Bird, and Tobin, just to name a few. More detailed information can be found online at:

www.sanantonio.gov/creekways

Since this is a “multi use path” you should be prepared to share the trail with pedestrians and other non motorized forms of transportation.

Much of the trail is covered by tree canopy offering welcome relief from mid day sun and high summer temperatures. The project is still under construction so several of the segments do not yet connect but there is a 7 mile stretch

from McAllister park to Fort Sam that has one short section you must ride on the road or walk



your bike under a bridge between Los Patios and Tobin Park. Bathrooms and water fountains are located in several of the parks the Green-

way goes thru and there are also some hiking and mountain biking trails off of the main path. The path is open from sun-up till sundown. There is no fee to use any of the parks or the trail.

Team SAFD on the Web

In late May of this year Caryl Paulson created the Team SAFD website. Until now there has not been a convenient way to keep everyone informed of what is going on in the team and what cycling events were coming up. With the launch of the Team SAFD website there is now a growing wealth of information about the Team, local cycling events, and much more. The

website has grown significantly since it was first launched. In just a few months, The page has been re-organized to make finding the ever growing amount of content easier to find. **Photos** now have their own section as do **Links** to various cycling and fitness sites. The **Ride Calendar** is updated with new rides most weeks. News, questions, ride announcements

and more are popping up all the time on the **Forum**. If you have not seen the page recently or at all for that matter, drop on in and check it out. If you would like to see something added or changed please e-mail the webmaster.

sites.google.com/site/TeamSAFD

Cyclist Friendly Restaurant-

Guillermo's Deli

**903 N Saint Marys St
San Antonio, TX 78215**

(210) 223-5587

Ask about their cyclist's drink special!

Winter Cycling Tips

As the days get shorter and the weather colder you may be tempted to put the bike up and settle in for some holiday meals that will stick with you for months to come. With just a few changes to your routine you can ride all winter and help keep those holiday pounds off.

- Maintain your bike—this is always important but waiting for a ride to pick you and your broken bike up in the biting cold is no fun. Clean and oil your gears and chain and keep your tires properly inflated!
- Take your bike to your mechanic and let them do an inspection to make sure everything is tight and properly adjusted. You should do this every few months, especially before winter which can be extra tough on your bike.
- Hydrate, Hydrate, Hydrate. Just because it's cold doesn't give you an excuse to skip the water.
- Dry winter air is almost as bad as hot summer air.
- Dress in layers—Start with wicking clothing next to the skin so you stay dry - DRY IS WARM A waterproof breathable jacket (like Gortex) costs a little extra but will keep you **dry** and **warm**.
- Keep your head and ears warm with a skull cap or beanie. These parts lose a lot of heat and are very uncomfortable when cold.
- Always let someone know where you will be riding.
- Always carry your ID and emergency contact info in case you are injured.
- Wool and synthetics will insulate you even when wet. Cotton loses it's insulating properties when wet.
- Get a good pair of gloves—Windstopper type gloves work well.

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CYCLING JUST FOR THE HEALTH OF IT

Look for us in the
Grapevine

We are firefighters and paramedics, active duty and retired,
of the San Antonio Fire Department /
San Antonio Professional Firefighters Association local 624
(and friends) who enjoy bicycling and attending cycling events.

Join us for a ride.

City Managers Ride — August 28th

The first annual City Managers Ride put on by the various departments from the City of San Antonio marked yet another step in San Antonio's continuing development of bicycle friendly planning. The event was sponsored by the city and planned by several of the city's traffic planning dept staff and Team COSA (the city's civilian counterpart to Team SAFD).



The 22 mile ride passed thru the historic mission trail and there was also a shorter family fun ride available. Several city departments were on hand to pass out information and maps for the new bike routes, creek-

way projects and many other projects meant to make San Antonio more bike and pedestrian friendly.

As you can see Team SAFD had a good showing and several of us went out to lunch afterwards at Guillermo's (off of St. Mary's) where they give you a special deal on beverages if you ride your bike to the restaurant.

If you missed it this year keep an eye out for next years ride.

Web:

<http://sites.google.com/site/teamsafd/>

Ride Calendar:

<http://www.my.calendars.net/teamsafdcad>

Forums:

<http://teamsafd.freeforums.org/>

E-mail:

FFJohn@gmail.com

Upcoming Rides for October - See website for details:

Oct 3 — Greg and Alex Bruehler Memorial Ride of Silence

Oct 9/10 — MS150

Oct 17 — Tour de D.A.D. (Tour de Cure training ride)

Oct 30 — Tour de Gruene

Oct 30 — HCBTC Fall Foliage Frolic

Local Rides weekly—Check the calendar often

If you have an upcoming ride please post it to the calendar.