

Plano Bicycle Association

Cycle News

December 2022



2022 PBA Officers

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Web Director

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It's **PBA'S 40th** Anniversary!

*We are celebrating by going Back in Time
to the **80's!!***

** Wear your favorite 80's attire for this fun festive party*

When: Saturday, January 28th 6:00 – 9:30 PM

Where: St Marks Parish Center

North West corner of Alma and 15th

Cost: Tickets \$35 - on sale in the Members Only.

Go to the Annual Party section of the website.

Click here to get to the PBA Home page: [PBA party registration](#)

**If you are interested in volunteering, please
email Nicole Vasquez-Pownall at:
social@planobicycle.org.**





ADVOCACY

Bike Build 2022: In December, PBA members built 100+ bikes for Children's Advocacy Center of Collin County and donated helmets from the PBA shed! What an amazing gift you gave to kids who otherwise might not have a Christmas/Hanukkah present this year. Thank you to the PBA members who came out to build a bike, pump tires, and quality check all of the bikes. There will be lots of happy kids this holiday season! Our 2022 efforts helped us raise money to buy 100 bikes!





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Marty Kent Celebration of Life – Please join the Kent Family and PBA members on Sunday, January 15th, 2023, at the Cambria Hotel for a celebration of Marty Kent, beloved friend and PBA member



Rides of Remembrance Update

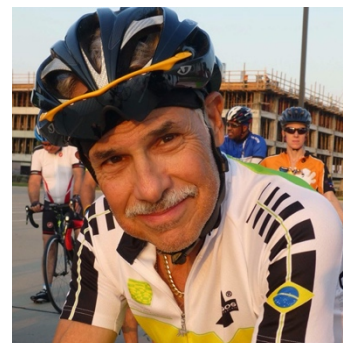
The board has decided to postpone the Ride of Remembrance until March 25, 2023; we want to make the sure that as many people as possible can and will take part. Additionally, many are hesitant to ride when start temperatures are below 50. Finally, while we do get many rides starts between December and February that are over 50, it's just more hit and miss right now. Thanks so much for your understanding as we seek to honor these three members with as many of you taking part as possible



***Marty
Kent***



***Mark
Fleishman***



***Paul
Ellenbogen***



Why Wear Your Cycling Helmet Correctly??

Since becoming a League Cycling Instructor in 2014, I have been a proponent of teaching and wearing cycling helmets correctly; that means adjusting the straps so you can only put 2 fingers under the chin strap. Glasses go outside of these straps, not inside.

Far too often, I see this guideline not being followed. I've seen helmets plopped on top and loose, flapping temple straps, etc. So, let me give you a good reason for wearing your helmet correctly:



Just before Thanksgiving I was riding on Independence and rolling at 20-25 mph when my road bike was knocked out from under me.

I went down hard on my right side and my head hit the ground **hard**.

I did not lose consciousness the entire time and was talking with good folks who stopped help as well as the police and EMTs who responded.

In fact, I don't recall having a headache.

The ER doctors believed my helmet is what kept me from having a severe head injury. The helmet I have been using has the MIPS system, which is supposed to reduce head injuries. There are other injury reducing systems in helmets that can be purchased.



TO KEEP YOUR FITNESS LEVEL UP DURING THE WINTER

TRY THESE FITNESS OPTIONS!

Fitness Fanatics – Combining Rowing & Cycling

https://fitlifefanatics.com/combining-rowing-cycling/?fbclid=IwAR0_r2i4s1zI9n75GtFKEpq_NzL8mgCCOMVNABc4dJXSC2b7FhqWYOo2iV0

Indoor Rowing for Cyclists: A Cross-Training to Ride Farther and Faster

<https://www.topiom.com/blog/rowing-for-cyclists/?fbclid=IwAR1YkSQS8K5KvJOrVpCfjNyIMm3QhUmRKH2aD8sjj-O9HJjWMCcmYlfBBg>

ZWIFT For PBA

If it's raining or very cold out, why not join other PBA riders on a no-drop Zwift Ride! You no longer have to randomly pedal around in the Zwift avatar world with thousands of people you don't know and can't talk to anymore! PBA's group rides are with other club members you know, or you haven't met yet and quickly discover are a lot like you! Come join other PBA riders in a virtual meetup hosted by **Chris Beavers**. To receive an invitation you will need to follow him in Zwift. We use the Discord voice communications App allowing riders to have conversations during the ride.

Website

Event Registration Improvement

We made an improvement to our registration process that allows you to set your default emergency contact information so that you do not have to retype it every time. To pre-set your emergency contact information:

1. Go to our PBA webpage (<https://www.planobicycle.org>) and log in
2. Hover over your name in the top right and select Profile
3. In the profile page, click Basic Member Information
4. Enter your emergency contact information in your profile

Every little bit helps and we hope you enjoy this new feature.



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"foods from sunny latitudes"

A unique eating and gathering place found only in Addison and Plano Texas, typically attracting friendly and interesting people and serving unique and delicious "foods from sunny latitudes"

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classes led by certified CycleBar® instructors. We pride ourselves on covering every detail so you can clip in, clear your mind, dig deep, and Rock Your Ride™.

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CycleBar will motivate you with energizing rides tailored to all fitness and experience levels. Enjoy premium amenities, CycleStats® personal performance tracking, CycleBeats® mind-blowing playlists, and invigorating



[EGC](#)

Creative vision, bold design.

Our firm specializes in creating spaces that are beautiful yet functional. Our designers bring passion and enthusiasm to every project. From original designs to complete renovations, we have you covered. Quality product at affordable prices is our goal.

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The [Pickle Juice Company](#) has been dedicated to ensuring success in your activity of choice. Since 2001, we have had the privilege of meeting truly great people who use the product then share their success with others. It is through our loyal customers and the support of our retailers that Pickle Juice® has been able to help so many.

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[Bill Shirer](#)

If you are injured while riding your bike, it is important that you contact an attorney who is experienced in both personal injury trial work and cycling.

I am board-certified in personal injury trial law and have 28 years of trial law experience. I also have the highest rating from Martindale-Hubbell Peer Review Ratings.

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The [StretchLab](#) Difference

Don't just stretch - get stretched.

StretchLab's team of highly trained Flexologists® will give you a deeper stretch than you could ever achieve on your own.



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When business banking gets personal.

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At [Weedex](#), we truly put the customer first. From our field service technicians to our expert office staff, we want you to have the best lawn care experience.

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