



The American Diabetes Association and
AT&T's Tour de Cure



at&t
Your world. Delivered.

2007 Cyclist Guide

May 19 & 20, 2007
San Antonio – San Marcos - Austin

Presenting Sponsors

National Sponsor



888-DIABETES

diabetes.org/tour



Dear Cyclist,

Thank you for choosing to participate in American Diabetes Association and AT&T's Tour de Cure, the nation's largest cycling fundraising event for diabetes. This year you will join nearly 30,000 other cyclists and volunteers at more than 80 sites across the U.S. to raise money to find a cure for diabetes. A lot of careful planning with particular attention to detail has gone into making this year's ride.

This is your "Cyclist Handbook" to guide you as you prepare for the ride. Everything you need to know about surviving – and thriving – at the Tour can be found in this book. However, after you've finished reading, if you still have questions please feel free to contact Cindy Rodriguez, your local Tour de Cure Coordinator at (210) 829-1765 ext. 6125.

It is the mission of the American Diabetes Association to prevent and cure diabetes and to improve the lives of all people affected by diabetes. You are an integral part of helping us accomplish that mission. As you train and collect contributions, and embark upon the challenge of riding the Tour de Cure, just remember that your efforts are shortening the journey toward a cure.

On behalf of the 20.8 million Americans battling diabetes thank you for your commitment to make a difference.

Laura Vaccaro, 2007 Event Chair

Sincerely,

Laura Vaccaro
2007 Tour de Cure Event Chair



Table of Contents

If you Read Nothing Else . . . Read This!..... 4

Pre Ride Checklist/ Packet Pick Up..... 4

What to Bring Checklist 5

Lodging Information 6

Day of Event Schedule and Activities 7-8

Safety 9

Hydration 10

Before You Ride: The ABC Quick Check 11

What to Expect on Route..... 12

Exercise & Diabetes 13

Directions..... 14

Bike Shop Sponsors 15

Contact Information

**Cindy Rodriguez, Associate Manager
Tour de Cure Coordinator
American Diabetes Association
8610 N. New Braunfels, Suite 400
San Antonio, TX 78217
210-829-1765 extension 6125
210-829-1757**



If You Read Nothing Else. . . Read This!!

-
- **You will not be allowed to ride if you do not turn in at least \$150 plus registration fee/s on or before the day of the ride.** Cyclists do have until two weeks after the ride to turn in money collected over and above the \$150 minimum.
- **All minors (under 18 years of age) MUST be accompanied by a legal guardian or chaperone AT ALL TIMES during the weekend. This includes riding in the SAG vehicle.** If the minor needs to ride in the SAG, then their chaperone or guardian MUST accompany them.
- All cyclists MUST wear a helmet. **NO HELMET, NO RIDE**
- In an effort to eliminate as much vehicular traffic as possible, we request that there be **NO PERSONAL SAGS** on the route. We prefer you have them meet you at the finish line.
- Pre-Event Registration is only \$20 per rider. Day-of-event registration will be \$25 per rider.
- **Absolutely NO beer is allowed on any Texas State University Facility, this INCLUDES SEWELL PARK for the Saturday Night Celebration. This is a rule that Texas State University is serious about and UPD will be on site to enforce this rule.**
- **SEWELL PARK RULES:**
 - **PETS, GLASS CONTAINERS AND ALCOHOL ARE NOT ALLOWED AT SEWELL PARK.**
 - **ALL SWIMMING OR WATER ACTIVITIES ARE AT THE RISK OF THE INDIVIDUAL.**
 - **NO DIVING OR JUMPING IS PERMITTED FROM BRIDGES OR TREES.**
 - **PLEASE NOTE: UNIVERSITY POLICE DEPARTMENT WILL BE ON HAND TO ENSURE ALL RULES ARE MET, ESPECIALLY THE NO ALCOHOL RULE. COOLERS WILL BE CHECKED AT THE GATE.**

May 5 Pre Ride Checklist

May 5 is exactly two weeks before the Tour. Here are a few things you should have accomplished by then to be fully prepared for the ride.

- If you haven't already done so, be sure to take your bike to the official bike shop sponsors for a tune-up. Summer is a busy time for many of them so plan on leaving your bike for a couple of days. Be sure to call for an appointment.
- By now you should have at least raised and collected your \$150 pledge minimum.
- Hopefully, you've already been doing some training, but if not, now is a good time to start.
- Review "What to Bring Checklist" on page 5 to make sure you have everything you'll need for the weekend.

Packet Pick Up

Packet pick up is the opportunity for riders to turn in collections and pick up their rider packets before the day of the event. **New this year rider goody bags will be given out at the Finish Line for each ride.**

- **Make sure you bring your collection envelope completely filled out along with all your collections. Riders must turn in \$150 at packet pick up to pick up the rider packet.**

May 11th
6 – 8 pm
Gold's Gym
1602 Babcock Road

May 15th
6 – 8 pm
Dolce Ultra Lounge
18322 Sonterra Place

What to Bring Checklist

For riders who participate one day.

- ❑ **Your \$150 or more in collected pledges**
- ❑ If you participated in early packet pick up, be sure to bring all of the identification materials contained in the packet: **bib number and waiver with emergency contact information filled out**, luggage tags and wrist bands
- ❑ A well-tuned bike and helmet. **Helmets must be worn by all cyclists**. There will be no exceptions. If you fail to comply with this safety standard, you will be asked to leave. **No helmet, no ride**
- ❑ Your favorite cycling outfit. Bring at least one long-sleeved shirt just in case the weather's chilly during the early morning hours. Remember, you'll be traveling around 10-20 mph depending on your skill level, even reasonably cool weather may be uncomfortable for some
- ❑ At least one full water bottle (preferably two)
- ❑ If there is a certain food you must have or something you've been training with, you may want to bring some along. **If you require special medication or monitoring devises like a glucometer please bring that as well.**
- ❑ Spare tube, patch kit, and tire tools
- ❑ Personal ID and medical insurance cards
- ❑ Sunscreen, lip balm, and sunglasses if you think you'll use them
- ❑ Toiletries and a towel
- ❑ Pain reliever or other vitamins and medication that you might be taking.
- ❑ Well-rested body

For riders who participate both days.

- ❑ Two changes of clothes. Be sure to pack rain gear if the forecast looks a little wet.
- ❑ Alarm clock
- ❑ **Linens, towels or a sleeping bag if you plan to stay in the dormitories. Texas State University does not provide linens of any sort (pillows also not included).**
- ❑ **Although the ride is fully catered, you may want to bring some extra cash for incidentals. Especially if you plan to shop at the Outlet Malls, go tubing or to the Square.**

Lodging Information

Friday Night: Participants who would like to stay in San Antonio Friday night, please find contact information below for hotels near the start line. You will be responsible for making your own arrangements.

Best Western

18555 Hwy 281 North
San Antonio, TX 78259
(210) 490-9191

Hampton Inn

2127 Gold Canyon Rd
San Antonio, TX 78259
(210) 404-1144

***** Hampton Inn is offering a reduced rate of \$85 per room. State that you are with the Tour de Cure for the reduced rate. Book early to get a room!**

Saturday Night: For those traveling from around the region to participate, please find contact information below for hotels near the start line. You will be responsible for making arrangements at lodging locations not provided at Texas State University.

Red Roof Inn

817 IH-35 North
San Marcos, Texas 78666

Best Western

917 I-H 35 North
San Marcos, Texas 78666

Housing - SATURDAY NIGHT ONLY

On Saturday, May 19, riders will have the option of staying overnight at Texas State University in San Marcos. Single room occupancy is \$40 and double room occupancy is \$50. Riders must choose their own roommates. Family and friends can stay at the dorms as registered guests. **Rooms MUST BE BOOKED IN ADVANCE. Due April 30th!!!! There will be a late fee of \$10 charged to riders who register after April 30th. (Booking Form can be found on the website)**

Transportation

Low-cost transportation is available for riders, their family members and friends. Transportation **MUST BE BOOKED IN ADVANCE**. Each passenger will be charged as follows:

Austin to San Antonio on Saturday Morning – 5:30 am	\$25
San Antonio to San Marcos after the Family Fun Ride – 10:30 am	\$15
San Marcos to San Antonio on Saturday – 7:30 pm departure	\$15
Austin to San Marcos on Sunday after the ride - 10 am – 2 pm	\$15
Austin to San Antonio on Sunday after the ride - 10 am – 2 pm	\$25

Riders' gear will be transported to Texas State University and Akins High School at no charge, and also back to San Antonio or Austin each day at no charge. Riders' bikes will be transported back to San Antonio or Austin each day at no charge. Free parking for registered riders will be provided. **Registered riders with specific transportation needs should contact us ASAP, and we'll do our best to accommodate you.**

**Day of Event Schedule
Saturday, May 19
San Antonio**

- 6 – 7:30 am **Light breakfast provided by AT&T
Starbucks will begin serving coffee**
- 6:30 am Registration opens
 Luggage drop off opens

ALL RIDERS PROCEED TO REGISTRATION AREA

All riders are required to turn in waiver forms the day of the event and not before. This is a new National Policy. Minors must have a waiver form signed by their legal guardian.

Do one last bike inspection. Make sure your bike is ready to roll. Bike shop sponsors will be on hand to provide assistance.

- 6:55 am Opening ceremonies begins
- 7:40 am 80 mile riders depart **++ Note: Riders must reach rest stop #2 by 10 am. 80 mile route turn off closes at 10 am**
- 7:50 am 50 mile riders depart
++Route Sweep at 4 pm for the 50 & 80 mile routes.
- 8:00 am Family Fun Riders depart **++ 15 mile Route Sweep at 10:00 am**
- 8:30 am Family Fun Ride Festivities, light brunch provided by Harcourt Assessment /ARAMARK. Other activities include: Face painting, kids' games, music, H-E-Buddy
- 10:20 am Raffle for 1 girl's bike and 1 boy's bike
- 10:25 am Rest Stop Awards Announcement
- 10:30 am Shuttle from SA to San Marcos departs
- 10:30 am Family Fun Ride Festivities close

San Marcos

- 10:30 am Visit the AT&T Blue Room and see the latest products and services provided by AT&T
 Visit Valero Energy Corporation booth for free drinks, snacks and door prizes.
 Gary Job Corps will begin serving lunch.
 Menu includes: Hamburgers, hot dogs, fresh fruit and Fresh Express salad
 Massage Therapist will be on hand. **Tips are encouraged.**
 Visit the "What to do in San Marcos" booth
- 11 am Free Shuttle rides to the provided by CARTS will take participants to Outlet Malls, the Square and Wal-mart. Shuttle rides are sponsored by **Lancer Corporation.**
- 2 pm Movie #1 at the San Marcos Theatre begins
- 3 pm CARTS services conclude
- 5 pm All riders and volunteers are encouraged to participate in the Tour de Cure Saturday Night Celebration at Sewell Park
New this year, we will have a Luau themed dinner with Polynesian dancers, greeters, limbo contest, dinner and awards.
- 7:15 pm Conclusion of Saturday Night Celebration
- 7:30 pm San Marcos to San Antonio shuttle departs
- 7:30 pm Movie #2 at the San Marcos Theatre begins
- 7:45 pm **Event concludes for Day 1.**

Day of Event Schedule

Sunday, May 20

San Marcos

6 am Breakfast provided by Mama Margie's

6:30 am Registration opens
Dorm room key and access card drop off begins.

Lost keys access card fee is \$80 per person for Falls and Butler Hall Riders, \$156 dollars for San Jacinto/Pacesetter Dorms and \$10 for lost access keys. Cost will be charged to participant.

Luggage drop off begins

Do one last bike inspection. Make sure your bike is gear! Bike shop sponsors will be on hand to provide assistance.

7:15 am Morning briefing

7:30 am 80 mile riders depart

7:40 am 58 mile riders depart

7:50 am 25 mile riders depart

Austin

10:30 am Lunch will be served. Menu includes: Lo Mein Noodles, fresh fruit and veggies. Lunch is provide by Mama Fu's and G&M Catering.

Massage Therapist will be on hand. Tips are encouraged.

ADA Information Booth

Music by KLBJ and entertainment throughout the day

11 am San Marcos/San Antonio Shuttles will arrive. Once first shuttle is filled, first shuttle will depart. Second shuttle will depart once the route has been swept.

3 pm **Event concludes for day 2.**

**Smile: RX Design is the official Photographer for the
2007 ADA & AT&T Tour de Cure!**

After the event photo's can be viewed at rxdesign.com

Safety

With regards to safety, there are 2 important facts that you should not forget

- 1) **The bicycle is legally considered a vehicle in Texas. With that in mind, you have full rights and responsibilities on the roadway and are subject to the regulations governing the operation of motor vehicles where applicable.**

- 2) **The Tour de Cure route is not closed to traffic.** Thus, the only time you should ignore signs or traffic signals is the same as if you were in a car: Only when a police officer is directing you to do so. Our volunteers on the route are only there to alert you to traffic and road conditions, NOT to direct traffic for you.

With these two things in mind, here are a few safety tips:

- OBEY ALL **TRAFFIC SIGNS, SIGNALS**, and directions from **TRAFFIC OFFICIALS**.
- Ride single file in a straight line, on the right, with traffic, a few feet from the edge of the road.
- Pass on the left only. Check behind you and signal. When passing another cyclist, yell “on your left.” When you hear someone calling out, don’t turn around. Ride straight and steady.
- Warn others when stopping or turning by giving required hand signals with left hand.
- Do not follow too closely behind other cyclists or cars. Do not draft behind cars.
- Never make abrupt stops. Slow gradually when stopping to rest and move completely off the pavement.
- Keep clear of road-edge hazards such as sand, gravel, trash drains and parked cars.
- Cross railroad tracks with your tire at a right angle to the tracks.
- Talk to your fellow cyclists. Call out details like “car back,” “car up,” “on your left,” “stopping,” “road kill,” “gravel,” “potholes,” or “tracks.”
- Don’t ride in a pace line if you haven’t trained in one! Always pull out of a pace line before slowing.

Other Important Safety Tips...

Watch for Dogs

Should you come upon dogs on the route, be aware of their unpredictable behavior. Although it is rare that a dog will bite a cyclist, a dog could accidentally hit the front wheel of a bicycle, causing an accident or wreck. The best thing to do if a dog does decide to pursue you is to squirt it with your water bottle. Not only will this startle the dog, it will give you time to get away. Do not kick a dog that chases you!

Got the Gear?

Helmets are required for all cyclists participating in Tour de Cure and must be worn at all times when you are on your bicycle. You will not be permitted to participate in the ride without a helmet and will be asked to leave should you not follow this safety procedure. Also, stereo and/or headphones are not permitted. Wear bright clothing that can be easily seen and stay away from loose fitting apparels that could get caught in the spokes or chain.

Country Roads

Because we try to provide the best route available for our cyclists, you will sometimes find yourself on narrow back roads. These routes were chosen for their limited traffic and excellent scenery of Texas. Enjoy the route, but remember that it is important to ride responsibly and be prepared for what lies on the road ahead.

For the Fun of It

Remember, this is not a race. You will be riding with cyclists of all levels and abilities. Be courteous to other cyclists as well as motorists with whom you share the road. Have fun

Hydration

How to Hydrate for Better Performance

By Fred Matheny of www.RoadBikeRider.com

If it's the summer cycling season, it's probably hot where you live. Cyclists and other outdoor athletes are the first to notice rising temperatures. And the hotter it is, the faster you lose fluids when you ride.

Fluids are crucial to your performance and sense of well-being. We're really just big bags of fluid—our blood contain about 50 percent water. Because water helps keep us cool, a loss of only one percent of our bodyweight as sweat means a significant loss of speed and endurance.

I know you've heard it before—drink, drink, drink! But it's amazing how few cyclists heed this advice. They forget to drink because of the excitement of the ride, and then they wilt before the end.

But proper hydration is easy. Here's how:

- **Ride Early or Late.** You'll need to replace fewer fluids if you ride when it's cooler. One approach: commute by bike so you ride early in the morning and again in the evening when temperatures have moderated. Ralph Phillips, owner of Fairwheel Bikes in Tucson, beats summer temperatures above 100 degrees with dawn rides.
- **Practice Drinking On the Bike.** If you aren't comfortable taking one hand off the bar to pull the bottle from the cage, practice while riding in an empty parking lot or lightly traveled road with a wide shoulder. Hold the bar with your other hand near the stem to limit swerving as you reach down.
- **Pre-hydrate.** Make sure you're well hydrated before the ride. Most people are chronically dehydrated because they simply don't drink enough water. Keep a bottle on your desk and sip frequently all day. For an energy as well as fluid bonus, down 16 ounces of a sports drink about an hour before the ride.
- **Drink During the Ride.** Because your body's sensation of thirst lags behind its need for liquid, always sip from your bottle before you get thirsty. When you feel thirsty, it's already too late. Make it a habit to reach for your bottle every 15 minutes and slug down a couple of big swallows.
Most riders need one big bottle (about 28 ounces) per hour but it's highly variable depending on temperature, intensity of the ride, and other factors such as body size. Experience will help you judge your fluid needs.
- **Hydrate After the Ride.** No matter how much fluid you drink while riding, in hot weather you'll finish the ride depleted.
- **Restore Sodium Levels.** Those white stains on your clothing and helmet straps after a hot ride come from the salt that you sweat out. It needs to be replaced. Low sodium levels are associated with increased incidence of cramps. Heavy sodium losses lead to *hyponatremia*, a potentially life-threatening condition.

Your sports drink should contain at least 100 mg of sodium per 8 ounces (check the label). It may also help to salt your food when you're riding frequently in hot weather.

Before Your Ride: The ABC Quick Check

So... you're going for a bike ride. Your body will get a workout, and so will your bike. Have you checked your bike for mechanical safety? Timely bicycle maintenance can prevent a serious accident. Here is the "ABC Quick Check", which you should do every time you ride.

A is for Air.

- Check tire pressure. Tires should be inflated to the rated pressure noted on the sidewall (pounds/square inch). Use a gauge to verify you have reached the recommended rate.
- Check for damage to the tire sidewalls and/or tread. Sidewall damage is common if the brakes aren't adjusted properly. If the bands of the tire are showing below the surface, you need a new tire -- now!

B is for Brakes.

- Check the brakes for pad wear and adjustment. Visually check the brake-block pad. If less than 1/8" of rubber shows at any place, replace the brake-block/pad assembly. Make sure the brake blocks are parallel to and aligned with the side of the rim when applied.
- Check cables and housing. Cables need to travel smoothly. If the cables stick, apply lubrication at the ends of the housing and work it in by applying the brakes several times. Frayed cables should be replaced.

C is for Crank Set.

- Check the crank set. The crank set consists of the bottom bracket, the crank arms, and chain rings. To do this check, take the left and right crank arms in your hands and attempt to move them sideways. If both move, you have a problem with the bottom bracket. If only one moves, the individual crank arm is loose and must be secured. A loose crank arm should never be ridden.

Quick is for Quick Releases.

- Quick-release hubs need to be tight, but not too tight. The proper pressure is obtained by pushing on the quick-release lever so it leaves an impression on the palm of your hand. The closed lever should face up and back to minimize the chance of catching on anything while you ride.
- Quick-release brakes, which are opened when removing or installing wheels, need to be in the closed position. When closed, check to make sure the brake pads aren't rubbing the rims.
- (Quick-release seat clamps, on mountain bikes and some hybrid bikes, need to be in the closed position. Check to be sure your seat is at the correct height.)

Check is for a brief, slow ride to check that your derailleur and shift levers are working properly.

Many items of the ABC Quick Check can be done visually; others require just a brief physical check. If you find that your bike needs adjustments beyond your ability, enlist the professional mechanics at your local bike shop.

What to Expect on the Route

SAG Wagons – Standing for Support and Gear, these vehicles are clearly marked with signs in their windows. Their main purpose is to patrol the route and assist the weary, broken down or hurt cyclist. Also, they are responsible for leading the way and bringing up the rear to slow down any approaching vehicles and make the pack of cyclists more visible to motorists.

Mechanical Support – While there will be mechanics on the route to assist you we do recommend that you bring a few basic items such as a tool set and a spare tube in case you need them. The mechanics may be a while in getting to you if there are several people needing flats changed, and they will not have supplies to give as handouts.

Amateur Radio Operators – Known as the eyes and ears of the route, these individuals will be placed at each rest stop and/or in SAG vehicles on the route. With the help of their communications equipment we will be able to know such important information as where the first and last cyclists are and whether or not a rest stop is set up and ready.

Medical Volunteers – Selected by their ability to assist a cyclist in a variety of emergencies, this valuable group brings to the ride an added sense of safety and security in the unlikely event that they are needed.

Police Escorts – All local municipalities will be contacted and their assistance secured where possible. You will more than likely see local police slowing traffic at busy intersections, leading cyclists along the route, giving the okay to turn where sight distance is limited, or all of the above.

Directional Signs – These will be placed alongside the road. Each turn will be preceded by a sign and will be followed by a confirmation to reassure you that you did in fact make the correct turn. On occasion, you may be on a road for a long stretch without having to make any turns. When this occurs, a straight-ahead sign (accompanied by a straight-ahead road hickey) will be placed every mile. There will also be signs to provide both you and approaching motorists with necessary information about the road ahead, such as “Water Stop Ahead” or “Caution/Cyclists on Road”.

Rest Stops – Conveniently located every 8-10 miles these will be fully stocked with fruit, snack bars, water and Power Aid. They are staffed by at least one volunteer with transportation, an amateur radio operator and a medical volunteer.

Exercise & Diabetes

Although most people with diabetes can exercise safely, exercise involves some risks. To shift the benefit-to-risk ratio in your favor, take these precautions:

- **Have a medical exam before you begin your exercise program.** This is especially important if you have not engaged in a serious exercise regimen for a number of years! Have it include an exercise test with EKG monitoring, especially if you have cardiovascular disease, are over age 35, have high blood pressure (hypertension), elevated cholesterol levels, smoke, or have a family history of heart disease.
- Inform all of your doctors of your fitness plans and goals
- Discuss with your doctor any unusual symptoms that you experience during or after exercise.
- If you have diabetes-related complications, check with your diabetes care team about special precautions.
- Learn how to prevent and treat low blood sugar levels (hypoglycemia). If you take oral agents or insulin, monitor your blood sugar levels before, during and after exercise.
- If you have Type 1 and your blood sugar is above 250 mg/dl, check your urine for ketones. Don't exercise if ketones are present.
- Always warm up and cool down.
- Pay special attention to proper footwear. Inspect your feet daily and always after you exercise.
- Drink plenty of fluids: any elevation in blood sugars can cause a greater loss of water due to the increase in urination (polyuria).
- Take precautions when exercising outdoors when the weather is too hot and humid (see hydration above) or too cold.

Always have diabetes identification on you, be that a medical bracelet or necklace, or a card that states you have diabetes.

Driving Directions to Start Lines and Finish Lines

Day One Start Line:

Directions to Harcourt Assessment, 19500 Bulverde Road

From Austin I-35 North

Travel South on I35 towards San Antonio. Take a right on Loop 1604 (traveling West). Exit Bulverde Road, and take a right (north) on Bulverde Rd. Continue straight on Bulverde Rd until you reach Harcourt Assessment

Day one Finish Line and Day two Start Line:

Directions to Texas State University, 501 Edward Gary

From Austin/Dallas/Waco and the I-35 Corridor North

Follow **I-35 South** to San Marcos, take **exit #206/#207**. Stay on the access road. Merge right onto **Aquarena Springs Drive/Loop 82**. You will pass two traffic lights and cross over a railroad track. Bobcat Stadium will be on your left. You will pass another traffic light and then over the San Marcos River. At the next light go left on **University Drive**. Follow University Drive as it bears to the right. You will see the **Theatre Center** on your right (a red circular building). Take the second right, **Edward Gray**. Butler Hall is on the corner of Edward Gray and Wood



Day Two Finish Line:

Directions to Akins High School, 10701 South 1st Street.

From San Antonio/San Marcos

Follow IH-35 North to exit 225 (FM 1626 / Onion Creek Parkway). Travel a quarter of a mile north and cross over IH-35 to the southbound frontage road. Travel half a mile south on the access road, then turn right (west) onto FM 1626. Travel half a mile west on FM 1626, then turn right (north) onto South First Street. You will see the school on the right.

Bike Shop Sponsors

Check out our participating bike shops. Riders are encouraged to get their bike inspected before the ride. The following bike shops are official Bike Shop Sponsors for the Tour de Cure and will provide free bike inspections to make sure your bike is in gear for the Tour.

**Action Bikes
2921 Pat Booker Rd. Ste. 104
210-657-0155**

**Bicycle Heaven
20323 Huebner Rd. Ste. 108
210-494-0035**

**Bike City
3122 West Ave
210-308-0812**

**Bike World
7148 Blanco & 5911 Broadway
210-344-2303 & 210-828-5558**

**Britton's Bike Shop
16636 US Hwy 281
210-656-1655**

**Charles A James Bicycle Shop
1203 SW Military Drive & 329 N. Main Ave
210-823-3010 or 210-226-7812**

**Cycle Logic
12319 Wetmore
210-490-8251**

**Joe's Pro Bikes
25290 IH 10 West Suite #4
210-698-8747**

**Nikki's Bicycleworks (Boerne)
802 E Blanco Road
830-248-1243**

**Planet Bike
5819 NW Loop 410, Ste. 153
210- 682-2050**

**Ride Away Bicycles
11075 IH 10 West, Suite 305
210-696-9925**

**The Bike Platz (New Braunfels)
1312 Common Street, #402
830-626-2453**

