



# *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*

June 2025

Website: <https://www.nmts.org>

Vol 46-05

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## **PRESIDENT'S CORNER**

NMTS members supported our community by providing volunteer support to two National Bike Month activities in May. On Saturday, May 9th at Tiguex park in Albuquerque, members greeted cyclists and answered questions from those looking to find a club and other like-minded people to ride with. Then on Sunday, May 18th at Cedar Grove, members provided food, drink, and encouragement to all those riding the Santa Fe Century. We were thrilled to see such a fantastic volunteer turnout at both events! I am extremely grateful to all of you for your incredible support and volunteer efforts. Your support and enthusiasm truly make a difference in our community. A big thank you to both Dianne Cress and Hal Stevens for organizing and coordinating the volunteers.

Temps are heating up again, please make sure to check our website regularly for any ride schedule updates. There have been a number of changes to start times in the last couple weeks and we expect that trend to continue as summer approaches.

If you are looking to spice up your ride schedule or to challenge yourself, there is a great resource of cycling events (road, mtb, and gravel) created by New Mexico Cycling ([nmcycling.org](http://nmcycling.org)) and New Mexico Bicycle Racing Association ([nmbra.org](http://nmbra.org)), which can be found at ([nmcycling.org](http://nmcycling.org)). The board is discussing opening up the 'store' for purchase of club jerseys. There is also some interest in updating the current jersey design. If you are interested in purchasing a new jersey in the next few months or have opinions regarding the current design, the old design, or want to help develop a new design, please send an email to [info@nmts.org](mailto:info@nmts.org). We value your opinions and creativity, and we are excited to hear your thoughts. I look forward to seeing all of you at our upcoming rides and events.

- Darcy -



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## NMTS Hosts Cedar Grove Rest Stop

Harold Stevens, Jeanie Putree, and Mary Ann Sweeny volunteered to serve at the Cedar Grove rest stop of the Santa Fe Century on Sunday, May 18 this year. From 8 until 1 they dispensed P&J sandwiches, mixed Gatorade and cheered the riders who were braving the gusty conditions. Linda also delivered the unused perishables to *God Cares About*.





## Safety

As most have noted, we are starting recurring rides an hour earlier. OK, I liked the later start BUT the cooler morning is worth it. Summer is here, and with it the higher temperatures. Proper hydration is always a factor, but in the hot months ahead it becomes very critical. Those who live here understand our high and dry climate may mask excessive fluid loss leading to dangerous dehydration.

I am offering a brief summary. If one is interested, there is a much better discussion on proper hydration in the NMTS website, Dr. Spoke.

When cycling we must hydrate adequately. On the longer rides such as a Century or touring, hydration also means replenishing electrolytes. Usually, on the daily rides normal nutrition suffices to maintain electrolyte balance. For the longer, a good ride plan includes electrolytes from sport drinks or electrolyte tabs found in most bike stores.

Our body, about 72% water, is akin to a reservoir we want to keep topped off. A good hydration plan would start before the ride. During the ride, continue to take in water. One pro hack, if thirsty take a sip. What we must avoid is reducing our reservoir. One key to assess hydration is our urine. If it is a light, pale yellow color our hydration level is ok; amber or dark, one is dehydrated and must begin re-hydration. If there are physical symptoms such as light headedness, clammy/hot dry skin, nausea, vision blurriness then immediate action must occur such as terminating the ride. I'll come back to this.

As a minimum, we should carry water stowed in the bottle cages on our bikes. Typically the bottles hold about 750 ml (about 3/4th of a quart). An "average" rider will deplete about 500-1000 ml per hour. Note, I said "average." Rider weight & physical condition, temperature, exertion level, humidity, and others can affect significantly depletion. Often under hydration arises from inconvenience such as mountain biking.

Some years ago when mountain biking I used the bottle cages. A friend put me on to the hydration pack. One, by example, is the Camel Back (there are several brands now). The result was dramatic. Since it was very easy to drink from the hydration pack water tube versus a bottle, I increased the frequency and water intake quantity. I experienced a very noticeable increase in performance. For road bikers, reaching for a water bottle is a bit easier. However, as I have cautioned before using a water bottle in a pace line creates a significant safety hazard. If the rider drops the bottle, trailing rides may very well strike it and go down. For me, especially in hot weather, I use the hydration pack on all rides.

It is important we recognize two conditions of severe dehydration: heat exhaustion and heat stroke.

Heat exhaustion exhibits itself through clammy/warm skin, weakness, nausea, dizziness, irritability, thirst, and headache. First aid involves moving the victim to a cool place; removing extra clothes; cooling through fanning/wet towels; and, drinking water and sports drink (electrolytes!). Only withhold fluids if too disoriented to drink or vomiting. If symptoms persist, contact medical immediately.

Heat stroke is deadly! Victims will have nearly or completely stopped sweating, their body temperature will be abnormally high, skin will be dry (hot and red), elevated pulse, nausea, and confusion. Unconsciousness may occur. CALL 911! First aid involves moving the

individual to a cooler place. Attempt to cool the individual with cool cloths or cool bath. Do not give the person fluids

In summary, like most things planning ahead can prevent mishap. A good hydration plan includes pre-ride hydration—get the body water table up. A sufficient and readily usable supply (bottles or hydration pack). Replenishing electrolytes on the long rides. And, importantly recognizing severe dehydration and taking appropriate action.

- Dave Olson -

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## Trail Work

### Paseo de la Mesa Trail

Starting May 19th, a portion of the Paseo de la Mesa Trail (between Atrisco Vista & 81st) will be closed for a few weeks as crews repave and restripe this 20-year-old trail. Fresh asphalt means smoother rides ahead.

### Meadowlark Trail

A new bike trail along Meadowlark in Corrales now connects the Loma Larga bike lane to the bike lanes in Rio Rancho and the Thompson Fence-line/Intel trails.

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## Useful Web Links

[NMTS One-Time Rides](#)

[NMTS Weekly Rides](#)

[NMTS Monthly Calendar](#)

[NMTS Route Library](#)

[NMTS Strava Club](#)

[Club Milage \(members only area\)](#)

[Join/Renew your NMTS Membership](#)

[Minutes from the April NMTS Board Meeting \(members only area\)](#)

[Bicycling in Albuquerque \(new city website\)](#)

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## Treasurer's Report

### Financial

**Beginning Balance May 1, 2025: \$8055.19**

**Total Income: \$287.76**

**Total Expenses 0.00**

**New Balance May 31, 2025: \$8342.95**

### Membership

**Renewing members 9**

## For Sale

Need to sell my 2023 Specialized Levo Turbo SL large size bicycle. No longer can use effectively due to damaged lungs from Covid-19. Only ridden 147 miles since purchased June of 2023! Weight of Levo is 40 pounds. Mint condition and charger is included. Request of \$4725 as list was \$8000. Seller: Russell Stolk, RN, [russstolk@gmail.com](mailto:russstolk@gmail.com) (Venmo, PayPal, cash accepted).



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## In Remembrance of Rob Oakes

Rob Oakes retired after a distinguished career as a scientist at Los Alamos National Laboratory, and he and his wife Maureen built their retirement home in Placitas, NM. He joined NMTS in 2007 and immediately became a committed member of the club, accumulating over 28,000 club miles until his bicycle accident and tragic death in 2013. His accident occurred in a collision with a car while participating in the NMTS Gila Super Tour, a two-day ride near Silver City, NM.

In the aftermath of this sad event, a white ghost bike was put in place near the site of the accident as a memorial to Rob, at the intersection of NM 15 and NM 35. Since that time, NMTS has endeavored to maintain this memorial, adding a bike-wheel wreath with artificial



flowers and NMTS lettering. This was recently refreshed by Dave Olson, as shown in the photos.

Around the May anniversary of this event, we particularly remember Rob Oakes as a fierce rider, an excellent riding companion, and a dedicated friend to all of us and to the club. We miss you, my friend!



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## Welcome New Members

**Isabella Adams**  
**Gerry Troyer**  
**Katie Worley**

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## Notes

- The Freewheel deadline is 6pm on the last day of the month. Please forward articles to the Freewheel Editor, email: [nmtsfreewheel@gmail.com](mailto:nmtsfreewheel@gmail.com)
- Please forward mileage information to Frank Bouchier, email: [mileage\\_chair](mailto:mileage_chair) or call 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: [info@nmts.org](mailto:info@nmts.org).

- Send web information to Rob Brueckner, email: [info@nmts.org](mailto:info@nmts.org).
  - Paid advertisements are accepted on a space available basis.
  - Members may post free ads in The Freewheel. Please send the information to the Freewheel Editor, email: [nmtsfreewheel@gmail.com](mailto:nmtsfreewheel@gmail.com)
  - To submit a new ride, navigate to members only section on the NMTS [website](#).
  - Send all other club inquires to email: [info@nmts.org](mailto:info@nmts.org).
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Email club inquires to [info@nmts.org](mailto:info@nmts.org)

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