

Hale on Wheels Cycling Club

WEBSITE: www.haleonwheelsbikeclub.com



Newsletter No. 30

President: Gabriel Martinez

Vice-President: Ron Appling

Secretary/Treasurer: Randy Kaufman

Editor: Ed Self

Webmaster: Jeff Earhart



April 30, 2013

Special points of interest:

- * Ride of Silence
- * DUES!
- * Tour de Freedom
- * Saturday Club Rides
- * Riding Challenge
- * Dr. Nate, New member

TOUR DE FREEDOM

The 2013 Tour de Freedom, sponsored by Aaron Byrd and the Cotton Patch Café, was held on April 6th and was an enjoyable ride. Our club had at least seven members participate: Jeff, Ramiro, Martin, Abraham, Les, Phil, and yours truly, and I may have missed someone. I thought the route was good, the “goodie bag” excellent, and, although it was a little windy, everyone had a good time. At the end of the ride, a train blocked the route for about 45 minutes, but I needed a rest anyway. See the picture below and on the next page.



Tour de Freedom pictures



Jeff and Phil



Les



Jeff



Ramiro

RIDE OF SILENCE

Thanks to Ron A., our club will participate in the Ride of Silence on May 15th. Everyone should have received Ron's email announcing the route.

Meet at **Broadway Brew at 6:30 P. M. on May 15th.**

NEW CLUB MEMBER



Nate, Linda, and Eli

Dr. Nate Pochucha, D. C., graduated with a Bachelor's Degree in Biology and Chemistry from Minnesota State University, Moorhead, in 2002. Following his bachelor's degree, he received his Doctor of Chiropractic degree in 2005 from Northwestern College of Chiropractic, in Bloomington, Minnesota. Since graduating, Dr. Pochucha has continued his education extensively within the realms of neurology, nutrition, and pediatrics. Dr. Pochucha is an Epic Pediatrics Chiropractor, specializing in the natural health, healing, prevention, and vitality of infant and child health, as well as nurturing along mothers during and following pregnancy.

While in private practice in White Bear Lake, Minnesota, Dr. Pochucha worked extensively with the athletic training staff, coaches, and athletes of Northwestern Bible College in Roseville, Minnesota. His training in chiropractic, neurology, bio-mechanics, and sports medicine has given him the experience of working with a wide array of conditions such as neuropathies, sports related shoulder and knee injuries, neck and low back pain, disc herniations, asthma, ADD/ADHD, acid reflux, automobile and work injuries, as well as an impressive track record of treating fibromyalgia. Dr. Pochucha's passion is for the restoration of health and form; allowing his patients to live their lives to the fullest.

Dr. Pochucha grew up outside a small farm town in central Minnesota. In high school, he was very involved in both academics and sports, playing varsity football. His passion and prayerful longing for true community has lead him to this wonderful west Texas community. Dr. Pochucha and his lovely wife, Linda, live here in Plainview with their son, Eli, and their three dogs. They love to spend their time outdoors, biking, snowboarding, motorcycling, camping, and living active and healthy lives. Dr. Pochucha is also the team chiropractor for Wayland's golf program. He started working with head coach, Tom Harp, and the elite athletes in 2012 and helps them to optimize their performance with regular adjustments.

Everyone, welcome Dr. Pochucha to the club.

2013 RIDING CHALLENGE



Member	Goal	Miles reported	% of Goal	% of Year
Ron Appling	2500	0	0	32.9
Jeff Earhart	1500	297.9	19.86	
Richard Porter	2000	205	10.25	
Ed Self	1000	85.4	8.5	
Phil Zolman	4200	0	0	

Remember, you get **double** the miles you actually rode if you participate in an organized riding event, and, if you volunteer and work in an organized event, you may claim **bonus miles** equal to the longest distance in the event.

Send Mary Anna your goal and an email as you ride and she will keep up with your progress during the year.

NOTE: Mary Anna has a new email address:



Let's have everyone participate and set a riding challenge goal for 2013.

MEMBERSHIP DUES



All members need to renew their memberships. Dues are \$ 25.00 per individual or \$ 30.00 for a family.

If you haven't done so already, send your payment to Randy Kaufman, 2308 West 5th, Plainview, TX 79072.

Dues must be paid by June 30, 2013.

SATURDAY CLUB RIDES

This is just a reminder about the Saturday morning CLUB RIDES, beginning at 8:30 A. M. each Saturday at the Ollie Liner Center. The route planned will go from there south toward Hale Center on Business 27 and then on the I-27 south service road and return. Of course, the group or any individual, can decide to take any route they wish and ride at any pace they wish.

Club Member

email

cell phone

Andrews, Brad

Appling, Ron

Aven, Sandra

Aycock, Chase

Baker, Carolyn

Barrera, Frances

Bertsch, John

Bertsch, Kathy

Carroll, Angel

Carroll, Greg

Carthel, Fonty

Cherry, Lisa

Earhart, Jeff

Estrada, Tomas

Fox, Tara

Gomez, Ramiro

Griffin, Les

Hardage, Ashley

Hardage, Carley

Hardage, Stacie

Hardage, Tim

Henthorn, Adam

Hernandez, Eugene

Kaufman, Randy

Lancaster, Andrew

Luevano, Ernesto

Marlar, Carl

Martinez, Edgar

Martinez, Gabriel

Martinez, Guadalupe

Martinez, Ofelia

Montalvo, Martin

Morales, Yolanda

Moreno, Hilario

Nichols, Jack

Pochucha, Nate

Porter, Richard

Quintanilla, Ron

Schott, Ross

Self, Ed

Self, Mary Anna

Self, Mitchell

Shaw, Rick

Stewart, Kevin

Zolman, Phil