

★ FROM THE HANDLEBARS · A NOTE TO MEMBERS

Forty Years on, We're Still Chasing the Italy Water Tower

BY THE LSC NEWSLETTER DESK · MAY 2026

If you've ridden with us long enough, you know the feeling: the cool kiss of a 6 a.m. parking-lot breeze, the clack of cleats on asphalt, the smell of breakfast tacos from the high-school booster club, and somewhere down the road — that little water tower stamped *ITALY* in big block letters.

Welcome to **2026**, friends. We've got a lot to share.

This issue is fatter than a tubeless tire on fresh chip-seal, and for good reason. Our flagship rally — the **Tour d'Italia** — turns **40** on Saturday, June 20. Forty years of rolling Ellis County, of friends in matching kits, of finishing the day with a snow cone and a sunburn. Forty years of money raised for Italy High School and Texas Scottish Rite Hospital for Children. We are, unapologetically, going to make a fuss about it.

Beyond the rally, North Texas had a lively spring. Phase II of Dallas' Trinity Forest Spine Trail opened in mid-April with a brand-new pedestrian/bike bridge over Lake June Road — that's another piece of the future **50-mile Loop** in place. The state legislature wrapped a session that left Texas' vulnerable-road-user landscape *almost*, but not quite, where we want it. And our Saturday rides are back to full strength.

Read on, ride safe, wave at the volunteer at the rest stop, and we'll see you out there.

– The Editors

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COVER STORY · 40 YEARS STRONG

★ TOUR D'ITALIA · 40TH ANNIVERSARY

A Stylish Jersey, A Storied Ride.

For four decades, riders have rolled out of Italy High School chasing a little water tower on the horizon. This year we're celebrating in tech-tee style — and yes, the jersey is a beauty.



Mark the calendar in **permanent marker**: **Saturday, June 20, 2026**. The 40th Annual Tour d'Italia rolls out of Italy High School (300 College Street, Italy, TX) at 8:00 a.m. with five route options — **12, 30, 40, 50, and 62 miles** — through the gently rolling countryside of Ellis and Navarro counties.

Check-in opens Friday, June 19, from **5:00 to 8:00 p.m.** at the Italy High School Field House (note: the Field House, not the Rotunda — that location changed last year). Saturday check-in opens at 6:00 a.m. Camping is available the night before, including air-conditioned spots in the “old gym” for riders who like to sleep *cool* before a Texas June ride. Showers are open in the field house after the ride.

Proceeds, as always, support **Italy High School**, the **Texas Scottish Rite Hospital for Children**, and a pile of other North Texas charities. Limited mechanical support is available at the start line; come prepared with a tube and a multi-tool. The first plums and nectarines of the season will be waiting at the rest stops — that part hasn't changed in forty years.



The 2026 Tour d'Italia 40th Anniversary Jersey — front & back.
LIMITED EDITION. ORDER YOURS FROM PEAK ONE SPORTS.

QUICK LINKS → tourditalia.org · Route maps on Ride with GPS · Day-of-ride logistics · Our sponsors

△ Rider Advisory – Possible Side Effects of Wearing the 2026 Jersey

- An irresistible urge to ride “just five more miles.”
- Spontaneous drafting invitations from strangers who assume you're a Cat 3 racer.
- A sudden inability to pass a scenic stretch of countryside without stopping for a photo.
- Unsolicited compliments at every gas station between Italy and Waxahachie.
- An overwhelming desire to register for your 41st TDI before you've even finished your 40th.

The Tour d'Italia organizers accept no responsibility for riders who, after putting on this jersey, find themselves booking flights to Tuscany.

★ CAPITOL WATCH · LEGISLATION

From the State House: What Texas Riders Should Know in 2026

A long-awaited e-bike trails bill stalled, while local cities are quietly doing the heavy lifting on safe-passing rules.

Cyclists who follow the legislature had reason to watch **SB 1865** closely last session. The bill would have opened many state park trails to Class 1 and Class 2 e-bikes wherever traditional bicycles are allowed. **It died in committee on June 2, 2025**, meaning Texas Parks & Wildlife policy still keeps e-bikes on park *roadways* only — not on trails. If you ride a Class 1 commuter, double-check posted signs at every TPWD park before you roll in.

At the same time, Texas still has **no statewide safe-passing distance** for motorists overtaking cyclists. The general rule under Tex. Transp. Code §545.053 is just “a safe distance,” which is exactly as helpful as it sounds. That’s why so many North Texas cities — Dallas, Fort Worth, Arlington and more — have adopted local **3-foot** ordinances (6 feet for trucks). When you cross a city line, the rule can change with you.

Texas also has no statewide **Vulnerable Road User** law and no statewide adult helmet law. Children are covered city by city: Austin, Houston (under 14), and Dallas all require helmets for minors.

The Quick Refresher: Texas E-Bike Rules in 2026

1 Three-class system applies.
Class 1, 2, and 3 e-bikes (under 750W) are regulated like bicycles on public roads under Chapter 551. No license, registration, or insurance required.

2 Class 3 minimum age is 15.
Under-15 riders may travel as passengers on a multi-rider Class 3 bike (Tex. Transp. Code §551.107).

3 Sidewalks are city-by-city.
Houston bans bikes on CBD sidewalks; Dallas allows them outside the central business district; Austin permits sidewalk riding with yield rules. Always check local code.

4 State park trails: roadway only.
SB 1865 didn’t make it. E-bikes remain restricted to park roads on TPWD land.

Further reading: [TxDOT bicycle FAQ](#) · [BikeDFW law summary](#) · [BikeTexas advocacy](#)

★ TRAIL NEWS · DFW

Trinity Forest Spine Trail, Phase II: 4 Miles Closer to a 50-Mile Dallas Loop

An April ribbon-cutting in Pleasant Grove added a new pedestrian/bike bridge — and pulled The Loop Dallas within shouting distance of completion.

On **April 15, 2026**, officials from the City of Dallas, Dallas County, TxDOT, and the North Central Texas Council of Governments cut the ribbon on the second phase of the **Trinity Forest Spine Trail** — a key segment of The Loop Dallas, the planned 50-mile paved trail system that will eventually stitch **39 miles of existing trails** together with **11 miles of new ones**.

The new section runs through Pleasant Grove, ending at the new **Lake June Road bridge** — a wide pedestrian/bike crossing with dedicated cycle lanes that connects neighborhoods to the Lake June DART station. Phase I, which opened three years ago, already linked the Santa Fe Trail at White Rock Lake to Far East Dallas. Funding came from a federal RAISE grant plus city, county, state, and NCTCOG dollars.

“The Trinity Forest Spine Trail is a transformative investment that enhances our quality of life by inviting residents outdoors and providing a safe, connected pathway for walking and biking between neighborhoods.”

— DALLAS CITY COUNCILMEMBER JAIME RESENDEZ, DISTRICT 5

For LSC riders, this matters in a practical way: the Spine Trail is part of a connected DFW veloweb that — along with the Trinity Trails in Fort Worth and the planned DFW Discovery Trail — moves us closer to a continuous off-road route from downtown Fort Worth to downtown Dallas. Most Discovery Trail segments are slated for completion through 2026.

Worth a Saturday Spin

Want to scout the new section? Park at **White Rock Lake**, ride the Santa Fe Trail east, then pick up the Spine Trail south. The new Lake June bridge is roughly an hour out, hour back at a club pace. Bring water — there’s plenty of shade on the lake side, less so on the new section. Watch for joggers; this trail is *busy* on weekends.

More: [thelooptexas.org](#) · [bikedfw.org](#)

SAFETY CORNER · A PUBLIC-SERVICE REMINDER FROM LSC

The Eight Texas Bicycle Laws Every Member Should Have Memorized

Under **Tex. Transp. Code §551.101**, a person on a bicycle has the same rights — and the same duties — as a driver. That means stop signs, red lights, hand signals, and predictable line.

1. Stop at stop signs and red lights (§551.101).
2. Ride near the curb, with traffic (§551.103).
3. Two abreast is legal — three is not (§551.103).
4. One rider per saddle (§551.102a).
5. At least one hand on the bars; signal with the other (§§551.102, 545.107).
6. Front white light + rear red reflector or red light at night (§551.104).
7. A working brake — capable of skidding the wheel (§551.104).
8. Take the lane when it’s safer to (substandard lanes, hazards, turns).

Read the full chapter at statutes.capitol.texas.gov. Print it out, laminate it, stick it in your saddlebag — when a driver tells you the road isn’t for bikes, you’ll have receipts.



A spring & summer slate of organized rides within roughly a 50-mile radius of the DFW Metroplex. Distances and dates are accurate at press time — always confirm with the organizer before you load the car.

May — June

MAY
16
2026

SAT · CLIFTON, TX (~80 MI SW OF DFW)

Bosque Tour de Norway

Routes: 18 / 30 / 39 / 47 / 69 mi. Part of the European Tour of Texas. Details

JUN
06
2026

SAT · CEDAR HILL, TX

LSC Saturday Club Ride · Cedar Hill Loop

Members ride · A/B/C pace groups. Cue sheet & meetup at lonestarcyclists.org events page.

JUN
20
2026

★ LSC FLAGSHIP · ITALY, TX

40th Annual Tour d'Italia

Routes: 12 / 30 / 40 / 50 / 62 mi. 8 a.m. start at Italy HS. Register at tourditalia.org

JUN
27
2026

SAT · GRAND PRAIRIE, TX

LSC Post-TDI Recovery Ride

Easy social spin · ~28 mi · cinnamon rolls afterward. Members only.

July — September

JUL
18
2026

SAT · PARIS, TX (~110 MI NE)

Tour de Paris

NETT trail routes 14 / 24 mi · road routes 22 / 35 / 57 / 68 / 80 mi. Details

JUL
25
2026

SAT · DECATUR, TX (~50 MI NW)

Eighter from Decatur Bicycle Rally

Benefiting Raquel's Wings for Life. Multiple distances on rolling Wise County roads.

AUG
22
2026

SAT · WICHITA FALLS, TX (~135 MI NW)

Hotter 'N Hell Hundred

Texas' legendary century. Routes from 25K to 100 mi. hh100.org

SEP
12
2026

SAT · ARLINGTON, TX

LSC Fall Kickoff & Picnic Ride

30 mi loop + cookout at River Legacy Parks. Bring a side dish.



★ SATURDAY STANDING ORDER

The Weekly Ride: Show Up, Roll Out

LSC Saturday rides remain the bread and butter of the club. Routes rotate weekly across Arlington, Grand Prairie, Mansfield, Cedar Hill, Midlothian, Kennedale, Hurst/Eules/Bedford, and Duncanville — typically **30 to 60 miles** at A (18+ mph), B (15–17), and C (13–15) pace groups.

How to find this week's ride: log in to lonestarcyclists.org for the cue sheet, GPX file, and meetup point. Some content is members-only — annual membership is just **\$20** for an individual or family and includes the newsletter, 10–15% discounts at participating shops, and full access to Ride with GPS files.

What to bring: spare tube, multi-tool, two water bottles, ID, a few bucks for the post-ride coffee stop, and patience for a couple of regroup points. Rain cancels the ride 90% of the time — check the email thread the night before.

★ MEMBER SPOTLIGHT

Welcome, New & Returning Members

The new-member roster keeps growing. To everyone who joined or renewed since the last issue: welcome (or welcome back!). Watch your inbox for the members-only Saturday-ride announcements, and don't be shy on your first ride — wave us down at the start, and somebody in the C group will keep an eye on you.

Why \$20 a Year Is the Best Deal in DFW Cycling

Membership pays for itself in roughly one bike-shop discount. You also get access to the full cue-sheet library, members-only events (the spring party, the fall picnic, the December holiday party, and the annual **Meridian State Park** camping trip in October), and the camaraderie of a club that's been pedaling these roads since **1973**.

Join or renew here →

ABOUT SHIFTING TIMES

Shifting Times is the official newsletter of the Lone Star Cyclists, founded as the Grand Prairie Bicycling Association in 1973. We are an affiliate club of the League of American Bicyclists and the Adventure Cycling Association.

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Ride with GPS

HELPFUL LINKS

[Tour d'Italia 2026](#)
[Order the Anniversary Jersey](#)
[BikeDFW community calendar](#)
[BikeTexas advocacy](#)
[The Loop Dallas](#)
[TxDOT bicycle safety](#)