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## Editors' Comments

Sharon Boyd & Dale Campbell: Editors

Here we are in 2019! And what a contrast from last year! I remember that we were all enjoying the "bonus days" due to the warmer and dryer winter weather for Winter 2018. Such a change this year, starting with the Frozen Water Bottle Ride on New Year's Day. Yes, after riding about 12 miles in 6 degree temperatures, there were frozen water bottles. Check out Charlie's article and the photos for a summary of a ride to remember at the start of 2019.

And, welcome to the first edition of 2019 for the Bent Fork Chronicles. We're now into our second year of publishing on the new website and continue to be thankful for the improvement in the publication process. We hope that you continue to enjoy reading this downloadable and printable format. If you have suggestions for improvement in either the format or the content, please let us know. Just send a note to [newsletter@bikesprings.org](mailto:newsletter@bikesprings.org) to get your ideas and suggestions to us.

Remember that you'll be able to simply print the PDF file and read the newsletter offline at your leisure!

As with previous issues over the years since Sharon and Dale have been the Bent Fork Editors (that's since October 2010), we've continued to include a variety of articles that we believe will interest Club members and cyclists in the Colorado Springs community. These include:

- ♦ Prez Says updates and comments
- ♦ Summaries of Club events and rides
- ♦ Introduction to Gravel Rides
- ♦ Travelogues from Club members
- ♦ Interesting articles about cycling and cycling safety
- ♦ Membership updates, and
- ♦ Cycling Thoughts to Ponder

Take a look at what we've provided for you with this 1Q2019 edition. Let us know if you have any suggestions for improvement. In the meantime, we'll continue to investigate various publication techniques to better improve the appearance and content of the Bent Fork!



*Sharon & Dale taking a break from cycling at South Lake Tahoe, Sept 2018.*

## Prez Says:

Randy Susman: CSCC President



Did you get some cold-weather biking kit for Christmas? Put it to good use! You don't need to brave the subfreezing temps like those 17 souls on our Frozen Water Bottle Ride, but we have already had several delightful weekends. Time to get back into the habit of riding.

A few updates to highlight for you.

1. Our annual **CSCC Business Meeting** will be on March 5. This is your opportunity to learn and ask questions about the club operations. Details will be announced on Meetup. **Please RSVP on Meetup** so we know how many snacks to bring.
2. Entry-level **Ride and Route Planning** training sessions February 9 and 21 (you need only attend one). Join us to learn some tips and tricks for planning bike rides for yourself or groups. Excellent starting point if you've ever considered helping to lead a ride. See more about these opportunities in this edition of the Bent Fork.
3. We need your help! CSCC will assist with course marshalling the **Pedaling for St. Pat's Ride** again this year, March 16. This is a significant income source for the club, but it takes quite a few volunteers. **Look for an announcement regarding this volunteer opportunity.** Then, please consider signing up on Meetup to volunteer.
4. We have some new **gravel rides on Saturday mornings**. You may have noticed that Mike Jones is bringing us up to speed with this category between road and MTB rides. Give it a try!

By the way, one of the Club's members also brought this to our attention. The Colorado Springs Department is currently conducting a survey on what people want from the Jones Park recreational area. You might want to make time to **take this survey** (it takes about 5 minutes). If you are so inclined, this would be a good chance to suggest that any master plan include "more and better mountain biking trails".

See you out on the road!  
Randy Susman

## Mark Your Calendars! Upcoming Rides and Events

Dale Campbell: Co-Editor



*The St Pat's Ride is coming soon! (Photo from March 2018 ride)*

Here are a few of the upcoming events that we hope you will consider. As always, to check what's scheduled, you can go to the [CSCC Meetup Calendar](#).

### - **CSCC Annual Meeting**

The 2019 Annual Meeting of the Colorado Springs Cycling Club will be held on Tuesday, 5 March. Social time will start at 6pm with the formal meeting getting underway around 6:30pm. The location is still being finalized, but the expectation is that it will be held at a venue in downtown Colorado Springs. In addition to providing members more about the Club and upcoming activities in 2019, the gathering will also provide opportunities for members to provide suggestions and ideas regarding cycling activities. All attendees will receive a **free gift** from the Club, just for attending the meeting. More information will be available soon via the event listing on the [Club's Meetup Calendar](#).

### - **Pedaling for St. Pats**

Join hundreds of cyclists for your choice of ride across the city. Three courses to choose from ranging from a family friendly course to a grueling but amazing ride from Downtown to the top of Woodmen at Blodgett Peak and returning for a party and stroll through the parade. Registration includes:

- ♦ Long Sleeved Tech Shirt
- ♦ Ride Support
- ♦ Ride Refreshments
- ♦ Ride in the St Patrick's Day Parade!
- ♦ Bib Number and Course map

To learn more about the ride and how to register, just click [HERE](#).



## - Bike Swap



Colorado Springs' largest bicycling gear swap is back – on April 13<sup>th</sup> 2019! Proceeds benefit Kids on Bikes and Pedal Station. Wheelin' & Dealin is the name of the game.

- ♦ New and Used Cycling Gear from 100+ Vendors
- ♦ Sellers: 10x10' - \$20, 10x20' - \$30, Bike Corral - \$10, \$20 additional fee for table and chair rental
- ♦ Buyers: \$2 Donation to Kids on Bikes
- ♦ Bike corral: \$10/bike. Want to sell your bike, but don't want to sit at a booth all day? Our staff will wrangle the bikes while prospective buyers take a gander! Drop it off at 9:45, and pick it up by 4.

Vendor setup is from 9am to 10am and tear-down is from 4pm to 5pm. Doors open to the public 10am-4pm. Go to the [Registration Website](#) for additional details.

## - Century Experience Ride

The Mountain Top Cycling Club will host its seventh annual Mountain Top Century Experience Ride Saturday, June 15<sup>th</sup>. Few cyclists know about this fantastic high mountain road bike ride. Rolling start for the event will occur from 6am to 8am. The Food Pantry will host a breakfast by donation starting at 5:30am for a donation to the Food Pantry. Free lunch and massages will be provided by Mountain Top Cycling Club.

There are 50, 75 and 100-mile route options, all with jaw-dropping views and climbs. All rides start in Florissant.

- ♦ The 100-mile century with over 10,000 feet of elevation gain will take you around Cripple Creek, Victor, and Guffey, CO
- ♦ The 50-mile half century with 4,000 feet of elevation gain and
- ♦ The 75-mile route with 6,000 feet of elevation gain.

**Mountain Top Cycling Club**  
presents  
**Century Experience Ride**  
**June 15, 2019**  
100 Mile Century, 75 Mile and 50 Mile

Race Location: 11984 Co Rd 1, Florissant, CO 80816  
Time: 6 AM - 8 AM rolling start, Walk Ups Welcome  
Entry Fee: \$65.00  
Prizes: Jersey and \$100.00 cash prize K/Q of Mountain or Non competitive category.

*King and Queen of the mountain challenges.*  
K/Q Jersey and \$100.00 cash prize for 2 section of climbs when you down load your times from STRAVA.  
Based on four different age groups:  
under 30 | 30-44 | 45-59 | 60 and over.  
**Winners announced June 17th!**

**Registration - Active.com and USA Cycling**

Military Discount - MILIT19 Save \$10.00 | No T-shirt savings - \$5.00 NOTPLEASE,  
Tour de Cure and MS 150 riders will be credited | \$10.00 towards their fundraising goal.  
Tandem riders- second rider is 1/2 price, must mail in form with payment.

**Free Lunch | Free Massages | Ice cream cones at the finish | t-shirt or t-shirt savings.**  
**All registration is considered a donation to MTCC a non-profit organization.**  
Helmets are required and all traffic laws must be followed. All on paved roads, fully supported.  
Riders must be pre registered before May 1st to be guaranteed a free t-shirt  
Event contact - Deborah 719-689-3435 redhorse680552003@yahoo.com, www.mountaintopcyclingclub.com

MTCC is offering a special discount just for CSCC members - \$10.00 off with discount code CSCC19 and CSCC19NT (no tee-shirt) to save \$15.00. So the registration is at \$65.00 - \$15.00 that makes it \$50.00. This is a real bargain, when you consider free lunch, massages, real ice cream at the finish. There will be 5 rest stops, with homemade cookies, Kahlua cake, banana bread, oranges, banana's, watermelon, pickles, trail mix, P&J sandwiches, pretzels, beef jerky - a smorgasbord of stuff. All efforts will be

benefiting non-profit organizations for volunteering at the 5 rest stops: Junior Achievement, Ute Pass Symphony Guild, Boy Scout Troop, Messy Science Institute, and Day Break - (a daycare for adults).

And, there's even more to this bicycling event. To learn all the details, go to the [Experience Ride](#) page on the [Mountain Top Cycling Club website](#).

#### - **Bike Festival at Cottonwood Creek Rec Center**

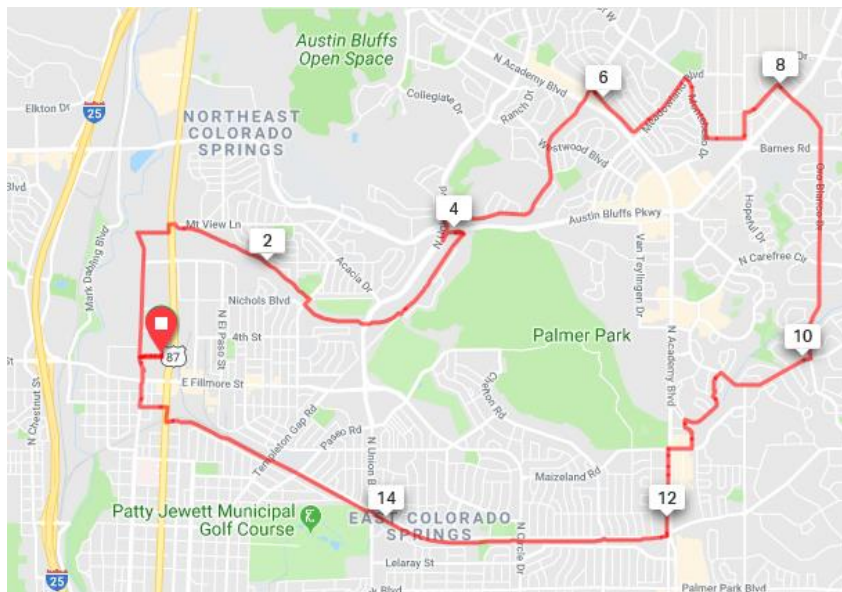
The Cottonwood Creek Recreational Center will host a Bike Festival on 22 June 2019. Scheduled as part of the Colorado Springs Bike Month celebration, the Festival will include events and several rides, with at least one being supported by CSCC. As the date approaches, check the [Rec Center Calendar](#) for details.

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## Ride & Route Planning Workshops

Sara Hill: League Certified Instructor (LCI) & Membership Coordinator

**Editor's Note:** *This is a good opportunity to continue expanding your capabilities to remain safe on rides and enjoy the scenery along the way!*



Interested in planning a route like this one? Map from Ride with GPS and Google

Knowing that we all enjoy cycling, I'm sure there are often times that you just get out for a ride on your own or with a few friends. Other times, we ride in groups, and perhaps sometimes you might just be the leader for the ride. Regardless if we ride alone or in a group, we want to remain safe and not get lost during the ride. That brings to mind a question. Just how do you determine the route for your ride?

If you want to learn more about safe route planning and the tools that can assist in that planning, join us on February 9th or February 21st to learn some tips & tricks for bike rides for yourself or groups. We'll share some favorite tips for selecting destinations & routes. Then we'll dig into how to use Ride with GPS to plan a route as well as using an existing route from CSCC or other local users.

Just sign up via one of the Meetup events that are noted below. Note that this 2 hour interactive session is FREE to paid Colorado Springs Cycling Club members. Non-CSCC and Meetup only members will be charged \$10.00 at the door.

If you sign up to become a paid CSCC member (not just a Meetup member), the \$10.00 fee will be waived (Club membership is Individual: \$21 or Family: \$28 includes 2 adults + children under 18). Sign-up to become a CSCC member at the door or go to <https://bikesprings.org/join-us>

Notes:

- 1) Bring a laptop computer so you can practice the steps of planning a route
- 2) To enable the session to start on time, please arrive 15 minutes prior to the scheduled start of the session to get laptop setup and logged onto the Wi-Fi network.

Attendance at either session is limited to 10 students and two instructors. So, be sure to RSVP via meetup as soon as possible. If you are unable to make the workshop please remove your name from the RSVP as instructed at the Meetup event description, so others have a chance to come.

Link for Feb 9: [https://www.meetup.com/Colorado-Springs-Cycling-Club/events/258483823/?rv=ea1\\_v2&\\_xtd=gatlbWFpbF9jbGlja9oAJDM3ZTVhNzQ4LWMxYzktNDFjZS04M2VkLTc2YzBjYTBjN2M5ZQ](https://www.meetup.com/Colorado-Springs-Cycling-Club/events/258483823/?rv=ea1_v2&_xtd=gatlbWFpbF9jbGlja9oAJDM3ZTVhNzQ4LWMxYzktNDFjZS04M2VkLTc2YzBjYTBjN2M5ZQ)

Link for Feb 21: [https://www.meetup.com/Colorado-Springs-Cycling-Club/events/258486697/?rv=ea1\\_v2&\\_xtd=gatlbWFpbF9jbGlja9oAJGYyZWY2NTE0LTlyOTctNDQ0Ni1hYjI5LWE5ZDIkZTY1OTA5Yg](https://www.meetup.com/Colorado-Springs-Cycling-Club/events/258486697/?rv=ea1_v2&_xtd=gatlbWFpbF9jbGlja9oAJGYyZWY2NTE0LTlyOTctNDQ0Ni1hYjI5LWE5ZDIkZTY1OTA5Yg)

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## Gravel Rides: What's Planned for 2019

Mike Jones: CSCC Gravel Ride Organizer



*Inaugural CSCC Gravel Ride – 2 February 2019. Photo courtesy Mike Jones.*

**Editor's Note:** Gravel rides have become quite popular throughout the US in recent years. Mike Jones has enjoyed his experiences on gravel and wants to enable other riders in the Club to also experience this not quite mountain biking/not quite road type of cycling. To see just how committed Mike is to this endeavor, take a look at the numerous gravel ride routes that he has posted on Ride With GPS®. Just search for "CSCC Gravel" and you'll find more than 40 rides.

First, a little introduction. Appealing for similar reasons as mountain biking, gravel rides get you away from an urban/suburban environment and out into open, natural surroundings. But unlike mountain biking, which takes time-honed skills and strength for climbing and descending, gravel rides take place largely on flat and rolling roads, away from the typical challenges of traffic.

So, how does a gravel ride compare to road rides that we're typically familiar with? For gravel, things basically just scale about 30%. So it would be easy to just say, 30% slower, 30% shorter. However, there is more than a simple percentage comparison. The surface conditions of the gravel roads need to be considered to classify the difficulty of a selected route. And, once surface categories have been defined, like Gravel Cat 1-4, then applying these overall classifications can help better define what to anticipate for a gravel ride.

For me, it's more important to have descriptions of categories of surface than simple green/blue/black classifications that the Club used for road routes. So, to proceed with the introduction of gravel rides to the Club, I intend to post a ride as Cat N Gravel, with distance/elevation information. But, again, there's the challenge of classifying the type of surface.

The first thing to note is that, unlike the pavement, which is all much the same, gravel and dirt roads vary greatly with geographic location and each type has its own ideal equipment. In order to help clarify what might be expected, gravel riding superfan Neil Shirley created the Industry Standard Guide to

Gravel (ISGG). It defines gravel road difficulty into simple categories and aligns recommended equipment with each. The ISGG can be found on ENVE's website at <https://www.enve.com/es/journal/enves-gravel-guide/>

Here's another on-line resource that may come in handy: <http://ridinggravel.com/>

The Club's Gravel season officially started February 2<sup>nd</sup>. This is the beginning of what is can be defined as an expanded direction for the Colorado Springs Cycling Club. For this coming Saturday, February 9<sup>th</sup>, we are doing a loop from Pikes Peak Brewing through Palmer Lake, up Spruce Mountain, back on Andrews – 26 miles and 1,880 feet of elevation gain. The structure of this ride allows anyone the option to return early on Santa Fe Trail.

If you're interested in this ride or any of the ones in the future, take a look at the ride schedule for Saturdays and come join a gravel ride. If you have questions or want more information, just send a note to [newsletter@bikesprings.org](mailto:newsletter@bikesprings.org) and Dale can contact me with you inquiry.



*Part of the fun of a gravel ride. Photo provided by Mike Jones*

## Bike-friendly Drivers' Training – Sign Up Today!

Allen Beauchamp: Advocacy



**Editor's Note:** This past October, Larry Wilson had the opportunity to attend the initial session of this interactive training session. Larry provided the following summary: "In partnership with Bike Colorado Springs, Bicycle Colorado, our statewide advocacy organization recently came to town to present their Bicycle-Friendly Driver program. Twenty-five people, including several club members and a Colorado Springs police officer, attended the free class on October 11<sup>th</sup>, at the COS Sustainacenter.

The representatives from Bicycle Colorado received a tour of our city earlier in the day and incorporated slides of our streets and bike infrastructure in the presentation. The instructor encouraged comments and discussion as she covered each topic. Participants who successfully completed the class received a certificate and a Bicycle-Friendly Driver sticker to display on their vehicle."

Help make Colorado's urban, rural and mountain roads safer for all. Become a certified Bicycle-Friendly Driver!

The Bicycle-Friendly Driver program is designed to teach all drivers the best ways to share the road with people riding bicycles. The 1.5-hour, interactive class covers the following topics:

- ♦ Common causes of crashes between motorists and bicyclists and how to avoid them
- ♦ Legal and illegal behavior for motorists and bicyclists
- ♦ How to navigate on-street bicycle infrastructure like shared lanes, bike lanes and green paint
- ♦ Why sharing the road is often the safest option for both motorists and bicyclists

Upon successful completion of the class, participants will not only improve their awareness as part of their driving skills, but will also receive a Bicycle-Friendly Driver certificate and sticker to display on their vehicle.

In Colorado Springs, the next Bicycle-Friendly Driver will be on Thursday, February 21 at 6:00 P.M. Find more information and how to register at [https://docs.google.com/forms/d/e/1FAIpQLSdjwcd-Adb4RKxtOeXqdqAx0MvIXi3XHDSy0Au6R\\_DAN0Gucw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdjwcd-Adb4RKxtOeXqdqAx0MvIXi3XHDSy0Au6R_DAN0Gucw/viewform)

## Ride Leader Recognition – A Reason to Celebrate!

Dale Campbell: Co-Editor



*Randy Susman and Dale Campbell present Bob Foster, the top male ride leader, with a bicycle pump that was donated by Ted's Bicycles*

Think of all the rides that are listed on the Club's ride calendar throughout the year. What makes these possible are the ride leaders that plan, organize and support the rides. In this role, the ride leaders are integral to the continuing success of the Club.

Recognizing the importance of these volunteers, the Club's Board celebrated this success with a Ride Leader Recognition Party on 4 November 2018. Cyclists who had led at least 4 rides throughout 2018 were invited to join in the celebration, which was held at Red Leg Brewing Co. at 4630 Forge Rd Colorado Springs. (By the way, Red Leg is a huge supporter of cycling in the Colorado Springs community. If you get a chance, please stop by and enjoy one of their local brews. Food is usually provided by a local food truck. I'm sure you will enjoy the experience.)

Food for the celebration was catered by La Casita Mexican Grill, and each of the attendees was treated to their choice of the Red Leg beverages.

To recognize the ride leaders' contributions to the Club, gifts were given to each of the leaders. These include customized socks ordered by the Club and a chain wear tool donated by Ted's Bicycles. For the top male and female leaders, Tony at Ted's donated two additional items. Bob Foster, the top male ride leader, received a floor pump, and Sara Hill, the outstanding female ride leader, was gifted a high intensity LED bike light. By November, Bob had organized an astounding 138 rides. Sara planned and led 17 rides during the first 10 months of 2018. Hopefully, many of you have been able to join at least one of her signature Latte Rides.

The evening was also enhanced by a prize drawing. These gifts were donated by Old Town Bike Shop. John Crandall, the owner, and I had fun picking out some unique gifts for the give-away.



With having a majority of the Club's ride leaders together at one time, the Club's Board took the opportunity to get some feedback from the assembled group. Breaking into about five teams, each team of leaders provided input for such questions as:

- ♦ What do you enjoy most about leading rides?
- ♦ What is the most difficult part of leading rides?
- ♦ What changes could CSCC make to 1) make ride leading better and 2) attract more ride leaders?
- ♦ What tools, skills or training would help new ride leaders succeed?

The Ride Committee will take the results of this brainstorming session and incorporate the input into further improving ride leader and riders experiences with the various classifications of rides that CSCC supports.

The group definitely had fun at the event and many good suggestions came out of the brainstorming session. Think you'd like to join the festivities when the Club holds its 2019 Ride Leader Recognition Celebration? Just contact any of the present ride leaders and they will be glad to help guide you to the next steps of becoming a Ride Leader.

By the way, if you were invited to this event and were not able to attend the event, let me know. Just send a note to [newsletter@bikesprings.org](mailto:newsletter@bikesprings.org) and I will make arrangements to get the socks and tool to you.

Finally, thanks to Jean Zeh, Ride Committee Chairperson for working to organize this event.



*Sara Hill, the top female ride leader, receives congratulations and gifts from Randy Susman and Dale Campbell*





*Brainstorming regarding what makes a ride leader.*



*Gifts and prize drawing items on display*



*Charlie Czar samples the food catered by La Casita*

## Bike Master Plan - Lots Being Done!

Update provided from Colorado Springs Website

The City continues to implement aspects of the Bike Master Plan that was adopted by City Council in April 2018. The plan is a road map to develop the Colorado Springs bike infrastructure from where it is right now to where we as a city want it to be. Included in the plan are specific recommendations and priorities. The entirety of the plan, as well as other bicycling related information can be seen at the City's website, found at <https://coloradosprings.gov/bikes?mlid=31951>

Take a few minutes to check out the downloadable resources. The illustration to the right lists the variety of information that can be obtained from the website listed above.

- ▲ [Bicycling](#) ▼
- ▲ [Bike Master Plan](#) ▶
- ▲ [City Bike Maps](#)
- ▲ [Bicycle Wayfinding Signs](#)
- ▲ [Get Involved](#)
- ▲ [Annual Events](#)
- ▲ [Types of Bike Lanes](#) ▶
- ▲ [Bike-n-Bus Program](#)
- ▲ [Bike Lockers](#)
- ▲ [Bike Safety](#)

## What's in Your Replacement Plan?

Dale Campbell: Co-Editor



*Photo by Allen Beauchamp*

Do you think ageing cyclists simply fade away? Think again! Instead of leaving the community of cyclists, they get repair parts and keep pedaling along! After all, you take your bike into the shop for a tune-up, right? Why not do the same thing for your body?

Specifically, here are three long time members of CSCC who have done just that. In this case, the replacements are for the knees, six total in this photo. Included in the photo are (from left to right) Barry Wick, Chris Davenport and Dale Campbell. Between the three cyclists, there's more than 75 years of experience with the Colorado Springs Cycling Club. And...(here's the surprising fact), the combined ages of these three cyclists is over 200 years! How did that happen?!

Quit riding? Heck **NO**! We've enjoyed cycling with friends from the largest and longest running cycling club in Colorado Springs for so many years. With our recent "repairs", we're set to go for probably another 15 to 20 years!

**Pedal On!!!**

## 2018 Annual Progressive Dinner Ride – A True Reflection of “Come Join Us for the Ride!”

Dale Campbell: Co-Editor



*A mass start towards good food. Getting hungry?*

With the arrival of fall 2018, it was time for the Annual Progressive Dinner Ride. This ride is one of the primary events of the year that are available for paid members of the Colorado Springs Cycling Club. What could be better than bicycling and tickling taste buds with all the delicious food provided by the hosts and riders potluck contributions? As usual, there were three stops along the way - appetizers, main course, and dessert.

As with Progressive Dinner rides in recent years, the 2018 annual event started from Legacy Loop Plaza parking area. The route took the group of about 60 riders to the Old North End of Colorado Springs for appetizers and returned there for dessert. Getting to the main course required pedaling uphill to the Mountain Shadows neighborhood. The ride was worth it, as the Club's Board had provided the ingredients for the main course – a Taco Bar! After the mail course, the final course was simply a downhill experience back to the Old North End neighborhood. All in all, the cyclists rode about 16 miles through the courses of the afternoon.

With the weather helping to make the Progressive Dinner Ride an event to remember, what more could you ask for? For more photos of an absolutely beautiful ride and progressive dinner, go to <https://www.meetup.com/Colorado-Springs-Cycling-Club/photos/29371398/475651590/#475652501>



## Day of the Tread: An Annual Fall Pilgrimage for Multiple CSCC Members

Alan Cavin: Club Member



At El Pint – John, Allen’s friend, Alln, Paul, Maurie, Sam

The Day of the Dead is a Mexican holiday primarily celebrated by the Hispanic community, primarily in Central and Southern Mexico. Dia de Muertos focuses on gatherings of family and friends to pray for and remember friends and family members who have died, and help support their spiritual journey. If you’ve seen the Disney movie “COCO” it does a creditable job of showing the importance of the holiday to the Hispanic community.

The Day of the Tread is a bike ride in Albuquerque, held on the last Sunday before Halloween, and is a play on the holiday. It is a charity ride that supports Pegasus Legal Services, a service that helps find positive outcomes for vulnerable children and youth. They promote and defend the legal rights of Children in dire situations.

My core traveling group (Sam, Ruth, Jessica, and me) rode the ride last year and loved it and it gave us an opportunity to extend our cycling season another month. We hyped it a bit with the cycling club and we got a large group of riders to come join us this year.

Read more at <https://alancavin.wordpress.com/>



## Was It a Frozen Water Bottle (Ride)?

Charlie Czarniecki: Past President & Board Member at Large



*Yes, this is an actual frozen water bottle after this year's ride!*

If you've been with the Club for at least a year or more, you're probably aware of the annual tradition of starting off the year with a bicycle ride. Some years, the weather is cooperative, with warm (for winter) temperatures and clear road conditions. Well, this year for the 33<sup>rd</sup> Annual Frozen Water Bottle Ride, the weather and road conditions were, shall we say, challenging. Seventeen brave cyclists bundled up for the winter conditions (5 degrees F at the start of the ride), left the parking lot at BJ's Brewhouse to travel the 12 mile route of the ride. Fortunately, at the completion of the ride, there was plenty of good food, beverages of choice and lots of talk about cycling.



Click [HERE](#) to see more photos of the ride.

## 2019 CSCC Kickoff Enjoyed by All!

Dale Campbell: Co-Editor & Event Organizer



*All photos courtesy of Allen Beauchamp*

The 2019 Colorado Springs Cycling Club (CSCC) New Year Kickoff was held on Saturday, 5 January. Held at Tap Traders, which is located near the intersection of Nevada and Fillmore, 89 cyclists and guests enjoyed the gathering at Tap Traders. The building itself has quite a bit of history associated with it (do an Internet search on “Alexander Film Company” and “Alexander Aircraft Company” to learn more).

Why a cycling kickoff in January, when for most of us, the cycling season probably doesn’t start until later in April? Until 2017, the Club previously held annual Holiday parties in early December. Considering how busy most of us are at that time of the year, the Club’s Board decided that having such a social event might be better attended at a less stressful time. Hence, the birth of the Annual CSCC Kickoff in January 2018. And for 2019, the second year for this event, the gathering was more of a success than the inaugural event a year ago.

The Club again provided a variety of appetizers. By registering for the Kickoff, each attendee also received a ticket good for one beer. The additional benefit of being at this particular venue is Tap Traders has a terrific selection of food to eat. Anyone could stay afterwards to continue enjoying the ambiance of the facility (and the beers and food, too!)

Prior to the formal start at 2pm, Sam Sharp led a ride that was associated with the Kickoff. With the beautiful weather on January 5<sup>th</sup>, more than 40 riders took part in the ride.



Throughout the afternoon, various members of the Club shared information about CSCC and our plans for the coming year.

As you can see from the photos include with this article, folks enjoyed the afternoon of food, drink and conversation with like-minded cycling enthusiasts. Click [HERE](#) for more photos of the event. Many thanks to the Club members that assisted with the setup and takedown for the Kickoff.

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## Goatheads - What You Can Do to Prevent Flats This Coming Riding Season

Contributed by: Stan Hill: Club Member



*The single biggest cause of bicycle flats!*

**Editor's Note:** Maybe you haven't had the unfortunate occasion to have your ride interrupted by a flat caused by a goat head thorns. If so, you're one of the lucky few cyclists in Colorado. But, if you have, you know how frustrating that can be.

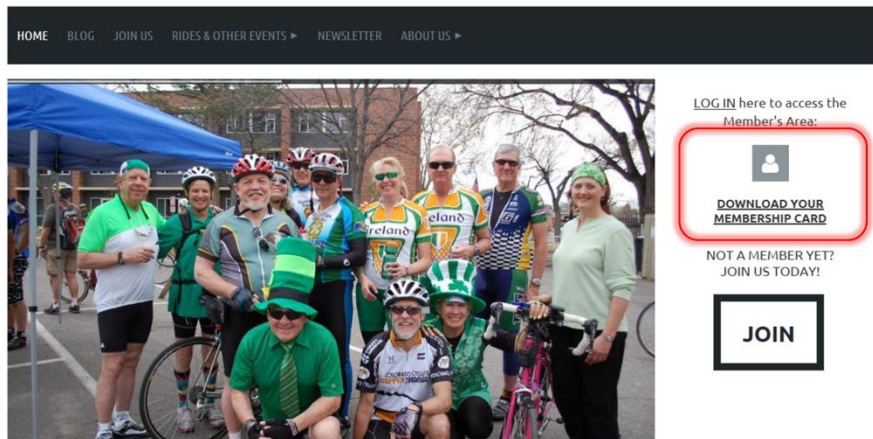
To help prepare for warmer weather and the 2019 riding season, take a look at this [VIDEO](#) that Stan Hill produced to learn about the dangers of goat head thorns (tribulus terrestris; puncture vine ), where they are found and how to control them. Being prepared may help prevent a few puncture interruptions during the riding season.

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## Download Your Membership Card

Randy Susman: President & CSCC Website Manager



*Look on the CSCC website Home Page!*

As you're aware, several of our sponsors provide discounts for members of the Colorado Springs Cycling Club. To help you get those discounts, it's often handy to have your CSCC Membership Card with you.

Membership Card? No, you didn't miss anything in the mail (snail or email). All you have to do is go to the [CSCC webpage](#) and click on the "DOWNLOAD YOUR MEMBERSHIP CARD" link. Follow the prompt to log in and the website will take you to the "My Profile", where you can download a PDF file of your membership card.

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## Bicycle Colorado – 2019 Legislative Updates

Bicycle Colorado eNews – 30 January 2019



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## Working for bicyclists on the state and local level

### Distracted Driving

If you follow us on [social media](#), you're aware that our policy team spent the better part of last Thursday at the capitol speaking in support of Senate Bill 012. The bill aims to reduce distracted

driving by requiring the use of a hands-free device in order to use a phone or other mobile electronic devices while behind the wheel. Learn more about Senate Bill and other bills we're focused on our [Current Issues page](#).

We testified in favor of the bill alongside nearly 20 other organizations and individuals, including AAA Colorado, Coloradans Organized for Responsible Driving, the County Sheriffs of Colorado and many more. Ultimately, after nearly four hours of testimony, the bill was laid over (legislative speak for put on hold) by the Senate Transportation and Energy Committee, which cited concerns about implementation. It will be heard again this session after the bill's sponsor, Senator Lois Court, makes amendments.

While there are many other distractions on the roadway, and evidence shows that [any use](#) of a phone while driving—hands-free or not—is dangerous, we support this bill because it's an important step toward reducing distracted driving on our roadways. You can find coverage of the hearing in the comments of our original [Facebook](#) or [Twitter](#) posts about the hearing.

#### **e-Bikes**

We were also at the Denver City and County building Tuesday, where we spoke in favor of adopting Colorado's statewide e-Bike classifications and allowing class 1 and 2 e-Bikes on routes managed by Denver's Parks and Recreation Department. The ordinance passed unanimously out of the Land Use, Transportation and Infrastructure committee. It now heads to a full Denver City Council vote.

## **Safe Streets Day is coming up—Register now!**

This [free event](#) on Tuesday, February 26 is the perfect time to show up and speak up about why better bicycling and bills like SB 19-012 are important to you. Do it for yourself, your kids, your riding buddies and individuals who can't be there. The event is brief—from 8 to 10 a.m.—and we'll provide breakfast to everyone who registers.

Your personal stories make a significant difference and help amplify our collective voice as people who ride bicycles in Colorado. Your legislators want to hear from YOU and about your personal passion for bicycling and safer streets. And don't worry—we'll provide talking points on the current legislative activity related to bicycling. This is a great chance to get your feet wet if you've been looking for opportunities to be engaged!



**Sign up today**



# Bike Colorado Springs – Advocates for Cycling in Colorado Springs

Allen Beauchamp: CSCC Past President & Advocacy Guru



What do you know about Bike Colorado Springs? Perhaps you think it's just a statement to get you out there riding around the Springs. Well, yes in one way. But it's so much more than that. Perhaps if I put it this way – [bikecoloradosprings.org](http://bikecoloradosprings.org) – it will take on a different perspective as a not-for-profit cycling centric group advocating for bicycling in Colorado Springs.

More specifically, Bike Colorado Springs is a project of the Trails and Open Space Coalition (TOSC). The project aims to promote safe bicycling and the development and maintenance bicycling infrastructure. As a project of TOSC, Bike Colorado Springs does not have a Board of Directors but, rather, has a Steering Committee composed of the five committee chairs and a representative of TOSC.

The Mission Statement of Bike Colorado Springs focuses on four specific objectives. These are centric to making bicycling in the Pikes Peak Region better for people of all ages and abilities by:

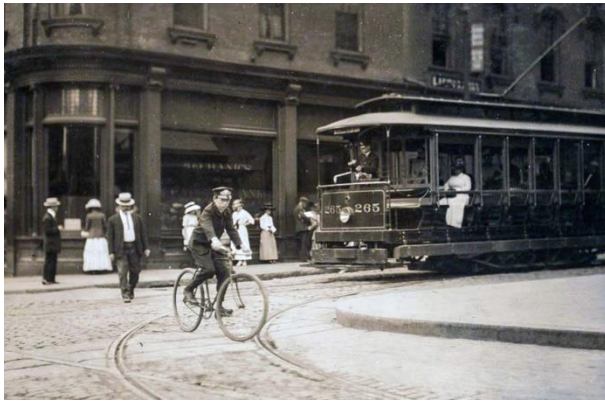
- ♦ Advocating for safe and connected on and off-street bicycle infrastructure
- ♦ Teaching people how to access and safely use our bicycle network
- ♦ Uniting businesses, organizations and individuals who embrace bicycling
- ♦ Celebrating the strength of a community that pedals

When you become an individual or business member, you are added to our e-mail list and we pledge to keep you up-to-date on planned projects, successes, challenges. We will be asking for your support when we need some bike friends to write and email City Council or show up for a City meeting. Most importantly, we hope to see you out riding; utilizing our extensive network of urban trails and bike lanes. Be sure to join us on our community rides and pedal alongside BCS volunteers and supporters celebrating new bike lanes, trails and connections as they are unveiled throughout the region.

Consider becoming part of a larger group of people advocating for bicycling in the Pikes Peak region by becoming a member. To learn more, just go to <https://www.bikecoloradosprings.org/membership/>

## A Bit of Bike History: Tykes on Bikes

Dale Campbell: Co-Editor



A Bit of Bike History: [The early teen bicycle messengers, 1908-1917](#)

In 1908, the National Child Labor Committee hired Lewis Hine, a New York sociologist and photographer, to document the exploitative working conditions of child laborers in dozens of occupations, from mining and manufacturing to farming and newspaper selling. Among the many workers he captured were bicycle messengers in several southern cities.

Additional details about the photos and the photographer can be found at:

[Messengers of a Cruel Society: Lewis Hines Photographs of Child Telegraph Messengers](#)

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## Bike Lanes = Graffiti in the Streets? - You Decide

Contributed by John McClain: Board Member at Large



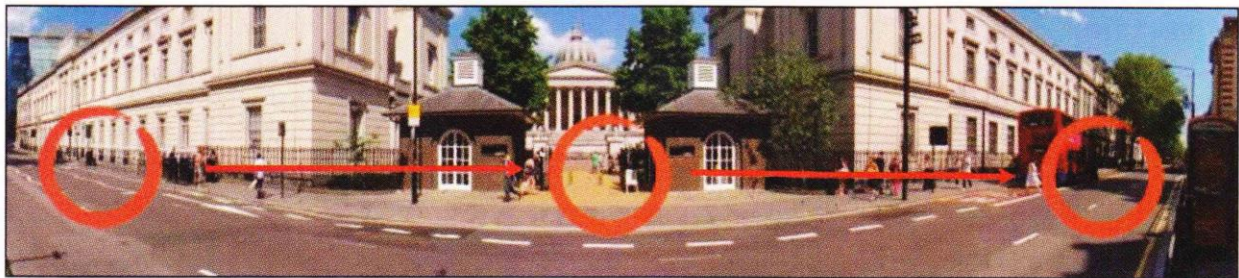
*Photo credit: Screen capture from referenced video*

While we all can benefit from a bit of comedy from time to time, sometimes comedy is closer to the truth than many of us would like to acknowledge. In this case, the subject is bike lanes. Take a look at this [VIDEO](#) from the Late Late Show's James Corden. The comedy routine will bring a smile to your face, but may also bring a bit of sadness, as it reflects the lack of understanding by people (Coronado, CA residents in this case) who do not want to accept improvements for their city.

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## Want to Improve Your Riding and Driving Skills? Learn a Lesson from a Fighter Pilot!

Suggested by Michael Mannebach



**Saccades - you see the red circles only and your brain fills in the rest of the detail**

Photo from "A Fighter Pilot's Guide to surviving on the roads" (<https://www.portsmouthctc.org.uk/a-fighter-pilots-guide-to-surviving-on-the-roads/>)

Take a look at this article from an air force pilot about "saccades and fixations," or how our visual field works while driving and scanning. Every cyclist should be aware.

Written by John Sullivan is a Royal Air Force pilot with over 4,000 flight hours, and a keen cyclist, the heart of the discussion is about saccades and fixations. As Mr. Sullivan explains, "When we move our head and eyes to scan a scene, our eyes are incapable of moving smoothly across that scene and seeing everything. This makes perfect sense: just like trying to take a picture without holding the camera still. The image would be blurred. So, our clever brain overcomes this by moving our eyes (really fast, remember) in a series of jumps (called saccades) with very short pauses (called fixations and it is only during the pauses that an image is processed. Our brains fill in the gaps with a combination of peripheral vision and an assumption that what is in the gaps must be the same as what you see during the pauses." Read the entire article at: <https://www.portsmouthctc.org.uk/a-fighter-pilots-guide-to-surviving-on-the-roads/>

For an extra bit of explanation, here's a video at Bike Radar on the same subject pertaining to motorcyclists and by extension to cyclists as well. It's only 8:40min long, so it's well worth taking the time to learn more about "Saccades & Fixations.": <https://www.bikeradar.com/gear/article/how-to-be-seen-on-bike-53318/>

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## Help Wanted – Newsletter Reporter

Dale Campbell: Co-Editor



Position: Cub Reporter for the Bent Fork

Job Description: Help Editors with publication of Quarterly Colorado Springs Cycling Club newsletter. Includes searching and composing articles, background research into assigned topics and proof reading of composed newsletter. Requires interest in bicycling and bicycling related activities/issues, desire to help with an all-volunteer organization and some basic background in composition. Position has potential for promotion to Assistant-Editor after demonstrating skills.

Pay: Satisfaction of a job well done, appreciation from Club members, and knowledge that your contributions to the Club through the newsletter make a difference!

Further Comments: Sharon and I have been publishing The Bent Fork since October 2010. We continue to enjoy providing the quarterly editions to the members of the Club. However, we could use some help. If you're interested in assisting with the development of content of the newsletter and composition of articles included in each edition, please contact us. Just email me at [dale\\_campbell\\_co@msn.com](mailto:dale_campbell_co@msn.com) and let us know how you might like to help!

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## Membership Update

Sara Hill: Membership Coordinator

Each month more and more cyclists in Colorado Springs have either renewed their membership or have become new members of the Colorado Spring Cycling Club (CSCC). To become a member of the Club, annual dues for an individual membership are \$21, and for a family membership, the annual dues are \$28.

Note that signing up on Meetup is not the same as becoming a member of the Colorado Springs Cycling Club. Meetup enables those on the Meetup list to view and receive notices about the Club's calendar of events. Club membership not only provides you with the opportunity to participate in our many biking and social activities, but also enables you to be covered by the Club's insurance while participating in a Club sanctioned activity. We encourage riders who are part of the Meetup group but who have not yet paid any dues to do so to realize these benefits.

With current website support, renewal notices will be emailed automatically, including grace period notices. Additionally, when logging into the website, notification of dues will automatically pop up starting in the renewal month. Membership is automatically dropped 60 days after renewal date if the dues are still unpaid. Further, renewal notices are mailed once a month, as are past due notices.

We recognize cyclists that have either renewed their membership or have become new members of the Colorado Spring Cycling Club (CSCC) since July 2018:

### **New Members - Welcome!**

Steve Heeney, Amy Kilgore & Family, Joanna Sanchez & Family, Dave Thomson & Diane Cahalan, Don Vsetecka, Jim Henricks, Janet Winterhalder, Michael Wittry, Janna Thornsby, Doyle Hartman, Kati Olivares, Rob Andrews & Family, Nate Nicely, Debbie Butkus, Gary Bayer, Charles & Margaret Oliver, Jesse McReynolds, Jim Schock & Family, Liz Shanks, Michael Benton, Erik Henrickson & Family, Marci Lacoskie, Charlotte Waters, Clark Buxton, James, Brining, Sandra Griffith & Family, Doris K, Thomas Aicher, Terrence Smith, Mark Yeadon & Family, Kelley Lockhart, Martha Rosenau, Tom Martion, John Woughter, Tricia Wissinger, Mack McKerley, Deb Donnelly & Family, Jim Rees, Kimber Kalata & Family, Jeff Kemp, Deborah Maresca, Elizabeth Young, Michelle Smoker & Family, Mingming Hao & Family, Chris Dunmall & Family, Patricia Hallmark & Family, and Tim & Tien Truong.

### **Renewing Members - Thank you!**

Gary Fry, Bill Ryan, Jeff Duncan, Katie & Eric Pedersen, Curt & Carole Emery, Page Clark & Family, Carlos Perez & Family, Brad Vieira, Bill Bibler & Family, John Sobeck, Jim Mikkelsen, Carolyn Myers & Dick Woods, Bob Foster, Jeff Strong, Jim Dial, Dan Sadowski, Gary Dean, John Pamperin, Craig Carroll, John & Cindy Weed, Lee Willmon, Paula Krantz, Aaron Rosenthal & Janet Oliver, Bob Boyd, Lee & Cheryl Murphy, Dan & Sherry Maples, Mike Ruddy & Family, Charlie & Barb Czarniecki, David Waddell, Nard Claar, Allen & Cece Beauchamp, Chris Conboy, John Cunningham, Dale Schuman & Family, Richard Bedal



& Janet Rose, Jerry & Jeanette Martin, Dick Timberlake, Herb & Janine Rodriguez, Sean & Hope Mullally, John Beckman, Bryan & Jodi Miller, Stephen Clark, Dean & Becky Myers, John McLain & Family, Wes Cunningham, Tamara Fisher, Dave & Kathy VanDerWege, Carol Keenan, James Herron & Family, Ron Toman, Nadine Carlile, Gary Urie, Debbie Halverson & Family, Sid Santos, Sharon & Randy Richards, Jessica Boda, Michael Haftel, Warren & Mary Ann Barta, Reina Queen, Scott Welsby, Doug Moyes, Bud Reynolds, David Johnson, Thomas Plumb, Chris Jacob, Westy Bell, George Robbins, Gary Mange, Alan Arata & Family, Velette Webb & Family, Richard Idler & Family, Larry & Shelly Mann, Matthew Madden & Family, Terre Topp, Karin & Andy Kovalovsky, Will Luden, Daryl Spano & Family, Suzanne Roseberry, Bev Fallis, Kate Meyer Olson, Peter Gilfoil, PK Robinson, Stan & Ann Lebahn, Don Akerland, Jim Sledz, Joe Schultes, Denise & Paul Eckstein, Barbara Gutow, Rich & Sherrie Hostak, Phyllis Minter, Theresa Kitazono & Family, Jo & Dan Cervone, Don McNeil, Gary Breig, Skip Fleming & Family, Lisa & Rich Hickey, Michael Manneback & Family, Michael Wallace, Stan & Karen Hill, Ed & Suze Brown, Jay Bailey, John Ingham & Beth Blakney, Larry Wilson & Janet DeGras, Alan Siegel & Family, and Cam Rungie.

#### **MEMBERSHIP REMINDERS:**

- (1) Family memberships are eligible for two adult online logins. With each login, members can comment on the message boards or respond to surveys independently. If you wish to have a second adult login, please contact Membership at [membership@bikesprings.org](mailto:membership@bikesprings.org). Provide the following information: Name on membership account, secondary member's name and email along with a preferred username. If you have a preference for billing identity, indicate this as well.
- (2) Has your personal information changed? Don't forget you can update your mailing address, phone numbers and email at any time by logging into the membership area and clicking the "Change Contact/Profile Information" link under Member Information. You can even change your username.
- (3) You can check your membership payment status online - and pay online as well.

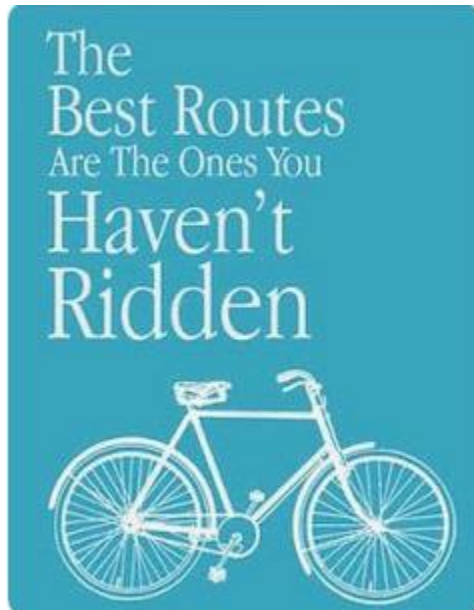
If you have questions regarding membership, please contact Sara Hill, Membership Coordinator at [membership@bikesprings.org](mailto:membership@bikesprings.org).

Sara Hill, CSCC Membership Coordinator

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## Cycling Thoughts to Ponder

Dale Campbell: Co-Editor



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## Visit Our Sponsors!

Dale Campbell: Co-Editor

Get ready for the 2019 riding season. Here's a Special from Ted's:



## Annual Tune Up & Overhaul Special

**Major Tune \$25 OFF!**

Regularly \$74.95, Now \$49.95 (plus parts)

**Bicycle Overhaul \$50 OFF!**

Regularly \$219.95, Now \$169.95 (plus parts)

Go to [Ted's Bicycles website](#) for more details



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## CSCC Marketplace

Dale Campbell: Co-Editor

Have some cycling items you'd like to offer to members of the Club? Just send your listing to [newsletter@bikesprings.org](mailto:newsletter@bikesprings.org)

For Sale: Yakima Sidewinder tandem rack. Easy mount. \$300 new. Best offer.

Additionally, 2 other Yakima bike and 2 ski racks and 4 footers and 2 poles

Contact Barry Wick @ [barrywick\\_peacecorps@hotmail.com](mailto:barrywick_peacecorps@hotmail.com) or at (719) 651-5438

**End of Bent Fork Chronicles 1Q2019**

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