



Table of Contents

Editors’ Comments 2

CSCC Celebrates Summer – Picnic Style! 3

Katy Trail Cycling Adventure 6

Starlight in the Park (Bancroft Park, That Is...) 10

Bike to Work Day 2019 12

Learn about the Bike Master Plan at the August Club Meeting..... 13

Upcoming Activities & Rides of Interest!..... 14

Ride Committee Welcomes Your Help! 14

Colorado Springs Amps Up Bike Infrastructure and Launches Bike Share Program 15

Curious about Things Cycling? 16

A Firsthand Look at PikeRide, the City's New Bike Share 16

Five Bike Washing No-Nos 17

"What’s That Noise? 10 Solutions for Common Bike Noises" 20

E-Bikes Are Getting More People Out of Their Cars..... 22

Still Thinking Electric Bikes? 23

Bicycle Colorado’s Perspective: Wrapping up the 2018 Legislative Session..... 24

How We Roll: Paul Freedman’s BooLander 25

Membership Update 25

Help Wanted – Newsletter Reporter..... 27

Cycling Thoughts to Ponder 28

Editors' Comments

Sharon Boyd & Dale Campbell: Editors

Ah, summertime in Colorado. What a wonderful time to get out and ride! Even with it being hot and dry for an unusually longer time in June and early July, it's still been a good summer of riding. I believe that the year-end Club ride mileage numbers will reflect just how much everyone's been enjoying the riding opportunities. Speaking of riding opportunities, have you checked the Club Ride Calendar on Meetup lately? When you do, you'll be reminded of just how many rides the Club and its Ride Leaders support.

For this Summer 2018 edition of the Bent Fork Chronicles, we've included a variety of articles that we believe will interest Club members and cyclists in the Colorado Springs community. Among these are:

- ♦ Summer Picnic Photos
- ♦ A Missouri Cycling Adventure
- ♦ Starlight and Bike to Work Day Summaries
- ♦ Biking updates for Colorado Springs
- ♦ Bike Care and Maintenance Information
- ♦ A further look into eBikes
- ♦ 2018 Legislative Summery regarding Cycling in Colorado
- ♦ Membership updates, and
- ♦ Cycling Thoughts to Ponder

Take a look at what we've provided for you with this Summer 2018 edition. While our primary mission with this newsletter is to be an archive for the Club, the Bent Fork is also intended to be your source of Club happenings and updates. Please let us know if you have any suggestions for improvement.



Sharon & Dale enjoy their first ride in Colorado - 21 August 1992!

CSCC Celebrates Summer – Picnic Style!

Dale Campbell: Co-Editor



Cyclists or picnickers? Why not both!

Once again, the Club took a day to celebrate Colorado's summer. Held at the Buffalo Lodge Bicycle Resort, the CSCC Annual Summer Picnic on Sunday 22 July started with two organized rides. As per the Club's past experience, a summer picnic open to all Club members was held on 22 July, 2018. A Blue/Black level ride lead by Michael Mannebach and Sara Hill's Green ride departed the Lodge mid-morning. More than 50 riders enjoyed the chance to pedal around the area and work up an appetite.

While the riders were out and about, the organizing committee took the time to set up tables, canopies and to prep for a hungry crew. Chicken and Pork BBQ, catered by Front Range BBQ, was the centerpiece of the picnic meal that was augmented by salads, chips, sides and desserts graciously provided by Club members. Once food was organized and the eager picnickers staged, lunch was opened for all. More than 80 Club members and guests enjoyed the variety of eats and drinks available. Of course, when a group of cyclists gathers together, many ride experiences and fun stories were shared by all.

A few of the highlights of the day's activities are evident in the photos included below. More of the photos and memories can be viewed by clicking [HERE](#). Photos below and in the linked document provided by Torie Giffin and Bill Gast.



Blue/Black Ride led by Michael Mannebach



Sara Hill's Green Ride group



Awaiting the start of the ride



Ready to Ride?



"Just fun to be together"



It's a family event!



CeCe enjoying the results of her preparations for the picnic



Many thanks to the planning/organizing committee, the ride leaders and to Torie, our host for the Lodge

Katy Trail Cycling Adventure

Alan Cavin: Club Member

Editor's Note: Four Club members planned and accomplished a trip to Missouri to ride the Katy Trail in June. Here are several excerpts from Alan's blog on this adventure. For more details about their daily adventures during the trip, go to [Alan's Bicycle Adventure](#) For more about the Trail itself, start with the Trail's official website: <http://www.bikekatytrail.com/>

Katy Trail – Day 0 – Saturday June 23, 2018



This was a travel day and we drove across eastern Colorado, all of Kansas, and into Missouri. As Jessica said, (until we were close to Kansas City) it was a lot of nothing! We did see LOTS of windmills – they are making lots of power on the plains – although the wind was not blowing much. We decided the most exciting thing that happened was getting our cell phones to change to the Central Time zone once we were in Kansas!

Day 1 – Katy Trail (The Turtle Whisperer)

Day 1 (Sunday June 24) of our trip started in Clinton, MO. Sam took off with the car and all the luggage about 7:15 and we (Ruth, Jessica, and I) hung around the hotel for another 30 minutes before we left – to give Sam time for his extra miles for training! We took the obligatory selfie at the Clinton trail head with the MKT caboose in the background then started our biking adventure.

The trail was – as expected – pretty flat. So the ride was pretty much just keep pedaling – no coasting on this route! The most excitement we had all day was Jessica finding a turtle on the trail – and she was determined to move it off to the side so it would not be hit by a cyclist (which we saw 4 of the whole day!). After that she found 2 more and we started calling her the “Turtle Whisperer” and threatened to get her a bumper sticker for her bike saying “I brake for turtles!”



Day 2 – Katy Trail – Too Much Excitement!



So today we rode from Sedalia to Boonville – about 37 miles. The trail was pretty much the same – mostly flat with some small rolling “hills.” We started with breakfast at the Bothwell. Mondays are not too busy I guess – we were the only customers the whole time we were in there. But the food was good with nice portions. We mentioned to our waitress that we were planning to eat lunch in Pilot Grove at Katarina’s Cafe. The waitress said she know the owner and it was a good choice! So we had a good plan – because on Sunday we had waited till we got to Sedalia to find a place to eat and

we were VERY hungry by the time we settled on the Panera and had lunch. Which made dinner come too quick! So our new plan was to find a place to eat lunch on the trail, then have a nice late dinner at our evening destination. Good plan.

Second exciting event was Jessica (the Turtle Whisperer) finding another turtle on the trail to rescue! And she actually found a couple more as the day progressed. After we met up with Sam we stopped at our designated lunch spot and to my delight, they had Diet Dr. Pepper! Exciting event #3! (Those who know me know my addiction to Diet Dr. Pepper and how hard it is to find in restaurants!)

The depot and trailhead in Sedalia is really nice (except for the unpredictable hours) and there was a nice sculpture there that depicted the history of the railroad. It start with train related images and ends with bikes on the tail-end of history. Pretty interesting.

Day 3 – Katy Trail – All WET!

Well, you can see from the picture of me on the Missouri River bridge, that the sky was warning us of what to expect. We hoped that the previous day’s weather would hold – even though rain was predicted, it was partly sunny all day. Not to be today. And that was the story of the day. As you can see, by the time we got to Rocheport (only 14 miles into our planned 48) it was raining. We had stopped at the Rocheport tunnel just a few miles before the trailhead to don our rain gear. It rained steadily until we finally gave in to Mother Nature.



Day 4 – Katy Trail – Jefferson City to Hermann

Since we missed much of the route yesterday (due to the rain), we decided to ride back west from Jefferson City a bit just to see some of the trail. There was a small crossing about 6 miles back at Claysville so we rode there and then turned around. The extra 12 miles cost us an hour, but we got back to North Jefferson and headed to Hermann – which would now be a 60 mile day.



We saw many old iron truss bridges so I figured I should get a picture of one – so we made a photo stop at Cedar Creek. I read about the Trailside Bar & Grill in Rhineland and had high hopes for it as a place to stop and refresh. Not so much. We forget that Missouri does not have a “No Smoking” ban in restaurants, so 2 of the 3 people at the bar were smoking. And we saw the guy Ruth was talking about at lunch – his bike was a piece of work. It was an old “beach cruiser” bike, with bags hanging all over it. He was dressed in torn camo pants, a tee shirt with lots of holes, and was obviously not a seasoned cyclist! As Sam walked by he said the guy

was telling his br mate all about “gentrification.”

Day 5 – Katy Trail – Hermann to Augusta

This day was predicted to be hot again, but we had not seen an updated forecast due to the lack of Wi-Fi at the hotel. So we hit the breakfast bar early – mostly bagels, muffins, and cereal (supposedly a hot breakfast would be available later) – and headed out to beat the heat. But it was a mostly pleasant day and short mileage as well. We’d arranged with Ruth to meet us at Marthasville (about 25 miles down the trail) but she ran into closed roads (due to a closed bridge) and wasn’t able to get there. And we decided it was too early for lunch anyway. So we just kept riding and planned to meet her at Augusta and see if we could check in early.



Day 6 – Katy Trail – Augusta to St. Charles with bonus to Gateway Arch!



The “last” day of the ride was scheduled to be Friday. We had planned to ride to St. Charles, check in to the hotel, then ride the rest of the way to Machens which was the eastern terminus of the trail. However, it was hot, we were hungry, and the hotel didn’t have all the rooms ready. So, being flexible as we had been all week, we checked in to the one room that was ready, put all the luggage and bikes in it, put on dry clothes, and went to lunch! But I’m getting ahead of myself!

Day 7 – Katy Trail – Bonus Ride and head home

Even at 7:00 in the morning the humidity was thick. Riding created enough of a breeze that we kept relatively cool, but when we stopped at the trail heads, we immediately started dripping in sweat! At the first (and only) trailhead (Black Walnut) on the way, we met a group from St. Charles that rode together regularly. They caught up with us again at Machens and we got one of them to take a rare group picture.



Final Thoughts



This was a grand biking adventure! The Katy Trail is the longest Rails-to-Trail” route in the country, so it is definitely a bucket-list ride. Sam, Ruth, and Jessica were excellent traveling partners. We all got along well, and had little controversy the whole trip. After the first two days, Ruth became the SAG driver and it was a great advantage to have her going

ahead and scouting trail heads. She ran into some interesting people. The story from the laundromat of the toothless guy giving dental advice to the woman who had an abscessed tooth (and drained it with a safety-pin) was amazing. And the guy she met at the Portland trailhead who was riding from Sand Diego to Washington, DC was pretty funny. When we saw the guy and his bike at Rhineland later that day, it became even funnier!

Total stats for the trip: 254.23 miles, 2633 feet of climbing.

Starlight in the Park (Bancroft Park, That Is...)

Sara Hill: Membership Coordinator & Starlight Spectacular Rest Stop Organizer

Editor's Note: *Many thanks to Sara and the volunteers who helped plan, organize, support and cleanup the Bancroft Park Rest Stop for this year's Starlight Spectacular. The Club has been a sponsor and rest stop supporter for the Trails and Open Space Coalition for many years. It's always a fun adventure to be there in the Park when the riders come through. If you haven't yet volunteered for this fun event, definitely put it on your calendar for next year!*

June 16, 2018 brought about yet another successful Starlight Spectacular. Over 1,000 riders enjoyed a cool evening ride (the rain held off until the next afternoon). As they joined us at Bancroft Park, we ooh'd and aaah'd over the Wild West costumes ... such fun & creative ideas. The riders enjoyed treats including popcorn, watermelon, red vines, and other tasty selections. Tex was a great photo companion while others rested by the Teepee or on the straw bales with Bonanza playing in the background.

As always, John Crandall from Old Town Bike Shop provided maintenance service. It's always great to have him with us at the best rest stop of Starlight Spectacular!

Photos by: Bill Gast





Bike to Work Day 2019

Janine Hegeman: Past President, CSCC



Editor's Note: This year, the annual Bike to Work day (BTWD) was held on Wednesday, 27 June. In 2018, Colorado Springs' 25th Annual Bike to Work Day broke the record for most participants and breakfast stations, with 1,355 registered riders visiting 28 breakfast stations around town! Like Janine, we hope that many of you had the opportunity to get out and enjoy this celebration of cycling in our community.

This was, I think, the 11th or 12th BTWD I've participated in. It has changed from a full breakfast at a few locations, to snacks at dozens of locations. While the full breakfast was a treat (Mmm, anyone remember the Salsa Brava breakfasts?), it is kind of fun to make a few stops and sample the wares at each. Which was my experience this year...

I pulled in to Angler's Covey first, at about 6:05. I was quite surprised, and little alarmed, to not see a single bike outside, I poked my head in the door. Everything was set up inside - and it was a bit warm for someone dressed to ride in 45 degree weather. A new entry into hosting a BTWD station, they had giant 600 calorie muffins, cartons of yogurt, huge whole bananas - and no coffee. What is a caffeine slave to do? After quickly getting some great info on fishing the South Slope of Pikes Peak and a women's fly fishing club and devouring a banana, it was off to the next (and unplanned) stop. First, however, I had to extract my bike from behind a fishing boat which had been moved to the wall to widen the entryway, trapping my poor Cannondale. An apologetic employee helped me, and at last I was on my way down the Midland Trail headed to the Prospect Lake Boat House in Memorial Park.

The delicious aroma of java hit me before I got there. I loved riding in the new two-way bike lane on Prospect Lake Drive. Everyone at this station greeted me enthusiastically, and offered the coffee, bagels and cream cheese they had on the menu. The shade of the building was welcome as I had worked hard climbing up Costilla to get there in time for a quick cuppajoe before heading to work. It was great to see Tony from Ted's Bicycles there. He aired up my tires while I got my morning fix. After chatting for few minutes about fishing and the amazing amount of glass on the bike paths, it was a mad dash across the street to work, a quick shower, and finally I was at my desk only a minute or two late.

Just a couple of thoughts on this year's BTWD. There has been a lot of glass on bike paths, and I had been dodging broken bottles on the Cimarron Bridge for weeks. Then, two days after BTWD, it was all cleaned up. Perhaps someone got their BTWD survey in before I did, complained about this, and the powers that be responded. And the breakfast choices are pretty tough for anyone who might have a food allergy or sensitivity. I've asked for two years if Rice Krispie treats (hey, that's is a breakfast food!) could be offered, to no avail. I've learned to pack my own breakfast just in case.

But in truth, it's not really about the breakfast. It's always fun to get involved in this event; it makes you feel like you are part of an underground movement, something big, something special. You meet new people, and encourage them to consider using the bike for more trips to work and errands, and you see old friends. And seeing so many people on bikes in one single day can make even caffeine deprivation - miracle of miracles - tolerable.



Learn about the Bike Master Plan at the August Club Meeting

Dale Campbell: Co-Editor

Join us for the August Colorado Springs Cycling Club meeting. Scheduled for **Tuesday, 7 August**, we will have the opportunity to learn about the city's Master Bike Plan, approved earlier this summer by the Colorado Springs City Council. Kate Brady, Colorado Springs senior bicycle planner, will speak about the Plan and also provide some updates about ongoing and near term cycling infrastructure projects in the city. The Club will meet at **Old Town Bike Shop - 426 S Tejon St**, with opportunity to socialize with cycling friends at 6pm. The meeting will then start at 6:30pm.

Stan Hill will also provide information about a bike tire's nemesis – Goatheads. Learn what they are, where you might encounter them and what you can do to help prevent the spread of these cycling enemies.

Snacks and beverages will be provided.

Interested in looking at the Master Bike Plan prior to the meeting?

Go to <https://coloradosprings.gov/bikes/page/bike-master-plan>

Upcoming Activities & Rides of Interest!

Dale Campbell: Co-Editor

The Club continues to plan rides and events, several of which can be enjoyed by all registered/dues paid Club members. Some rides and events for the second half of 2018 include:

- ♦ Sunday Social Rides starting and ending at Tap Traders
- ♦ Annual Progressive Dinner Ride in October. The ride will potentially be on the westside. So, if you're interested in hosting one of the courses for the progressive dinner, please contact one of the Club Board members.

Stay tuned for more details on each of these items. AND, if you have a suggestion for an additional ride/social event, be sure to let one of the Club's Board members know what you've got in mind.

One additional request for our readers and Club members. If you enjoyed a particular ride/social event, be sure to let the Newsletter Editors know. They appreciate your input – including any photos taken during the ride/event - as potential articles for upcoming newsletters!

Ride Committee Welcomes Your Help!

Jean Zeh: Ride Committee Chair



Ride Committee? Do you know what that is?

The Ride Committee has the responsibility of overseeing the Club's Ride Calendar, as well as planning rides, and maintaining rider safety standards and ride leader guidelines. The Committee is always looking for new ride ideas and is especially interested in Club members who would like to lead rides, plan rides or just contribute to the overall administration of the Club's extensive ride calendar. If you are interested in being a part of the Ride Committee, please contact me at jeanzeh@yahoo.com or text me at (719) 433-6872.

Colorado Springs Amps Up Bike Infrastructure and Launches Bike Share Program

Bicycle Colorado eNews, 11 July 2018



Image courtesy Allen Beauchamp

Bicyclists in Colorado Springs are seeing an influx of improvements around town and on the trails. After nearly 20 years of advocacy, the Lake Moraine Trail, a 4.5-mile-long stretch, will connect Ute Pass/Barr Trail system to the Jones Park/Bear Creek/North Cheyenne Cañon system. The trail runs through Pikes Peak's South Slope, an area owned by Colorado Springs Utilities, and had been closed to the public for a century.

A number of improvements in town are also rolling out, including a new underpass on Uintah Street, and part of the long-envisioned Legacy Loop that circles the downtown area. Pikes Peak Avenue also has new protected bike lanes and will be coming soon to Walnut Street. The city is also posting new wayfinding signs in the downtown area with the goal of expanding to the Broadmoor area, the Olympic Training Center, Palmer Park and beyond.

Colorado Springs also got a bikeshare program up and running the day before Bike to Work Day. PikeRide offers 200 bikes in 26 locations scattered around the central downtown area. The bikes can be checked out via your smartphone and have mapping capabilities. (*Editor's Note: See the article further down in this newsletter*)

Read more at [Colorado Springs Independent](#)

Curious about Things Cycling?

Dale Campbell: Co-Editor



Below is an inquiry from one of our frequent contributors to The Bent Fork. Dennis and his wife - Terry - have traveled quite a bit in the US around the world and have experienced any number of adventures and challenges during their trips. To get an idea of what types of trips they have enjoyed over the years, take a look at their website at: <http://www.struck.us/BikePics/BikeStories10.html>

Interestingly, these questions from Dennis are ones that are a little closer to home. If you have some feedback for us, just email vicepresident@bikesprings.org

“I have wondered about a few different things.

1. Where are all of the bike shops?
2. Where else are people riding? There are quite a few different clubs around town for cyclists, some are hard core road bikers, some are specialized.
3. What other clubs are in the state?
4. What facilities exist for physically challenged riders and aging riders (beyond Angletech).
5. What's what in e-bikes, duration, who rides them, diff between motor-bike and a bike trail legal e-bike? I think it's becoming 225w of power? [Al Brody just told me but I forgot]

Anyway, that's curious stuff.

Cheers,

Dennis Struck

Bicycle Touring Enthusiast”

A Firsthand Look at PikeRide, the City's New Bike Share



By Bridgett Harris

You've probably heard about PikeRide, the new bike share program here in Colorado Springs that promises wannabe riders the ability to tool around town on their very own — for an hour, at least — bicycle. As a lover of all things bikes, I was super stoked when offered the opportunity by the Downtown Partnership (an arm of which is overseeing the program) to give these new wheels a try and learn all about how they work.

That's how I found myself sucking wind as I pedaled desperately up

the hill by the Penrose Library downtown in low gear, watching with some grumpiness as I was passed by a tiny human child without any gears who seemed to have zero problems zipping up the road in all his youthful glory. Nothing makes you feel older or more unfit than getting your butt kicked by a kid in a Mohawk bike helmet who's one-fifth your size.

My first PikeRide jaunt began at the ribbon-cutting ceremony for the new protected lanes on Pikes Peak Avenue and continued with a community ride led by cycling advocate Allen Beauchamp. I'm 37 and definitely no candidate for USA Cycling, but I do ride my bike often throughout the week to combat the lack of exercise that occurs with my sedentary job — writer — and my other sedentary job — transporter of teenagers to sporting events. Translation: I figured I was a pretty decent candidate to provide an explanation of what the PikeRide experience might be like for an average rider.

Painted a bright purple, sporting company-branded baskets and offering an upright-style ride with a step-through frame, PikeRide bikes are made for pedaling around downtown or on the urban trails nearby, but definitely not for bombing down singletrack or racing your super-fast friend. That's partly because the bikes are heavy, weighing in at about 55 pounds (which is largely the reason that hill and I ended up in a tussle).

Read more at <https://www.csindy.com/coloradosprings/a-firsthand-look-at-pikeride-the-citys-new-bike-share/Content?oid=13326233>

Five Bike Washing No-Nos

by Peter Glassford – Map My Ride



Photo courtesy of the reference article

Editor's Note: *Its summertime and we're riding more. Consequently, our bicycles tend to be more exposed to picking up dust, dirt and road grime. Keeping a bike clean is a good way to maintain mechanical proficiency in the machine. And, it's often a source of pride to have a clean machine! Read what not to do when cleaning that road or mountain bike you enjoy riding.*

Keeping your bike clean, just like taking care of your gear, is a critical part of being a great bike rider. It isn't just to keep it looking good — it's to keep it running smoothly. Even if you have very minimal understanding of mechanics, you can do a great job on your DIY bike cleaning by avoiding these common bike washing mistakes.

MISTAKE #1

FLIPPING YOUR BIKE UPSIDE DOWN

While it might be your first instinct to flip the bike so it balances, avoid flipping bikes up onto the seat and handlebars as both areas are generally sensitive to scratches. Plus, you might have a GPS or bike computer mounted on your handlebars. Your best bet is to use a bike stand or lean the bike against a wall or post, like a professional mechanic would, to keep hands free for scrubbing the bike and back pedaling the crank to clean the drivetrain.

MISTAKE #2

NOT HAVING A BIKE WASHING KIT READY

The best way to keep your bike clean and happy is to have a bike washing spot ready and stocked at all times with your bucket, degreaser for the chain, dish soap (or pre-formulated bike wash), soft brushes for the frame and tires and one harder bristled brush for gears. Many pro mechanics put their degreaser in a small jar or cut-off water bottle with a paint brush or gear brush.

MISTAKE #3

DRY WASHING

Many riders make the mistake of not using enough water, and trying to wipe the bike down while it's not really wet. This can cause scratches and, over time, can ruin the paint on your bike. Ensure you use a hose, or in a pinch, a bunch of water bottles filled with water and a bucket of soap-suds to rinse off the worst of the mud.

MISTAKE #4

HIGH-PRESSURE SPRAY ON DELICATE AREAS

Rather than blasting your bike with high pressure, use a hose to spray down your bike initially, before you soap it up and then rinse it again with the hose. The trick is to be judicious in how hard, and how close you spray the more delicate areas of your bike. Suspension, wheel and crank bearings are spots to be careful with direct spray; use a soft spray and your sponges and brushes to clean those areas. (If you don't have hose access and rely on car washes, keep the pressure washer at least a few feet away from the bike to lessen the impact.)

MISTAKE #5

OVER- OR UNDER-LUBING THE CHAIN

Many riders don't lubricate their chain often enough, and annoy others with their squeaky drivetrain. This also makes your chain much more likely to break or jam mid-ride. But on the flip side, other riders overdo it and keep lubricating their chain, ending up with a very greasy chain that leaves black marks everywhere. The best strategy is to degrease your chain, then give it a good scrub with your brushes and suds, before rinsing it. As you wipe down your bike, spend extra time polishing and drying the chain, then apply lube on the clean chain.

Avoid these mistakes; your bike will thank you — and you might notice you're able to put out a few extra watts!

SOURCE: https://blog.mapmyrun.com/5-bike-washing-nos/?utm_source=mmf&utm_medium=email&utm_campaign=MMRide_Newsletter_20180619_OS&os_ehash=55@sfmc:14550960

"What's That Noise? 10 Solutions for Common Bike Noises"

by Marc Lindsay, MapMyRide June 27, 2018



Editor's Note: Did you know... that the Club holds periodic Bike Maintenance clinics that will help you identify and prevent some of the items noted in this article? More are going to be scheduled in the coming months. So, look for the announcements.

Squeaks, clicks and clunks during a ride can drive you nuts. These sounds can also signal an underlying problem of a larger mechanical issue that can affect the performance of your bike. To solve the problem and maintain your sanity, here are 10 symptoms and solutions to the most common bike noises.

Squeaks

Dirty Chain

Symptoms: If the squeak occurs when you pedal, you probably have a dirty, grimy chain — particularly if you haven't oiled or cleaned your chain recently.

Solution: Use some degreaser and an old toothbrush to clean your chain. Once you've removed all the grime, apply one drop of chain lube to each link. Remove any excess lube with an old rag.

Loose Cleat Screw

Symptoms: If you have a squeak in the same general area as your chain and you're sure a dirty or worn chain isn't the problem, a loose cleat screw may be the culprit.

Solution: Check each of your cleat screws and see if any have come loose. Retighten to see if it solves the problem. If it's still occurring, it could be a problem with your pedal. If this is the case, try a few drops of lube on the pedal spindle.

Worn Brake Pads

Symptoms: When there's a squeak coming from the wheel area and your wheels are true, it could be caused from dirty or worn brake pads vibrating against the rim.

Solution: Clean the braking surface of the rim. Then replace your brake pads if they're worn and toe them in toward the rim. If the brake pads aren't worn but are dirty, remove any grime with rubbing alcohol or other solvents designed for cleaning bike brakes. Once clean, rough the pads with sandpaper.

Clunks

Loose Headset

Symptoms: If you hear a clunking sound coming from the front end of your bike, a loose headset could be the problem. To check, grab your front brake lever and rock the bike front to back. If the headset is loose, you should be able to feel movement.

Solution: Loosen your stem bolts and tighten your headset bolt. Once you've tightened the headset, secure your stem bolts and check using the brake lever test.

Loose Bottom Bracket

Symptoms: A clunking sound on the bottom of the bike that only occurs when you pedal may be coming from the bottom bracket.

Solution: If it isn't a loose pedal, chances are you may have a loose bottom bracket. To tighten the bottom bracket, you'll need to remove the crank arms. If you have bottom bracket tools, you can make the needed repair by either tightening the bottom bracket cups or adjusting the bearings. For less experienced home mechanics or if you lack the tools, you may need to visit your local bike shop.

Creaks and Clicks

Bent Derailleur

Symptoms: The chain acts as if it wants to move up or down your cassette when pedaling in certain gears, even when you aren't attempting to shift.

Solution: Most modern bikes will have barrel adjusters on the cables to adjust the tension. If the chain seems like it wants to fall onto a smaller cog, turn the barrel adjuster a quarter turn at a time clockwise until the problem is fixed. If the chain jumps to a larger cog, turn the barrel adjuster a quarter turn at a time counter-clockwise. If your problems persist after you've completed a full turn of the barrel adjuster, a bent derailleur hanger could be your problem and you may need a new derailleur.

Seatpost and Saddle

Symptoms: Sometimes it can be hard to determine if the creaking sound beneath your bottom is coming from your seatpost or the saddle itself.

Solution: Look at the clamps on the seatpost first to see if it's shifted forward or back from the markings on the rail. If it has, reposition the saddle to the correct position and tighten the bolts on the seatpost clamp. If the squeaking continues, the seatpost could be your problem. Remove the seatpost from the frame and clean it before reapplying grease. If your seatpost is carbon, you'll need to use a carbon-specific paste instead.

Rattles

Loose Bottle Cage

Symptoms: Out on the road, it can be hard to determine where that loud rattling sound is coming from. One common trouble spot is the bottle cage. Luckily this is an easy fix.

Solution: Check the bolts that attach your cage to the frame to see if one's come loose. Tighten as necessary, being careful not to over-tighten beyond the manufacturer's specifications if you're dealing with carbon parts.

Too Many Wires

Symptoms: A consistent rattle or clicking sound at the front of your bike could be caused by your cables. This is often due to a poor initial setup where excess wire was left at the front end of the bike. During your ride, the cables can click against each other or the frame. It can also occur with internal cable routing, in which case your rattling sound can be even louder.

Solution: If you aren't comfortable replacing and rerouting your shifter and brake cables, take your bike to your local bike shop (LBS) and let them know the problem.

Short Valve Stems

Symptoms: If you have deep section rims with a long valve stem, the rattle could be coming from your wheels — particularly if it only occurs when you hit a bump or ride over rougher surfaces.

Solution: For an easy fix, place some electrical tape over the top of the valve stem and secure it to the rim. This will keep it from moving around side-to-side during your ride and cancel out the noise.

Source: <https://blog.mapmyrun.com/whats-that-noise-10-solutions-for-common-bike-noises/>

E-Bikes Are Getting More People Out of Their Cars

By Selene Yeager – Bicycling

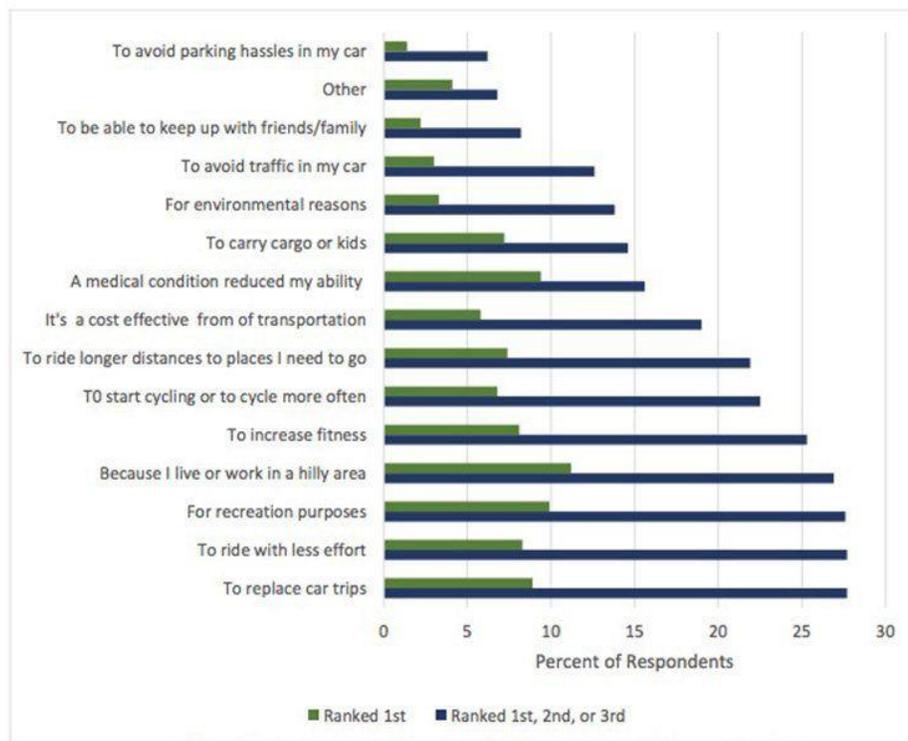


Figure 3.5: Important Reasons for Buying or Converting to an E-bike

Want to stir up the cycling masses on social media? Post something about e-bikes. Few topics in our sport raise hackles like bikes powered by batteries. Some welcome their potential to make cycling easier and more accessible, but others fear they're too close in nature to motorcycles to earn the "bicycle" classification.

That the technology is fairly new, and we don't have a ton of data to work with, only muddles the debate. A new survey should help clarify things. Carried out by the National Institute for Transportation and Communities, it sheds some light on how people actually use electric bikes. The main takeaway: More e-bikes mean fewer cars on the road—and more people in the bike saddle.

Whatever their given reasons, e-bike owners ride a lot. More than 91 percent ride weekly or daily. Meanwhile, only 55 percent rode their standard bikes frequently before getting an e-bike. To be clear, the vast majority (93.4 percent) rode a standard bike previously, so they're likely already sold on cycling in general.

To learn more details, read the entire article at: <https://www.bicycling.com/news/a20049844/ebike-study-car-trips/>

Still Thinking Electric Bikes?

Dale Campbell: Co-Editor

Electric bikes continue to make their way into the marketplace. There are specific situations and circumstances in which the bikes are definitely a plus. However, watching the 2018 Tour de France, I saw a couple of commercials for electric bikes that made me start thinking. For anyone who has watched or read about Le Tour over the last four or five years, the name Peter Sagan is probably familiar. A sprint expert, he would make a normal cyclist look like they were standing still. However, take a look at these two Specialized commercials and you just might begin to think a little different about eBikes and challenging a world class rider (or at least, that's what Specialized wants you to think...). Enjoy!

Peter gets challenged by Grandma Joan

<https://www.youtube.com/watch?v=sJETokbfnNI&feature=youtu.be>

"It's You, Only Faster" found at <https://cyclingmagazine.ca/sections/news/peter-sagan-stars-in-brilliant-specialized-commercial/>

Bicycle Colorado's Perspective: Wrapping up the 2018 Legislative Session

By Bicycle Colorado - May 9, 2018



Wednesday, 9 May marked the last day of Colorado's 2018 legislative session. While we're proud of our success in representing the voice of bicyclists across the state, there's so much more we can do, but we need your support to get there.

Much of what we worked on this session involved making roads safer for all road users, including, but not limited to, bicyclists. For the several safety bills that didn't pass, we hope to put forth similar legislation in the future with support from our members.

Here are the bills we championed this year:

Wins

Senate Bill 144 - The Safety Stop bill

SB 001 and House Bill 1340 - Transportation funding

HB 1072 - Automated enforcement repeal

SB 066 - Reallocating lottery funds for trails

Losses

SB 140 - Protecting vulnerable road users

SB 049 - Distracted driving

HB 1272 - Network-level distracted driving technology

To find out more about the above notes legislation, go to <https://www.bicyclecolorado.org/bike-news/2018-legislative-session/>

How We Roll: Paul Freedman's BooLander

by Maurice Tierney - Bicycle Times



Knowing Paul Freedman, his past life as the rapper Fossil Fool, his growing company, Rock The Bike, his tall-tree sound system bike El Arbol, his festival-ready pedal powered sound systems and general good nature, I was intrigued to hear that he had created a new bike, a tall, bamboo, electric, cargo, adventure, tandem bike called BooLander.

Want to learn more about this unusual yet innovative design, go to <http://bicycletimesmag.com/how-we-roll-paul-freemans-boolander/>

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. 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.

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. But, being on Meetup does not enable the insurance coverage and does not enable attending certain Club events throughout the year. Please pass this update along to anyone who might be on Meetup but has not yet joined the Club.

With the new 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.

Renewing Members - Thank you!

Christine Revere & Family, Steve Fuhrmann, Sara Hill, Connie Lorig, Matt Isaack, Sid Rubinow, Rich & Pamela Oliver, John & Anita Rasper, John Pilger, Kevin Moore & Family, Dave Moe, Cindyy Holthouse & Family, Trent Hovenga & Family, Cheryl Mahon, Steven Sinegar, Ronald Henrikson, Gloria Latimer, Connie Miller, Barry & Marcia Wick, Ruth & Sam Sharp, Dawn Boden, Alan & Pat Severn, Deb Berwick, Mark Dignam, Ron Robinson & Family, JJ Lopez, Maureen Okeefe, Ken Antwerp & Family, Ben Miller & Family, Kenneth Janiec, Mike & Alanna Jones, Kirsten Bilzing, Carol Runnells, Louis Morgan, Myra Brooks, Hubert & Becky Hauser, Jean Zeh, Peggy Seidel, Janine Hegeman, Linda Cherry, Fena Rogers, Bill Gast, Karen Brown, Jannie Cox & Family, Duane Babcock, Maurie Shannon, Jen & Scott Dorff, Chug Sides, Sam Giamarvo, and Graeme Cloutte.

New Members - Welcome!

Karin Harper, Chris & Laura Keller, Cliff Hammer & Family, Jullie Furstenau & Family, Sharlene Ramirez, Pam Thomas & Family, Bill & Nancy Wehner, Seth Hurley, Joel Reindel, Susan Griffin & Family, Veronica Harvey, Cindy Laupa, Bill Kosnik, Ruth Tarcza, Sharon Harshberger, Suzi Wilkins, Mike Watts, Heather Ditmore & Family, Steve Smith, Nick & Cathy Ellington, Taara Hassan & Family, Donna Peachy, Barb Erb, Laurie Martin & Family, Nathan Gallion, Kevin Jones, John MacFarlane, and Melissa McAvoy.

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. 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.

Sara Hill, CSCC Membership Coordinator
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Help Wanted – Newsletter Reporter

Dale Campbell: Co-Editor



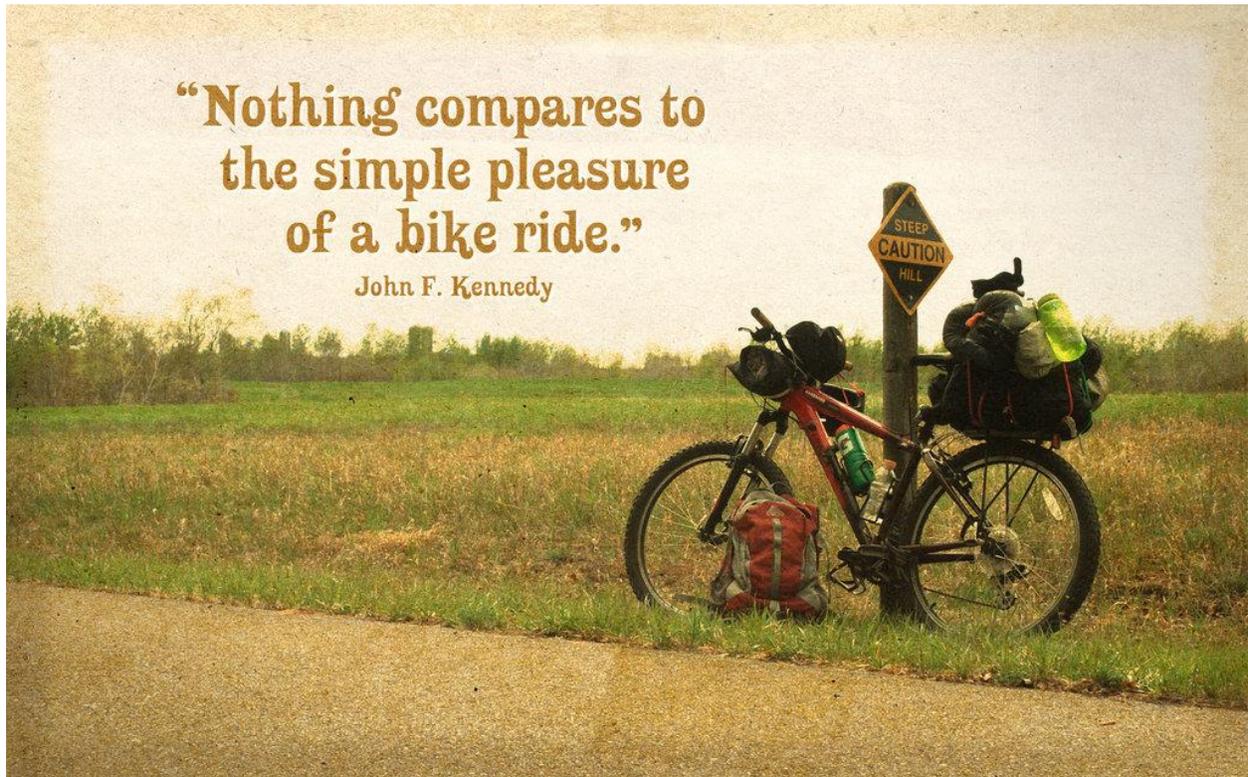
Position: Cub Reporter for the Bent Fork

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 and let us know how you might like to help!

Cycling Thoughts to Ponder



End of Bent Fork Chronicles Summer 2018
