The Bent Fork Chronicles

COLORADO SPRINGS CYCLING CLUB

"The Colorado Springs Cycling Club is a recreational bicycling club which promotes safe and fun cycling for all ages and abilities."

Volume 14 | March/April 2000 | Issue 2

Prez Sez:

By: Joe Vaccaro.

Brrrrr! Isn't it Spring yet? Maybe I'm just getting old, but I find the cold weather less and less palatable. That means I spend more time on my indoor trainer, spinning to videotapes of the Tour de France and other bicycle races (it's the only way I can stop from being bored out of my skull!). Not the ideal for a cyclist but it does beat having to wait until the warmer weather arrives and then trying to beat myself back into some kind of physical condition.

The winter is a good time, however, for some other pursuits. You can read through various cycling publications and catalogs, dreaming of newer and more trick bikes, and of winning a bicycle race (it may mean being the only rider in the 90 year-old plus category, but, hey, whatever it takes!). You can also buy new bicycling toys. For instance, I just had a new carbon fiber fork installed on my aluminum, oversized down tube Cannondale road bike and I'm investigating heart rate monitors. I'm also tying to convince my wife that these are absolutely necessary items. The new fork will soften the ride of the bike and thus prevent the fillings in my teeth from rattling out while making my Dale a more valuable asset. And it goes without saying that a heart rate monitor is important because it will automatically alert my spouse to the fact that my chest just exploded from an over zealous workout.

The off-season could also be an opportunity to become reacquainted with your significant other and complete some of those projects you have been promising her or him you would get to as soon as you had some time to spare from your bicycle training program. This is, perhaps, a better time to convince your mate that a tandem bicycle will bring real happiness to your relationship! Much more so than fixing that leaky faucet or repainting the bedroom. If you really play your cards right, you can start planning that dreamed of vacation to northern Italy. Just don't mention your part of the vision in which you are cycling the Pyranees!

However you spend these winter months, do remember the important things in life. The Club meeting is on the first Tuesday of each month and the Buena Visa Bicycle Festival is in May. And keep on spinning!

Table of Contents

Stories/articles in this issue...

Hardscrabble 2000	3
Buena Vista Bike Festival	3
Club Picnic	3
Lance Armstrong	3
Ridefinders Bike Week	3
2000 Rides	6

Departments...

Prez Sez	1
Hola a tu Editorodor	2
Advertisements	4
Club Info	7
Action Alert	8

Ride Calender
BVBF Application

Club Hotline (719) 594-6354

Club Meetings Presentations

March 7: "How to be a Ride Leader"

April 4: Alison Dunlap
The number 2 Mountain Biker in the World will talk about her experiences.

May 2: "How to Ride in a Group"

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COLORADO SPRINGS CYCLING CLUB

Hola a tu Editorodor
By: Panama Jak

Knowing that our worst winter month may be still ahead, I will be returning to Costa Rica and spending March at Flamingo Beach. In addition to studying Spanish, one goal is to experience living in a beach community for an extended period of time.

For a view of Costa Rica, as well as the World, take a look at the beautiful web site of Kristal Kraft. Kristal is biking around the World as part of the year 2000 adventure. A link to Kristal's web site is on the Links page of the CSCC web site.

A link has been added to the web site of Adventure Cycling Association with whom CSCC is affiliated. This site contains articles on the how to's of cycling and offers many tours.

Doyle Dikes
doyle@baltoro.com

Club Meeting Site Search
By Hal Church

Because of the low turnout at meetings, the club has decided to form a search committee to see if there might be a better site for monthly club meetings.

The committee wants to focus at first on WHAT members want in terms of a meeting place, i.e., what characteristics do members want in a meeting room? At the February club meeting, characteristics such as the following were offered as desirable: central location, availability of food and beverages, reasonably quiet, large enough for 40-50 attendees, free or nominal cost, and suitable for presentations using slide projection equipment. This was an informal poll of members who attended the last meeting. We also want to find out what those of you who didn't attend prefer in a meeting place.

Once the desirable characteristics of a meeting site have been defined and ranked, then the committee can proceed to locate one or more sites for recommendation to the members at the April 4 meeting.

Our goal is for more members to become actively involved in the club. Please help us by contacting one of the committee persons below with your preferences. It is OK to duplicate some of the characteristics mentioned above if you feel they are important to you. Please try to rank your preferences, starting with the most desirable. If you know of an available room that meets your preferences, we would encourage you to share that with us also. Thank you in advance for your input.

DaveThomson,332-9354,
dave.thomson@gateway.net

FawnRemington,391-0742,
remingto@gateway.net

SueMartin,266-6934,
susan.j.martin@wcom.com

HalChurch,633-4476,
halchurch@pcisys.net

National Trails Day
June 3

The Pikes Peak area will celebrate this event with a 74-mile relay from Payton to Cripple Creek, involving equestrians, runners, mountain bikers and -- yes -- road riders. The club's part is from Falcon to Constitution Avenue west of Powers. We'll take the handoff from mountain bikers at Falcon at 8 AM, and will be expected 11.4 miles later at 8:40. Questions? Contact ride leader Alan Severn, 471-8035 or asevern@home.com

League of American Bicyclists' National Rallies of Cyclists
Summer 2000

For more information on the following rallies, contact the League of American Bicyclists by telephone at 202-822-1333; by e-mail at bikeleague@bikeleague.org; or visit their web site at www.bikeleague.org.

Covered Bridge Rally
Bloomsburg, Pennsylvania
June 2-5, 2000

A four-day cycling extravaganza based at Bloomsburg University in Bloomsburg, Penn. Explore rolling hills, soaring mountains, quiet country roads, and, of course, many of Columbia County's 22 covered bridges. Hosted by the Susquehanna Bicycle Racing Team.

Minnesota Lakes & Rivers Rally
St. Paul, Minnesota
June 30-July 3, 2000

Four-day cycling extravaganza based at the University of St. Thomas in St. Paul, Minn. Find out why Minnesota is called the Lane of 10,000 Lakes by cycling to 25 lakes in 35 miles; explore historic sites & fountains, rivers & bluffs, lakes & beaches, and gracious neighborhoods. Hosted by the Twin Cities Bicycling Club.

Cascades to the Coast Rally
Bellingham, Washington
August 18-21, 2000

Four-day cycling extravaganza based at Western Washington University in Bellingham, Washington. Pedal through miles of spectacular scenery in view of snow-capped Mount Baker. Routes will lead to the Dutch farm community of Lynden, the coastal town of LaConner, the pioneer heritage sites of Ferndale, and scenic Chuckanut Drive. Hosted by the Mt. Baker and Skagit Bicycle Clubs.

HARDSCRABBLE 2000

By Doyle Dikes

It's offical and final. As voted on at the January club meeting, CSCC has elected not to promote the Hardscrabble as a public fee event this year and in the foreseeable future. The primary reason for terminating this event is the lack of volunteers for the primary coordinator position.

BUENA VISTA BICYCLE FESTIVAL - 2000

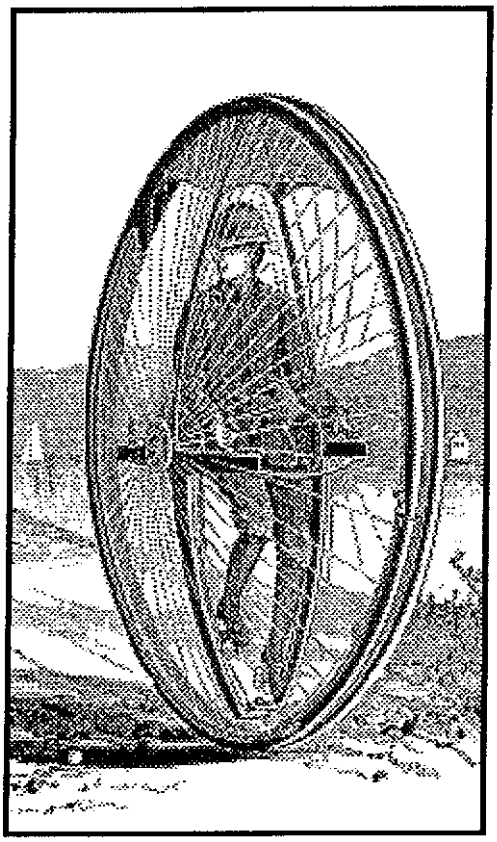
The festival committee has been busy working with plans for the BVBF Millennium tour on May 20 and 21. Mark this date on your new calendar. Also, start thinking about where you would like to volunteer. See application elsewhere in this newsletter. Remember, with the festival you can volunteer and ride. We also could use more committee members. If you are interested, please call Aaron Rosenthal at 594-5655 or Anne Smith at 528-6834.

CLUB PICNIC - NEW LOCATION - NEW ROAD RIDES - NEW OFF ROAD RIDES

Mark your calendar for CSCC's annual club picnic on Sunday, July 16 at Bear Creek Park. This is a change in location from previous years. Look for more information in the May newsletter.

THE 1999 WIDE WORLD OF SPORTS ATHLETE OF THE YEAR IS LANCE ARMSTRONG!

Lance joins Indurain and Lemond as the only cylists to ever get this honor. Details are at http://abc-sports.go.com/wideworld.html. Along with the other numerous accolades and awards lauding Lance's achievement, he also was recently named the 1999 US Olympic Committee's Sportsman of the Year.



Wanted: Info on his trick machine from the past.

What was it called? How did you get on and off, or was it in and out?

Send info to doyle@baltoro.com

Classified Advertisements Club Policies

Non-commercial advertisements are free to all club members. Ads will run for one month unless renewed. Commercial Advertisement for approximately quarter pages or business cards are accepted as follows:

1. Enclose two good copies of card or ad.

2. Include a check for one of the following:
   a. Quarter page ad: 3 issues for $75.
   b. Business card: 3 issues for $25.

3. Mail ad or card and check to:
CSCC Advertising
Attn: Treasurer, P.O. Box 49602, Colo. Springs, CO 80949

Classifieds will run for one issue unless renewed. Ads must arrive at the Club P.O. Box or to the Editor on or before the 10th preceding the month that the newsletter is published.

FOR RENT:

Bicycle travel bag. Non-members $10 per day or $50 per week. Club members $5 per day or $25 per week plus security deposit. Longer periods are negotiable. Call Bob or Anne Smith to reserve a bag. 528-6834.

RIDEFINDERS BIKE WEEK 2000 is coming up the week of June 19th! Mark your calendar for the Commute 101 Expo on June 20th and Bike To Work day on June 23rd. Look in the May/June newsletter for a complete schedule of events and all the details.

The oldest bike shop in town . . . check it out!

Ted's BICYCLES

JUST NORTH OF FILLMORE AT 3016 NORTH HANCOCK AVENUE : 473-6915

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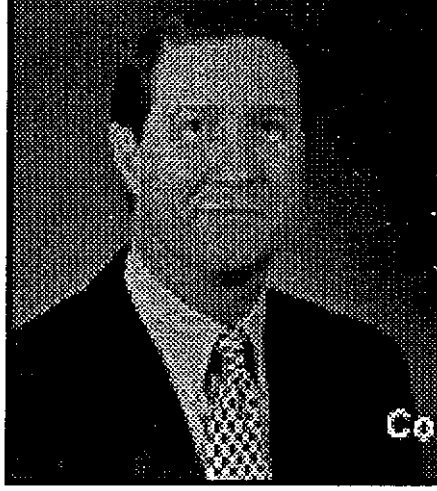

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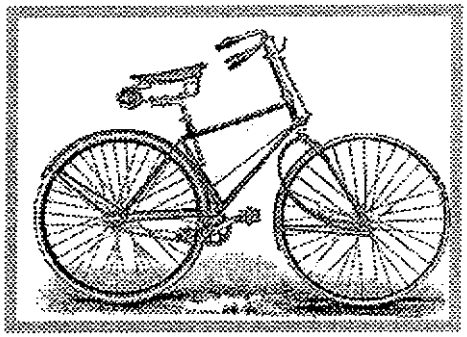
- Only $30 for 3 issues, or
- $60 for 6 issues.



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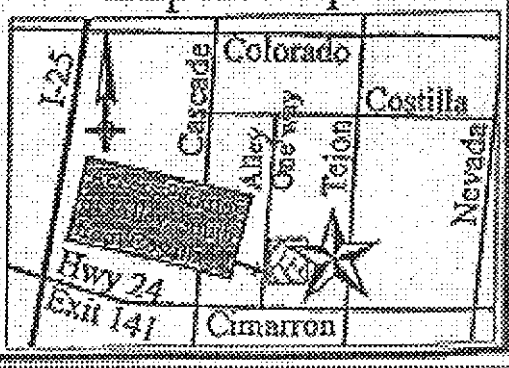

FOR SALE:

Burley Lite - Kid/grocery hauling trailer - $140.

Samson Forged Cranks - 172.5 mm - $70.

Set of knees - hardly ever abused, never raced - $12.50

Winter Lard & extra "Christmas Cheer" - (avoid carbo loading this spring! - Free, you haul. Bring bucket

Clipless Pedals - (the fad is over) Will trade for Dura Ace toe clip variety

Call Tom Preble @ 749-2726 or email tom@preble.net

March 2000

Colorado Springs Cycling Club's Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 2000 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 Apr 2000 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			*1*	*2*	*3*	*4* 9:00 AM Road Race Training Ride 548-8667 10:00 AM KG Ride Safeway Hwy 115 & South Academy
5 9:00 AM MTB Race Training Ride 548-8667 1:00 PM Mardi Gras Ride Acacia Park - RSVP to 594-5655	*6*	*7* **7:00 PM Club Meeting Altamira**	*8*	*9*	*10*	*11* 9:00 AM Road Race Training Ride 548-8667 10:00 AM KG Ride Safeway Hwy 115 & South Academy
12 9:00 AM MTB Race Training Ride 548-8667 1:00 PM Sunday Show'N Go 633-4476	*13*	*14*	*15*	*16*	*17*	*18* 9:00 AM Road Race Training Ride 548-8667 10:00 AM KG Ride Safeway Hwy 115 & South Academy
19 9:00 AM MTB Race Training Ride 548-8667 1:00 PM Shamus McSpud's Potato Famine Ride Acacia 528-6834	*20*	*21*	*22*	*23*	*24*	*25* 9:00 AM Road Race Training Ride 548-8667 10:00 AM KG Ride Safeway Hwy 115 & South Academy
26 9:00 AM MTB Race Training Ride 548-8667 1:00 PM Sunday Show'N Go 633-4476	*27*	*28*	*29*	*30*	*31*	

March & April 2000 - Ride and Event Schedule Details

Club Meeting
Tuesday - March 7th

Altamira Apartment Complex at 7:00 PM
Altamira Clubhouse - 2210 Skyview Lane off 21st Street south of US 24 near Sky Way. **Subject: How to be a Ride Leader**

March - Regularly Scheduled Rides

Saturday Morning - Road Race Training - 719-548-8667
This ride begins at 9 AM at TPI at 1605 South Tejon Street. This is race training ride of about 4 hours. Contact Rob Miskowitch for details.

Saturday Kinder & Gentler Road Ride - 719-593-528-6834
This ride starts from the Safeway on South Academy & Hwy 115 at 10:00 AM. This is a moderately paced ride of 30-40 miles. Expect to average about 14 MPH with some hills. No maps are provided. If you ride ahead of the leader, expect to ride alone. Optional lunch at the Black Bear Coffee Cafe.

Sunday Morning - MTB Race Training - 719-548-8667
This ride begins at 9 AM at TPI at 1605 South Tejon Street. Contact Rob Miskowitch for details.

Sunday Acacia Park Social Ride - 719-594-6354
This ride meets at Acacia at 1:00 PM every Sunday afternoon. This 15-25 mile casual ride is a great ride for new riders and those wanting to chat while riding. No maps everyone is expected to ride together.

Theme Rides for March

Sunday March 5 - 1:00 PM - Mardi Gras Ride
Ride leaves from Acacia Park. Please RSVP to Janet Oliver @ 594-5655. Mardi Gras Costumes (beads, masks, purple gold and green are the colors of choice) encouraged. After Jambalaya and Gumbo at Janet and Aaron's you can ride back to the park or do some off road riding in UTE Valley Park.

Sunday March 19 - 1:00 PM - St. Patrick's Day Ride AKA Shamus McSpud's Potato Famine Ride
Ride leaves from Acacia Park. Please RSVP to Anne @ 528-6834 to reserve your bake spud. All riders are required to bring enough of their favorite spud topping to share with the other famine riders. Riders are encouraged to display their Irish on this ride. Bob will choose a route that makes sure that every rider is famished prior to arriving at their home in Mountain Shadows.

Club Meeting
Tuesday - April 4th

Altamira Apartment Complex at 7:00 PM
Altamira Clubhouse - 2210 Skyview Lane off 21st Street south of US 24 near Sky Way. **Speaker: Allison Dunlap**

April - Regularly Scheduled Rides

Saturday Morning - Road Race Training - 719-548-8667
Ride description is the same as March.

Saturday Kinder & Gentler Road Ride - 719-593-6453
This ride starts from the Cub Foods on Constitution & Powers at 9:00 AM. This is a moderately paced ride of 30-40 miles. Expect to average about 14 MPH with some hills. No maps are provided. If you ride ahead of the leader, expect to ride alone.

Sunday Morning - MTB Race Training - 719-548-8667
Ride description is the same as March.

Sunday Acacia Park Social Ride - 719-594-6354
Ride description is the same as March.

Theme Rides for April

Sunday April 16 - 1:00 PM - Raw Easter Egg Ride
Ride leaves from Acacia Park. Complete the ride without breaking your raw egg and you will earn an Easter Surprise. Refreshments in the park after the ride. For info 528-6834.

New Spring Rides

Monday Dinnerr Rides - Meet at Acacia Park at 5:30 PM. Short & Slow with dinner at a downtown location. **528-6834**

Tuesday Mornings - S^4 Ride meaning Security, Sonic, Slow, Scenic Ride. Meet at the Security Shopping Center Sonic Drive Inn or behind the Mister Pawn. Take Hancock south until it turns into Main Street Security. **Mike Remington 391-0742.**

Thursday Evenings - B^3 Ride meaning Bikes, Buff, & Beer. Meet at the BUFF (big ugly flying fella AKA B52) parking lot near the north entrance to the Air Force Academy at 5:30 PM. Ride for about 25 miles at medium to fast speed depending on who's in front. Then head to a local restaurant for BEER & grub. Bring warm, dry clothes to change into cause you'll certainly be glad to ditch the wet, sweaty bike clothes and

Note: Rides during the winter months may be cancelled due to cold temperature (below 40 degrees), rain, or snow. When in doubt call the ride leader. If there is no ride leader indicated on the calendar (Show'n Go Rides), then use your good judge-

April 2000

Colorado Springs Cycling Club's Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00 AM KG Ride Cub Foods Constitution 9:00 AM Road Race Training Ride 548-8667
2 9:00 AM MTB Race Training Ride 548-8667 1:00 PM Sunday Show'N Go 633-4476	*3*	*4* 9:00 AM S4 Morning Ride 391- 0742 **7:00 PM Club Meeting Altamira**	*5*	*6* 5:30 PM B3 Ride AFA B52 491-0709	*7*	*8* 9:00 AM KG Ride Cub Foods Constitution 9:00 AM Road Race Training Ride 548-8667
9 9:00 AM MTB Race Training Ride 548-8667 1:00 PM Sunday Show'N Go 633-4476	*10*	*11* 9:00 AM S4 Morning Ride 391- 0742	*12*	*13* 5:30 PM B3 Ride AFA B52 491-0709	*14*	*15* 9:00 AM KG Ride Cub Foods Constitution 9:00 AM Road Race Training Ride 548-8667
16 9:00 AM MTB Race Training Ride 548-8667 1:00 PM Raw Easter Egg Ride 528-6834	*17* 5:00 PM Monday Dinner Ride from Acacia Park 528-6834	*18* 9:00 AM S4 Morning Ride 391- 0742	*19*	*20* 5:30 PM B3 Ride AFA B52 491-0709	*21*	*22* 9:00 AM KG Ride Cub Foods Constitution 9:00 AM Road Race Training Ride 548-8667
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30 9:00 AM MTB Race Training Ride 548-8667						

Mar 2000

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May 2000

S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2000 BICYCLE RIDES, FESTIVALS & TOURS

(RSVP with ride leaders well in advance of ride or tour date!)

APRIL 27-30	**5TH ANNUAL FRUITA FAT TIRE FESTIVAL** - mountain bike rides in and around Fruita, CO 1-800-873-3068 or www.gj.net/~edge/fest
MAY 6	**PUEBLO RIVER TRAIL RIDE & BRUNCH** - Fran Vaccaro 522-1975
MAY 20 & 21	**BUENA VISTA BICYCLE FESTIVAL** - Two day mountain and road bike tour in and around Buena Vista, CO. Aaron Rosenthal 594-5655 or Bob Smith 528-6834 or www.bikesprings.com
MAY 27, 28 &29	**NORTHERN NEW MEXICO TOUR** - Road loop from Antonito, CO through New Mexico. Bob & Anne Smith 528-6834
JUNE 4	**ELEPHANT ROCK CENTURY** Hot Line 1-303-282-9020
JUNE 11	**SANTE FE TRAIL TO PALMER LAKE** - Meet at Tiffany Square Park & Ride - Hal Church 633-4476 or 636-9369
JUNE 18-24	**DENVER POST RIDE THE ROCKIES** - 1-303-820-1338 or www.ridetherockies.com
JUNE 24	**DENVER BIKE PATH TOUR** - Hal Church 633-4476 or 636-9369
JUNE 25-JUL 1	**PEDAL THE PEAKS** - Cycle America - mail©cycleamerica.com 1-303-820-1338
JULY 8	**TRIPLE BYPASS** Team Evergreen Bicycle Club 1-303-674-6048 or www.teamevergreen.org
JULY 15,16&17	**COURAGE CLASSIC** - Benefit for The Children's Hospital - begins and ends in Leadville 1-303-456-9704 or www.couragetours.com
JULY 16-22	**BICYCLE TOUR OF COLORADO** - 1-303-985-1180 or www.bicycletourcolo.com
JULY 23	**DENVER BIKE PATH TOUR** - Hal Church 633-4476 or 636-9369
AUG 5-12	**TOUR THE PEAKS** - 653 miles, starting and ending in Glenwood Springs 1-970-879-3376 or www.tourthepeaks.com
AUG 5	**ROCKY MOUNTAIN CENTURY** - metric mountain bike century. Team Evergreen Bicycle Club 1-303-674-6048 or www.teamevergreen.org
AUG 6	**ECHO LAKE LOOP** - Burgen Park, Idaho Springs with lunch at Echo Lake return over Squaw Pass Bob & Anne Smith 528-6834
AUG 10-14	**FIRST ANNUAL COLORADO TANDEM RALLY** - Frisco, CO 303-715-9690
AUG 17-20	**S-CAP ESCAPE 250** · Three Single-day loops from Monument benefiting the Southern Colorado AIDS Project www.capsys.com\s-cap
AUG 19	**MONARCH CREST MOUNTAIN BIKE RIDE** - Fawn & Mike Remington 391-0742 - RSVP by Aug 12
AUG 26	**DENVER BIKE PATH TOUR** - Hal Church 633-4476 or 636-9369
SEPT 10	**RED RIVER CENTURY** - Red River, New Mexico. Red River Chamber of Commerce 1-800-348-6444 If you are interested in making this a **two day event** of 50 miles each day contact Bob or Anne Smith 528-6834
SEPT 16	**7th ANNUAL TOUR OF THE VINEYARDS** - 25 mile bike tour of the wine country near Palisade, with Colorado Mt Winefest wine tasting option. 303-635-2815 or www.emgcolorado.com
SEPT	**CLUB HARDSCRABBLE RIDE**
	HEARTCYCLE - offers a variety of tours throughout the cycling season HeartLine 303-267-1112 **or** http://bcn.boulder.co.us/recreation/heartcycle
	FOR MORE INFORMATION: Club Hotline 719-594-6354; Email cscc@bikesprings.com or Web aat http://www.bikesprings.com

Community Action Update
By Alan Severn

Improvements to the following on-street bike routes are in the works.

Funding is approved for further development of the Airport Road on-street bike route. Drainage work just west of Academy is now under way, which may also help.

The Tejon Street bikd route will be improved in three segments. Arvada work will be part of future I-25 interchange reconstruction. Brookside work willl be part of drainage work. South to Cheyenne Blvd will be done with Federal and local funding.

ROCKRIMMON HOUSE TO SHARE:

Seeking two, quiet, professional housemates, N/S, N/P, N/K to share large, beautiful house with view and large deck in quiet neighborhood on cul de sac in Rockrimmon.

Hiking and biking trails that lead to Pike National Forest are directly across the street.

Rental options as follows:
EITHER rent master suite with large walk-in closet and five-piece bath OR rent two bedrooms with full bath.

Housecleaning included 2xmonth. Share rest of house including laundry room.

Either rental option is $495/mo + 1/3 utilities. One months's security deposit & references required.
531-9441.

4 SALE:
RANS Velocity prototype, full Zzipper fairing.

RANS Vivo demo, full suspension.

RANS Screamers, emerald green, 3 available; New, demo, used.

Softride PowerWing 700 55cm, Ultegra group

Raleigh R-300 touring bike w/ many upgrades

Kickbikes, standard and V-brake models

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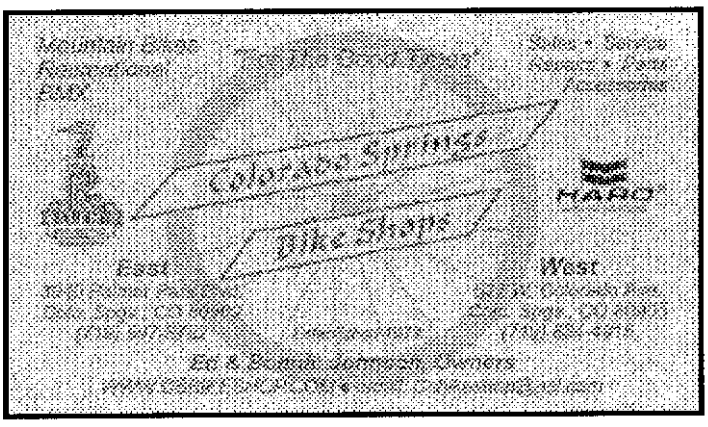

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MEMBERSHIP NEWS:

WELCOME NEW CSCC MEMBERS: Dawn Healy, Adrian Kalaveshi, Nathan Marsh,, Tom Mattoon, Brad Prothe.

WELCOME AGAIN RETURNING MEMBERS: Jane Burr, Ted & Ruth Edmonds, Ellwood & Lyn Johnson, Milt & Cynthia Johnson, Barbara Kohlhase, Jon & Ann Macomber, Rob & Susan Miskowitch, Ann Pinney, Neale Reinitz, Mike & Fawn Remington, John Rodwick, Aaron Rosenthal & Janet Oliver, Henry & Eileen Towne, Darrell & Beverly Weaver, Larry & Patty Watson.

Ride Leaders:

Mail your ride sheets to Jane Rose, 1309 Wynkoop Dr., Colorado Springs, CO. 80909. Janet is the 2000 Club secretary. Thanks, Janet!!!

---

speaking of Ride Leaders.... We need some ... yes, there is some responsibility but you can take the edge off with the following:

>> don't tell them where you are going

>> you pick the speed you are most comfortable with

Call Bob Smith with your ideas at (719) 528-6834.

CLUB OFFICERS

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JVac982501@AOL.com

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Treasurer
Mark Rowe
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Secretary
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jrose@csdb.org

Road Ride Committee
Rob Miskowitch
548-8667

Touring Committee
Mike and Fawn Remington
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CLUB DISCOUNTS

As a CSCC member, you are entitled to a 10% discount on the purchase of cycling accessories from the following bike shops. In order to get your club discount at bike shops, you must take your newsletter with the mailing label attached. Your label will indicate your new or renewal membership is up to date.

Colorado Springs Bike Shops (719) 634-4915. Two Colorado Springs Locations.

Ted's Bicycles (719) 473-6915

LOOK AT YOUR NEWSLETTER MAILING LABEL -- DOES IT SAY "Final Issue - Renew Now"? Renew before you miss one of our wonderful newsletters - Also, send changes of address and phone number to the club PO Box or call the Hot Line at 594-6354 or
email Anne Smith at:
annesmith@bikerider.com

DOES IT HAVE YOUR OLD ADDRESS?

When your newsletter has to be forwarded, it is an additional expense for the club treasury. **Please get those changes in as soon as possible.**

Remember, the newsletters are usually mailed the last week of the month, so try to get changes and renewals in early. Also, if you have a new phone number, let us know so we can keep our roster up to date. You can leave any address or phone changes on the hot line @594-6354 or call Anne Smith @528-6834

Newsletter Submissions

Due by the 10th. E-mail is preferred in a word document attached. Art work preferred in JPEG or GIF files.
Email:Internet address:
doyle@baltoro.com

ACTION ALERT
BICYCLING ON AMERICA'S ROADS IS FACING AN INCREASING DANGER!
THE LEAGUE NEEDS YOUR HELP TO PROTECT OUR RIGHTS TO THE ROAD

THE PROBLEM

Rumble strips are increasingly being installed on roads around the country, including rural roads and bicycle routes frequently used by cyclists. Rumble strips are gouges ground into the shoulders of roads, of various widths and depths, designed to arouse sleepy drivers.

While these strips may reduce the frequency of run-off-the-road accidents for motorists, they are an increasing safety hazard for cyclists and are depriving cyclists of roads and shoulders they need and want to ride on. Shoulders with rumble strips are often unridable, forcing cyclists out into traffic, and the strips frequently appear with no warning to the cyclist coming downhill or around a bend. A number of cyclists have already been injured, some seriously, and an increasing number of roads frequented by cyclists are becoming dangerous or unpleasant to ride on.

Within the past few years, the Federal Highway Administration (FHWA) Has started aggressively pushing states to install rumble strips on their roads. The type and design -- how deep, how much of the shoulder to take up, which roads to install them on -- is left up to each state. Some states? designs and applications create less of a danger for cyclists than others.

While we recognize that rumble strips can be an important safety device for motorists, it is also important to develop a design standard for strips that do not injure or kill cyclists. In addition, rumble strips should be installed only in places where they are needed -- and not in places where there is little or no run-off-the-road crash problem.

Although there has been research done on the effect of rumble strips on motorists, there has been very little research on the impact on cyclists. We believe that the FHWA should stop promoting the installation of rumble strips on roads that cyclists use until furtherresearch has been done, and until a design standard that is good for motorists and cyclists has been developed.

WHAT YOU CAN DO

The League of American Bicyclists has been actively working on this problem, meeting with the head of the FHWA and Congressional leaders, and working with FHWA staff to encourage further research and a safer design standard for cyclists. But we need your help and backing to strengthen our efforts.

Please write a letter (not e-mail) TODAY to the Federal Highway Administrator, with a copy to Congressman James L. Oberstar, ranking member of the Transportation Committee, who is assisting the League with our efforts. Your letter can be brief, but personal letters are more effective than form letters. If possible, include reasons you are concerned, your background in cycling, and any problems you have encountered with rumble strips. Be sure to include your address so that you get a reply.

Please urge the FHWA to:

1. Conduct research on a design standard for rumble strips that is bicycle-friendly
2. Limit installation to interstates until a bicycle-friendly design is developed

Send a copy of your letter to the League, and we will make sure that it is circulated to other key people at FHWA and in Congress. If possible, send copies to your own Senators and member of Congress.

Addresses are as follows:

Kenneth R. Wykle
Administrator, FHWA
400 7th Street SW
Washington, DC 20590

Congressman James L. Oberstar
2366 Rayburn
US House of Representatives
Washington, DC 20515

League of American Bicyclists
1612 K St. NW #401
Washington, DC 20006

Thank you for your help and support. We will keep you informed about the progress of the campaign, and the results of our efforts. We know that when you enjoy smooth, rumble-strip-free shoulders and great
bicycle rides, you will be happy you took a few minutes to write these letters!

PLEASE PASS THIS MESSAGE ALONG TO YOUR FRIENDS AND COLLEAGUES

Touring Tips from the ADVENTURE CYCLING ASSOCIATION

from Adventure Cycling's Handbook for Self-Contained Tours

Choosing a Touring Bike

Frames - For touring, frames should be designed for stable handling, and have adequate tire/fender clearance and eyelets for attaching racks and water bottle cages. Look for chrome-molybdenum or aluminum tubing. The standard diamond or men's frame is recommended for both men and women.

To determine your correct touring frame size, simply straddle the bicycle with your feet flat on the floor, and allow between 1 1/2 and 2 1/2 inches of clearance between the top tube and your crotch.

More and more, road tourists are using mountain bikes: they can be more comfortable, and they're more stable and better at negotiating potholes and gravel stretches. Standard knobby tires add to rolling resistance, but they can be replaced with slick tires (inflatable up to 90 pounds) for paved roads tours. Hybrid or cross-bikes combine characteristics of both mountain and touring bikes, and are another option.

Wheels and Tires - Wheels are one of the two most crucial components of a touring bicycle (the other is proper gearing). Aluminum rims of 22 millimeters or wider offer strength, light weight, and a good surface for braking. They also accommodate wider tires (1 1/4 to 1 3/8 inch) that better absorb road shock and bumps. For long tours, a 36 spoke wheel is preferable to 32 spokes and a good hand-built wheel is stronger and will last longer.

Gears - Gears are measured in gear inches; your bike shop can explain how these are computed. For loaded touring, a top gear of 95 inches is adequate, and a 22-inch low gear will serve you well on steep climbs. To quickly check your own bike, or when shopping for a new one, look for 24 to 28 teeth on the small chainring (attached to the pedal crank arm), and 30-34 teeth on the largest sprocket of the freewheel. The smaller the number of teeth on the small chainring and greater the number of teeth on the biggest freewheel sprocket, the easier it will be to pedal up hills.

Brakes - Using side-pull, center-pull, or cantilever brakes is a matter of personal preference. Whichever style you use, a quality brake will have little "give" once the pads touch the rim.

Handlebars - Dropped handlebars, standard on touring bicycles, or upright handlebars with extensions, on mountain and hybrid bikes both work well. The key is to have a variety of hand positions available to prevent pain or numbing in the hands.

Where To Buy - The best bicycle will fail if it is not properly assembled. Beware of "a good deal" through the mail or from anyone other than a reputable bike shop. Selecting a dealer who conscientiously assembles and guarantees the bicycles they sell is even more important than the name on the bike.

ADVENTURE CYCLING
association
P.O. Box 8308, Missoula, MT 59807
(406) 721-1776

Touring Tips from the ADVENTURE CYCLING ASSOCIATION

from Adventure Cycling's Handbook for Self-Contained Tours

Boxing Your Bike

The use of public carriers greatly enhances the number and variety of your bicycling opportunities.

Although airlines, bus companies, and railways are generally accustomed to transporting bicycles, there is always a risk of damage. Proper boxing can minimize the risk of damage or loss.

You must anticipate the possibility that your bike will be dropped, stacked in cargo bins, or otherwise handled roughly once it leaves your sight. Don't travel with your bicycle unless it is boxed! Many common carriers make boxing a requirement. Some airlines have boxes available, as do certain Amtrak stations. Both Amtrak and most airlines require several days advance notice that you'll be traveling with a bicycle. Give this notice directly to the counter where you'll be departing.

You can often get used boxes from bicycle shops, especially if you call a few days ahead. While you're at the bicycle shop, get two boxes, preferably one slightly larger than the other. A single box can be modified to protect your bicycle fairly well, but one slipped inside another to form a double-walled container, braced internally, will give your bike better protection and you greater peace of mind.

It takes time to box a bicycle, especially if it's your first try, so don't wait until a half hour before your flight is scheduled to depart to begin working on it. You'll need a pocket knife, some extra strips of cardboard, some scrap wood, tape (filament or duct tape), and some light rope, twine, or stout cord.

1. Shift the gears so that the cables are slack.
2. Deflate the tires halfway for more shock absorption capability.
3. Remove seat and seat post.
4. Remove the front wheel. Cut a small block of wood to fit between the front fork dropouts and tape it in place. This will help prevent the fork blades from being bent.
5. Remove the brake cables from the brake levers. If your bicycle has a very long wheelbase, it may help to completely remove the front brake so the fork can be rotated 180 degrees.
6. Remove the handlebars and stem as a unit by loosening the stem bolt two full turns. Then, protecting the bolt with scrap wood, hammer to loosen the wedge, and pull the stem out of the steering tube. Re-tighten the stem bolt to avoid losing the wedge.
7. Remove the pedals. Remember that the left pedal is a left-hand thread; the right is a standard right-hand thread.
8. Tie or tape the front wheel to the right side of the frame, padding between the wheel and frame with cardboard. Turn the crank arms parallel with the box bottom and tape in place.
9. Make two 6-inch square "washers" of several layers of cardboard with a center hole. Make them thick enough to prevent the front wheel axle or quick release end from puncturing the box. Tape these in place over the exposed front axle end and the end of the rear axle opposite the derailleur.
10. Unbolt the rear derailleur (but don't disconnect the cable) and tape it to the rear wheel spokes below its normal position so it doesn't stick out past the frame. Pad the derailleur with a roll of cardboard also taped in place.
11. Cradle the handlebars and stem over the top tube or around the fork and head tube if space permits.

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NEWSLETTER EDITOR: You may use this Bicycling News, or any part, in your newsletter with an Adventure Cycling credit line.