

The Bent Fork Chronicles

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



Sept.-Oct. 2002

Is It Time to Breakaway?

David VanDerWege, President

It has been an interesting riding summer with no rain which has made for great riding but lots of heat to make you sweat. It seems like life is full of paradoxes and you are destined to get wet one way or another. As we move into fall, hoping for a snowy winter, it is time to think about the need for club leadership and the 2003 riding season. As you will recall, we changed our bylaws last year and created staggered two year terms for the club officers. This year the Vice President and Secretary positions are up for election. Before you peal off at the first available turn, pause for a minute and ponder if it is your turn to break the wind for awhile.

As in a peleton it is easier if the lead is shared periodically. It keeps everyone fresh and ready to work when it becomes necessary. It even makes it much more fun when you know there are others to share the load. And so it is with our club.

Our Nominating Committee will be recruiting this fall for two interested and excited people to help steer the club in the right direction these next two years. The Board is a great group to hang with and it is lots fun as we do the work just like a good ride should be. So give it some thought and when the worn leaders move to the left think about charging ahead to take your turn in the wind.

If you have an interest in leadership involvement don't wait to be asked. You can express your desires to me by email at vanderwege@adelphianet.net and I will be happy to let the nominating committee know that you are ready to make your move and break away. 



Contents

Is It Time to Breakaway?	1
Welcome Returning Members.....	2
Welcome New Members	2
A Funny Thing Happened.....	2
The TOSC Expands Its Service to Cyclists! ..	3
Why Lead a Ride?	3
Ride Coordinator – Guidelines.....	4
Ride Categorization	5
If You've Never Led a Ride Before	5
Bicycle-Related Projects on Track	6
Classified Ads	6
Upcoming Programs	7
Meeting Place & Schedule	7
Membership Administrivia	8
Classified Information.....	8
Bicycle Travel Bag Rental	8

Welcome New Members

Mary S. Baker; Sheila Blackwell; Brant L. Griffin; Allen, Tamara, Shayne Brody; Robin Hughes; Janice Kane; Adrian De Klerk; & Family; Robert J. Kraus; Bob & Johanna Soli; Kathy Leach & Bill Terrell; Dori Mardon; David Palladino; Carol Quatman & Gil Porat; Tara E. Willener 

Welcome Returning Members

Terre Cavalier; Carol Hines; Randy Johnson; Arol Keenen; Fred & Melissa Hair; Saul & Ruth Goldman; Dennis Knoop & Family; Mark Mann; Steve Scholz; Jeff Shapiro 

A Funny Thing Happened...

on a recent bike ride. I was going down Nevada after just leaving the trailhead for Pulpit Rock Park when I noticed a pickup truck pulling out of a business. As I was following the truck, the driver slowed down. Well, that was just a little irritating. After a bit the truck moved over, the driver starting waving like he wanted me to pass him. I was more than happy to get around him. However, when I got next to the truck the driver asked me how many more miles I had to ride. Since I was headed home, I told him about 8 or 9 miles. He then did something that I have never had happen before. The driver offered to put my bike in the back of his truck and give me a ride! That was certainly a pleasant surprise. I very well couldn't stay mad at the driver for slowing down in front of me anymore. And no, I didn't take him up on his offer.

If you have any amusing ride antidotes, I would be interested in hearing about them and putting them in the newsletter. You can email your story to me (jeff@nensha.com) or send it to the club's P.O. Box.



719.330.8333

*Graphic Design &
Fine Art Photography*

jeff@nensha.com
www.nensha.com



110 South Main Street
PO Box 2140
Breckenridge, Colorado 80424
Business (800) 922-7600 x105
Business (970) 453-2121 x105
Fax (970) 453-0705
Cellphone (970) 389-3460

Each Office Is Independently Owned And Operated

Cara L. Camping 
Broker Associate
carac@c21summit.com



Discover the
POWER of RELIV
in your workouts
and everyday life

Patented Nutrition
Safe. Effective. Results.
MONEY BACK GUARANTEE
Judy Shapovsky Smith
(719) 593-7398
www.RelivForYou.com
judy.smith@bigfoot.com

The TOSC Expands Its Service to Cyclists!

Lisa Hickey

The Trails and Open Space Coalition (TOSC) has recently joined forces with the newly-formed Pikes Peak Area Bicycle Coalition. TOSC has served as a coalition of special user groups in the past, and is proud to support the Coalition and its new leader Al Brody. TOSC wants to continue its history of advocacy for bicyclists, and will continue to promote the addition of bike lanes as part of new construction of roads, adding mountain bike trails as part of our open space and park-related advocacy, and, as always, we will continue adding to our superb trail network throughout the Pikes Peak Region.

TOSC hosts an informative website at www.trailsandopenspaces.org. You can discover new trails to explore, join other bicyclists as a member of TOSC to advocate for new or safer trails, and help TOSC keep you informed by visiting our website. The website offers links to maps, information about exciting events, and descriptions our latest open space and trails advocacy efforts. Thank you for joining us as a member of TOSC! We will send informative newsletters and invite you to our bicycling activities! You can join on-line!

TOSC has recently helped enable the bike lanes are to be installed on Flintridge. TOSC and the Bicycle Coalition will work together to promote appropriate bicycle lanes and accommodations as Woodmoor is further developed. We will keep you informed! ☠



Why Lead a Ride?

We wanted to start with some words of inspiration, some explanation of why you'd want to lead a ride. Someone said, "Why do we lead rides?" and there was a pause. "Because it's fun." Another pause. Then a wild, careening peloton of ideas burst from nowhere:

- You get to choose the route, the pace, and the food stops. This means that you get to share your favorite destinations and routes, ride at your preferred pace, and bring a lot of people to your favorite eateries.
- You meet new people who share at least one of your interests. This expands your pool of potential riding partners (and friends), particularly folks who like to ride the same way you do.
- You can share your other interests, knowledge, or talents with people by leading theme rides. At one time or another, leaders have led railroad history rides, antiquing rides, yard sale rides, kid rides, camping rides, moonlight rides, bakery rides, and rides with a multitude of other themes.
- You can inspire people, motivate them, get them excited about bicycling. Ride leaders who lead regularly have countless tales of novices who can barely shift gears on their first ride but who blossom into avid cyclists by the end of a season.
- You can exercise your creativity in finding a route, writing the ride description, designing the map or cue sheet, and creating the event.
- You get to contribute something to the community.
- Leading a ride makes you go riding yourself.
- Other people have to call you "Leader." ☠



**Colorado Springs
Bike Shop**

3490 Palmer Park Blvd.
719.597.8782

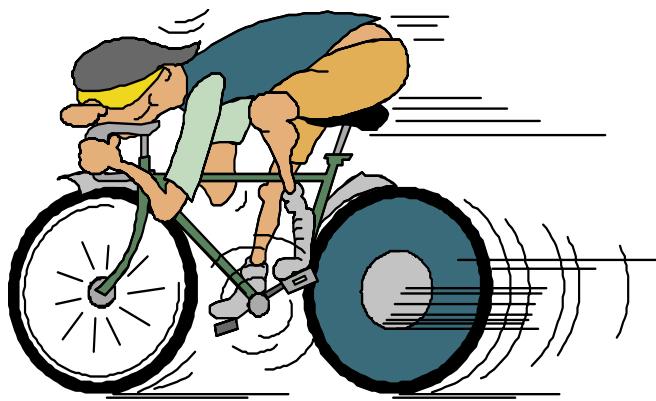
622 West Colorado Ave.
719.634.4915

Ride Coordinator – Guidelines

This is from the "Ride Leader Guidelines" by the Cascade Bicycle Club. (Last updated Feb. 26, 2000)

It doesn't take a lot of expertise to be a Ride Coordinator. Simply follow the guidelines below and you will be on your way to becoming an experienced Ride Coordinator.

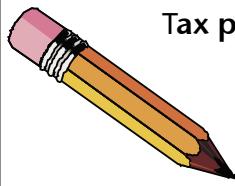
1. Pick your favorite ride from the existing list of the most popular rides (look on the web page for existing routes). Or, define your own ride (submit your ride information so it can be posted on the web site).
2. Determine what pace you will lead the ride (you will find Ride Classification guidelines on the web page). You may want to ride the route prior to publishing the Ride Classification to verify the Ride Class.
3. Decide the date and time of when you want to start the ride.
4. Submit your Ride ID Route, Start Time, and Ride Classification to the Ride Calendar Coordinator (6 weeks in advance so it can be published in the newsletter and on the web site).
5. On the day of the ride, show up; or, have someone else show up as your fill-in.
6. Prior to the start of the ride, hand out route maps (you can get them off of the web page – use Internet Explorer to print the Cue Sheet, the Map, and the Profile).
7. Just before the ride, ask everyone if they have read the article from League of American Bicyclist on "How to Ride in a Group". If they haven't (or haven't ridden on group rides), politely ask them to ride in the back of the group so they can observe and learn these necessary skills.



8. Start the ride on time for the convenience of the group.
9. You don't have to be the strongest rider. Therefore, you don't have to be leading from the front of the pack.
10. Attempt to keep the ride within 2 mph of the advertised Ride Classification. Down hills will be faster and up hills will be slower (refer to the Ride Classification – some hills are steeper, so the speeds may vary). If **all** of the riders elect to modify the pace, then do so. However, if there is just one rider that wants to keep to the advertised pace, it is the obligation of the group to honor that request. On the next ride, select a Ride Classification the better suites your needs.
11. Coordinate rest stops and length of rest stop. Use the guidelines that are posted in the Ride Classification chart. Hint: Don't bore people by stopping too long.
12. Ride together, stop together, and obey traffic laws.
13. You do not have to be a mechanical expert to be a Ride Coordinator. Don't feel like you have to be the one that has to change someone else's tire when they flat. At a minimum, simply stand there and ask if there is anyone that can help fix the flat.
14. In case of a medical emergency, perform due diligence. For example, flag down a motorist and ask them to call for assistance.
15. If you can get through 70% of these guidelines on your first ride, you are well on your way to becoming an experienced Ride Coordinator. Expect 85% on your second ride; and always shoot for 90% or better after that.

Alan K. Severn, CPA

Tax planning and preparation



(719) 471-8035

E-mail: asevern@adelphia.net

Ride Categorization

Group Ride Class	Average Riding Speed Range (mph)	Route Length (mi)	Interval Between Rest Stops (mi)	Short Hilly Average Riding Speed for <3% grade* (mph)	Long Hill Average Riding Speed for >3% grade* (mph)	Flat Average Riding Speed Range (mph)
D	8.0–9.9	10–25	5–10	6.0–7.9	2.0–3.4	10.0–11.9
C	10.0–11.9	20–35	10–15	8.0–9.9	3.5–4.9	12.0–13.9
CC	12.0–13.9	30–50	15–20	10.0–11.9	5.0–6.4	14.0–15.9
B	14.0–15.9	40–60	20–30	12.0–13.9	6.5–7.9	16.0–17.9
BB	16.0–17.9	50–70	25–35	14.0–15.9	8.0–9.4	18.0–19.9
A	18.0–19.9	60–80	25–35	16.0–17.9	9.5–10.9	20.0–21.9
AA	20.0–22.0	60–100	30–40	18.0–20.0	11.0–12.4	22.0–24.0
*	Grade is represented in percent and is the number of vertical feet gain for every 100 linear feet. Example: 8% grade is 8 vertical feet gain for every 100 feet. Or, a one mile 8% grade has 422 vertical feet of gain ($5280/100 \times 8$).					

I thought it was time to publish the ride category system that the club based its classification system upon. We use pluses instead of double letters; however the idea and the general guidelines are the same.

Here are some website links that might come in useful for helping you find answers to your bicycling questions, and how to become a better ride leader or group rider.

League of American Bicyclists
<http://www.bikeleague.org/>

Better Bicycling Fact Sheets
<http://www.bikeleague.org/educenter/factsheets.htm>

Group Riding
<http://www.bikeleague.org/educenter/factsheets/groupriding.htm>

The articles about being a ride leader are excerpted from the "Ride Leader Guidelines" by Cascade Bicycle Club which can be found at
http://www.cascade.org/ride_leader_guidelines/



If You've Never Led a Ride Before

If you've ridden on a lot of club rides, you already know much of what you need to know to lead a ride of your own. Not everything about leading rides is intuitively obvious, though. Thankfully, there are several resources available for learning more about becoming a ride leader. This booklet is intended to give you a good introduction. In addition, you can attend one of the orientations for new ride leaders. These orientations, which are offered by the club several times a year, are listed in the club's newsletter, the Cascade Courier.

You also can co-lead a ride with an experienced ride leader. Just ask any of the club's ride leaders if you can help with their next ride, or ask if they'll help you plan a ride of your own. If you'd like to get to know a ride leader better, volunteer to sweep, which means that you ride at the back and help the slower riders. You can also contact the Rides Committee Chairperson (listed in the Cascade Courier) and ask for the name of someone who could give you a hand getting started.

Finally, you can sweet-talk a friend who has never led rides into jumping in with you. Calmly explain that it's easy, it's a great way to get or stay in shape, and it's the best way to meet the person of your wildest dreams.

Bicycle-Related Projects on Track

Alan Severn, Advocacy Committee

The Colorado Department of Transportation (CDOT) Region 2 (ours) has approved funding of the city's Rock Island Trail Acquisition and Woodland Park's US 24 Bike/Pedestrian underpass.

Don't worry about the six-mile segment of Woodmen Road (in the county, going westward from US 24). This project will be funded at the appropriate time; the corridor is still under study, and the bike improvements (separate path and underpass) will be included when construction begins on the overall project. 



Bike Shop Discounts

CSCC members receive a 10% discount on cycling accessories at these fine shops:

Colorado Springs Bike Shop
Ted's Bicycles

To get your discount, show your newsletter and mail label.



At Home, At Work or On the Trail

groundup..
Authorized Dealer

- Full Service Shop
- Mountain - Road
- BMX/Freestyle - Kids
- Tune-ups & Repairs
- Suspension Forks & Disk Brakes
- Custom Frames & Bicycles



BIKEPRO MOBILE
www.bikepro-mobile.com

572-0333

Serving The Pikes Peak Region



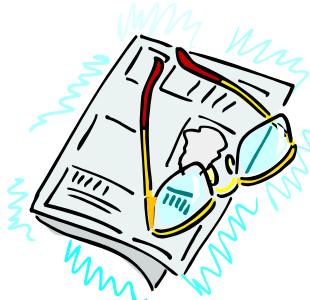
Thank you Colorado Springs Cycling Club members for 25 years of support.

719.475.8589 426 S. Tejon Street Downtown

Ever want to be a published author?

Ever want to read by millions?
(Well, maybe hundreds.)

It's simple. Just send your article or story to: jeff@nensha.com or the club's P.O. Box.



Classified Ads

Classified ads will run for one issue unless renewed. Ads must **arrive** at the Club P.O. Box or to the Editor **on or before** the 15th of the month preceding the newsletter. 

House to Share – UCCS area. Nice home, big fenced backyard, nice neighbors, quiet street. You get finished basement with two bedrooms, private bath and living room, washer/dryer, storage, share kitchen, non-smoker, pet possible. \$500 mo. plus ½ utilities or possibly \$300 plus 1/3 utilities (1 bedroom etc.). Easy access to the bike paths and Palmer Park. Call Michael at 260-1752 

Contact Information

Elected Board Members

President: Dave VanDerWeg
719.380.7635, vanderwege@adelphia.net

Secretary: Janet Rose
719.597.1596, jrose@csdb.org

Vice President: Alan Severn
719.471.8035, asevern@adelphia.net

Treasurer: Mark Rowe
719.268.0124, markrowe@msn.com

Volunteered Board Members

Postal Address

Colorado Springs Cycling Club
PO Box 49602
Colorado Springs, CO 80949-9602

Website www.bikesprings.org
Email cscc@bikesprings.org

Member Services: Anne Smith
719.528.6834, annesmith@bikerider.com

Community Action Committee: Joe Vaccaro
719.522.1975, JVac982501@aol.com



Newsletter Editor: Jeff Shapiro
719.330.8333, jeff@nensha.com

Newsletter Publisher: Bill Ryan
719.260.7950, william.c.ryan@wcom.com

Ride Calendar Coordinator: Bob Smith
719.528.6834, bobsmith@bikerider.com

Web Master: Connie Miller
conniemi@adelphia.net

Upcoming Programs

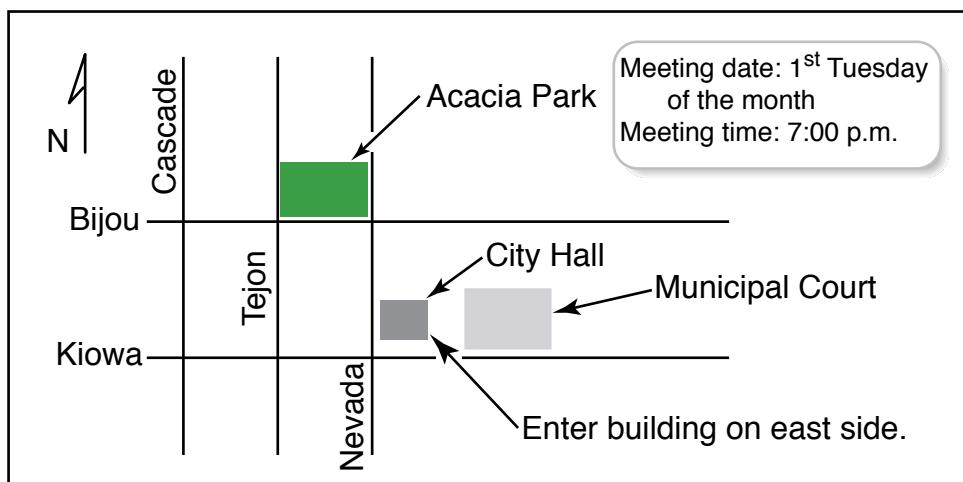
September 3—Member Thad Noll, city transportation planner, updates us on road and trail improvements. With recent grants from Federal and State sources, there's a lot in the pipeline.

October 8—"Bicycle Tour of Colorado: Past and Future" Several veterans of past tours share their experiences, as we look forward to 2003 when the Bicycle Tour of Colorado starts and ends here in Colorado Springs.

Alan Severn, Vice President
asevern@adelphia.net

Meeting Place & Schedule

Club meetings are held at 7:00 p.m. on the first Tuesday of every month except in July (the club picnic) and December (the club Christmas party). We meet in the Academy Room (downstairs) of the Old City Hall (Nevada and Kiowa).



Recumbent Brothers Cycles

Global LaBROtories
Peyton, Colorado USA
JCRecline@AOL.com

John Cunningham
Cell 719-351-3905
719-683-2713

Membership Administrivia**Does your newsletter mailing label say "Final Issue-Renew Now?"**

Renew before you miss one of our wonderful newsletters. Also, send changes of address, phone number and email to the club P.O. Box or email Anne Smith at annesmith@bikerider.com. Please try to do this before the 15th of the month preceding the newsletter mailing. 

Does the club have your current email?

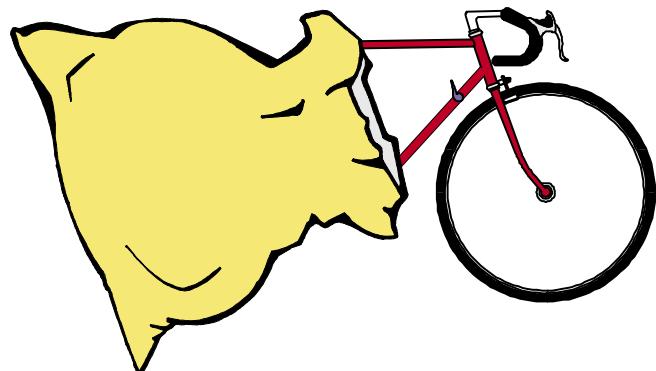
Occasionally, the club does an email notification for things such as club meeting reminders. Often times 10 to 15% of you do not receive the notification due to your email bouncing. Additionally for those who have requested it, the club will email notification that the current newsletter is available for downloading from our web site. This saves the club a significant amount of money in printing and postage costs. If you prefer your newsletter by email notification, please email us at csc@bikesprings.org. 

**Classified Information**

- ⇒ Noncommercial ads are free to club members.
- ⇒ Classified ads will run for one issue unless renewed.
- ⇒ Display ads will run for three issues unless renewed.
- ⇒ Ads must arrive at the club P.O. Box, or to the editor, before the 15th day of February, April, June, August, October, or December.

Commercial ads are accepted as follows:

1. Send clean ad copy, business card, disc with the ad copy, or email a file attachment to csc@bikesprings.org.
2. Check for the amount of:
\$75 for 1/4 page ad
\$25 for business card sized ad
(This amount is for 3 issues).
3. Mail check and ad materials to:
CSCC Advertising
Attention: Treasurer
P.O. Box 49602
Colorado Springs, CO 80949-9602

**Bicycle Travel Bag Rental**

Nonmembers—\$10 per day or \$50 per week plus security deposit.

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 at 719.528.6834