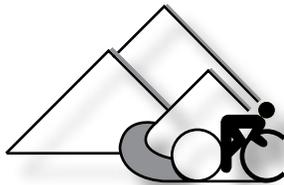


The Bent Fork Chronicles

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



COLORADO SPRINGS
CYCLING CLUB, INC.

Nov. – Dec. 2002



Holiday Party and Awards Dinner

Mark your calendar for CSCC's annual holiday party and awards dinner Sunday December 8th at 6:00 p.m. at the Colorado Springs Fire Department Station 18. Off Vindicator and Centennial Blvd. behind the Walgreens. More details will be available at a later date.



Fall Brings Special Events

David VanDerWege
President

It is fall and we can feel that crisp snap in the air as we ride. And that means its election time; no not those local and state political slug fests. It is time to elect new club officers. At our next club meeting (Tuesday Nov. 5 at 7:00 p.m., City Hall), we will have one official piece of business before moving on to our program and that is to elect a Vice President and Secretary. The nominations committee has been busy screening through our talented and passionate membership and will offer a slate of candidates for election at the meeting. You will also be able to nominate candidates that evening. It is important that you attend and express your preference.

Come and vote.

Continued on page 4.

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Welcome New Members

Martha Rosenau; Ron Rougeaux 

Welcome Returning Members

Don Andreasen; Jay Burns; Bill Doty; Robert Hansen; David Horne; David Levy; Jeff Libby & Barbara Kontny; Doug Luttrell & Joan Morrill; Bill & Caryl Murchison; Lisa Neidinger & Dan King; Shay Nolan; David Shaffer; Tim Tiefenbach 

One Fast Bike!

At the 2002 World Human Powered Speed Challenge. (WHPSC) Sam Whittingham in the Varna Mephisto during his 81.00 M.P.H. run. (See picture below.) Sam won \$1000 for his first place effort during this week's events, but fell short of winning the .decimach prize by 1 M.P.H.. Sam did increase his last year's speed by 0.45 M.P.H.. The temperature was warmer at about 70 degrees on Saturday. Speeds would have been faster this year if the temperatures were about 15 degrees higher, as they were last year. 

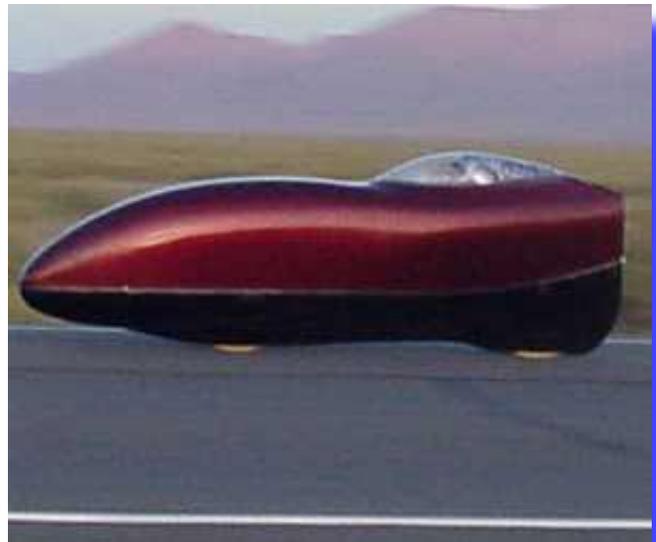
For more information see this site:

<http://www.wisil.recumbents.com/wisil/whpsc2002/resultssaturday.htm>

Banking by Bicycle in Boulder

What may be a first for Boulder, if not Colorado, a bank has created a drive-through lane reserved exclusively for cyclists. Pueblo Bank & Trust will unveil their bicycle-only lane at their 30th & Pearl location during a Grand Opening on Saturday, September 28, 9 a.m. to 3 p.m. Pueblo Bank & Trust has pledged to share information on the creation of their bike-through with other businesses considering similar ventures. If this project proves successful, they are considering adding bike-throughs to other branches around the state.

Announced by Bicycle Colorado. 



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Seeing America, Seeing Myself

by Connie Miller

I don't know why I have this fascination with mind over matter. It compels me to seek challenges that are a test of endurance. About three years ago I got hold of new dream. I was fascinated with the idea of riding my bike across the United States. I read books on it, talked to people who did it, and started imagining myself doing it. It became sort of like sex. Once you start thinking about it you have to do it

The bike ride across America began in my head and most of the decisions on how I would do this ride were made before the trip began. I sent America By Bike a check. This was money I didn't have of course. I've always been a little irrational about money. Just ask my ex's. I decided if I was going to ride my bike 80 miles a day for 50 days with only 5 rest days, I wanted my basic needs to be taken care of by someone else. ABB agreed to find a bed and feed me twice a day and carry my luggage from place to place. They mapped out a northern route across the U.S.

that interested me and provided great route guides and mechanical support. That meant all I had to do was pedal. I predetermined I would ride every mile. About 15 out of 35 of us were EFI'ers in the end. (Every F__king Inch). I never allowed myself to remotely consider a ride in the sag, even when my toes were boiling from the 111 degree heat reflecting off the pavement and my legs and feet were numb. What I gained in terms of self-confidence was well worth the pain I put up with.

I started the tour questioning myself. The first day I followed two female riders for a 15-mile ride out of Astoria, Oregon to the Pacific Ocean to do the traditional wheel dip. I hadn't intended to follow them but they were both quite a bit faster than me so that meant I was behind them. I told myself it's because they were younger than I and hoped I would find someone who road at my pace. It took me a week

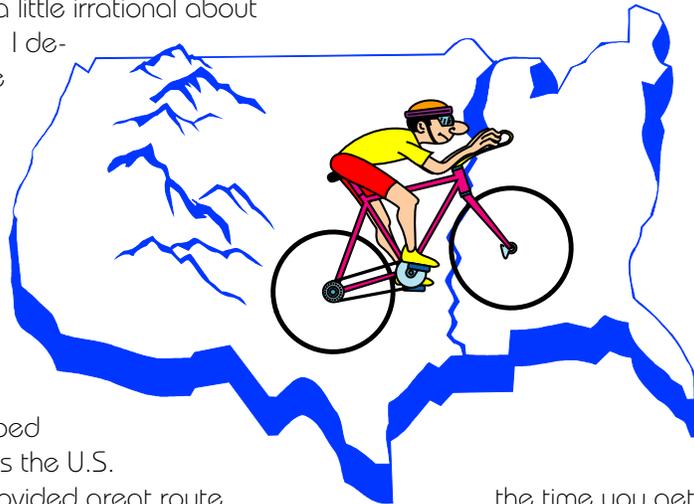
and a few anaerobic miles to relax after that but my confidence grew when I consistently came in with the middle of the pack.

Imagine that you are winding your way up towards Mt. Rushmore. You ride past a field of prairie dogs sitting by their holes staring at you at 8 a.m. You are climbing through Custer State Park and enjoying the beauty of the mountain roads lined with trees. It's now afternoon and 100 degrees outside. You crest a hill, sweat dripping off of you. Finally you start descending not knowing for sure how long you will be going down. You are thankful for the cooling air as you fly down the mountain. You just start loving the

feeling of winding down, down, down. You pass a lake and entertain the thought of jumping in. You climb again until you summit a pass and catch your first view of the 4 heads of Mt. Rushmore framed perfectly by tree branches. Once again you descend on a road that crosses around and under itself several times like a spiral staircase. By

the time you get to Keystone, S. Dakota, you are ready for a Blizzard at the DQ. When you get to the sag, several riders are passed out under a tree waiting for a ride to Rapid City. They are done for the day. By the time you and a friend ride into Rapid City you have climbed 8,200 feet and clocked 83 miles. You reflect on the day's wonderful adventure and disregard the pain.

The things I learned about myself and observed about America were priceless. I learned that I enjoy getting up at 5 a.m. and being one of the first ones out on the road. The whole world seems peaceful and calm at that hour and the sun does glorious things to bails of hay. I learned I could do far more than I think I can and that most of us have goals far short of our potential. The 70-year-old riders in the



[Continued on page 4.](#)

Fall Brings Special Events (cont. from page 1.)

The Board made an important decision last month, to continue another year with the Buena Vista Bicycle Festival as our primary fund-raiser. Our decision was greatly influenced by work done by Aaron Rosenthal with the Buena Vista Chamber of Commerce and Visitors Bureau. Buena Vista is stepping up to support the festival with cash and in kind support. Our goal is to cover all of our costs with contributions and sponsorships so that the registrations become direct support for the club. To accomplish this goal we need to have our hometown, Colorado Springs, step up and match Buena Vista's level of commitment. I am requesting that every member of our club start looking around at businesses you may work in or do business with, who will contribute and sponsor the Festival. This could be cash contributions or in kind support such as food for our rest stops. There will be more specific information coming after the first of the year but now is the time to start scouting out the prospects.

Finally, I want to prepare you for some changes coming in our communications with you. Connie Miller is working on our web site to offer members the opportunity to find more current information on activities and to even allow members to post information and activities that you want to share with other members. Jeff Shapiro is working on a system that will be used to send out an email newsletter, coming to you in the month between printed newsletters. This will keep you updated on changes and additions to our rides and activities. I encourage you to take full advantage of the dynamic nature of our web site and electronic communications. We especially need to have your email address to make these efforts effective. Please provide us with your email address, if you have not already, and be sure to keep us updated if it changes.

Enjoy the beauty of the fall peddling. I will see you out there. 



Seeing America (cont. from page 3.)

group confirmed my belief that old age is mostly in your head. The teamwork of pace lines is a good role model for life. The best approach to riding 120 miles in a day is to only think about the next 10 miles.

It was ironic that the year I actually accomplished this dream was also the year Americans became acutely aware that life could end at any second and that America as we know it could be destroyed without warning. I wanted to see, breathe, feel and smell American Culture. What better way to do that than 50 days on a bike? Before the trip I thought I would be sick of cycling by the end of the tour. I was surprised to find myself in tears on the last day when we loaded our luggage on the truck one last time. I didn't want it to end. Reaching the Atlantic Ocean in Portsmouth, New Hampshire was suddenly not nearly as important as each day of the tour had been. I learned that the important things are happening in this very minute and that how you live this minute makes all the difference. 

Please send us your email address so that we may contact you for special news and events. We will not flood your mailbox with messages! (Probably only one or two a month.) Send your address to: csc@bikesprings.org


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Winter Ride Calendar Changes

by Bob Smith

My definition of the winter riding season is that period defined by standard time (in Colorado standard time begins at 2:00 a.m. on the last Sunday of October and ends at 2:00 a.m. on the first Sunday of April of the following year). Winters in Colorado Springs are relatively mild with some great winter riding days.

We have made some changes to our November and December Ride Calendar. The Saturday Race Training ride is being removed from our calendar. This ride was actually sponsored by a local racing club. The Saturday Kinder Gentler Ride (KGR) is being retired. KGR will be replaced by a new ride called the Winter Fitness Ride (WFR).

The Winter Fitness Ride will have two ride leaders which are myself and Dave VanDerWege. We will lead WFR on alternating weeks. I will be responsible for week 1 and 3 and Dave for weeks 2 and 4. If a month happens to have a fifth Saturday, one of us will be there to the lead ride.

The primary goal for this ride is to provide a weekly ride for club members who would like maintain a moderate level of cycling fitness throughout the winter cycling season.

There will always be a ride leader present to lead the ride unless weather conditions warrant cancelling the ride. It is the riders responsibility to contact the ride leader at least an hour prior to start time when the temperature is below 40 degrees, snowing or raining.

The ride will depart the start location promptly at 10 AM weather permitting. Riders need to arrive at the start location early enough as to not delay the start of the ride.

The ride will be 30-40 miles depending on weather conditions. Riders need to be able to maintain a 14 m.p.h. average for the ride. The ride leader will designate regrouping points along the route. The leader may or may not provide a map or queue sheet. When no map is provided the leader will describe route to next regrouping point. If you decide to leave ride please notify someone who is continuing on of your intentions.

There are two November Moab Trips being offer by club members. For details of these rides please contact the leaders listed on the events schedule or the ride calendar. If you make a commitment to join one of these weekend trips and you have a last minute change of plans you may be responsible for expenses incurred by the trip leader.



Recumbent Brothers Cycles
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 JCrecline@AOL.com

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



**Colorado Springs
 Bike Shop**

3490 Palmer Park Blvd.
 719.597.8782

622 West Colorado Ave.
 719.634.4915

Cross Country Ski Dry Land Training

The days are getting shorter and it is getting harder to ride. Snow is visible in the mountains and you are starting to think about skiing. Get a head start. Join me (and my dog Teddy) at the Bear Creek Dog Park the for dry land ski training the first three Thursdays of November and December at 7:00 p.m. for at least an hour.

Dry land ski training involves simulating ski motions without snow. In practice this can make you a better skier because it is easier to concentrate on specific motions and balance than on snow. This will consist of at least 30 minutes of ski walking (see this picture <http://www.skinnyski.com/training/index.html>) and the rest of the time on strength, interval and technique drills for classical or skating. This will be a workout, although you can vary the intensity for your needs. For more information check the www.skinnyski.com web page for good training and techniques for skiing or my old gang at www.rideandglide.bizland.com or another good dry-land drill source is <http://www.nensa.net/training/training.shtml>.

You will need good running shoes or hiking boots, reflective clothes and/or a lighting system (blinkers work), about chest height poles (classical x-country, downhill or hiking are all ok) and you are set. Oh and a dog if you have one!

Remember real snow always takes priority!!

Call Kerry Hefta at 266.9429 or khefta@att.net 



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

719.475.8589 426 S. Tejon Street Downtown

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.

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. 

Kreitler Rollers: Two sets of Kreitler rollers, fork stand and Killer head wind unit. Raised platform to aid mounting and dismounting from cycle. \$200. or interesting trades!

Vitus Bicycle: 21 spd. 49 cm. \$125 or trades?

Contact Michael Remington or Fawn Remington 391-0742, 332-9973 or Remingtons150@msn.com 

Cannondale Tandem: red, 55 - 48 cm, aerospoke wheels, drag brake, 24 speed bar-end shifters, \$1850.

Miyata, 56 cm, Alumicross: 21 speed bar-end shifters, \$225.

Miyata 110 road bike: 58 cm, 12-speed, \$55.

Tons of spare parts.

Call Doug Luttrell, 232-4783. 

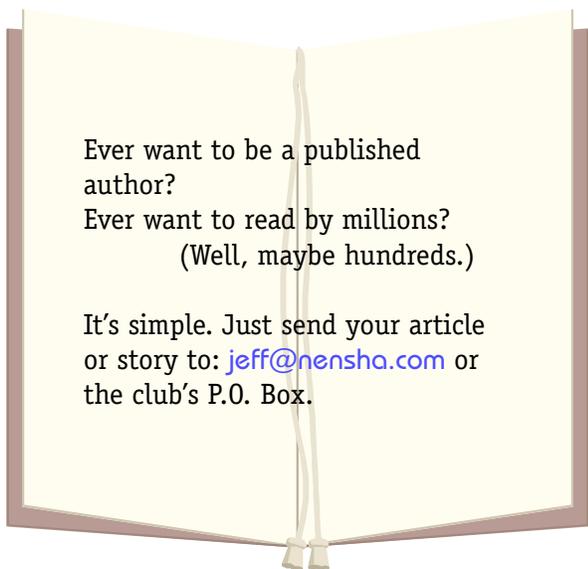
Contact Information

Elected Board Members

President:	Dave VanDerWege	719.380.7635	vanderwege@adelphia.net
Vice President:	Alan Severn	719.471.8035	asevern@adelphia.net
Secretary:	Janet Rose	719.597.1596	jrose@cldb.org
Treasurer:	Mark Rowe	719.268.0124	markrowe@msn.com

Volunteered Board Members

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



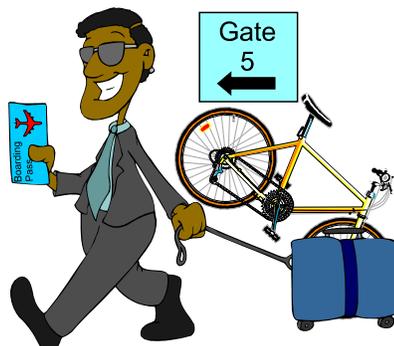
Bicycle Travel Bag Rental

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

Club members—\$5 per day or \$25 per week plus security deposit.

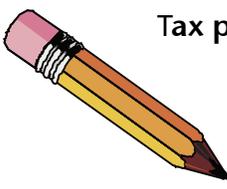
Longer periods are negotiable.

Call Bob or Anne Smith to reserve a bag at 719.528.6834



Alan K. Severn, CPA

Tax planning and preparation



(719) 471-8035
E-mail: asevern@adelphia.net

Colorado Springs Cycling Club, Inc. Membership Application

Annual Memberships Send Check or Money Order to:

- Individual - \$18.00
 Family - \$22.00
 Renewal
- Colorado Springs Cycling Club, Inc.
P.O. 49602
Colorado Springs, CO 80949-9602

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone _____

Email _____

Work Phone _____

I would prefer email newsletter notification:

Yes No

- Please Check Areas of Interest
- Short Social Rides
 20-50 Mile Rides
 50-100 Mile Rides
 Other _____
- Tandem Rides
 Mountain Bike Rides
 Alpine or Nordic Skiing
 Recumbent Rides

Would You Be Willing To?

- Lead Rides
 Be a Committee Person
- Officer
 Special Events

IN CONSIDERATION of being permitted to participate in any way in Colorado Springs Cycling Club, Inc. ("Club") sponsored Bicycling activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions are to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEE" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered on of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releases, I will INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage or cost which any may occur as the result of the claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signatures of all family members below:

Date

Parent / Guardian Signature if under age 18

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

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. 🚲



Colorado Springs Cycling Club, Inc.
 P.O. Box 49602
 Colorado Springs, CO 80949-9602

ADDRESS SERVICE REQUESTED

Upcoming Programs

November 5: Saul and Ruth Goldman tell us about their trip to hilly Hokkaido in northern Japan—by tandem, yet!

December: No meeting because we are having our holiday party on the 8th!

January 7: Connie Miller and Ed Terhune tell us about their cross-country trips. (Check out Connie's article inside for a preview.)

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 Holiday party). We meet in the Academy Room (downstairs) of the Old City Hall (Nevada and Kiowa).

