



The Bent Fork Chronicles

The Electronic Newsletter of the Colorado Springs Cycling Club

=====

President's Message

Let it Snow, let it Snow, let is Snow! As winter descends upon us, I'd like to welcome you all to the new version of our clubs Newsletter. It is a work in progress and I encourage everyone to assist in the process by supporting Lee Herman and Ann Coy as they create the electronic "voice" for

our club. I look forward to seeing many members at the Festival of Lights Parade and at the Holiday Party. Don't let the cold and snow keep you off your bike!

Allen Beauchamp

=====

Editor's Corner

Welcome to the November 2004 issue of the CSCC newsletter. As the weather turns colder and the season changes from fall to winter, I would like to remind everyone that CSCC offers several organized rides that run all through winter and right into spring. Not a CSCC member? Don't worry! We'd love for you to join us on a ride anyway. We promise not to try to assimilate you at least not on your first ride! (Grin)

members of the CSCC family are up to. Please forward your stories, ideas, photos, suggestions, and feedback. If you are interested in authoring an article, please let us know that too!

We will leave you with the following web article that was passed along from John Cunningham. It certainly gives a new meaning to the term "comfort bike".
<http://www.bikeforest.com/cb/>

Keep pedaling!
Lee Herman &
Ann Coy

Beginning in December, expect to see regular features such as a highlighted Colorado Springs road bike ride, a maintenance tip or two, meet your board members, monthly meeting details, and a member spotlight. As always, we are interested in hearing about what the

=====

CSCC Supports LAF in Moab!

CSCC members joined forces on October 2nd to support the 2nd Annual Moab Century and the Lance Armstrong Foundation (LAF). CSCC members in attendance were John Cunningham, Warren Barta, Leah Gaviola, Kerry Hefta, Brian Cox, Steve Bolt, Bob and Anne Smith, Sean Warner, and Ann Coy. A special thank

you goes to Hanna Bolt for running an unofficial sag wagon. She was always there when we needed it!

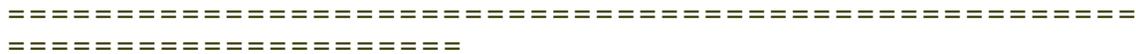
Pre-event activities on Friday afternoon and evening included a social warm-up ride through the Colorado River canyons, a pasta dinner at the Moab Valley Inn, which was followed by a splash or two in the hot tub. The century kicked-off on Saturday morning

with an 8 a.m. mass start with the first 30 miles presenting a continuous climb into the La Salle Mountains. Gradual at first, the climb quickly turned into a challenge that most certainly tested your resolve. You know the climb is tough when John Cunningham exclaims excitedly, "Wow! I am going 4 mph!"

The reward, after reaching the top of the La Salle Mountains, was a screaming descent into the Red Rock Canyons and continuing along the Colorado River for some very

scenic views. The 40 mile out-and-back became a grueling test of endurance. The final 10 miles, simply put, had you questioning your sanity!

At ride end, everyone gathered at the park for the potato bar and then headed off to the hot tub to watch a spectacular desert sunset while soaking away the remainder of the day. You couldn't have asked for better weather. All in all, it was a great time in Moab. Put this one on your calendar and I will see you there next year!



November Events

Tour de Turkey

Sunday, November 21st at 1:00 PM from the north side of Acacia

This year Joan Morrill and Doug Luttrell have volunteered to lead the ride. This ride replaces the regular Sunday Social Ride. As in the past 18 years this ride will be go regardless of weather even it it is just a short loop around the park. There will be post ride refreshments and a drawing for a turkey. So don't miss this ride and chance to win a free turkey. This will be the 19th annual occurrence of this event.

December Events



Festival of Lights Parade

Saturday, December 4th

Bill Gast is the club contact for participation in this wonderful event. Details to follow, for RSVP please contact him: email bghatman@att.net

CSCC Christmas Party

Annual Holiday Party: Sunday, December 5th at 6:00 pm at CSFD Engine House #18. Be sure to put this date on your calendar. Bring your favorite potluck side dish and your appetites! In the very near future members will be receiving an email with complete details for our celebration of 2004. For more info please [click here](#) contact Anne Smith.

=====

Winter Rides

Saturday Fitness Ride – December:
Originates from the Grocery Warehouse on Powers and Constitution at 10 a.m. Hope to see you there!

Sunday Hill Climb – Originates from the Starbucks Downtown at 10 a.m. Ride lead: Sean Mullally.

Thursday Fun Ride - Join Alan Severn for the Thursday Fun Ride meeting at Noon. Please see the ride calendar for more details.