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**“One of a Kind” Rides**



Wouldn't mind leading a ride but don't have time to do it on a weekly basis? How about volunteering to lead a "one of a kind" ride? This type of ride requires only a minimal amount of prep time and your one time presence to lead the ride. A few suggestions for this type of ride are: Poker Ride, Clover Leaf Century, Chatfield Reservoir, Treasure

Hunt, or Frisco to Vail and back. Have an idea of your own? We'd like to hear about it. Remember, it is the volunteers that keep this club running smoothly. If you'd like to volunteer to lead a "one of a kind" ride, please contact Kerry Hefta at [khefta@att.net](mailto:khefta@att.net)



## *President's Message*

To the members of CSCC,

The day, Sunday May 1st. The location, heading back up the Midland Trail towards home after the 1 o'clock Sunday Social Ride. The weather...snowing! What a wild and wooly intro to Springtime we are having in the Pikes Peak area and I love every minute of it. OK, this time of the year having to take along layers for just about every condition is a bit of a pain but well worth it to enjoy the beauty of the tree's budding up along the avenues and everything getting green throughout the city. Get out and enjoy the first warm days of Spring and I look forward to seeing the numbers steadily increase at all the weekly rides for the club.

It is May again and wheels are in motion for the Buena Vista Bicycle Fest being held the weekend of the 21st. Thank you ahead of time for all the club members who have volunteered this year to put on this wonderful event. As our primary fundraiser for the club, it's success is vital to our organization and we are once again looking to have a stellar year. Last years ride had just under 700 riders and at the pace we are going this years looks to possibly top that by a fair margin. If you haven't volunteered before and are still considering it, please do! A ride of this size is no small feat to put on and any help

that we get is truly appreciated. Please check the website for volunteer information and Vic's email link.

As I mentioned at the last club meeting, the numbers of cyclists attending the weekly scheduled rides is on the increase and with that comes a physically larger group on the roadways. Please keep our focus on proper riding etiquette/safety and managing the impact that our club rides have on the other traffic sharing the streets with us. As the League of American Bicyclists says, motorists have a much easier time "dealing" with us as cyclists when we ride predictably. It is our responsibility to act in a way that reflects positively on cyclists in general and promotes a healthy respect towards \*all\* vehicles using the roads. I will be communicating more information on this matter as the summer approaches and my hope is that we may progress to the point as a club that taking 35+ people in and around the city will be pleasant experience for all people involved...even the ones in the cages. :-)

Happy and Safe Spring Riding, I'll see you all at BVBF!

Allen Beauchamp  
CSCC President



## **BVBF 2005**

### **BVBF Volunteer Meeting**

The Buena Vista Bike Fest Volunteer meeting will be Thursday, May 12 at 6:30 at Vic and Diane Villhard's house, 4610 Squirreltail Dr. They are located north of Research and east of Austin Bluffs. Phone 282-7840. By now, all volunteers should have been contacted concerning assignments. If you have not been contacted, please call Vic at the above phone number." All CSCC members are encouraged to support your club by either volunteering or participating in this event.

### **Registration**

There's still time! If you have not yet registered for the 7th Annual Buena Vista Bike Fest register today. The event is scheduled for Saturday, May 21st. Registration includes rest stops and SAG support, a colorful t-shirt for the first 700 registrants, detailed route maps, Saturday afternoon party presented by New Belgium Brewery, maker of Fat Tire Amber Ale, and post-ride meal provided by Jan's. All this for only

\$37. There is a late fee of \$10 per person beginning on May 20 so register online early at:

[http://www.active.com/event\\_detail.cfm?event\\_id=1178816](http://www.active.com/event_detail.cfm?event_id=1178816)

### **Jerseys**

Radere Sports is offering these great looking jerseys at \$69. Radere Sports will be at the Bike Fest at rider registration on Friday, May 20th and at registration and post ride party on Saturday, May 21st with these jerseys.

**Disclaimer: All BVBF Jersey transactions are between you and Radere Sports not the Colorado Springs Cycling Club.**



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## **New & Returning Members**

### **New Members:**

Brandi Bickell; Chris Bombria; Dan Cohen; Daniel & Lisa Jacobs; Yvonne Milito; Dan Oltrogge; Carrie Renaud; Steve Sager

### **Returning Members:**

Tim Beeson; Jim Bronstine; Dale Campbell and Sharon Boyd; Ann Coy; Chris Davenport; Jim Hale & Family; John Horbacz; Ben Humphrey; Roger Kading; Frank & Penny Kink; Russel & Sylvia Lambert; Jimmy Osborne; John & Anita Rasper; Neale Reinitz; Dave Sproul; Mark Thomas; Robert Wells



## Editor's Corner

This month's calendar offers two **new rides**:  
Bicycling Basics on Tuesday mornings at 10 a.m. at Monument Vally Park and a hill climb ride on Wednesday evenings at 5:45 p.m. meeting at the downtown Starbucks across from Acacia Park. Also, we have a "One of a Kind" ride scheduled - Denver Bicycle Touring Club's (DBTC) Third Annual Stone Soup Ride in Colorado Springs. This looks like it would be a lot of fun and will be interesting to see what our soup turns out to taste like! Nothing like a little adventure for the taste buds. These type

of rides are always a lot of fun and allow time for you to actually speak to those you ride with! What a concept!

Don't forget about the BVBF Century. As of April 26th there were 350 registered riders. We hope to see you there!

Your Newsletter Editors,  
Ann Coy ([petalfaster@yahoo.com](mailto:petalfaster@yahoo.com))  
& Lee Herman ([ldherman@mindspring.com](mailto:ldherman@mindspring.com))

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## Web Site Focus



This is a cycling web site of a different nature. It focuses on other things besides racing. This site

offers articles on everything from advocacy, commuting, touring and recreation, to bicycle inventions such as a golf bag carrier attachment. (I had to laugh!) Have a favorite cycling web site you'd like to share with others? Please send it to Ann Coy at [petalfaster.com](http://petalfaster.com)



Bicycling Basics – See article on page 9



**CSCC Member Spotlight**



*Dave's Body Double*

**Meet Dave Boles**

Gee - I joined the club several months ago, attended one monthly meeting, met the President, but still haven't ridden yet with any club members on any scheduled rides.

Essentially, I have found that riding a bike alone is boring. And . . . climbing hills without anyone to yell at (when my pitiful legs are aching) is not fun either.

So - I joined with these simple goals: Enjoy riding, burn a few calories, meet new people, see new places to ride, and maybe get into a little better shape.

I found out about the club through Ted's Bicycles, where I bought my second bike.

The way I look at it, there are serious bike riders and the crumbs that are left. I consider myself a crumb. I see guys and gals on bikes with huge leg muscles and arms that have been pumping iron for years. Well, I ain't one of those. The President talks about cruising at 10-11 miles an hour on the Sunday rides, a stroll in the park as he puts it. Shoot, I bought a speedometer for my bike and good cruising speed for this crumb is 7-8 mph.

I am still working full time until August, when I will retire from my current job and slow down. I have been working the graveyard shift for the past seven years. It's a nice shift for differential pay, but lousy for say - bike outings.

I hope to get in a ride or two before August, but it will be then before I can get a grip on really getting into the riding mentality.

Dave



## **Nutrition Preparations for Century-Riding**

By Jenny Hegmann, MS, RD

*Reprinted with permission. For more information on nutrition, training and equipment for endurance riders visit [www.ultracycling.com](http://www.ultracycling.com)*

When you are planning for a century or double century, your nutritional preparedness is as important as your physical training. Being nutritionally prepared, however, means more than just carbohydrate-loading the night before. During the months and days leading up to your ride you must eat wisely and learn what, when, and how to eat to fuel the distance.

### **Your Daily Training Diet**

You should carbo-load not just the day before the century/double century but also every day during your training. This allows you to: prevent chronic glycogen depletion, train better (because muscles are better fueled), and then ride better on event day, continue eating your usual foods pre-event, so there are no unwanted surprises.

A cyclist's daily carbo-loading menu should derive 55 to 65 percent of the calories from carbohydrates. Achieve this by choosing wholesome grains, fruits, vegetables, and legumes the foundation of your daily meals. Eat lesser amounts of lean meat, seafood, or poultry, and low-fat milk products.

### **Months Before**

You have three tasks during your months of training for your century or double:

#### **1. Learn your carbohydrate targets.**

**Before riding:** Replenish your morning-low liver glycogen levels by consuming 0.5 gram of carbohydrate per pound of body weight one hour before riding. This is 75 grams (300 calories) of carbohydrates for a 150-pound cyclist, roughly a bowl of cereal and a banana. If you can't tolerate solid food in the morning, consider liquid carbohydrates—juice, sports drink, or low-fat chocolate milk. If your stomach prefers no fuel the hour before riding, then consume a good meal—a bagel, peanut butter, fruit, and yogurt—three to four hours before the ride to give yourself time to digest (you may need to get up at 3 a.m., eat, then go back to bed).

**During riding:** Maintain blood sugar levels and help spare muscle glycogen by targeting 0.3 to 0.5 grams of carbohydrate per pound of body weight per hour. For a 150-pound cyclist, that's 45 to 75 grams (200 to 300 calories) of carbohydrates each hour while riding. Learn during training how much you tolerate and if you do better with liquids only or in combination with solid food.



### Nutrition Preparations (Cont'd)

#### 2. Learn your sweat rate and fluid targets.

Every cyclist should know his or her sweat rate, the rate at which you lose body water. For optimal hydration you should replace fluid as you lose it. To find your sweat rate, weigh yourself naked before and after a ride. Each pound you have lost represents two cups (16 ounces) of fluid. To this amount, add the amount of fluid you drank during the ride. Divide this total amount by the hours you rode. This is your hourly sweat rate and is the amount of fluid you should drink per hour while riding. For example, let's say you rode for two hours and drank two cups of water. If you lost three pounds (6 cups of fluid) your sweat rate is eight cups for two hours of cycling, or two cups per hour. You therefore should plan to drink one cup of fluid every 15 minutes while riding.

3. Practice during training to reduce unwanted surprises on event day. Thus you can avoid the stress of wondering if you have fueled appropriately or if what you have eaten or plan to eat and drink will settle well. Experiment during training to:

- **Learn** what and how much food/fluid work best for you, and when. Do you feel best eating one hour before a ride, or three? Should you consume just a banana, or a banana plus a bagel?
- **Develop** a schedule to meet your carbohydrate and fluid targets during the ride. For example, mark

your bottles in 8-ounce increments and drink eight ounces of water every 20 minutes. Divide your food into stashes to be consumed each hour: raisins and pretzels tossed into a baggie, an energy bar, or a few oatmeal cookies, etc.

- **Learn** what to carry and where to keep it. How will you carry your fuel? In which pocket will you always carry your raisins and nuts, sandwich, spare tube? Will your new CamelBak be comfortable for the duration?
- **Practice** consuming the foods/drinks that will be available during the event. If you plan to eat event food, contact ride organizers to learn what will be served.
- **Train** at the time your event will occur. If your ride begins at dawn (or lasts all night), make sure you have ridden (and eaten) at this time.

#### **The Week Before**

Taper your training and maintain your usual, carbohydrate-based diet during the week before a big ride. This allows your body to become saturated with glycogen. Don't worry that you will "get fat"—by tapering, the extra carbohydrates that you eat (or rather that you do not expend) will be stored as glycogen in your liver and muscles. Yes, you will gain weight, up to three to four pounds by the end of your taper. This is water: for every ounce of carbohydrate stored in your body, you store about three ounces of water.



## Nutrition Preparations (Cont'd)

Be sure to carbo-load, not fat-load. Cheesy pastas and French-fried potatoes fill the stomach with fat and leave you eating fewer carbohydrates. The result is poorly fueled muscles (and bigger fat cells!). Trade extra fat calories for extra carbohydrates: On toast, use honey instead of butter; instead of creamy pasta, enjoy spaghetti and tomato sauce.

Plan your event-day menu and buy the foods you need. If you will be traveling, plan to bring all your foods and drinks with you in a cooler.

### **The Day Before**

Today is the day to maintain glycogen stores by enjoying your usual carbohydrate-based meals. Try nothing new. Drink extra fluids to ensure you are fully hydrated. Your urine should be pale and of significant quantity. Abstain from excess wine or beer as they can be dehydrating (and do not contribute significant carbohydrates). Prepare your food supplies so that you won't have to think about this tomorrow morning (when you are already stressed).

### **The Morning Of Your Ride**

Novice riders tend to either eat too little before a big ride, fearing an upset stomach, or else eat too much, fearing that they will bonk. Today is not the day to figure out what to eat before riding! You should experiment in training, and on event day have a tried-and-true plan of familiar foods and fluids. Some cyclists prefer a light breakfast the hour before a century or brevet; some prefer food at the

starting line; others have learned to wake up at 4 a.m., eat a bowl of oatmeal, and then go back to bed.

Drink plenty of familiar fluids up to two hours before the ride so you have time to absorb the water and urinate the excess. Drink one more glass 5 to 15 minutes before you start riding. If you are used to having coffee or tea in the morning, do so today as well. Don't forget to bring your foods and fluids that you prepared the night before.

### **During Your Ride**

Do nothing new, special, or different during a century or double. Your goals are to meet your fluid and carbohydrate targets, just as you did during your training rides. In doing so, you can be confident that you will be adequately fueled and hydrated. You will be able to sit back, pedal strongly, and enjoy the distance with energy to spare.

Jenny Hegmann, MS, RD, is co-author of *The Cyclist's Food Guide: Fueling for Distance* (© 2005 Sports Nutrition Publishers) with Nancy Clark, MS, RD. To order: send check for \$18 to Jenny Hegmann, 12C Carnation Circle, Reading, MA 01867. Hegmann is a sports nutritionist and long-distance cyclist. She lives and works in the greater Boston area. She may be contacted at [jhegmann@verizon.net](mailto:jhegmann@verizon.net).

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## **Full Moon Rides -- 2005**



We got a nice send-off by the folks from Red Bull at the Full Moon Ride on Saturday, April 23, 2005. It was a beautiful night and almost a perfect ride. Unfortunately, Charlie Czarniecki took a spill at three miles into the ride. He finished the ride, then went to get checked out and found that he had a fracture in his arm. He optimistically hopes to be cycling again in time for BVBF.

All Full Moon rides meet at Goose Gossage Park in the parking lot north and west of the ballfields - approximately 3400 Mark Dabling Boulevard— junction of Pikes Peak Greenway, Sinton Trail and Templeton Gap Trail. We try to stick to the trails as much as possible, so fat tires are best.

### **Ride Schedule**

Saturday, May 21 at 9:00 p.m.

Wednesday, June 22 at 9:30 p.m.

Friday, July 22 at 9:00 p.m.

Friday, August 19 at 8:30 p.m.

Saturday, September 17 at 8:00 p.m.

Saturday, October 15 at 7:00 p.m.

Tuesday, November 15 at 6:00 p.m.

Thursday, December 15 at 6:00 p.m.

## **Bicycling Basics**

The "Bicycling Basics" ride on Tuesday **moves** to 10:00 a.m. in May and then to 8:30 a.m. in June, July, and August. While it did not show up on the calendar through the winter, the core group continued the ride each Tuesday as weather permitted and a few new participants have joined in. As you may surmise from the photos, a picnic lunch at a park with a playground may be a common aspect of this ride. - *Stan Hill*





**Ride Calendar**

**MAY 2005**

| Sun  | Mon                                      | Tue  | Wed  | Thu                                   | Fri       | Sat                                       |
|--|--|--|--|---------------------------------------|-----------|---|
| <b>1</b><br><a href="#">Social Ride</a><br><br><a href="#">Hill Training Ride</a>  | <b>2</b><br><a href="#">Dinner Ride</a>  | <b>3</b><br><b>Club Meeting</b><br><br><a href="#">Bicycling Basics</a><br><br><b>New Ride</b> | <b>4</b><br><b>Hill Training Ride</b><br><br><b>New Ride</b>                             | <b>5</b><br><a href="#">Fun Ride</a>  | <b>6</b>  | <b>7</b><br><a href="#">Fitness Ride</a>  |
| <b>8</b><br><a href="#">Social Ride</a><br><br><a href="#">Hill Training Ride</a>  | <b>9</b><br><a href="#">Dinner Ride</a>  | <b>10</b><br><a href="#">Bicycling Basics</a>  | <b>11</b><br><b>DBTC Stone Soup Ride (C/D)</b><br><br><a href="#">Hill Training Ride</a> | <b>12</b><br><a href="#">Fun Ride</a> | <b>13</b> | <b>14</b><br><a href="#">Fitness Ride</a> |
| <b>15</b><br><a href="#">Social Ride</a><br><br><a href="#">Hill Training Ride</a> | <b>16</b><br><a href="#">Dinner Ride</a> | <b>17</b><br><a href="#">Bicycling Basics</a>  | <b>18</b><br><a href="#">Hill Training Ride</a>  | <b>19</b><br><a href="#">Fun Ride</a> | <b>20</b> | <b>21</b><br><b>Full Moon Ride</b>        |
| <b>22</b><br><a href="#">Social Ride</a><br><br><a href="#">Hill Training Ride</a> | <b>23</b><br><a href="#">Dinner Ride</a> | <b>24</b><br><a href="#">Bicycling Basics</a>  | <b>25</b><br><a href="#">Hill Training Ride</a>  | <b>26</b><br><a href="#">Fun Ride</a> | <b>27</b> | <b>28</b><br><a href="#">Fitness Ride</a> |
| <b>29</b><br><a href="#">Hill Training Ride</a>                                    | <b>30</b><br><a href="#">Dinner Ride</a> | <b>31</b><br><a href="#">Bicycling Basics</a>  |  |                                       |           |   |



## Classifieds

### 2004 RANS Screamer Sport Recumbent

#### Tandem

500 Miles. Dark Blue Retail \$3,395 plus tax and shipping. Asking \$2,500

Contact: [Joan Morrill - 761-4818/579-0660](tel:761-4818579)

### RANS Recumbents on Sale

2004 Velocity Formula, 2005 Rocket, 2005 Force 5. All of these are brand new bikes. Bacchettas 2004 Stratus, 2004 Giro, 2004 Corsa, 2005 Aero Basso. **John D. Cunningham** – **Recumbent Brothers Cycles** 719-683-2713  
Phone 719-338-3185 Cell

### Ride Leads Needed

We are looking for volunteer ride leads to take turns leading the 5:30 Wednesday evening trail ride that meets at Teds Bicycles. This ride is usually a fat tire ride and explores the trail system around Colorado Springs. Can't commit to a weekly ride but could lead it once a month? Please [contact Kerry Hefta at: khefta@att.net](mailto:khefta@att.net)

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## Sponsoring Businesses





**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](mailto: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