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North Nevada Redevelopment

The City of Colorado Springs is holding a public meeting on the North Nevada Avenue Neighborhood Revitalization Strategy Area. This meeting will discuss current strategy and host a discussion about what initiatives should receive funding such as

revitalization of store fronts; recreation, trails & open spaces; senior citizen assistance; low income assistance; paving of alleys; etc.

June 8th from 6 – 8 p.m. at the Corpus Christi Church, 2318 N. Cascade Ave., 80907

New & Returning Members

New Members:

Doug Carter & Family; Cole Colter & Family;
Don Harper; Todd Lacher; Brian Mattson;
Sharleen Pisciotta; Sidney Rubinow;
Terrence Smith

Returning Members:

Duane Babcock; Ron Bobo; William Houth;
Jeffrey Kaplan; Doug Luttrell; Charles O'Leary;
Scott Paine; Vic & Diane Villhard



President's Message

To the members of CSCC,

BV7 is a wrap! This year's ride was as spectacular as ever, attracting over 825 registered riders and the day was as beautiful as they come. OK, the light head-wind to start out the morning on CO-24 riding North towards Leadville was a little unplanned, but as the day unfolded it just kept getting more amazing. Very few problems crept up for the volunteers and I've heard that from the riders perspective things went as smooth as glass. From watching the early-birds depart @6:00 a.m. to following the last ones in near 6pm, it was a total success and a wonderful day spent in the Upper Arkansas Valley. They say that Elephant Rock is the "unofficial kickoff to the cycling season" but I'm of the mind that they missed it by a couple of weeks :-)

I can't even begin to say **Thank You** enough to all of the volunteers from the club, from which this ride really gets its life...we couldn't do it without you! From the registration to the rest stops, the SAGs on the road to the folks working the party this truly is an effort that engages dozens and dozens of people (I'm actually thinking near 100). One of my goals for this year is to come up with a list that accurately captures everyone involved in the ride, from the club members themselves to all of the other people that support us in the many jobs along the way. A daunting task but one that needs to be done!

Shifting gears a bit, I'd like to stress again that Safety is our number one goal when it comes to the rides we do. From having the wonderful volunteers with Chaffee County Search and Rescue patrol the "hairpins on Turquoise Lake" on their ATV's during BV7 (preventing a repeat of last years several instances of "unplanned departure from controlled riding") to our weekly rides starting and ending with the same number of cyclists, it is up to us all as individuals to make this an enjoyable and safe summer season.

The weekend before BV7, Dave Vanderwege, Al Brody and I attended the League of American Bicyclists League Cycling Instructor course up in Denver and we are very excited about being able to offer the Road 1 cycling skills course to the club in the coming months. This is a wonderful class that covers many of the basic bike fundamentals that we as "serious cyclists" take for granted during many of our rides. Look for more information in the near future and I am anticipating that the larger weekly rides will definitely benefit from the increased awareness and focus on safely operating our human-powered vehicles.

Enjoy the warmth of the days and the late setting of the Sun!

Allen Beauchamp
CSCC President



CSCC Iris Exchange

Who says everything CSCC participates in has to be related to cycling? How about an Iris exchange? If you are interested in participating, please give me a call or email me at petalfaster@yahoo.com. This would be based on a 1 for 1 trade. Bring your extra

Iris and a picture of the plant in bloom. If enough interest is shown, we'll move forward with plans to hold this exchange in the first week or two of August.

Ann Coy

Editor's Corner

This month's newsletter covers a variety of topics from advocacy, nutrition, and upcoming events to a BV post ride article. Speaking of BVBF, it was another successful fundraising event for CSCC! See the BVBF Out brief on page 4. What a fantastic time.

That great Colorado weather, that we all know and love, is finally here! With the first sunburn of the season under the belt, I am polishing up that pre-ride check list to include sunscreen. I am told that list making is an old people's activity. . . . sigh. . . . With a little bit of luck, this will be the only sunburn of the summer.

As for my BVBF crew of three, we pedaled our hearts out on the metric century and laughed until our sides ached. The weather was beautiful, the views fantastic, and the well stocked rest stops were a welcome site. We enjoyed our post-ride meal at

Jan's (only because we arrived back in town prior to the BBQ getting started). The hamburgers tasted like the best we'd ever eaten. The first thing the waitress asked us was, "Are you with THOSE *bike people*?" I almost felt like a Martian! We couldn't help but own that label, grin, and admit that we were. In our post-ride soak, we contemplated the logic in riding till you are completely exhausted physically, then excitedly asking your cohorts, "So, when is the next one?" I wonder do they have self-help groups for this?

If you have time, please attend the N. Nevada Redevelopment meeting on **June 8th** from **6 – 8 p.m.** at the Corpus Christi Church, 2318 N. Cascade Ave. and make our cycling voices heard.

Keep Pedaling!

Ann Coy (petalfaster@yahoo.com)

& Lee Herman (ldherman@mindspring.com)



BVBF Out Brief

What an exceptional day of fun this was! You couldn't have asked for better weather. In fact, it was the best weather in all the years of the event with temps in the mid 70's and primarily tailwinds as riders came back into BV.

Riders gave very positive feedback to all of the rest stops...each with its' own theme (Mardi Gras, Clowns, and 50's) which provided an additional element of fun to the ride. A special thank you goes out to all of the tireless volunteers! Without their help, this wonderful day in Buena Vista could not have taken place. We were please that there were only a couple cases of road-rash and no serious accidents.

This is CSCC's only fund raising event, and I'd venture to say it was a huge success. In fact, it was the best turn-out to date. We had 765 pre-registered riders and 66 walk-ups for a total of 831. There were 54 no-shows leaving a total of 777 actual riders on event day. That is incredible considering the event 2 years ago was almost the last.

The success of this event is proof of the difference CSCC volunteers can make. There are a million tasks to do in preparation for a cycling event of this magnitude. Sag drivers, rest stop support, pre-event activities, registration desk, ham radio operators,

search and rescue, coordination of local police support, end of ride BBQ set-up, etc., the list is endless.

For the first time, BVBF Cycling jerseys were made for the event by Radere. They look and feel great. Radere also provided giveaways for the party.

The "Trailhead", located in Buena Vista, was a new sponsor this year. They assisted with bike repair and provided give-a-ways for the after ride party. Speaking of the after ride party, a total of 8 kegs of beer were consumed! BVBF pint glasses with both BVBF and Fat Tire logos were given away to each rider that attended the party. They were a big hit.

A huge thank you goes out to all of our sponsors: Active.com, Barak Naggan Photography, Best Western, Bike Pro Mobile, Buena Vista Chamber of Commerce, Old Town Bike Shop, Road ID, Ted's Bicycle, The Trail Head, Motel 8, and Radere.

If you didn't go, you really missed a fabulous time and should put it on next year's calendar of "don't miss" events. For those who rode, don't forget to visit Barak Naggan Photography for your event day photos <http://www.naggan.com/> .



Eating for Endurance: What, When and Why

Nancy Clark, M.S., R.D.

For Active.com

May 06, 2005

Reprinted with permission

Some athletes consider food their reward at the end of the day; they save up their appetite for a huge feast at dinnertime. Wiser athletes treat food as fuel; they knowledgeably fuel before, during and after exercise. They get more out of their workouts and prevent needless fatigue. If that is your goal, keep reading!

What to eat before you exercise

Contrary to popular belief, pre-exercise food does NOT simply sit in the stomach and hinder athletic performance. Rather, it enhances stamina and endurance. The following study confirms this point:

On two occasions, athletes exercised moderately hard until they were exhausted. In one trial, they ate a 400-calorie breakfast three hours before exercising. In the second trial, they simply had a dinner the night before. When they exercised "on empty," they biked for only 109 minutes, as compared to 136 minutes with the breakfast. That's almost half an hour longer! Exercising without fuel left them lagging. (*Med Sci Sports Exerc* 31(3):464, 1999)

Even if you eat five minutes before exercise, you'll digest the snack and burn it during exercise, assuming you will be exercising at a pace you can maintain for more than 30 minutes. This means, you can enjoy a granola bar and banana on the way to the gym to fuel your workout. Research suggests this pre-exercise snack can help you perform 10 percent harder in the last 10 minutes of a one-hour workout. Go for it!

Your goal is to target 0.5 grams carbohydrate per pound of body weight within the hour before you

exercise. This means, if you weigh 150 pounds, you should target about 300 calories. This is far more than most athletes consume.

Obviously, the amount will depend on your stomach's tolerance to pre-exercise fuel. If you have a finicky stomach, liquids or semi-solids (Boost, yogurt, applesauce, pudding) might empty from the stomach quicker than oatmeal, bagels, bananas, animal crackers or graham crackers. The trick is to teach your intestinal track to tolerate the pre-exercise food so you can enjoy higher energy but avoid undesired pit stops.

Eating during exercise

If you are exercising longer than an hour, plan to consume carbs and fluids during exercise to maintain energy and prevent dehydration and needless fatigue. Depending on your body size, intensity of exercise and intestinal tolerance, you'll want to target about 100 to 250 calories of carbohydrates per hour after the first hour of a two- or three-hour event.

If necessary, set your watch to beep every 15 to 20 minutes as a reminder to consume eight ounces of a sports drink, a Tootsie Roll or part of an energy bar and water. If you are doing an Ironman or ultra-distance event, you'll need to consume even more (400 to 500 calories/hour).

During a moderate to hard endurance workout, carbohydrates in muscle glycogen and blood glucose supply about half of the energy. As you deplete muscle glycogen, you increasingly rely on glucose (sugar) in your blood for energy. By consuming sports drinks, gels, bananas, hard candies, peppermint patties and other carb-based foods during exercise, you will fuel your muscles, maintain normal blood sugar and prevent the dreaded bonk.



CSCC Member Spotlight

Meet Diane Huth

I have lived in Colorado Springs for 25 years and joined CSCC about a month ago. I got my first bike [a purple Sting Ray] when I was 9, which I still have ~ hanging up in my garage. Guess that doesn't really count...I just wanted to have fun, get in better shape, and commute to work via bicycle. So, I bought a green Rockhopper mountain bike in 1992. It met an untimely death, and was resurrected as my trainer bike. I recently donated it to Peter at the Bike Clinic, who recycles bicycles for the needy in Colorado Springs. Anyway, after I got my Rockhopper, I rode everywhere! I love bicycles! In my current adult life, I have been cycling for 13 years. I heard about CSCC thru friends from work that go on lots of fun rides with the club, so I thought I'd join and meet some of these great people!

My cycling goals are to just have fun. I recently started road riding and am looking forward to new adventures on the road as well as the trails. I love to hike! Also, I enjoy snowshoeing, backpacking and a bit of rock climbing. Other hobbies include: music, reading, working out, movies, camping, and the mountains.

Q: What additions/changes would you like to see to the CSCC ride schedule?

A: Another 2 hour-ish social-type ride in the



afternoon during the week for non-technical mountain and easy-moderate road riding, and maybe an occasional ride in Canon City area and Teller or Park County areas.

Q: What is your favorite TV show?

A: CSI Miami

Q: What is your favorite type of music?

A: Almost any, but I'm partial to rock, R & B, and jazz.

Q: What do you consider to be the perfect vacation?

A: Bikes on the back of the jeep, tents or cabins with a killer view, and friends hanging around the campfire/fireplace after a day of mountain or desert riding and hiking. And a soak in the hot springs...

Q: Have you taken a cycling trip outside of the US?

A: Not yet...but when I do, it will be in Italy !



Full Moon Rides -- 2005

All Full Moon rides meet at Goose Gossage Park in the parking lot north and west of the ballfields - approximately 3400 Mark Dabbling 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

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.

“Stone Soup Ride”

The Third Annual Stone Soup Ride was a splashing success. Participation was sparse because it was raining in Denver the morning of the ride, but it was sunny and bright in Colorado Springs.



It will be one of the memorable rides for those few who made it. We had planned a brief tour of Fairview and Evergreen Cemeteries during the ride-- but that had to

be deferred. It was quite sunny when we started out, then clouded up quickly as we rode. There was a light sprinkle about seven miles into the ride when we stopped at a Gourmet Market for a potty stop, and three minutes after we went inside it started pouring accompanied by lightning and hail. At first it looked like it might pass quickly, but then it began to look like it might settle in for the day. So when it eased up a little, we decided to head back (and cancelled the diversions). It rained all the way back and most everyone was rather cold and soaked. Fortunately the soup was done, but the first order of business was to get dry and warm up. Of course, it quit raining as soon as we got back and the sun was shining thirty minutes later.

Stan Hill



Web Site Focus



<http://bicyclecolo.org>

This is another informative cycling site that addresses local, state and federal advocacy, cycling events, road-rules, riding tips, volunteer opportunities and much more.

June/July Century Rides

Nothing to do you say? Don't sit at home all dressed up with no where to ride to. There are numerous events taking place in the month of June. The Tour De Prairie is a great 1st timer's century ride with rolling hills. The Elephant Rock is local and the Durango 100 (July) is a very scenic ride with a bit of challenge to it.

There is something for everyone in the month of June. Plan a weekend around the event and enjoy the other things that the area has to offer! I can't think of a better way to spend a weekend and see Colorado in the process. Remember there are always shorter routes offered on each of these rides.

June 4th – Windmill Classic

<http://fortmorganchamber.org/windmillclassic.html>

June 5th – Elephant Rock Century

<http://elephantrockride.com/>

Easy/moderate

June 11th - Tour de Cure

<http://tour.diabetes.org> - Tour de Cure

Easy/moderate

June 11th – Red Canyon Century

<http://redcanyoncentury.com>

Moderate with some climbs

June 18th – Starlight Spectacular

<http://starlightspectacular.org>

Family Ride

June 19th - Ride the Rockies

<http://www.ridetherockies.com/>

Moderate

June 26th - Bicycle Tour of Colorado

<http://www.bicycletourcolorado.com/>

Moderate

June 25th – Tour De Prairie

http://www.active.com/event_detail.cfm?event_id=1121519

Easy/Moderate

July 9th – Triple By-Pass

<http://www.teamevergreen.org>

Challenging

July 24^h – Durango 100

<http://www.durango100.com>

Challenging – 4042' Elevation Gain



Advocacy - Complete Streets

In this article:

- Harkin Amendment Comes up Short
- Next Steps
- U.S. Senate Passes Transportation Bill
- Large Turnout for Fort Collins Town Meeting
- Bicycle Friendly communities in Colorado
- Job Opening

Harkin Amendment comes up short

Senator Tom Harkin's Complete Streets Amendment to the federal transportation bill failed Wednesday, May 11, on a 44 to 53 vote (3 non-voting.)

Thanks to everyone who emailed and called our Senators. This nationwide grassroots effort produced some strong bipartisan results. For the first time in the three-year debate on this bill, Complete Streets came into the national spotlight and finished only five votes short! This is a tremendous gain for an idea that just started to attract political attention last year.

Colorado's Senators split in support of the amendment:

Senator Wayne Allard- NAY

Senator Ken Salazar- YEA

Next Steps

Please thank both Senator Allard and Senator Salazar for their attention to this issue. Let them know that complete streets are a priority for Colorado and we would like their support for efforts

in the future. Please keep communications positive, this issue is not over and we will benefit by keeping our message professional and courteous. Contact info for the Senators and more about complete streets at:

www.BicycleColorado.org/for/CompleteStreets

U.S. Senate Passes Transportation Bill

The U.S. Senate passed its version of the federal transportation bill on Tuesday, May 17. Earlier in the day, Senator Sessions from Alabama introduced an amendment to cut many programs which fund bicycle and pedestrian projects. It was soundly defeated 16 to 84 with Colorado Senators, Allard and Salazar, voting in support of bikes! The bill next goes to a conference committee to work out the differences between the House and Senate versions. Details of the Senate version are at

www.americabikes.org

Large Turnout for Fort Collins Town Meeting

Bicyclists in Fort Collins filled the room Thursday evening, May 12, for a bicycle town meeting facilitated by Bicycle Colorado. Forty-five concerned citizens discussed the positive benefits of bicycling in Fort Collins and the many challenges bicyclists face. The group is uniting to address these issues and get bicyclists involved with decisions in the community. Their next meeting is planned for Thursday, June 2, location to be announced.



Advocacy - Complete Streets (Cont'd)

Bicycle Communities in Colorado

Boulder, Fort Collins, and Denver respectively brought home Gold, Silver, and Bronze. The League of American Bicyclists announced their selections for the most recent Bicycle Friendly Communities Awards. Boulder remains one of only four communities in the country to achieve Gold level recognition. Fort Collins also maintained its previous Silver award level.

Denver dropped a notch to the Bronze level as recent changes by the city are resulting in a less bicycle-friendly environment. Denver is the first community ever to be downgraded, from Silver to Bronze. Feedback from the award process will be helpful in encouraging Denver to turn around this trend, develop complete streets, and improve safety education for bicyclists and motorists. Information is available at

www.bicyclefriendlycommunity.org

Job Opening

Bicycle Colorado is seeking an Office & Volunteer Coordinator. This half-time position is based in our downtown Denver office. Duties include volunteer coordination, membership processing, administrative support, and light bookkeeping. Please forward this posting to any interested individuals. For a complete job description visit :

www.bicyclecolorado.org/to/jobs.

Dan Grunig

Executive Director, Bicycle Colorado

Better Riding ... Much Better!

303-417-1544

www.BicycleColorado.org

Classifieds

Ride Leads Needed

We are looking for volunteer ride leads to take turns leading the 5:30 Wednesday evening trail ride that meets at Ted's 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)

2004 RANS Screamer Sport Recumbent Tandem

500 Miles. Dark Blue Retail \$3,395 plus tax and shipping. Asking \$2,300

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



Relay for Life

I am a member of the Cycling Club and the co-chair for the American Cancer Society's Relay for Life – Garden of the Gods. This event will take place on August 19th and 20th in Goose Gossage Park. If you are interested in learning more about forming a team, registering for survivor activities, volunteering to help with the event, becoming a sponsor, making a donation, or know someone or some organization that might be interested in any of these aspects of Relay, please read the following information and then contact me at jmh47@earthlink.net or by calling me, **John Horbacz**, at 634-3576.

What is Relay for Life?

Relay For Life is a celebration – a unique, challenging and fun way to raise money for the American Cancer Society and to raise cancer awareness in the community. Teams consist of 8-15 people, representing clubs, organizations, and students from the community, and one member of each team is on the track at all times. More than just an overnight fundraiser, this event brings together families and friends of cancer patients to celebrate those who have survived cancer and to remember those who have not.

What Makes Relay Special?

This event is so unique because it offers something for everyone touched by cancer. Cancer survivors are present and will kick off the Relay For Life with a "Survivor's Lap." A celebratory atmosphere prevails,

with balloons, music, and dinner after the Opening Lap. Survivors are also encouraged to offer personal testimonies during the event.

At 9:00 p.m. a very special Luminaria Ceremony takes place. Candles are placed in luminaria bags and placed around the track just prior to the ceremony. During the Luminaria Ceremony, candles are lit in memory of those who have lost their battle with cancer, and in honor of those who continue the fight. The heartfelt love and caring shared by friends and family during this ceremony is truly inspiring. The votives burn throughout the night, serving as a reminder for the purpose of Relay For Life. A moment of silence and special music concludes this ceremony.

As the night proceeds, silliness and mayhem reign. There may be activities such as swing dance lessons, live bands, hula hoop contests, and other fun activities to keep everyone entertained. Food is served all night long, from a casual picnic dinner, to a midnight pizza party and early morning donuts! The Relay For Life ends next morning with a closing ceremony and a final Victory Lap for all participants.

How is Money Raised?

Each team member is asked to raise at least \$100 before the event. Incentive prizes are offered for those who raise more. All of the money raised goes directly to the American Cancer Society for support of the local community's education, patient service programs, and research. Fundraising opportunities



Relay for Life (Cont'd)

are also available for underwriting, sponsorship, individual donations, and the sale of luminaria.

How is Cancer Awareness Fostered?

Relay For Life provides many opportunities for the public to learn more about cancer and resources available in their own community. Cancer survivors

are there to remind everyone that cancer is not always a death sentence. Facts and figures about cancer, early detection, and breakthroughs in research are heard or seen by participants throughout the night. Participants are also invited to take part in advocacy efforts at the Relay For Life, such as Picture A Cure or the Action Network.

Ride Calendar

June - 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Hill Training Ride Explore the Trails (C-/D)	2 Fun Ride	3	4 Fitness Ride
5 Hill Training Ride	6 Dinner Ride	7 Club Meeting	8 Hill Training Ride Explore the Trails (C-/D)	9 Fun Ride	10	11 Fitness Ride
12 Hill Training Ride	13 Dinner Ride	14	15 Hill Training Ride Explore the Trails (C-/D)	16 Fun Ride	17	18 Fitness Ride
19 Hill Training Ride	20	21	22 Full Moon Ride Hill Training Ride Explore the Trails (C-/D)	23 Fun Ride	24	25 Fitness Ride
26 Hill Training Ride	27 Dinner Ride	28	29 Hill Training Ride Explore the Trails (C-/D)	30 Fun Ride		



Ride Committee Meeting.

Topics Covered

Al Brody, Dave Vanderwege and Allen Beauchamp attended the Leadership class of the league of American Cyclists to become League Cycling Instructors (LCI).

June 12th starts a one hour skills clinic after the Sunday ride by Al Brody. Al needs traffic cones for this!

- Some skills, quick turn, quick stop and rock dodge after Sunday skill training.
- Acting like a car. Traffic awareness and confidence.

It was proposed that these sessions continue once a month through the summer and fall with a rotation of the other LCI's.

Also, Brian Behm is starting a Thursday night evening ride from Briargate in June. This is to be a **shorter version** of the Saturday fitness ride.

The Wednesday evening hill climb ride is going well as is the other Wednesday evening ride "Explore the Trails" departing from Ted's bicycle, which is getting consistent ridership as well.

Kerry Hefta

Explore the Trails Ride

Lee Herman would like to invite you to...

The **5:30 p.m.** Wednesday night trail ride. They are starting up again! These are casual rides on the Colorado Springs Trail system. We have lots of fun and get in a mid-week ride to keep miles up and stress down. Please come out and join us. This is a great way to get started riding after the winter or a long time off the bike - we set the pace based on the ability of the riders who are present.

This ride will explore the many bike trails around Colorado Springs. While many of the trails are paved, we will be on gravel and sand trails, too. Cross/hybrid or mountain bikes strongly

recommended. The distance and pace of the ride will vary based on the abilities and desires of the riders on any given day. The ride will go rain or shine except for severe weather conditions. Call or e-mail Lee Herman (719) 228-1580 or call Ted's Bicycles (719) 473-6915 to check if the weather looks bad.

Dates:

- 06/01/05
- 06/08/05
- 06/15/05
- 06/22/05
- 06/29/05



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.

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