



In This Issue:

New & Returning Members..... 1
 President’s Message..... 2
 COBIZ Road Ramble..... 3
 Coming your way . . . A ride to save lives! 3
 Advocacy 4
 Miscelaneous Events..... 6
 Over Hydration 7
 Classifieds 9
 Photo Album 9
 Sponsoring Businesses..... 11
 Calendar 10
 Commercial Ads 11

New & Returning Members

New Members: Laurel Bahe & Charles Montoya;
 Theodore Celen; Randy Courduff & Family;
 Fred Cox & Family; Jean Excell & Family; Torie
 Giffin; Alex Groves; David & Paula Matz; Michael
 Meade; Scott McNabb; Gray Roberson; Alan &
 Barbara Steiner; Jack Towery; Ken Waugh; Mark
 & Julie Braukhoff; Cindy Brosius & Family; Clifford
 & Lynn Collins; Judy Ellwood & Family; Randy
 Gearhart; Lisa Marquette; Dan McArthur; Eddie
 Waters & Family; Ron Wisner & Family

Returning Members: Greg Standing Bear Aten &
 Trish: Rush & Mindy Carter & Family;
 Alfred Chioffe; Ray Eck; Marilyn & Pat Gaffney;
 James Kennedy; Bill Luttrell; Mark Mann; Julie
 Moloney; James Mutz & Family; Patrick Naughton;
 Charlie & Shirley Paterson; Jon Ross; Peggy
 Seidel; Cindy TenPas; Oscar & Barbara
 Wilde; Kathie Ahmie; Laurie Baker; Doug
 Chapman; Jeff Cowen III; Mary Daley; Alexander
 Guerra; Bill Gast & Family; Dennis Knoop & Family;
 Lee Herman & Family; David Shaffer; Michael
 Silver; Dave Wallace



President's Message

Good day to all,
August is has come and gone and September is in high gear. The normal routine for this season is in mid-stride, the vacations planned, the bike tours ridden and many wonderful miles covered by a large percentage of our club's membership. I have heard great stories from the Bike Tour of Colorado, Ride the Rockies, the MS150 that came through and now I look forward to the many tales that will surely come from our members who participated in RAGBRAI. It's a busy time for all of us and my hope is that everyone's summer will be filled with the fun and excitement that riding w/out layers inevitably tends to bring with it :-). May all of our tan lines be distinct and last well into the chill of Fall, never failing to elicit stares from those outside of the riding tribe (Safety Note: always wear sunscreen, at least Spf 30!)

Our club picnic was a great success and I thank everyone who attended for their wonderful enthusiasm and commitment to making our club a great organization. I believe we had one of the largest groups in attendance for the past few years and you all did amazingly well on the ride even with the heat and hills. Next year, look for a possible location change to Confluence Park just off of

downtown, or whatever they end up agreeing to call it by then! A special thanks to my wife, CeCe, who has ended up with much of the work that tends to follow me around and she never fails to come through without a smile on her face and a positive attitude. I affectionately refer to her as "The Boss", much as the riders in the Tour de France refer to Lance Armstrong and I enjoy playing domestique to my personal Champion just as much. (Shameless plug for my beautiful riding partner, she probably won't read this, so please tell her about it!)

Let us all get out and enjoy the warm months ahead of us. I'm personally adapting the best I can to the significant heat of the day that late July/early August have brought with them, but I am eagerly anticipating the mellow weather and reduced heat index of September! Look for a few of the fun events that late summer brings and I highly encourage anyone who has the desire to host an impromptu ride. A warm evening's spin through Manitou and back to the Colorado Creamery just seem like the right thing to do! Check the calendar for updates often I look forward to seeing many of you out on the road...

Allen Beauchamp
CSCC President



COBIZ Road Ramble

"The Road Ramble begins and ends in Larkspur, Colorado, on Sunday August 28th. The course winds through the beautiful countryside around Palmer Lake, Monument, and Black Forest. For everyone from the recreational rider to the serious cyclist, we offer four routes of 12, 34, 65 and 100 miles. The ride is fully supported with numerous aid stations providing food, water and mechanical assistance. A post-ride party with music, food, entertainment and prizes will top off a fun and rewarding day."

The above description was taken directly from their website:

<http://www.roadramble.com/rideinfo.htm>

More info and the registration forms etc may be found there.

While this is a "pledge ride", the low cost of the required pledges makes it much for feasible, especially for those (like me) that dislike raising money for just about anything.

A little about the ride "coordinators": Frank & Marianne Biggerstaff have been members of the club for just about the last two years and have been wonderful supporters of CSCC and our own events. I trust their opinion when they say that the after-party for this ride is not to be missed! I thank them for volunteering to coordinate for any members wishing to ride with "the club" during this event. They are not coordinating a team entry or anything like that, just feel free to contact them if you'd like to meet the day of and ride together as a group. We've done this in the past with other rides like the Denver Moonlight Classic and it's a great way to enjoy the event with friends.

They can be reached via email:

fbiggerstaff@adelphia.net

Wishing you all well,
Allen Beauchamp CSCC President

Coming your way A ride to save lives!

Joe "Mojo" Cosgrove is the father of a young child who has been touched by histiocytosis. Joe is now organizing a cross-country bicycle ride, using primarily single speed, fixed gear bicycles from June 17, 2006 to July 14, 2006. We are inviting riders along our route to obtain sponsors and join in for a portion of the ride. Funds raised through the ride will benefit research into this potentially deadly disease.

Histiocytosis is a rare disorder that primarily affects young children. It is similar to cancer and is in fact treated with chemotherapy and radiation. Because it

is rare it is considered an "orphan disease" meaning that it affects too few people to warrant federal research funding.

We are writing you in the hope that your club will take up this cause and help support this effort. We need sponsored riders, additional lodging and tips about the route we have planned. Please take a few minutes to take a look at the website at www.fixhistio.org to learn more. If you would like to contact "Mojo" you can write to him at drmojotheanimal@yahoo.com



Advocacy

PROGRESS ON CENTRAL CITY BAN

Bicycle Colorado, Bike Jeffco, and Team Evergreen are working together to lift the ban on bicyclists on the Central City Parkway. Our efforts resulted on getting the bike ban onto the agenda of the last two Central City town council meetings where we presented our case.

We uncovered the city's true reason for the ban: a steep, narrow, shoulderless section which is currently the only route connecting the Parkway to Central City. The council is now looking into our proposed alternate route connecting bicyclists from the Parkway to Central City via a low-traffic residential road. Some minor construction and signage will be needed to provide bicycle-only access and the initial council response seems positive.

BIKES AND TOLL ROADS

One additional bicycle-related change from the 2005 Colorado legislative session is found in House Bill 1148 (Madden and Mitchell). This bill clarified the state's toll road rules and in doing so specifically added that bikeways and sidewalks are eligible for funding from collected tolls. The change is an improvement but is still far from a complete streets policy. Bicycle facilities should be included in every project unless exceptional reasons justify their exclusion. Even with this new change citizens have to work to get bikes included in a project. Bicycle Colorado is leading efforts to get complete streets in Colorado. For general information visit www.CompleteStreets.org.

DENVER BIKE/PED BRIDGES

Our last Enews highlighted two promised bicycle/pedestrian bridges in south Denver which RTD asserts they cut from the FasTracks plan before going to the voters. Bicycle Colorado and Bike Denver are in discussions with involved transportation agencies and will report on progress in the months ahead.

Transportation Solutions, a non-profit transportation association, has completed a fantastic study of these needed bridges. Check out the aerial photos overlaid with bike routes and sidewalks at www.LightRailStations.org. Bicyclists are able to submit comments in favor of the bridges on this website.

BICYCLE LAW Q&A ON WEBSITE

Members of Bicycle Colorado have enjoyed reading bicycle attorney Brad Tucker's column in our print newsletter, "Ride Time News."

Since bicyclists often contact us with these types of questions, we have decided to share past columns on our website. Brad addresses your Colorado bicycle law questions like: Which insurance covers costs from a bicycle-related crash? Does a bike club have liability? Can you be charged with drunk biking? Visit www.BicycleColorado.org/to/Legal to read Brad's responses. You can get your own free copy of "Ride Time News" by becoming a member at www.BicycleColorado.org/to/Join.

FEDERAL TRANSPORTATION BILL PASSES

After a two year delay, the federal government passed its five-year, \$286.5 billion transportation funding bill with an original name we won't soon forget- SAFETEA-LU. We will spare you the acronym definition but transportation groupies may get the full scoop on our website.



-\$4 BILLION FOR BIKES

Colorado-based bicycle industry group Bikes Belong reports that the bill authorizes as much as \$4 billion in new federal spending on bike paths, trails, and related programs, a \$1 billion increase over the last bill in 1998. Gains for bicyclists resulted from multi-year efforts by the America Bikes coalition and grassroots bicycle advocacy groups across the nation like Bicycle Colorado. Additional national information is available at www.americabikes.org.

-RESULTS FOR COLORADO BICYCLISTS

Bicycle Colorado led several meetings with Colorado's federal senators and representatives during the bill's debate, paying dividends for bicyclists in Colorado. Bicycle business leaders, bicycle advocates, and transportation leaders all played a significant role expressing the value of bicycling. By encouraging more trips and recreation by bike, Colorado will improve health, safety, and the environment while saving employers, households, and the government money. More details on funding for bicycle related programs are at www.BicycleColorado.org/for/safetealu

-COLORADO SAFE ROUTES TO SCHOOL FUNDED

A major benefit for our state is the funding of the Safe Routes to School program. Bicycle Colorado created the framework for the program by passing the Colorado Safe Routes to School Act in 2004. The program will be administered by the Colorado Department of Transportation (CDOT) and will direct the federal Safe Routes funds to communities across the state. We will send out information on www.BicycleColorado.org

program details and grant guidelines as soon as they become available.

www.ColoradoSafeRoutes.org

REI GRANT FOR SAFE ROUTES

Bicycle Colorado is the proud recipient of a \$5,000 grant from REI. The funding is being put towards development of a Colorado-specific bicycle education curriculum teaching children and their parents to bike safely. The curriculum will be designed for use by Colorado schools wanting to promote safety and physical activity to students. Thanks REI!

RAT RIDE COMING SEPTEMBER 4, FORT COLLINS

The newest Bicycle Colorado event member is the RAT Ride (Rams Alternative Transportation Ride). The ride benefits the Colorado State University Rams Cycling Scholarship Fund and TEAM Fort Collins-Preventing Drug and Alcohol Abuse. The ride provides four routes (12, 50, 75, and 105 miles) accommodating riders of all abilities, from children to experienced cyclists. The family fun ride will have special attractions for kids. The 105 mile route is extremely challenging, with nearly 8,000 feet of climbing. Registration and route details are available at www.ratride.org.

Dan Grunig
Executive Director

Bicycle Colorado
Better Riding ... Much Better!



Miscellaneous Events

RAT RIDE

Friends of Rams Cycling, Inc. is once again organizing the RAT Ride, a one day bicycle tour starting and stopping at C.B & Potts and traversing through Larimer County. The purpose is to raise funds for two worthy causes:

- TEAM Fort Collins, a non-profit community organization dedicated to preventing the abuse and illegal use of alcohol, tobacco, and drugs, especially among youth and families, by promoting healthy lifestyles.
- A scholarship endowment for the Colorado State University Rams Cycling Team, winner of the 2003 Collegiate Team of the Year Award.

It is dedicated to providing students and faculty with an accessible club sport and a high caliber cycling team that competes in both road and mountain races.

The RAT Ride will be held on Sunday, September 4, 2005. The ride provides four routes (12, 50, 75, and 105 Miles), accommodating riders of all abilities, from children to experienced cyclists. All routes will

start and stop at C.B. & Potts on West Elizabeth in Fort Collins. The 12 mile family fun ride will have special attractions for kids. The 105 mile route is extremely challenging, with nearly 8000 feet of climbing, and will attract cyclists from across Colorado.

The RAT Ride is supported by the generous contributions of many local businesses including C. B. Potts, Lee's Cyclery and Fitness, LaFarge North America, Colorado Asphalt Paving Association, Guidestone Farm, Diamond Peak Physical Therapy, A&B Auto Import. Riders are charged a fee for participating and asked to contribute money towards the charities.

Find out more about the ride at:
www.ratride.org.

Register online at:
http://www.active.com/event_detail.cfm?event_id=1239905

Donald Estep
CSU Rams Cycling Team Faculty Advisor
970-491-6722
estep@math.colostate.edu



Over Hydration

Recently a Washington DC police officer died during a cycling training program. The suspected cause of death is hyponatremia, i.e., very low blood sodium. The condition is caused by drinking too much fluid, i.e., water or sports drink.

Lulu Weschler is an ultracyclist who participated in the 1st International Exercise-Associated Hyponatremia Consensus Development Conference, Cape Town, South Africa 2005. She has written a summary of the risks (below and attached), which I urge you to publish in your newsletter and/or on your website.

She has also written a fuller discussion at:

http://www.ultracycling.com/nutrition/drinking_too_much.html

John Hughes
Director, UltraMarathon Cycling Association, Inc
PO Box 18028
Boulder, CO 80308
www.ultracycling.com

Overhydration and Hyponatremia

By Lulu Weschler

Lulu Weschler is an ultracyclist who participated in the 1st International Exercise-Associated Hyponatremia Consensus Development Conference, Cape Town, South Africa 2005.

Overdrinking leading to hyponatremia is the suspected cause of the death of a young

Washington DC policeman during a bicycle training program.

Every death, and every serious case of hyponatremia during or after exercise thus far reported has involved over-hydration. To be sure, you lose sodium during exercise, but by far the dominant factor in exercise-related hyponatremia is over-hydration.

Hyponatremia means that when you divide the amount of sodium by the volume of blood plasma the number you get is too small. This number is called plasma sodium concentration. (Hypo means too small; -natremia means sodium status.)

Theoretically, there are two ways to make this number too small: by decreasing the amount of sodium or by increasing the volume of fluid. Thus far, in symptomatic exercise-related hyponatremia cases, the increased volume of fluid caused the hyponatremia, not the amount of sodium being too small.

Note that over-hydration all by itself (regardless of whether or not sodium is "washed out") can cause hyponatremia by diluting the sodium. When the dilute blood gets to the brain, water seeps into brain cells and causes swelling. In hyponatremia deaths, brain swelling is the killer.

Over-hydration can happen not only when you grossly over drink, but also when you are moderately overdrinking, and for reasons that we



are just now beginning to understand, retaining the overload that you would urinate at rest.

Overdrinking a sports drink with electrolytes can cause over-hydration and hyponatremia, because a sports drink has a much lower concentration of sodium than blood.

Therefore, take seriously any sign that you are putting on water weight during a ride. Weighing yourself before and after a ride is a good way to sort out your hydration needs. You should never finish with a weight higher than when you started. Other signs of over-hydration include evidence of bloating: puffiness in the hands or feet (at the sock line, watch, rings) or short line, "boggy" feeling flesh at the ankles, headache (especially noticeable when you ride on a bumpy road), looking like and/or feeling like the Michelin Man.

Since it is the brain swelling that kills, signs of weight gain plus any change in mental status (confusion, memory loss, disorientation) or any neurological symptom (incoordination, speech slurring) give a presumptive diagnosis of hyponatremia and

represent a dire medical emergency. One other warning sign: nausea and vomiting are very often seen early in the development of hyponatremia.

What to do? Stop drinking. What you want is for urination to dump the fluid overload. Ingesting some concentrated salt could help get urination started. The recipe used by the Medical Staff at the Boston Marathon uses concentrated bouillon, one bouillon cube per ounce of water. This is the one exception to the no-drinking rule: use a very small amount of water as a delivery vehicle for salt. Other remedies include V-8 or tomato juice to which salt is added. Improvise ways to get some salt in. Then wait eagerly for urination to start.

Do not drink any sports drink: the concentration of sodium in sports drinks is too low, and the additional fluid will make the water overload worse. Do not resume drinking until you are certain that you have gotten rid of the overload of water.

More information at http://www.ultracycling.com/nutrition/drinking_too_much.html



Classifieds



Bike for Sale:

Cannondale F400 Mountain bike with hybrid tires (suitable for road or trail) and disc brakes.

Asking \$600

Contact: Dave Horne, dwhorne@adelphia.net or 719-598-0020

Photo Album



Brent's New Bike



Monday Evening Dinner Ride



Calendar

[<< Last Month](#)

September - 2005

[Next Month >>](#)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Fun Ride Thursday Night Mileage Marauders	2	3 Fitness Ride
4 Hill Training Ride	5 Monday Dinner Ride Social Ride	6 Club Meeting Bicycling Basics	7 Explore the Trails Hill Training Ride	8 Fun Ride Thursday Night Mileage Marauders	9	10 Fitness Ride Aspen Ride for the Cure Chris Conboy's End of Summer/
11 Social Ride Hill Training Ride	12 Monday Dinner Ride	13 Bicycling Basics	14 Explore the Trails Hill Training Ride	15 Fun Ride Thursday Night Mileage Marauders	16	17 Full Moon Ride Fitness Ride
18 Social Ride Hill Training Ride	19 Monday Dinner Ride	20 Bicycling Basics	21 Explore the Trails Hill Training Ride	22 Fun Ride Thursday Night Mileage Marauders	23	24 Fitness Ride Chaney King Memorial Ride
25 Social Ride Hill Training Ride	26 Monday Dinner Ride	27 Bicycling Basics	28 Explore the Trails Hill Training Ride	29 Fun Ride Thursday Night Mileage Marauders	30	



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 cscs@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:
 - a. CSCC Advertising
Attention: Treasurer
P.O. Box 49602
Colorado Springs, CO 80949-9602