

THE BENT FORK CHRONICLES

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COME ALONG FOR THE RIDE!

Letter from the President

I hope you are enjoying the spring weather, and riding as often as you can. Interest in cycling picks up this time of year, as does the possibility for more accidents. That said I'd like to let you know that CSCC has made safety education a priority in 2008. CSCC's showcase ride, the Sunday Social Ride, is the best opportunity to explain and practice safe riding habits.

This ride departs from, and returns to, the north side of Acacia Park. This ride is multi-faceted. It's a no-drop ride with posting and a sweep. There are no cue sheets as the route may be adjusted by the ride leader to match the group's abilities. Depending on the group, weather, and terrain, routes are about 13-20 miles. We try to make potential new members and guests feel welcome and safe in a friendly, non-competitive environment. We'll obey traffic lights and stop signs, ride single file when necessary and no more than double file when permitted.

We are an established, recognizable group of cyclists. Our behavior on the road reflects positively or negatively on all cyclists in our community. Be safe, and let's encourage others to "come along for the ride."

Dave VanDerWege, CSCC President

Socially YOURS

By Chris Conboy

Hi! This is Chris Conboy, your social mavourneen for the club. My job is to KEEP THE FUN ROLLING! So far this has been a simple task as folks have stepped up to take on some favorite CSCC theme rides. Many thanks go to Dave and Cathy Vanderwege for the Sweetheart Ride, Allen and CeCe Beachamp for the Easter Egg Ride and Bob and Anne Smith for the Shamus McSpud Ride. You probably know I have a mission for this

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Upcoming Events

Join us for the Full Moon Ride! It's the "Pink Moon" ride, and we'll meet at 8 p.m. Saturday, April 19, at Goose Gossage Park, 3400 Mark Dabling Blvd., Colorado Springs. (What the heck IS a "Pink Moon" anyway?) For more rides and events, check out the [calendar](#). Have a ride to submit? Click [here](#).

RIDE LOG

So far in 2008, CSCC riders have logged over **6,000** miles. Tracking our mileage helps our advocacy efforts, plus it's fun to watch your miles add up! CSCC members, check out your miles and number of rides on the [ride log](#). Join CSCC today and track your mileage too!

message! I am looking for more club members to step forward to take on a liaison/contact person role for future events. It is EASY. I'll even help you find other "worker bee" members to help run the event. Incidental expenses incurred are easily reimbursed by our treasurer, Ronaele Foss. All we need is your energy and enthusiasm and I KNOW there is a lot of that in the club.

Please see "*SOCIALLY*" on page 4

Advocacy – Just Do It!

By Al Brody
Human Powered Vehicle Advocate

Editor's Note: Al attended the 2008 League of American Bicyclists National Bike Summit March 4-7 2008, in Washington D.C. The following is a summary of his experiences.

Momentum and attendance has been building during the last eight consecutive Bike Summits. I've attended five of the past six. Although there were over 500 total attendees and 33 concerned cyclists from Colorado, I am the only Colorado Springs resident to have ever attended a Bike Summit! (This is where you accept my gauntlet drop and decide to go in 2009.) I will provide a brief summary of the experience and try to convey why it is important for cyclists to be at the summit.

March 4 - The event began with an opening dinner which featured speakers describing significant problems, and focusing on how cycling can be part of the solution to these problems. Leaders of our National Park Service explained the deteriorating condition of our national treasures due to pollution and intensive use, and the National Park Service 2016 Centennial Initiative (learn more at <http://www.nps.gov/2016/>). Their proposal: identify actions to be taken over the course of the next two years to involve bicycling in federal lands transportation programs and to lay out opportunities to include bicycle projects in our country's broader National Park Service Centennial Vision. Cyclists are being recognized as significant users of National Parks, and infrastructure will be built to not only accommodate but to encourage this healthy form

Classified Ads

Old bikes taking up space?
Parts taking over your workbench? Organizing a great trip and looking for riders? Need some new gear? Then sign on to the [members](#) section and submit a classified ad!



of transportation and recreation.

March 5 - The following day was filled with numerous breakout sessions and Advocacy training. Here are the sessions I attended:

- "Promoting Cyclists' Rights, Responsibilities, and Protection Under the Law" The goal of this session was to create a national strategy and identify state and local actions to address the legal status of bicyclists and the protection they are afforded by laws and the entire judicial system.

- "Safe Routes to School" SR2S is a brilliant example of identifying an opportunity and crafting a message that politicians cannot disagree with. This program has the potential to substantially change our built environment, from new school siting to how our nation's kids accept walking and biking as a part of their lives.

By the way, I am currently serving a two year term as the bicycle representative on the Colorado SR2S Fund Allocation Committee.

- Connecting Trails and Transportation in a Bicycle Friendly America - The goal of this session was to use encouragement (the Bicycle Friendly Community Award) to help make communities more bike friendly. This in turn enhances connections between recreation and transportation. The ultimate goal is a continuously improving Bicycle Friendly nation. Between sessions, I attended a luncheon with speakers discussing the bicycle-friendly successes in their cities. This year the Mayor of Washington D.C. and a Portland, Oregon City Commissioner spoke on the progress made within their jurisdictions. It's inspirational to hear of municipalities that are dedicated and driven to make bicycles more of a part of the transportation mix.

The sessions were followed by advocacy training. At this training, attendees hone their message which they will personally take to their respective legislators on Capitol Hill. (This was the most exciting part of the summit for me. Visiting my Congressmen in Washington D.C. makes me proud to be an American. Getting a glimpse of the magnitude of what they deal with on a daily basis makes me appreciate how great we are as a nation.) After advocacy training, each state

Please see "ADVOCACY" on page 3

"ADVOCACY" from page 2 delegation met to formulate the visit schedule. With 33 Colorado cycling advocates, we divided into efficient groups and had an easy job visiting all of the Colorado legislators. Each visit offered a distinct political experience. There is always something new at the summit. This year, International Mountain Bicycling Association (learn more at <http://www.imba.com/>) took on a more substantial advocacy role. After the state delegation meeting, I joined the IMBA final wrap up, which was followed by a dinner at a Spanish tapas restaurant where IMBA members, all avid mountain bikers, shared stories, great food, and some adult beverages.

March 6 - The day "On the Hill" began with a speech from Congressman James Oberstar (D-MN), the American bicyclists' most powerful ally in Washington. We delegates got our carefully crafted messages out to our legislators with plans to follow-up with legislative assistants.

Welcome New Members!

Gisele Miyamoto, Brian Aldrich, Randy & Dianne Abshier, Christopher Cordova, Marcelino Cruz, Ronnie Graham, Laura Hronik, Steve Nakasaki, Adrienna Walsh & Family

Renewing members- Thanks!

Dan Akerhielm, Goeffrey Ames & Daryll Stevens; Martin Burton, Curt Emery, Ruth & Saul Goldman, Gary & Karen Johnson, Suzie Quinn, Bill Ryan, Joan Stahl & Ron Wesley, Helen Stergius; Mark Thomas, Jerry & Cathy White, Bill Young, Katie Zimmann

Member Spotlight

Editor's Note: Dan Martin recently joined CSCC and is thoroughly enjoying cycling, as you will read below. For the uninitiated, a "century ride" is a ride of 100 miles. More than 10,000 riders participated in the Tour De Palm Springs this year. (Dan has also been a tremendous help in getting the newsletter published. Thanks Dan!)

After a busy day, it was time to reunite with other advocates and get to know the many new people that have joined the cause. Feeling the unbridled enthusiasm of a person that has gotten just a glimpse of possibilities recharges my batteries and makes me want to keep coming back for more.

March 7 – I joined the Congressional Caucus Bike ride around D.C. led by WABA, the Washington Area Bicycle Association. This group of savvy urban cyclists led about 100 of us visitors on a great tour of the neighborhoods around the Capitol. We passed the new \$612 million-dollar Washington Nationals baseball stadium. That number is significant as it is the same number the U.S. will spend on Safe Routes to School over five years. When you're inside the "Beltway," its comparisons like this that keeps it all in perspective.

You can ask me anything you want about advocacy for cycling in Colorado. Consider getting involved in advocacy -it's fun and rewarding. And most of all, plan on attending the 2009 Summit!



Dan Martin crosses the finish line at the Tour de Palm Springs

My First Century – Lessons Learned

Dan Martin

Having read books, talked with a few old hands, and fretted significantly, I'd like to share with you what I learned by riding my first

Please see "CENTURY" on page 5

"SOCIALLY" from page 1

Here are some of the "fun" ideas that are on the horizon for the year.

These rides are just ideas at this stage, but with your help, they can become an event that the entire club can enjoy.

- CHEYENNE PARK Ride and Picnic
- TOUR OF THE ZOO (ride and docent tour)
- PUEBLO RESERVOIR AND RIVERWALK (camp and bike)
- BICYCLE CACHE/SCAVENGER HUNT

I am really excited about this one! Here's how it works. Using our trails and bikeways, participants ride to a spot to find the "answer" to a clue/question. This can be historical, hysterical, geography, geology, current event, environmental, etc. This can be anywhere in the Colorado Springs/Pikes Peak region. NO CHEATING! You have to use

your bike to get there! This event can be a one day or two day; four times a year is even a possibility. We can pick a quadrant of the city to start the hunt. Wouldn't it be fun to have a picnic and prizes at the end of the day to see what folks have found?

I need ALL OF YOU to help come up with mystery clues/questions and "answer" locations. So, hop on your bikes this spring and send me your clues for the Bicycle Cache/Scavenger Hunt (in the subject line please of your email please). Send these and other ideas you have to ChrisConboy@msn.com or call me at 633-3683 or 339-8857.

I am excited to be your "FUN" coordinator for the club, but it wouldn't be FUN without Y-O-U! Hope to hear from you real soon! Happy cycling!



Socially Yours, Chris



Ron Wesley and Joan Stahl

Happy couples on the Sweetheart Ride, February 10, 2008. Thanks to Dave Horne for the photos ♥



Al and Tamara Brody

Why did you choose to join CSCC?

"Colorado is gorgeous and everywhere we look we see people out there enjoying the scenery. We feel like we need to connect with the bike riding community and join in on the fun!"

Marcelino Cruz

"I joined to enjoy the local cycling camaraderie and to increase my cycling skills."

Christopher Cordova

"Why did I join CSCC? I moved here last summer, did a little biking in the mountains and just loved it. I joined the club to meet more people and to expand my biking horizons. A friend and I are going to attempt RAGBRAI in July, so being in the club will help me prepare for Iowa."

Gisele Miyamoto

"Merry and I have a busy life and certainly don't get to ride as much as we'd like. We joined CSCC to support cycling, and participate, even if only a little."

Ronnie Graham & Merry Ellis



"CENTURY" from page 3

century, and maybe relieve any anxiety you may have (or help you relive it!). I chose to do the Tour de Palm Springs on Feb. 9th, 2008 because it is a low altitude, easy ride and it came at the right time.

Timing is relative to my having smoked my last bit of tobacco in mid October of last year. No more pipe, no more cigars, no more vile cigs. Nope, just fresh air, exhaust fumes, scent of skunk, and waste water treatment plant aroma, and all those other delicious smells enjoyed by cyclists from now on!

The most important thing I learned? Just as the books said, a century is long enough that I really needed to prepare for it. My anxiety was good, because I acted on it. I did one long ride and at least one short ride each week leading up to this century. Forty hilly miles became a nice workout. I did a couple metric centuries, that's 66 miles, alone and unsupported.

I even did a 90 mile ride on my own the week before leaving for Palm Springs. I didn't feel ready for it, and I was right. The best thing about that 90 miler is that I got a flat. I hate flats, so I installed tire liners the next day and that saved my bacon in Palm Springs. What surprised me most while riding this century was the number of

COME ALONG FOR THE RIDE!

<http://www.bikesprings.org>

Cyclists' Night Out

Join an expected 1,500 riders on June 21, 2008 and ride through the streets of Colorado Springs and Garden of the Gods. The ride starts and finishes at the Garden of the Gods Visitors Center and includes a great t-shirt with original art, breakfast, music by Pulpit Fiction and great prizes. Riders of all shapes and sizes, every skill level are welcome. Entertainment begins at 10 p.m. and the ride starts at 11:59 p.m.

Why Ride?

1. Its fun to ride in the dark! A "surreal experience", as many people have told us.
2. It provides financial support to the Trails and Open Space Coalition (TOSC) to help us advocate for cyclists.

For more information and to register, go to:

<http://www.starlightspectacular.org/>

tires that went flat. What surprised me most after the ride was the size of the glass nugget embedded in my front tire! I was in a pack riding fast about 40 miles into the ride when I picked it up. It cut a quarter inch long gash in my tire all the way through my tread and deep into my tire liner, but my tube was out of reach. I shudder to think what might have happened had my front tire blown in that crowd at that speed.

There were quite a few other types of equipment problems. It seems to me now that prepping for a century is a lot like prepping for a long unsupported ride. You have to include your body as part of your equipment, as well as your bike, your hydration, and your other support systems. The aim is to stress each component and either fix or compensate for as many failures in these mechanisms as you can.

The greatest thing about this century, besides having finished, is the team I rode it with. I hadn't planned on riding with a team. The evening before the ride, I was walking my dog and watching this guy and his son unload their bikes at the motel where I was staying. I guess it was my anxiety, more than anything, which prompted me to introduce myself. Turns out, they

Please see "CENTURY" on page 6

"CENTURY" from page 5 and six other members of their cycling club came in from Los Angeles for the event. A friendlier fellow I'd never met and he invited me along. Riding with this group made the whole experience absolutely fantastic! Half of them were my level, with two of them doing their first century. The other half were quite strong. The plan was to ride the first 55 miles fairly together and let the stronger riders break away from there. The ride evolved pretty much according to plan. Groups and pace lines were forming and breaking up during the whole ride. There was pretty much always someone to either help me or for me to help. I paired up with one of the other freshman from my adoptive group for the end game and finished strong.

One other thing – food. I don't seem to be able to digest sandwiches while riding, but M&Ms with peanuts can take me a long way. Bananas, milk chocolate, things comprised mostly of simple sugars seem to work fine but bulky stuff just sits in my stomach while I pedal. I now think of my digestive track as part of my equipment. Failures there can be embarrassing.

All in all, this Tour de Palm Springs was a great experience. I'm very much looking forward to the Buena Vista Bike Fest. That will be a tougher ride, but I know it will be fun with my friends at CSCC.



Don't be shy...

Send in your photos, stories, and quick quotes on your BVBF experiences!

Email me at:

j9h@comcast.net

The next newsletter will be published June 1st.

Deadline for submissions is May 20th.



CSCC riders enjoy a fine fall day at the Julie Penrose Fountain, located in America the Beautiful Park in downtown Colorado Springs, during the annual Tour de Turkey ride on Nov. 17, 2007. Several bike trails converge at or near the park. It's also known as "Lockwasher Park." It's easy to see why!