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COME ALONG FOR THE RIDE!

Letter from the Editor

Summer is finally here, and the cycling season is spinning along. We hope you are getting out there and enjoying it! Numerous charitable and FUN rides are scheduled in the upcoming months, and several are listed on the CSCC website:

[14th Annual Starlight Spectacular](#) - Saturday, June 21st at 11:59 p.m.

[First Annual Blue River Century](#) - Saturday, June 21st

[Colorado Bike MS](#) (aka MS 150), Saturday, June 28 & Sunday, June 29th.

[Cycle for SET](#) - Saturday, July 12th

[2008 Courage Classic](#) - Saturday, July 26 - Monday, July 28th.

[Copper Triangle 2008](#) - Saturday, August 2nd.

[Stonewall Century Ride](#) - Saturday August 16th, LaVeta, CO

And don't forget that June is "Bike Month," a great time to show your appreciation for the sport and functionality of cycling. CSCC has LOTS of recreational and fitness riding options, too – the new Sunday Hill Climb, Le Tour de Latte, MTB, Full Moon, and Family Trails and Dinner rides. So, it looks like it's time to pump up the tires, lube the chain, and "come along for the ride!" You'll be glad you did!

All the Best,
Janine Hegeman

Socially YOURS

By Chris Conboy and Stan Hill

The Saturday morning Le Tour de Latte got off to a great start in April. The weather for the first ride was marvelous. There were seventeen riders (several new to CSCC). The first ride stopped at Shuga's on South Cascade Avenue, looping south on the Mesa Springs Greenway Trail (with a brief tour of "Lock-Washer" park) and back north on the Shook's Run Trail. The

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Upcoming Events

Attention music lovers! After the Sunday social ride on June 1, there will be a back yard concert at Warren Barta's home from 5 - 9 p.m. Address 112 N. Meade Ave., phone number 632-3602. The live music will be provided by the Joe Uveges/K.J. Braithwaite/Susan Rissman trio (click [here](#) for more info). Please bring a lawn chair, food to share, and a favorite beverage. A \$15 donation per person will be collected to support the musicians. Food can be dropped off before the Sunday social ride if people so desire.

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 **20,000** miles. Tracking our mileage helps our advocacy efforts, plus its 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!

coffee shop stops began close to downtown and are moving further out as the season progresses. Le Tour de Latte ride leaders expect to visit all of the independent coffee shops in Colorado Springs. Consequently, routes are often "creative" and it's a good way to explore the city. While leader

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10th Annual Buena Vista Bike Fest

Comments, Quotes and Photos from riders!

It was certainly a beautiful day Saturday, we couldn't have asked for better except maybe for the wind that was relentless for the first 40 miles. I decided to make this ride a bit more interesting by doing it on my vintage bike sans all the fancy carbon fiber frames, 10 speed drive trains, indexed shifting, integrated shift/brake levers, and low spoke count aero wheels that make the bike practically ride itself. No, just a classic steel frame, Brooks leather, 5 cogs out back, and downtube friction shifters. Good enough for Eddy, good enough for me 😊. Many regulars of the Sunday rides at Acacia know my old blue '72 Bottecchia among my several bikes. It goes through periodic component changes to fit the conditions and for Buena Vista was set up in its sport/touring mode to handle the long distance and the hills with a period vintage Campagnolo Rally rear derailleur and a wide-range 14-34 freewheel. That really came in handy crawling up Tennessee Pass and to the Continental Divide.

With some nervousness I started out at 8:15 AM after a good breakfast and immediately ran into that ferocious head wind. I was worried because the weather this spring didn't allow as much time for training as I would have liked but I geared down and spun as I headed out of town, passing some, being passed by others, and keeping a steady but moderate pace. I stopped only briefly at the first rest stop to get rid of some of the coffee I had with breakfast as I was still pretty fresh. After the turn-off for the 50-mile ride the herd thinned out quite a bit and I rode alone for a long way into the 30 mile rest stop. I took a longer break there, surprised at how much energy I was expending riding against that wind. After a short rest and some refreshments, I proceeded on towards Tennessee Pass. The grade increased but interestingly the change of direction and the mountain blocked the wind which just about made it an even trade in perceived effort though I dropped into my lowest gear and spun, spun, spun to the top. The descent off the pass was exciting - the old

Bottecchia handles quite well at speed but I prefer to keep some distance between me and the edge of the road at 40-mph, and the traffic really didn't make that possible. But I made it to the bottom in one piece and there I ran into Janine and Carl who I know from the Sunday Acacia Park rides. We headed into the 50-mile (or so) rest stop and lunch together and proceeded through Leadville onto the Mineral Belt. That is the nicest bike trail I have been on to date, truly beautiful scenery. From there we made our way back to the 30/70-mile rest stop which was just being packed up and then turned and headed back towards Buena Vista. I took advantage of the (mostly) downhill grade and tail wind and opened it up a bit at that point to insure I made it back before the beer was gone, arriving around 5:15 at the park. All in all it was a great start to the cycling season. Many thanks to all who volunteered to make this fantastic ride possible. Now on to Elephant Rock! *Derrick Bourgeois*

This was my first ride on my new road bike. Still don't quite have the shifting down to an exact science. The event was a lot of fun. Thanks to all for all their effort. *Adrienne Walsh*



*Lunch under the palms in Leadville
Photo courtesy Charlie Czarniecki*

Here are a few pictures I got on the ride. The

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Advocacy – Just Do It!

Editor's Note: Al Brody, who usually writes this column, has been working diligently for the past five years, along with others devoted to the cause, to help our city achieve the Bicycle Friendly Award. The following is a news release from the City of Colorado Springs that outlines the highlights of this award. Good job Al! Look for more advocacy activities going during Bike Month, get involved, and "just do it!"

City gets silver!

By Becky Farrar, Public Communications Specialist, city of Colorado Springs

The League of American Bicyclists has named Colorado Springs a Silver Level "Bicycle Friendly Community." Recipients of the award have established records of a commitment to the "five Es" of bicycling: education, engineering, enforcement, encouragement and evaluation of programs.

The Bicycle Friendly Community program revolutionizes the way communities evaluate their quality of life and transportation network. New winners, such as Colorado Springs, bring the total number of [current Bicycle Friendly Communities](#) to 84, across 31 states. The League awards this four-year designation to communities that have made impressive, measurable efforts to integrate bicyclists into the community. There are four levels—platinum, gold, silver and bronze—awarded twice each year. More than 200 communities have applied for BFC recognition since 2003, and 84 currently have a bronze or higher designation. Colorado Springs joins six other Colorado municipalities in the rankings: Boulder (Gold), Durango (Silver), Fort Collins (Silver), Steamboat Springs (Silver), Denver (Bronze), and Longmont (Bronze).

Highlights from the Colorado Springs application include:

- The City will have 69 miles of bicycle lanes by the end of 2008.
- There are 61 miles of "single track" trails open to mountain biking that are owned and maintained by the City of Colorado Springs.
- Colorado Springs has a Velodrome and several new state-of-the-art BMX facilities.

-Bicycle racks on all the 96 Mountain Metro Transit buses accommodate two or three bicycles each; the racks had nearly 65,000 recorded bicycle transports in 2007. Bus bicycle racks are also available on all 19 Front-Range Express (FREX) buses.

Now in its 15th year, Colorado Springs celebrates bicycling in June during Bike Month with more than a dozen events designed to promote all disciplines of bicycling for every age and skill level. It attracts more than 7,500 participants. The City requires bicycle parking in its Mixed Use Development Zoning & Design Guide. The City of Colorado Springs is the only community in the United States (to our knowledge) with a bicycle excise tax. A \$4 tax is charged on the sale of every bicycle or bicycle frame within the City of Colorado Springs to support implementation of the City's Bicycle Master Plan.

Colorado Springs is home to USA Cycling, eight local riding clubs, seven bicycling teams, three bicycle and trails advocacy organizations, four fully certified active League Cycling instructors, five local bike rental retailers, 17 bicycle retailers, and two commercial enterprises that organized thousands of downhill on-road rides from the 14,000 summit of Pikes Peak each year.

The League of American Bicyclists promotes bicycling for fun, fitness and transportation, and works through advocacy and education for a bicycle-friendly America. The League represents the interests of 57 million American cyclists, including its 300,000 members and affiliates. For more information about the Bicycle Friendly Community award or the League of American Bicyclists visit www.bikeleague.org.



Bicycle and Trails Festival

Sat., June 7, 10 a.m. to 2 p.m., America the Beautiful Park

Vendors, food, music, prizes & giveaways—something for everyone: bikes, trails, open spaces, hiking, health and fitness!

Check out all the activities at:

<http://www.trailsandopenspaces.org/BikeMonth/Index.htm>

VOLUNTEERS are needed at the Bicycle and Trails Festival on June 7. Contact Wanda 385-7431

wglaze@springsgov.com

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Mineral Belt was shot from the saddle on the move, something the non-Century riders didn't see. There was a lot of snow up there.

My Century time was 6:24 in the saddle, made it a 15.6 mph average. It was my 47th Century. The average speed for them is 16.6 - so I was a mile per hour slower than usual. I guess my slow start this year was showing.

Charlie Czarniecki

The whole day, and especially the ride route, but not to exclude the wonderfully themed rest stops, the food, the after party, the volunteers, Dave Horne, and of course.... the weather, was absolute **perfection!** *John Pamperin*

I did it! The sense of accomplishment is so, so sweet, sweeter than finishing the Tour de Palm Springs.

I left the park in Buena Vista at 5:30 a.m., pushing dawn just a tad, and got back at 3:30 p.m. setting no speed record. What luck we had, though. The whole way out, against that headwind, I was imagining what fun it would be if that wind were still blowing as a tailwind on the downhill return. There it was! As we left Leadville, downhill and tailwind, so I kicked into my endgame just below Leadville, marveled at the views, and wondered that I'd been able to climb all that way. The only way the morning outbound leg makes sense is that I must have slept to Granite. I guess that's what laying off the coffee can do to a caffeine addict like me.

My wife, Mitsuko, volunteered at the 1st rest stop. Things she most enjoyed: the friendly crew that worked with her; the panoply of riders passing through, like an interactive kaleidoscope; the gorgeous weather; and most of all, the thank you's and the smiles from the feeding riders.

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Welcome New Members!

Gary Aldridge; Rus Angelo; Marian Avoy; Richard Bacon; Renee Barall; Kristin Brown; Nathaniel Brown; Mary Cowan; Paul Bailey; Thomas Dewey; William Gessner; Joan Grant; Norman & Lynne Hall; David & Esther Ann Horwitz; Mark Jerburg; Connie Lorig; Daniel Mason; Roger Patrizio; Steven Roach; Nancy Rynes; Sara Welborn and Larry Womack; Carrie McCausland & Family; Elaine Moore

Renewing members-Thanks!

Jim Bronstine; Stephen Bolt; Dale Campbell & Sharon Boyd; Kathleen Carrico; Rush & Mindy Carter & Family; Alfred Chiotte; Andy Finn; Liz Ford; Bradley Harris; Sharon Hamilton; Kerry Hefta; Bernie Hessemer; Sara Hill; Paula Makara; Bonnie & Douglas Marts; Brian Mattson; Frank Morrey; Bear Musgrave & Family; Marielle Oetjen; Michael Onstad; John & Anita Rasper; Sidney Rubinow; Darren Schubarth; Char Taylor; Cindy TenPas; Vic & Diane Villhard



All smiles: CS West owners Sean and Hope Mullaly and Rush and Mindy Carter behind the counter at the new shop. Photo courtesy Bill Gast

Member Spotlight

Editor's Note: Sean and Hope and Rush and Mindy are avid cyclists (Rush commuted to Pueblo for a while –on his bike!) and have initiated the hill climbing ride on Sundays. I'm very pleased to spotlight these CSCC members serving the community the way they do!

CS West Bikes is not your typical bike shop.

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“SOCIALLY” from page 1

Karen Hill (and sweep/husband Stan Hill) wander around Europe on their Bike Fridays in May and June, Mike Stansberry and Sara Hill agreed to share rider leader duties.



Le Tour de Latte riders on April 4. Photo courtesy Marcé Cruz.

The “Shamus McSpud’s Potato Ride” on March 30 was a blast! After a steep uphill to Bob and Ann Smith’s home at the top of Flying W Ranch Road in northwest Colorado Springs, riders were rewarded with a hot baked potato and all the fixin’s, plus a number of other yummy treats and delicious beverages. Then the downhill ride back

to Acacia Park was dessert



Left: Potato Ride hosts Bob and Ann Smith

Below: Richard “Shorts” Hostak makes the climb

Below, L to R: Janine Hegeman, Dave Horne and Chris Conboy



Photos courtesy Dave Horne

MARK YOUR CALENDARS! The CSCC Annual Picnic will be held Sunday, July 20 at Palmer Park, in the Youth Camp Pavilion. There will be games, great food, and of course LOTS of options for great riding! More details coming soon on the CSCC website.

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Special thanks to that grey bearded guy, who passed me right out of Buena Vista, and to his wife. She joined him at the 1st rest stop. Without planning to, we met at each rest stop throughout the ride. We’d leave every stop together, they’d speed on ahead, and we’d meet up again at the next stop. Don’t know their names, but it added an interesting, pleasant, other-worldliness quality to the event.

Also, won’t forget that friendly old resident at the lunch stop in Leadville. He was obviously having a grand time mingling with us. The folks in all the towns were genuinely glad to have us doing our crazy thing there. Drivers were courteous all along the route. All over Buena Vista, at the local convenience store, at the restaurants, at the chocolate shop (Mt. Princeton Chocolate, highly recommended), even the friendly proprietor at

the fly fishing shop, I felt genuinely welcome.

That’s not such a common thing. *Dan Martin*



*Mineral Belt Trail from the saddle
Photo courtesy Charlie Czarniecki*

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COME ALONG FOR THE RIDE!

<http://www.bikesprings.org>



Get your bikes ready! The Sand Creek Series mountain bicycle races returns!

The popular Sand Creek Series, held from 1993-2002, returns to the Pikes Peak Region June 4, 11, and 18 at Bear Creek Terrace in Bear Creek Regional Park.

Organized by Sand Creek Sports, Inc. and with Ascent Cycling leading the sponsorship charge, the Sand Creek Series will once again bring the sport of mountain bike racing to Colorado Springs. Race categories for Professionals to first time junior beginners will race on the 2.5 miles of trails built just for bicycle racing! Bear Creek Terrace is on South 21st Street and the venue is very spectator friendly.

For complete Sand Creek Series race information, updates and contacts, visit us at www.sandcreeksports.com

“SPOTLIGHT” from page 4

Their specialties are those odd, hard to find items, such as wide-range cassettes. They have an enormous selection of brake pads, and will custom order items for customers. Co-owner Sean Mullally says they fill a niche in the Colorado Springs cycling community and carry “products that will work in our environment.” But what makes the store is even more special is that the owners are all CSCC members.

Sean and his wife Hope, CSCC members since 2000, along with Rush and Mindy Carter, members since 2002, own CS West Bikes. This April, they moved the store to 2403 West Colorado Blvd. after a year at the original location on 30th Street. Business is good, Sean reports, and they have seen it increase since moving.

How did it all start? Mindy Carter began the business in the family home after graduating from the Barnett Bicycle Institute. The Carters went on to utilize the internet for sales and grew the business even further – until it outgrew the house. The Carters realized that they needed a retail location and with the Mullallys opened the store. The two couples have been working hard at the business ever since.

If you were at BVBF, you may have seen Mindy fixing bikes at a rest stop, or Sean driving one of the SAG vehicles. These folks are into cycling, and Colorado Springs is all the better for it! Check them out at

<http://www.cswestbikes.com/servlet/StoreFront>

“BVBF” from page 5

Well, I might as well admit it here, because it's tough to keep good news to yourself, especially when you're the newsletter editor! I was the third to the last person back to the park. I never intended to set any speed records, just to finish. And how sweet it was! This was my first century ride. It was one of the toughest physical and mental challenges I've ever faced. All I could think of was that long ride downhill once I got to the top, and I was richly rewarded with a fun and fast trip back. However, I will never again believe those five little words: “it's all downhill from here”...

THANKS to all who made BVBF #10 a big success. I am now hooked and have nowhere to go but up. See you at #11! *Janine Hegeman*



*Janine Hegeman and Carl Smith
Photo courtesy Janine Hegeman (thanks Katie!)*

Bicycling 101 - Top Ten Tips for New Members

by Liz Sands (Reprinted by permission of the Twin Cities Cycling Club)

We often hear from new members after their first ride: “I showed up and everybody knew each other and I felt like an outsider” or “I got dropped and rode by myself the whole way – why bother going to a club ride?” These tips will help you to get to know people faster and make those first few rides with the club be more enjoyable.



#10 Be prepared. If your bike has been hanging in the garage all winter, take time to put lube on the chain and to inspect the tires for cuts or wear. Take your bike for a “shakedown” ride on your own before going to a club ride, so you can be sure that it’s shifting and braking properly and there aren’t any mysterious squeaks or creaks.

#9 When you’re signing in at the ride, let the ride leader know that you’re a new member. Many ride leaders try to take time to introduce new members to the group during their ride briefing.

#8 Try one of the rides where the group goes out to dinner or socialize after the ride. It’s a lot easier to get acquainted around a dinner table, than out on the road with the wind blowing in your ears.

#7 Practice your riding skills. Learn how to ride a steady line without wavering. Visit the club web site to read tips on group riding etiquette. If other riders sense that you are unsafe or unpredictable, they will probably give you a wide berth.

#6 Volunteer for a club event – it’s a great way to get to know other members. There’s lots of volunteer opportunities including the BVBF Theme Team, Club Picnic and Holiday party, parades, and other events. Volunteer opportunities will be in the newsletter and are often sent out to the club e-group.

#5 Be observant on rides and try to figure out which other riders are of similar pace to you. Position yourself close to those people at the ride start so that you don’t start out with a group who is too fast or too slow for you. During the initial miles of a ride, there can be a lot of ‘sorting’ of abilities and it will be easier for you if you don’t have to try to jockey for position.

#4 Try not to get caught up in chasing the “fast group” if you can’t hang with them for the long haul. You might have the perception that you can keep up, only to realize that you can’t maintain that pace for a two-hour ride. In the meantime, the fast group has pulled you way ahead of the people who are closer to your pace. If you do get dropped, remember that you’ll have to slow down a lot if you want other people who you can ride with, to catch up with you.

#3 If you find that you’re always ending up on rides where everyone’s a lot stronger, try a ride one level down. If you’ve been going to A/B rides, try a B ride or a B/C ride.

#2 Pay attention as the group is moving away from corners or stop signs. Experienced riders will often accelerate out of a corner in order to quickly get back up to cruising speed. If you’re not prepared for that, you might get left behind.

#1 If you do end up riding on your own, keep a good attitude. Remember that you’re getting a good workout, and learning some new roads that you haven’t been on before. Smell the lilacs, listen to the birds, and appreciate the fact that you’re fit and healthy enough to do a long bike ride.

HAVE FUN, and a big welcome to all of our new members!

Words from the Ride Committee

by Charlie Czarniecki

We shared some thoughts at CSCC meetings this year, but a lot of Club members haven't been to the meetings. Here is a short summary.

The Club has 4 types of rides. First is the **"Meet to Start" rides**. Most of our rides are of this type. Riders meet at the ride start location and sign the ride sheet. After a short talk by the ride leader they set out for the ride. The second type is **"Rendezvous" rides**. People ride to a central place and sign the ride sheet there. Riding to the Club meeting is this kind of ride. The third type is **"Road Trip" rides**. Riders meet at a central place and then drive to another location for the ride. The first Thursday of every month is a **"Road Trip"**. Stan Hill brings his bike trailer and the posse loads the bikes and drives some where from Denver to Pueblo to take a ride. The Gold Camp Road Fall Colors Ride is another example. The fourth type is **"Featured" rides**. These are rides organized by some other group and CSCC riders sign up and do that ride. Elephant Rock and Starlight Spectacular are examples. These rides are listed on the CSCC WebPage. When you go on one of those rides you send me an EMAIL with the miles and I'll start a ride sheet to capture your miles.

How do you schedule a ride to get club miles? Many rides are listed on the **CSCC Calendar**. You get to the ride and sign the ride sheet to get credit for the miles ridden. **You can add a ride** to that list by going to the CSCC Web Site and look for this text **"To request a CSCC led ride to be added to the calendar login into the members area and submit it for approval. Not sure how to do it [click here](#)."** It will tell you to login into the **Members Area** and submit it for approval. When you **"click here"** it gives you a quick 5-page simple tutor. Bob has made it very simple. The listing will go to him to review and then he posts it to the calendar.

A second way to **announce a ride is the "One of a Kind" EMAIL**. If you think of a ride that you'd like to do with CSCC members and would like to record miles then you use this process. It will send a CSCC EMAIL to people that signed up to get these kinds of EMAILs (any member can opt in or out of these EMAIL lists). To send the EMAIL you go to the **Members Area**, click on [Projects/Committees](#), then click on [Rides - One of Kind Email List](#), finally click on [Send Email to Participants List of Participants - Detail](#). Now you put in the ride details and hit "send". When I see that EMAIL and get a ride sheet then I'll credit the miles to those riders. We'd like to give people a day's notice, but you could announce a ride in the morning and do a dinner ride that evening.

The third way to announce a ride is to **add a "Featured" Ride** to the CSCC WebPage. You find a ride that some organization is hosting and go to the CSCC home page. Look at the note below the Featured List: "If you'd like to have a ride featured in this section, please email the event name, web link, date and location to [Bob](#)." Click on "Bob" and submit the info.



Pace line BVBF



Rest stop 1 BVBF



Rest stop 2 BVBF

Photos courtesy Charlie Czarniecki