



Vol 2 Issue 6 December 2009

Letter From the Editor

Janine Hegeman

Happy Holidays! November has brought us some fairly good cycling weather, no need to stow the bikes away just yet. I hope you are getting out and riding with the club, and planning to attend the Christmas Dinner Party December 12. And of course, there is the 24th Annual Frozen Water Bottle Ride on New Year's Day. This ride leaves from Trinity Brewing Company, 1466 Garden of the Gods Road, at 10 a.m. sharp on January 1st. Your ride leader will be Bob Smith; this was the first ride he ever led for the club. And in the 24 years since, he has never cancelled it! For more information, go to <http://www.viethconsulting.com/Calendar/moreinfo.php?eventid=9427>. You might need the skinny tires, or studded snows, you never know what this ride will bring!

One thing's for sure, the New Year will bring CSCC a new president and several new board members. It will be exciting to see CSCC grow and continue to expand its giving to the cycling community under new leadership. Oh, and I'll be hanging around as your Newsletter Editor until someone boots me out! It has been a pleasure working with the board and club members to get the Bent Fork published every two months. This month in particular, it is my special privilege to bring to you a story submitted by two members and another submitted by the daughter of a member. Reading "Oh, How She Flies" and "Awesome Ride #23" made me feel like I'd gotten an early Christmas present - I'm sure you'll feel the same. I encourage you to submit your stories throughout the coming year, and share your gifts with all of us too.

Registration for the Buena Vista Bike Fest is opening up EARLY this year.

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Member Spotlight - Oh, How She Flies

Anna L. Moore

Shortly after her 48th birthday, Ronalee Foss, my mom, was diagnosed with breast cancer. On February 14, 2000, she underwent a full mastectomy on one of her breasts, and then came the very painful recovery. This life altering event changed her outlook on life. On May 30, 2004, she went on her first of many bike rides. The riding was suggested by my sister Katrina Knight. She found a freedom and a challenge with bike riding. She is a survivor. So far she has accomplished 550 long bike rides (Photo by Vern Pitcher) (each ride 100+ miles). Since she's been riding she has had many struggles and injuries but she never gives up.



On May 7, 2005, she unknowingly broke her pelvis; initially they thought it was just bruised so she had to use crutches to get around. This happened after she had slipped on some sand while riding her bike. Despite the fact she was unable to get on and off her bike without help, she found that she could ride without pain. 10 days after this happened she rode her first century. 2 weeks later they finally did an MRI and discovered the fracture, she ended up on crutches for a couple more weeks. But she continued riding despite the broken pelvis. Later that year In November 2005, she had a severe bike accident, the first question she asked the doctor was "Can I still ride my bike?" She had broken her back in 3 places and her neck in 3 places. It took months of recovery but once again she got back on her bike.

In 2006, she did over 6000 miles on the bike, amazing for anyone who suffered the injuries she had. Again in 2007, she had another injury; she broke her femur in 3 places. After much physical therapy she once again was able to get on her bike. She never gives up!
On her bike she finds her wings and freedom. There is no stress on the bike, and she refuses to give up on her goals to do a century

Please see Aaron Rosenthal's article on this event, and check out the very cool jersey custom designed for BVBF12. Click on BVBF on the website and get all the info. Consider volunteering - it is a great way to support CSCC, and have a blast doing it!

I sincerely wish you and yours the Very Merriest Christmas, Happy Hanukah, and Happy New Year! And don't forget to give yourself a gift too - get on your bike, get some fresh air and exercise, and "Come along for the ride!"

Downtown Gift Cards



Denise Schall

(Editors Note: A great gift idea - cards can be used at a BUNCH of downtown merchants! One HUNDRED of them to be exact! all of CSCC's favorite watering holes and eating establishments are included. A great gift for that Monday Dinner Rider on your list, or any cyclist you know!)

Downtown Gift Cards are the perfect gift for everyone on your list. "Hard to buy for" just became easy! Gift Cards are accepted at over 100 downtown locations. Available online at <http://www.downtown80903.com/> or by calling the Downtown Partnership at 719.886.0088

Socially Yours

Chris Conboy

Fall is always a busy time on the social scene for CSCC. Are we preparing to hibernate and need to get the extra calories? Who knows, but we sure do know how to make

(100miles) in every state and also to qualify for the Paris-Brest-Paris Brevet which is a 1200k ride. She also hopes one day to do the Race Across America. Her main goal is to leave a legacy for future generations of our family.

In 2008, she did the complete brevet series, which is a series of races. This is a huge accomplishment for any rider. Also in 2008, her total elevation gain while riding was 376,101ft. Her fastest average speed on a century to date is 18.5 mph, and she's only been riding for almost 6 years.

The bike riding has not only improved her health but it has eased her stress and improved her asthma. She is now considered a marathon bike rider and we are all so proud of her accomplishments and her will to keep going no matter what tries to stop her. She is so determined and driven and everyone has been inspired by the fact that no matter how many times you fall, you can get back up and improve. She keeps a pink ribbon on her bike because she is a survivor.

So far, since 2004, she has ridden over 26,171 (to date) miles and her average speed has been 13.12mph. So far she has worn out 2 bikes and has over 8000 miles on her current bike. The bicycling continues to be a healing force in her life. She inspires everyone to keep going no matter what and to never give up on your hopes and dreams. She started riding at 52 years old, proving it's never too late to follow your dreams and to find your wings.

In June of 2009, she suffered a grand mal seizure with a partial stroke which she is currently recovering from, it forced her off her bike for 3 months but recently she accomplished yet another century and is determined to get back into shape and continue riding.

Her nickname is "Pinkie"; the reason for this is that her bike is always pink. She does this to show support for breast cancer research and survivors. She is a survivor and proof that you can do anything.

This woman is my mother, my best friend and my hero. She's living proof that it doesn't matter who you are or what's happened to you, you can find healing and learn to fly, and she does, on her bike.

Membership

Sara Hill - Membership Coordinator

Welcome New Members!

Kathy Giesecke, Jim Rees, Patrick Dunlap, Aston Reynolds, Lonny Golka, Peter Marsalis, Saul Goldman, Martha Rosenau, Duane Spaulding, T.I. & Kathleen Weintraub, Steve & Wendy Lancaster



Renewing members-Thanks!

Henry Pinard, Al, Tamara & Shayna Brody, Scott & Jennifer Dorff, Stan Lebahn & Family, Ron Toman, Steve Dass, Judy Elwood & Family, Myra Brooks, Michael Meade, Terre & Jay Topp, Mike & Lorena Wilder, Bill & Cynthia Doty, John Everett, Carol Keenan, Gary, Dylan & Graham Sondermann

NOTE: Family memberships are eligible for two adult online logins. With each login, members can comment on the message boards or

the best of it! For example, on Oct 18, a sea of riders in multi-colored jerseys left Acacia Park for the Progressive Dinner ride. We had over 75 riders and the peloton filled one city block! The weather was warm and balmy, perfect for our ride. Our first stop was at Dave and Cathy Vanderwege's clubhouse for salads and appetizers. What a spread! We had to be careful we didn't stuff ourselves, because there were two more stops. Suzie Thomas and Ed Browne surprised us with a buffet of wonderful sausages, salads, and condiments for the main course. The beverages were much appreciated, both "adult" and non-alcoholic. We pedaled on to the greatly anticipated dessert stop at Liz Ford's. We were not disappointed as we were treated to a make-your-own-sundae bar! Oh, did I sneak on the extra toppings! Heck, it was a long hard ride back to Acacia and I needed the energy! Her team added to the sundaes with yummy cookies, breads and other baked goods, plus some coffee, beer, wine and other liquid refreshments. We slowly waddled to our bikes and made the ride home to Acacia Park. This ride was great success; there were a couple of road rashes and flat tires, but nobody got lost and we all made it to all the stops. Thank-you to all who rode and hosted. Somebody said, "This event was like going to church on Christmas and Easter: Everybody shows up!" The club loved it and we hope more folks come out for our activities the next year.

On November 22nd, The Sunday Social ride became the annual "Tour de Turkey," only this year, instead of holding a raffle for a turkey and other items at the end of the ride, we gave the turkey and other canned goods to Care and Share. Twenty plus riders stopped at my bed and breakfast for pumpkin bread (Thanks to Chris Davenport), cookies, hot-spiced cider, and other beverages. We all said "Happy Thanksgiving," and look forward to our next big EVENT: The Christmas Dinner at the Clarion on December 12.

It is not too late to sign up (December 7 is the deadline), so please mail a check to me for \$15.00/person (click here for the registration form). CSCC is subsidizing the remainder of the cost for dinner. Spouses and guests are welcome, but I do need a count for

respond to surveys independently. If you wish to have a second adult login, please contact Membership at membership@bikesprings.org. Provide the following information: Name on membership account, secondary member's name and email along with a preferred username. If you have a preference for billing identity, indicate this as well.

Other questions regarding membership? Feel free to contact Sara Hill, Membership Coordinator at membership@bikesprings.org anytime.

Awesome Ride #23

Peggy Seidel and Betty Schwartz

MY First Trip From Palmer Lake -
Awesome Ride #23

18.4 mi. (My bike computer likes to exaggerate!)



I always wanted to ride my bike (her name's Gertie) from Colorado Springs to Palmer Lake, but I didn't want to do it alone- at least not the first time! Having no luck finding someone willing to ride all that way with a slow-poke like me, I was delighted when Betty agreed to ride it with me. Betty scouted out different sections of the trail while I was away taking a shaman class, and had it all figured out. We decided, since I was just getting over being sick, that we'd only ride the one direction - from Palmer Lake to Criterium Bicycle Shop - at least this time. We really wanted to get to know the gravel on an esoteric level going downhill before getting to know it on a more personal level going uphill!

We drove off in Betty's SUV, leaving my husband, John, seriously fretting over whether he'd need to identify both bodies, or just one. I found Betty's driving on I-25 a whole lot less harrowing than the single time I tried it myself. Of course this time, there was no one in the car crying, "We're gonna die! We're gonna die!" We found Palmer Lake quaint and easily found the trailhead. AND there was a bathroom! Bonus!

As we took off, I hollered to Betty, "Better keep it in your middle ring on the soft stuff! Maybe even your low ring!" But Betty, the so-called "beginner," blew right by me in her big ring, and then I remembered: "Oh right! I took my skinny-ass tires off and put my bumpy-ass tires on," and I likewise engaged!

The trail was quite nice at this point. We enjoyed the wind buffeting wildflowers and grasses. We passed a lot of folks going both directions, some with dogs - I had to mentally duct tape my mouth shut so I wouldn't accidentally start gushing, "Hi puppy! How are YOU!" Yadda yadda, yadda. Not that they mind that kind of thing - I just haven't mastered dogs jumping up to see me on the bike yet! I've just barely mastered "The Nod," which I used EVERYTIME another person went by. (Some of the folks I ride with taught me "The Nod," so I wouldn't have to rely on my usual two-handed - wave, which tended to frighten the bejeebers out of the wavees as Gertie swerved their direction! I tried to teach it to Betty and she seemed quite surprised that a person would have to be taught this gesture.

We crossed a few streets and came to the bridge alongside the creek under the highway. Betty hollered, "The sign says 'cyclists

the chef. WE will have a wonderful time. The Christmas Dinner Party is on a SATURDAY this year, so no excuses to stay later, socialize, and dance. Joan Stahl and Ron Wesley will crank out the tunes and I am sure they will take requests and have some surprises up their sleeves! Club members find it great fun to try to recognize their fellow riders in something other than bike jerseys and helmets! We will be giving away prizes and awards and recognizing folks for special efforts during the last year. So, you just gotta come! The Clarion Hotel will have a special rate for our club if you want to spend the night. Before I sign off, don't forget the Parade of Lights on December 5th, with a social at the "Garage Mahal" at my place after the parade. Check out the website for details on all of our rides and events. Have a very happy and healthy New Year so we see all of you on our rides in 2010! Our monthly meetings resume in January 6, 2010 at the Clarion, starting at 6:30. It has been a pleasure to work as your "social VP" these last two years, but I could not have done it without all of you on the Social Committee and other members who just stepped up. Thank you! Socially Yours, Chris

Buena Vista Bike Fest 2010



Aaron Rosenthal

We've had great weather throughout the fall and made it feel like we had an extended summer riding season. But did the first blasts of cold and snow get you thinking about summer 2010? Well, it's not too early to start thinking about the Buena Vista Bike Fest (BVBF). Our twelfth BVBF will take place on May 15, 2010. This annual event is not only the best way to kick off the summer riding season, it's the best

dismount here!" which I understood as 'cyclists MAY dismount here.' So I continued down the dirt, almost missing the metal handrail at the curve and nearly missed the guy coming from the other direction - who had likewise misunderstood HIS buddy! Apologies were said (OK, only by me!) and no one got cussed at. (OK that was a fib.)

Betty and I continued up the sand hill just outside the tunnel. I shifted in to my granny-gear and made it up the shifting dune of sand—OK, 2/3 of the way. Then I had to walk. But the point is I made it up the hill, right!? Betty, being the smart one between us, decided to hoof it, and so did not have to do the requisite gasping for breath at the top.

As is my usual practice, I had trouble crossing some of the roads that we came upon. It was most helpful to have Betty to breeze right on across in front of me singing, "I want to ride my bicycle! I want to ride my biiiiike!" (that's a song by the group Queen, for those of you too young to know this), to which I would sing in response, "Fat Bottom Girls, we make the rockin' world go round!" (Full disclosure here, mine was the only fat bottom there. Betty is one of those "skinny-people!")

Betty kept telling me about this hill she called "The Big Bad." A steep, dirt downhill with gullies and all, at the bottom of which begins an even more steep hill with more gullies and what appeared to be whale bones sticking out from beneath the hill going up! Couldn't wait to see it! Or more likely, couldn't wait to fall on it!

We came to a similar hill and there was an entire family parked in a line across the top of the hill rendering it impassable. I asked, "Is this the 'Big Bad'?" They indicated "no," and we heard them arguing. The kids wanted to ride the "Big Bad" and the parents weren't going to let them. Betty took over. She said "You kids go on. If your Dad tries to stop ya, I'll take him on!" Jeesh! Not only did I have "skinny" with me-I had "muscle" too! Good to know!

As the parents were rendered speechless, the kids followed us down the hill and beyond. I felt a bit like the Pied Piper! After a while, we came to the "Big Bad" itself. I wove my way down between the gullies, remembering to keep my butt way back, just like I was taught. Then at the bottom I shifted way down to make my way up the other side again, trying to stay out of the gullies and over those big whale ribs. I remember Allen Beauchamp saying, "Your wheel is ROUND! It WANTS to go over things!" I know this and I know I can make it over JUST-ONE-MORE. But then it gets to the point where I JUST don't want to do it anymore. You know the feeling! The one that says, "What was I thinking?" and makes a person just want to leave the bike there in a pile and go home where it's warm and safe and bikes are things your kids ride.

But then I start wondering, "What's on the other side of the hill?" just like I always do. So Betty, Gertie, and I walked the rest of the hill with the kids walking behind us and we were singing, "I want (huff) to ride (puff) my bi-(huff) cycle (puff). I want (huff) to ride (puff) my bike." But hey - we made it up the hill! The kids, of course, turned around hollering "Let's do it again!" and started back. Betty and I turned around to look back at the awesomeness of "The Big Bad" and just breathed it all in. It had earned our respect - and it was laughing at us. But we would be back some day.

We took a moment to call John. "Yes, we're alive and well. No we're not lost. Please pick us up at Criterium. We have three miles to go." But Betty's gadget LIED! Maybe she forgot to tell it "go-go

way to support the Colorado Springs Cycling Club (CSCC). BVBF is the only fundraiser for the club. Proceeds support all the great things we do such as the Progressive Dinner Ride, Tour de Turkey, underwriting some of the costs for the club's holiday party, Tour de Spud and on and on. Not to mention the charitable donations the club undertakes in our community to make cycling a better experience for all.

We'd encourage you to choose one of the following two ways to support BVBF, CSCC, and the local cycling community. The first is to ride BVBF because your entree fee will support all of the things mentioned above. Registration opens up on December 15, 2009. Keep in mind this event has a cap and will likely sell out by early March if not sooner. The second is to volunteer for BVBF. This great event can't happen without numerous and dedicated volunteers. It's fun, and you meet great people. There are tangible and intangible benefits! If you want to volunteer, go to the club's website and then click on the BVBF link or go to <http://www.bybf.org/> to access our first ever on-line volunteer registration form. There are plenty of ways to volunteer for BVBF and you can choose your preference. Volunteer job descriptions are on the form.

One way or the other, the BVBF committee hopes we have a record CSCC member turnout for BVBF either via rider registration or volunteering. Thanks and we hope to see you at BVBF 12!

CSCC Board - THANKS!



Dave VanDerWege

CSCC Members,

I want to say thank you in this December issue of The Bent Fork Chronicles, as my term as President winds down. This is my second time around as President of CSCC and this term has been a real pleasure because I have been privileged to

gadget." Whatever. It was three miles by CAR. The trail curled in upon itself like a wormhole in space, which added some time. The wormhole section was just flat out beautiful! Trees and creek and rocks and marsh - I want to bring John here. (Note to self—ask Stan how to get here "for real." -John doesn't ride A bike.)

When we got to the trailhead at Woodmen Road, I was finally in familiar territory. We were soon back at Criterium parking lot where John was tapping his foot. We were late, and he didn't buy the wormhole theory either. Betty and I high-fived, and missed so we had to do it again - kind of sad. John said, "Girls always miss." Well, Betty and I are going to do this awesome ride again, next time going north. And this time, we won't miss!

Give Campaign

Lindsey Arkfeld

Dear Friends,

You've been a great supporter of Kids on Bikes and we appreciate your dedication in helping us bring joy one bike at a time! This year, we celebrate four years since the first 5th grade classroom set goals to earn their own bikes through the ABCs program. As a Sand Creek student put it, "All in all, the ABCs program helped me become a better person. It was awesome, and I think every school across the nation should have Kids on Bikes." We need your help to reach more children and more classrooms in making a child's dreams come true through the opportunity a bike provides.



Here's a unique chance to help us expand our ABCs program — but with a fun special twist: You'll get something back in return.

Our non-profit has been selected to participate in the 2009 Colorado Springs Independent's Give! Campaign. The first 1,600 people who give more than \$25 to Give! between now and midnight, December 31, will receive special gift cards good for: bike repair kits, Bristol beer, admission to a Philharmonic concert, a free haircut from Paul Mitchell and much more.

One main goal is to help us identify new, as well as, younger donors. So we're hoping you'll encourage your friends and relatives to utilize Give! incentives to get them in an especially charitable frame of mind.

There's also a special incentive for us. If Kids on Bikes gets the greatest number of gifts (no matter what amount) from people 36 and under, we'll get a \$2,000 bonus donation from the Joseph Henry Edmondson Foundation and the Independent. If we come in second, we get \$1,000. There are cash prizes for third and fourth place, as well.

There are also additional incentives for larger donations. For example, for the first 400 gifts of \$125 or more, you'll also get admission to a Spring 2010 free pitching clinic for kids 9 to 19 run by Major League baseball Hall-of-Famer Goose Gossage.

And the first 75 donors of \$1,000 or more, not only get all of the

work with an outstanding Board. We started the last two years with a strategic planning retreat and I am happy and proud to say we accomplished the goals that were established. Yes, some were met more completely than others, but we made progress on all and in many cases exceeded expectations. This all happened because of the follow through and hard work of the Board members.

The largest number of Board members are not elected but appointed by the President, per our bylaws. The appointees are the true worker bees of the club. I want to recognize all of the Board by name in this issue of the newsletter, so that I can thank them publicly, and hope you might thank them as you encounter them on a ride or at the Holiday Party. They really have been one of the most together and hard working groups I have been involved with in my life.

Thank you!

APPOINTED POSITIONS

Allen Brody - Advocacy

Allen Beauchamp - Community Outreach

Janine Hegeman - Newsletter Editor

Sara Hill - Membership

Sean Mullally - Ride Committee Chair

Aaron Rosenthal - Buena Vista Chair

Anne Smith - Membership, Buena Vista, Club Business

Bob Smith - Webmaster, Buena Vista

Katie Zimmann - Membership

ELECTED OFFICERS

Charlie Czarniecki - Vice President Programs

Chris Conboy - Vice President Social

Sharon Boyd - Secretary

Ronaele Foss - Treasurer

I hope our next President is as fortunate to have a great team like this group!

Dave VanDerWege

CSCC President 2007-2009

above, but also a complimentary night at the historic Cliff House in Manitou Springs, a \$100 gift certificate to Luisa Graff Jewelers along with coffee, lunch, a beer or all three with your choice of Independent Publisher John Weiss, Executive Editor Ralph Routon or columnist Rich Tosches.

It's fun: You can follow our progress on a real-time basis at the Give! website at <http://www.indygive.com/>

Please do what you can to help. We remain incredibly appreciative of your support.

El Tour de Tucson 2009



First wash crossing, Santa Cruz River Photo Bob Smith

Bob Smith

The 27th Annual El Tour de Tucson (El Tour) was our sixth and the best ever. We have been riding the El Tour since 2004.

The El Tour is held on the Saturday before Thanksgiving. This year's primary sponsor was the University Medical Center (UMC). Numerous things make El Tour one of the best cycling events in the country: the organization, the expo, the route which is a perimeter route of Tucson, the support, the police, sheriff departments and auxiliaries that man all major intersections and provide traffic control making the route very safe.

The El Tour is timed event with four start points along the route. Each rider selects a distance and is given that an appropriate bib number, color and ankle bracelet timer. The largest group is the 108 mile group which starts in mass at 7:00 AM from downtown Tucson. The race heads west to Mission Road and then south to Drexel Road and then east to the Santa Cruz River dry river, one of two wash crossings. The real racers shoulder their bikes and carry them across the river. The route continues easterly across southern Tucson to the bone yard at Davis Monthan Air Force base where the 80 milers merge in from Pima Community College along Irvington Road. Once across the valley the route turns north along Old Spanish Trail and Freeman Road to the far northeastern corner of Tucson there the 65 milers merge in just before the Sabino Creek wash crossing. The route then heads west across Sunrise and Ina Roads before turning north towards Oro Valley on Oracle road. At 73 miles the 35 milers merge in and the race heads west again on Tangerine Road towards Avra Valley and then south through Marana to Ina Road and

onto the I10 frontage road to Congress Street and east to the finish at UMC Hospital.

The week prior El Tour, all TV news shows provide weather forecasts and information about it; Tucson really promotes this ride. On the Thursday prior to the event there is special section in Arizona Star Newspaper devoted to El Tour, and on the Sunday following there is a sports section with articles and everyone's timed results. This year's event had over 8,500 riders, and the male winner finished in 4:16 and the female winner came in only about 15 minutes later. All the proceeds go back into the community. It is truly a community event with spectators at every turn and along the route shouting words of encouragement. As a recreational cyclist, it is like riding a stage of the Tour de France.

Anne and I didn't accept the timers, and in fact didn't take part in the mass start. We rode to the start and merged into the main field as they turned south from Silverlake Road onto Mission Road. We were relatively close to the front on the main field. We rode to the far right in the bike lane and the racers took both south bound lanes on Mission Road. We estimate that several thousand riders passed us in the first few miles.

In the past we had never completed the full 108 mile loop and it was our intent to ride the entire distance for the first time. Our friends Karen and Gary Johnson (also CSCC members) rode with us for about 15 miles. We saw Ronaele Foss and Alan Severn along the route as well.

It had been 7 or 8 years since we had ridden 100 miles or more. Our longest training ride leading up the El Tour was about 65 miles. Our "on the bike" time was 7:16 averaging 15.3 mph for 111 miles. Our commute to the ride added 3 miles to the route. We felt really good at the end of ride. It was great seeing Ronaele and Alan on the ride, and we hope they also finished well, too. The weather was near perfect with some morning southeasterly winds and high temperatures in the mid 70s. It was a perfect day for the El Tour.

