



Vol 3 Issue 2 April 2010

Letter From the Editor



Janine Hegeman

Photo by Bill Gast - CSCCers at the St. Paddy's Day Parade

February was a tough month on cycling. Even the normally well-attended Sweethearts Ride on Valentine's Day was pretty much snowed out - the only folks who showed were a couple of guys with studded snow tires on their bikes. March wasn't much better, but a few folks did get out to the St. Paddy's Parade. Check the Photo Album for some examples of bicycling finery from the parade, as well as a few shots from Moab.

Ah well, spring is around the corner. And there is plenty going on with CSCC to get you rolling. Buena Vista Bike Fest is coming up May 15. The ride is sold out, but you can still volunteer and get in on the fun! This is CSCC's only fundraiser, and it is an awesome ride and a really fun weekend. Volunteers get to ride on Sunday if they wish, and some nice perks, plus I hear there is a ride on the Thursday night prior to BVBF that involves margaritas...for more info, click on the BVBF tab on the CSCC webpage, and click on "Volunteer Form." You can fill that out and submit it online, plus see descriptions of the various volunteer jobs. The BVBF Theme Team is looking for volunteers to help put together the props for the rest stops. If you can cut with scissors, hammer a nail, or operate a screwdriver, your assistance is welcome. Assembly will be done at Chris Conboy's infamous "Garage

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BVBF Update

Aaron Rosenthal

(Editor's note: The Bent Fork welcomes your stories and photos (jpegs only) from this year's BVBF. Please try to get them to me at j9h@comcast.net by May 20th for publishing in the June edition! Thanks!)

For those of you who have not heard, the Buena Vista Bike Fest sold out on February 2, 2010. This was a full 6 weeks earlier than it has ever sold out before! There is little doubt BVBF has become known as one of the premier centuries/organized rides in the state of Colorado. As in years past, we'll have a number of riders from out of state, some traveling quite a distance just to do our event. We've had a number of people ask if they can still sign up, and sadly we've had to say "No". The quality and safety of BVBF continues to be our top priorities, which is why we have a cap on ridership. If you are registered, congratulations! We look forward to supporting you throughout the day and making BVBF a highlight of your cycling year. If you missed your chance to register, there are still opportunities to help as we continue to need volunteers. Go to www.bvbf.org and click on the Volunteer form, or contact Vic Villhard directly. We can't do this ride without the volunteers so come on out, and have fun while supporting your Colorado Springs Cycling Club. We've got some great things happening this year with some wonderful surprises. Looking forward to seeing many of you there, on the road, helping out, and having a great time.

The BVBF Committee

The History of CSCC - The Middle Years

Bob Smith

1988 was a make or break year for the club. We started the year with a very modest treasury and 19



Mahal," with beverages and snacks provided. Oh yes, and plenty of laughs and good times will be included as well. Call Joan if you are interested in lending a hand, at 719-660-5372 or 719-660-4422.

Miles for 2010 will be posted soon on the website. Jeh Zeh is now gathering this data and keeping track for the club - a job Charlie began undertaking 4 years ago. As of March 28, 2010, eighty-five CSCC riders managed and total of 9,174 miles over the course of 85 rides. Hearty folk, I'd say.

And CSCC is looking for volunteers for the Ride Committee and a Ride Committee Chair. If you might be interested in helping the club with organizing rides, providing ride leader training, and developing and organizing cue sheets for the club's popular rides, please contact Charlie Czarniecki at 719-266-0776 czar@erinet.com.

I have made a small change to the newslwttter format in response to your requests. You'll notice a 'read more' link at the bottom of some articles - click on it and it will take you to the rest of the article, in a full-page view with bigger font. To go back to the front page, just click on your browser's back button. Let me know if you like this!

Last but not least, the photo contest was successful. We'll be seeing Bill Gast's entry "CC Bikes in the Snow," and Ed Browne's entry, "Ed and Suze at Turquoise Lake" on the newsletter and webpage banner very soon. CSCC will be running the photo contest again this summer, so start taking pictures now. There will be two winners, each receiving a \$20 gift certificate to CS West Bikes. Watch the website for details.

Whatever your plans are for this spring, I hope they include happy and safe cycling. CSCC is here to promote just that, and we want to provide you with lots of opportunities. Please feel free to contact me, or any one on the Board with suggestions or comments on bettering YOUR experience, and COME ALONG FOR THE RIDE!

President's Message

members. We ended the year with over \$500 in the treasury and nearly tripled our membership to 52. To learn more about the club's 1988 accomplishments go to <http://www.bikesprings.org/Newsletters/1988Dec.pdf> and read the Mexican Christmas Fiesta Program.

That year the president shared editor responsibility with Susan Hoge, spouse of our VP Jim Hoge. It was a year of many firsts including club logo selection, naming of the newsletter, membership in the League of American Bicyclists (League of American Wheelmen) and Club Christmas Party and Awards Banquet to recognize officers, volunteers and ride participants for mileage and number of rides.

[read more...](#)



Links 'n' Spokes

Janine Hegeman

I get letters! In this new column, I'm going to feature some of the best and most interesting items that land in my inbox. There are numerous rides offered throughout the summer in Colorado, and there's news from other clubs around the country. If you have any good ideas for an item that might need to be here, please let me know. **For any submissions to the Bent Fork Chronicles**, the deadlines are: May 20 (June 1 newsletter); July 20 (August 1 newsletter); September 20 (October 1 newsletter); November 20 (December 1 newsletter). Thanks!



The STARLIGHT SPECTACULAR is a ride not to be missed! Enjoy a midnight bicycle ride through the streets of Colorado Springs. Bike the night away on June 12 with 1500 of your closest friends as you ride through world-renowned Garden of the Gods Park and then the streets of Colorado Springs. Start your evening with music by Pulpit Fiction, delicious free pizza courtesy of Borriello Brothers NY Pizza and fresh hot coffee from Colorado Coffee Merchants - plus great prize drawings. After your ride, join us for another great pancake breakfast. Great rest stops! Once again, we will have our famous 'themed' rest stops with REI hosting the first fun-filled stop, and **Colorado Springs Cycling Club** and Old Town Bike Shop outdoing themselves at the second stop at Bancroft Park in Old Colorado City. Look for costumes, refreshments and maintenance support at each stop. CSCC is a huge supporter of the Trails and Open Space Coalition, and this ride is a fundraiser for them, and we get better trails to ride on...its fun and its win/win! For more information, go to <http://www.trailsandopenspaces.org/starlight-spectacular/>

[read more...](#)

Member Spotlight

Lee Murphy

I spent my childhood in New England and first arrived in Colorado Springs in 1982 when I was assigned to be the administrator of the clinic at Peterson AFB. Cycling was not a





Charlie Czarniecki

We are entering April and not seeing very many good riding days. I think I have more miles on my trainer than I do my bicycles. A big thanks to the Smiths for hosting the Spud ride on Mar 14th. I think 5 people actually rode up to their house in the snow flurries.

Easter is April 4th. So like last year, we'll have the Jelly Bean Ride that Sunday (Janine Hegeman will be the ride leader in my place), or the next Sunday in April that the weather cooperates.

BVBF is May 15th. I am going to ride the Century again. But it will be one long day if I don't get more preparation miles this month. If you missed the registration deadline you can still help the Club by being a volunteer that day. We usually have a Smith led ride Sunday morning for the volunteers that worked and couldn't ride on Saturday.

Big change in the Club in March. Jean Zeh took over the task of recording the CSCC Club miles. We are changing the address on the Club ride sign-in page, so ride leaders can start mailing them directly to her. Until that is done, you can continue to mail and EMAIL them to me and I'll forward to her.

This is a good time to think about getting the annual tune-up for your bike. There are a number of good bike shops in town do it quickly - some even give Club discounts.

See you on the road,
Charlie Czar

Socially Yours

Chris Conboy

Can you believe it is Spring? Yesterday, bike riding weather and today fresh powder or...! I am so conflicted, bike or skis???? BUT, I have gotten some great rides in the

hobby/sport until later. I have ridden bikes my whole life but did not get serious about them until after retiring from the USAF in 1993. My first serious bike was of the mountain variety. I did not get into road bikes until after taking spinning classes approximately a year later. My first road bike came from a garage sale (I still have it, too). I don't know why it took me so long to discover cycling. I was even stationed in Holland for three years and never got the bug. I have been a member of the CSCC since the turn of the century. That sounds really old but... you know what I mean.

I currently spend about 80% of my riding time on road bikes and as many of you are aware, also slip over to the dark side occasionally and go for a spin on my Bacchetta recumbent.

Typically each summer, I fit in one long (long being a relative word) ride of several hundred miles. I have been doing this for the last 10 years. These rides have included Bicycle Tour of Colorado, Ride the Rockies, RAGBRAI (Register's Annual Great Bicycle Ride Across Iowa), and trips to Italy, and France. Last September I participated in a seven and a half day, 1,000 KM organized ride through the Canadian Rockies.

You will see me on the Saturday fitness, Sunday social/fitness, and occasionally on the Thursday Old Phaertes Ride. I have done volunteer work at the last seven BVBF's but plan to ride it this year.

My attendance and support of club events is sporadic due to my job. I conduct Medical audits (accreditation surveys) nation wide. This requires that I travel approximately 80,000 air-miles each year. The scheduling of which makes no sense. When I do have a survey I can drive to, I try to throw a bike in the car to get some road time while away from home. The job makes it really hard to maintain a regular training routine and prepare for the longer summer rides.

I try to ride year round, but like most people, much prefer warmer weather to winter riding.

I have had my share of falls, bumps and bruises and try to take them in stride. Cycling however, is still the best form of exercise I have come up with. See you on the road.

LM

Membership

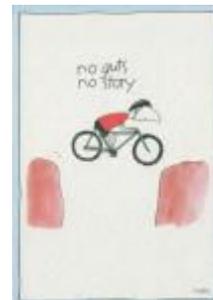
Sara Hill - Membership Coordinator

Welcome New Members!

Roger Schlagheck, Gayle Allen, Jonathon Ward & Family, Bill Bibler & Family, Janet Henderson & Family, Doug Diamond & Family, Diane Paton & Family, Jonathan Bearden, John Sobock, Victoria Morris, John Daugherty, Billy & JoLynn Ondo

Renewing members-Thanks!

Bernie Hessemer, Sally Sheets, Dan Akerhielm, Gary deLassus, Annette & Jack Kester, Roger Patrizio, Stephen Fuhrmann, David Waddell, John Pamperin, William Young, Thorsten Ostrander, Marcus Lowry & Julia Wirsching, Darren Schubarth, Desiree Mendes, Dan Sadowski, Hal Church, Norman & Lynne Hall, Ginny Barber & Family, Aaron Rosenthal & Janet Oliver, Shawn & Teresa Cole, Lee Murphy, Eric & Monica Van Fleet, Connie Miller & Ed Bidinotto, Deb Zelenak, Bill Ryan, Karen & Gary Johnson, Duane Beckmann &



Garden of the Gods this last month and around the "Hood." The time change has made it even sweeter to get out. So, my fellow club members, a few "Thanks" are in order. Thanks go to the Beauchamps for leading the Sweetheart Ride; thanks for all of you who attended our annual business meeting at the Clarion (did you notice the "special" food and green beer?); thanks for all the ride leaders this last couple of months who have braved THE ELEMENTS and gotten members out on some COOL rides; thanks to the Smiths, for once again hosting an awesome Sumptuous Spud Spread for the Shamus McSpud Hot Potato Ride; thanks to The Theme Team for putting in many hours to make our Buena Vista Bike Festival even bigger and better this year; and thanks to all of YOU who continue to support bicycling in our community in so many ways.

OK, now this is the part where you write or print out some important dates for 2010. "Save the Date" for May 15 (BVBF), June 12 (Starlight Spectacular), June 27 (Warrens's lawn party), July 18 (Club picnic at Cheyenne Mountain State Park), Oct. 24 (Progressive Dinner Ride), and Dec. 11 (Holiday Party at the Clarion). I know there will be some additional rides and activities coming up, so check our website. I am still hoping to put together an early summer ride/camp /picnic. Anyone willing to co-coordinate, please contact me.

That's all for now. Enjoy Spring! Get on your bike. Spring cleaning and gardening can wait!

Socially Yours, Chris

OH, IT BURNS!



Ed Bidinotto

(Editor's note - Ed is fantastic at finding good hills to ride on, and we a fortunate that he has chronicled a

Mattie O., Randy Susman, Dean Thompson

[read more...](#)

2010 Full Moon Rides

Stan Hill

2010 Full Moon rides will start at different restaurants—so you'll need to check the calendar each month. We'll eat first so anyone may join us for dinner, even if they are not going on the ride. This will also give us a chance to enjoy dinner while evaluating conditions when the weather is iffy. I won't ride with lightning if I can avoid it, but more often than not, the storms clear away just before the ride.



Restaurants were chosen with reasonable proximity to looped trail routes in different parts of town. The routes have been plotted with veloroutes.org and the links are on the club's calendar. Calendar ride descriptions also tell whether a route has some dirt trails or is all paved. However, fat tires are always a good idea after dark. Of course helmets are required on all CSCC rides.

Lights are a necessity. Even though we hope for a bright moon, the moonlight may be obscured by clouds and/or trees. Super bright, expensive lights ARE NOT necessary. Small inexpensive lights work very well for our casual pace. The one-watt LED ViewPoint® lights presented at the CSCC 2009 year-end party are excellent for the Full Moon rides.

[read more...](#)

The Tour de Latte Rides Again!

Karen Hill

(Editor's note: These rides are always a fine way to spend a fine Saturday morning. And, Karen also submitted a very good awareness test for drivers - see if you can pass it! <http://www.youtube.com/watch?v=Ahg6qcgoay4>)



Have you missed your latte with your biking buddies? The Saturday Tour de Latte ride is on again, back by popular demand, organized by Karen Hill.

Beginning April 10 at 10:00 a.m., Latte rides will be "show-and-go" —meaning weather permitting, if you feel like riding, show up — there may be others. We start at the corner of E. Fontanero and N. Weber Streets, near the medical offices. By May we hope to have more predictable morning weather and rides will start at 9:00 a.m.

For three summers we have been enjoying our latte and chats all across town. A number of shops have closed in the past year, but several have changed owners and are now re-opened with a new

few here for us to try - or try to avoid! Seriously, Ed's good - he's on the cover of the March Peak Region Cyclist magazine where this article also appears. Pictured above is Higby Road, one of the routes Ed details in this article. Photo by Ed Bidinotto)

HILLS – you either love them or you hate them. In all the years I have been riding a bicycle, I still seem to gasp for air at times trying to keep up with my fellow riders when the grades get really tough. It still amazes me at how some people effortlessly fly up a 10% grade while other riders seem to suffer the entire way to the top. There are others who are content by just pedaling along at 4mph enjoying the scenery.

No matter how you do them, as long as you live in Colorado you will be faced with climbing hills.

As a ride leader, I've taken some time to look at the toughest climbs around the Colorado Springs area so that you can either avoid these hills or be aggressive and attack them on your next ride. I usually try to combine a few of these on each of my rides - and that makes for some serious elevation. Some of these climbs are longer than others but I think that most will agree that these are the most punishing leg burners around. I am also putting a few honorable mentions that you can add to your list.

[read more...](#)

name. We generally try to support the independent coffee houses in Colorado Springs and stop for a latte or snack (Don't worry, we won't make you drink coffee – most places also have smoothies, hot chocolate, and tea). There are so many shops to choose from that we rarely go anyplace twice in one summer.

We begin by visiting downtown shops in April and eventually range from Briargate Parkway on the north to Highway 115 on the south and Manitou Springs on the west to Powers Boulevard on the east. We start easier, shorter, and slower in April, so it's a great ride for folks who haven't been on their bikes for awhile – a long while or a short while, or are just getting started.

In May through September, we will start at 9:00 a.m., going a little further throughout the summer, though still aiming at a noon to 1:00 p.m. end time. We welcome all riders. We are a social group so it's not a fitness ride—but it gets us going again in the spring – and it gets a little more challenging as the summer goes by. Come join us – we'd love to have you.



The History of CSCC - The Middle Years

Bob Smith

During the early years the club was homeless of sorts and changed meeting locations several times. Our first meetings were at Bob Coleman's Office on Union near Academy, followed by the Smith home on Wilson Road, School District 11 Administration Building on El Paso, the Club Car at Giuseppe's Depot Restaurant combined with Monday Dinner Rides and finally the Broadmoorings Condominium Clubhouse. Club meetings and Holiday Parties remained at the Broadmoorings for several years until host Norm Howard moved to Perry Park. We moved our club meetings to the Olympic Training Center and the Holiday Party to the Air Force Academy Alumni Association Doolittle Hall. Over the years the club would continue to migrate, seeking out free or very low cost accommodations including the CSPD Operations Center on South Nevada, Olive Branch Restaurant, CSFD Station 18, Thunder Ridge Brewing Company, Old City Hall and our present location at the Clarion Hotel.

Bent Fork Chronicles was selected as the name for our newsletter at a Monday Dinner Ride and club meeting at Giuseppe's Depot Restaurant. There is a story behind the name. I often commuted to work between Mountain Shadows and Rockrimmon through Pinon Valley and Ute Valley Park on a mountain bike. One evening (near dusk) riding home work through an undeveloped part of Pinon Valley I stuck the front wheel in a ditch, endo-ing and bent the fork on my new Schwinn mountain bike. That same year my son while training for cyclocross bent his fork on a landing while catching air. The Schwinn fork became the center piece of the Bent Fork Award Plaque that Dave VanDerWege retired at the Holiday Party in 2008.

As with many clubs new members get drawn into leadership roles. In 1989 Doyle Dikes took over as Editor, Neil Kovac became Ride Captain and Bob Hyde become ATB Ride Captain. Doyle raised the level of the newsletter and automated it by accepting email and modem submissions. He took us into the electronic era with the crude tools of the time. He expanded the scope and size of the newsletter and raised the bar for future newsletter editors. The newsletters, club meetings and rides were the only means of reaching our members.

New member Bob Benjamin and participant of the First Annual Tour of the Arkansas River Valley (TOARV) and artist submitted a logo design for the 1989 ride. We used his design or a variation of it until the ride was replaced by the Buena Vista Bike Fest in 1999.

In 1989 the TOARV start/finish was changed to Canon City to improve overnight accommodations and weekend parking. This change shortened the ride by 10 miles. We also changed the route to a loop through Salida to Buena Vista and returning on US 24 via Hartsel and south on CO 9 to US 50 back to Canon City. That year the ride nearly doubled in size and eventually grew to about 350 riders. Initially, there were no permanent rest stops along the route. We basically had a single moving rest stop that would leap frog riders along the route. SAG operated in a similar manner and provided communications. Members baked cookies for rest stops in addition to normal rest stop fair of water, bananas, oranges, water, M&Ms, pretzels, etc. The home baked cookies were a real favorite. A sweep SAG would tag along with slower riders so the rest stop could move to front of the ride. Anne and I awakened early in the mornings to brew coffee in our hotel room for the first stop. As the ride grew we could no longer brew enough coffee ourselves and had to order it in advance.

The first few years we camped at the Crazy Horse Camp Ground 5 miles north of Buena Vista. Once the ride grew we made arrangements with the Buena Vista High School for overnight camping and access to the school's cafeteria, locker rooms, indoor camping in the gym and outdoor on the practice field. The BV High School Booster Club prepared and served a pasta

dinner and the BV Optimists served a pancake and sausage breakfast. The move to BVHS shortened the route by another 10 miles.

To encourage more TOARV ridership, we started a Saturday TOARV training ride series in April. The rides would get progressively longer and more difficult and typically ending with a century loop the week before the ride. As TOARV grew so did the club membership. However, with preset rest stops we needed more volunteers. To encourage more member volunteers, we started what we called VRAOT. It was an all volunteer ride the weekend before, where we rode the route in reverse hence the name VRAOT. As traffic increased on US50 we reversed the TOARV route as well. We were concerned about rider safety and reducing fees for Colorado State Patrol coverage of the ride. In addition to reversing the route the ride start/finish was moved to the Royal Gorge. This again shortened the route, provided more overnight parking and provided a spectacular finish by riding over the Royal Gorge Bridge.

During the early years we tried to maintain a relationship with the Strada Bicycling Club. While Paul Bower was president of Strada we shared our ride schedule. Several of our members including Anne and I maintained dual memberships. There were even thoughts that clubs might merge. Strada disbanded ended the September Hardscrabble Century.

Our summer ride calendar expanded to a ride nearly everyday of the week and in 1999 we actually had several months of 7 daily rides per week. We often had out of town, overnight and specialty day rides. Club members who participated in these rides often wrote newsletter articles about them. We also had regular mountain bike rides.

Years 1988 through 1992 were good growth years for the club. We had a large influx of military members who took very active roles in the club as officers, ride leaders, newsletter authors and organizers. John Leofsky took over vice president from Efrain Cruz. John went on create a new ride called RAPP (Ride Around Pikes Peak). He wrote regular columns in the newsletter called Doctor Naun Science and Bicycling Book Reviews. Tech Sergeant John Ellis joined us after being stationed at Cheyenne Mountain. John led rides and penned articles for the newsletter. After a deployment to Desert Storm, John became VP and helped resurrect Hardscrabble. Major Michael Heymann, also deployed to Desert Storm, returned to become VP, lead rides and multi-day weekend tours including a 3-day loop out of Estes Park and co-chaired Hardscrabble.

Tracey Nyboer and Cathy Pillis joined the club in 1990 and took the pen names of Henrietta and Mavis. They teamed up to form a sub-group within the club call WOWAKAS (Women's Wednesday Affiliated Killian's Afterwards Society). They led Wednesday evening women's rides and met for Killian's at Old Chicago afterwards. Tracey aka Henrietta relieved Doyle as newsletter editor in 1991. In 1992 John Ellis and Tracey led the effort to resurrect the Hardscrabble Century and chaired the event until John shipped out for a tour in Germany. Michael Heymann and Cathy Pillis married and he retired from the Air Force. A few years later they moved to Portland, OR. With Michael's departure Barry Wick become VP from 1995 through 1997, penned the Heart Beat Column and created the Colorado Triple Crown of Cycling Series.

When John departed for a tour in Germany Michael Heymann and Cathy Pillis took on Hardscrabble followed by Ray and Diane Edmonds and Rob Miskowitch and Mike and Fawn Remington. Hardscrabble was retired again in 1999 when the club decided to concentrate on a single new event the Buena Vista Bike Fest.

In 1991 MCI purchased the then vacant IBM Rohm Buildings at the corner of 30th and Flying W Ranch Road. MCI relocated their systems and network engineering organization from eastern Virginia and the DC area. This led to another influx of cyclists and brought us more members some of which are still members today such as, Sharon Boyd, Dale Campbell and Alan Severn. Our membership soon grew to approximately 300. Sharon has served the club twice as secretary and often substitutes as ride leader for the Monday Dinner Ride.

Trexlerstown, Pa had committed to hosting the Junior World Cycling Championships but backed out early in 1991. Colorado Springs, having hosted the Senior Championships in 1986, stepped in to save the US cycling image. The club became the host of the Swiss Junior Team and arranged several social events for the team. One was held at the Broadmoorings and the other at the Smith home. Club members also volunteered as course marshals and at many of the road and track events.

Club member Neil Kovac convinced Anne and I to join the efforts of Vern Pitcher and Tony Hoewitch of Ted's Bicycles to start the Starlight Spectacular to support the Trails Coalition. Neil wanted the Springs to have a ride similar to the Moonlight Ride in Denver.

The late eighties and early nineties were a boom to cycling especially in Colorado. The boom was fueled by 3 Tour de France wins by Greg Lemond. A lot of new events popped up such as TOARV, Triple Bypass, Bicycle Tour of Colorado and others. The Colorado State Patrol began to intervene and wanted events to pay for patrol coverage of their events. This coverage was overtime for the patrol and was expensive. This significantly drove up event costs. The cycling community pushed back and CDOT started holding meetings in Denver on the matter. John McLain, Mike Heymann, Barry Wick, Anne and I attended many of the early meetings. CSCC and other event organizers participated resulting in the first Colorado Bicycling Guide. Governor Roy Romer created a Bicycle Advisory Board. CSCC received a seat on this Board. New state policies were implemented including a Colorado State Patrol event approval process. This new process led to changes such reversing the TOARV route and eventually the creation of the Buena Vista Bike Fest.

The back issues of the newsletter hold the real history of the club. Preparing to write this series I scanned all available past issues of the Bent Fork Chronicles to PDF format. While scanning I read many issues cover to cover. There were some very creative people writing for the newsletter such as Doyle Dikes, John Leofsky, Henrietta, Ray Edmonds (Wally), JP Neuteboom and many many others. The newsletter library is now available at <http://www.bikesprings.org/newsletter.php>.

I'd like to thank Anne Smith for saving the newsletters and Chris Davenport who chaired the historical committee for most of the 90s and early zeros. Chris, Gary Papazian and Angie Adams created a scrapbook and two binders of past newsletters. Without their work, this series of articles would have been more fiction than fact.

The club is really the sum of its active members. Officers can hold meetings and set agendas but without creative and energetic members it is difficult to accomplish much.

Click on a few of the past issues from the early years 1987 through the 90s and you will read about ideas put into action. This was a period when the club grew from a dozen founders to nearly 300. It was a period when TOARV was founded and rides such as the Fall Lead Triangle Weekend, Train and Bike, Memorial Weekend Northern New Mexico Loop, RAPP, Great Pueblo Ride, Thanksgiving in Moab, Steam Boat Soak, Echo Lake Ride, Kebler Pass Ride and numerous other overnight and out of town rides happened through out the summer months.

In my next article the club enters the internet era, closes out my 10 year reign as president and enters the 21st century.





Links 'n' Spokes

Janine Hegeman

The Oz Bicycle Club of Witchita KS has a lot going on - check them out at <https://app.e2ma.net/app/view:CampaignPublic/id:37419.8127787136/rid:6ddb99651ad6379b262828772229637e>

The 18th annual KAISER PERMANENTE MOONLIGHT CLASSIC late night city bike tour will take place on - Saturday night, July 17, 2010! The event will once again start and finish at the Colorado State Capitol in Downtown Denver and will offer two distinct start waves. The Family Wave will start at 10:30 p.m. and the Gonzo Wave for riders who want to stay up late will start at 11:30 p.m.

Whether you're an avid cyclists or you're simply looking for some urban fun, you won't want to miss the Kaiser Permanente Moonlight Classic. For more info, go to <http://www.moonlight-classic.com/>

Centurion Cycling unveils trio of exciting Colorado courses

Calling to mind the glory days of the famed Coors Classic when Tour de France champions Greg LeMond and Bernard Hinault roared through the Rocky Mountains, Centurion Cycling is bringing big time biking back to the challenging climbs that link Colorado's Front Range with the Peak-to-Peak highway (aka Colorado State Highway 72).

On July 18, 2010, thousands of amateur riders of all abilities will test themselves on a trio of courses that encompass the first of three Centurion Cycling events in North America. All three Centurion Colorado routes start and finish in Lyons, located an hour north of Denver, and only 25 minutes from the cycling Mecca of Boulder.

Centurion Cycling is presented by Ironman pioneer Graham Fraser, veteran cycling event organizer Len Pettyjohn and North American Sports - the same people who brought you Ironman North America.

Centurion Colorado's hallmark is its 100-mile ride, which includes nearly 9,100 feet of climbing during two ascents to the Peak-to-Peak (see course profile below). The first climb takes riders up through the town of Ward. Round No. 2 travels through Jamestown, then up the infamous Super James climb.

Each ascent is followed by a rolling northbound ride on the scenic, mountain-lined Peak-to-Peak, where stunning views of the Rockies await. Next comes a speedy trip down South St. Vrain Canyon back to the start/finish line in Lyons. The course's high point is 9,353 feet, and more than a third of the route is above 7,500 feet.

Like the 100-mile route, the 50-miler is heavy on climbing, heading out of Lyons, then south along Highway 36, before commencing the trek up to Ward. The 25-mile ride is more beginner and family friendly, sending riders on a mostly flat trip along the pastoral rural roads east of Lyons.

Detailed Centurion Colorado course maps and profiles can viewed and downloaded at Centurion Cycling's newly updated website, www.CenturionCycling.com The revamped site also includes information on Centurion Wisconsin and our newest event, Centurion Canada. There's also a comprehensive FAQ, helpful training tips, updated news, complete registration information, bios of key Centurion Cycling staff and much more.

REGISTRATION for the 3rd Annual Blue River Century and Metric Century*is NOW OPEN!*****

NEW Date in 2010! Sunday, August 22, 2010 Summit County, CO

Following the Blue River Century is the Blues and Arts Festival in River Run Village! The Blue River Century is limited to 700 participants!

About the ride:

Metric Century - *63 miles with 3500 feet of elevation gain

Century with 3 different finish options!

(select your finish option at the final aid station)

1. Montezuma Finish - All options to finish are very scenic, but would say this is the most scenic finish option. *101 miles with 6200 feet of gain.
2. A-Basin Finish - *103 miles with 7340 feet of elevation gain.
3. Loveland Pass Challenge - *109 miles with 8600 feet of elevation gain.

For more info and to register, go to <http://www.active.com/cycling/keystone-co/3rd-annual-blue-river-century-and-metric-century-blues-and-arts-festival-following-2010>

Here's one of the most comprehensive links to "what's going on" all over Colorado (Thanks to Al Brody for sending this) <http://bcn.boulder.co.us/transportation/bike.d/bike.cal.html>

21st ANNUAL COURAGE CLASSIC DATES ANNOUNCED: JULY 31 – AUGUST 2

The Children's Hospital Foundation announced the dates of its 2010 Courage Classic presented by ProLogis: July 31 – August 2 at Copper Mountain.

Regarded as one of Colorado's premiere cycling events, the Courage Classic benefits The Children's Hospital and is a three-day, 157-mile journey that begins and ends in Leadville with stunning views to keep you motivated as you make your way through Summit County.

Riders are encouraged to register early as last year's event sold out in May. Registration will open February 23 and is open to the public.

Participation fees for the event are as follows: \$95 for adults and \$50 for kids younger than 16 years old. In addition to the registration fee, adult riders must raise a minimum of \$300 in donations that go directly to the Children's Fund. Kids 16 and younger must raise a minimum of \$125. These funds support Children's and its goal to improve the health of children through the provision of high-quality, coordinated programs of patient care, education, research and advocacy. Last year, the Courage Classic raised \$2.3 million for The Children's Hospital.

For more information about the ride, including registration information or to request a registration packet, visit www.couragetours.com or call (720) 777-7499.

The famous **Copper Triangle** has long been considered one of Colorado's classic alpine road rides. Graced with breathtaking scenery, gorgeous roads and three challenging climbs, the Copper Triangle exemplifies cycling in the Colorado Rockies. The 5th Annual Colorado Cyclist Copper Triangle Alpine Classic will take place on August 7, 2010 as an impeccably supported ride. It offers both recreational and competitive cyclists the opportunity to participate in a challenging and meticulously supported organized ride.

Cyclists will start and finish at Burning Stones Plaza in central Copper Mountain Resort, Colorado. Amply stocked aid/rest stations will be positioned throughout the course. Upon returning from your ride, participants will be greeted by the "Alpine Celebration". The post-ride party, with music, a first-class

lunch, prize drawings and cycling expo will continue throughout the afternoon. Proceeds benefit the Davis Phinney Foundation. for more information, go to <http://www.coppertriangle.com/>

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Membership

Sara Hill - Membership Coordinator

REMINDERS:

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

(2) Has your personal information changed? Don't forget you can update your mailing address, phone numbers and email at anytime by logging into the membership area and clicking the "Change Contact/Profile Information" link under Member Information. You can even change your username.

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

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2010 Full Moon Rides

Stan Hill

The Full Moon rides are really quite safe—we haven't damaged anyone since Charlie broke his arm a few years ago. Even the following encounter turned out well 'cuz the person had properly prepared..

The Night of Claire

by A. Gnawni Mösse

A ride in the woods by the light of the moon
Is no challenge, or so it was said,
So I mounted my bike and turned on my lights
And away in the evening I sped.

As smooth as a turbine my drive train did run
As I reached the first tulgey glade.

Completely at ease, I passed under trees,
Breathing deeply and yet unafraid.

A sudden light clicking then came to my ear
And I wondered if it was the bike.
The volume and frequency seemed to increase
And something just didn't seem right.

My pedals? My crankset? Perhaps the rear wheel?
My spokes being stress relieved?

But I'd checked all the torques and examined the forks.
No fault could be conceived.

And then I remembered the terrible squirrels
That run in the woods at night.
More cunning than weasels and faster than bats;
My blood ran cold with fright.

My mirror was useless, it bounced up and down;
I carefully looked to the back.
Not one running there in the LED glare. Not one . . . ,
But the whole freaking pack!

I knew in an instant the danger I faced,
For the squirrels of the bluffs are unreal.
Like furry piranha that scamper like rats;
They wanted my brand new wheel!

I knew in the morning they'd find my bones
Spread out by the side of the trail,

If I couldn't pull off a quick finesse—
I had to deliver the mail!

I spun and I sweated and I grabbed a new gear
In the face of imminent death.
The grade was intense and my terror immense.
I smelt their squirrely breath!

Just then I remembered that in my valise,
Which I'd strapped to the top of my bars,
I had peanuts and trail mix and Gatorade®
And a couple of candy bars.

I unzipped the bag and threw out the tools,
Which only impeded my hand:
An anvil, a tow chain, a hacksaw and such,
And a brand new truing stand.

I hated like fury to throw out that stand,
But I had to get to the food.
I whipped out the trail mix and tossed it back;
It halted that Hell spawned brood.

I sat at the top of the hill and wheezed,
As the squirrels devoured the nuts.
I'll never take a ride on that trail again,
No ifs, no maybes, no buts!

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OH, IT BURNS!

Ed Bidinotto

Climb #1 - CHEYENNE CANYON

This well known brute of a climb starts at the Starsmore Center.
2120 S. Cheyenne Canyon Rd., Colorado Springs, CO, 80906
(719) 385-6086

The Starsmore Discovery Center is located at the entrance to the 1600 acre North Cheyenne Canon City Park. The Starsmore Center is one of Colorado Springs' oldest regional parks along with being a nature and interpretive center.

3.1 miles and 1200ft. Avg 8% grade for 5 km continuous sections of 9%-10% and a few short areas of 12%

Tom Danielsons record: 13:34

This ride starts off easy enough at the Starsmore Center, however it quickly reminds you that this is a very sustained canyon ride. Somehow the water running through the stream and the beauty of the canyon cannot take your mind off the task at hand.

This three mile climb will tax your legs and you will be trying to get your breath as you slowly work your way around the curves towards Helen Hunt Falls. Once you hit the falls you think it's over, but there is still another stretch around the bend and it stays with you all the way to the dirt parking lot.

Climb #2 -HIGBY ROAD

Higby Road is off of Jackson Creek Parkway, north of Gleneagle and East of I-25. This four mile stretch of road does not have a big bike lane, however it generally does not have a lot of traffic so it's bike friendly in that sense.

What Higby Road offers up is a series of rolling hills. You will encounter a 4%-5% grade at Struthers and Higby and after one mile you won't find more than 7% max. However as the hills head east, they get progressively more difficult.

The third and fourth hills are most likely the toughest with max grades of 13%-14% near the top and sustained grades of 10%.

Follow this four mile climb all the way to Roller Coaster Road in the Black Forest and you will have an amazing workout.

Climb #3-BLODGETT DRIVE

Blodgett Drive is not a huge hill by any stretch of the imagination, however it is a good hill to add to your training rides on the west side of town. You can also combine this with some of the honorable mention rides at the end of this article.

Blodgett can be reached by taking Centennial Blvd North from Garden of the Gods Road approximately 5.2 miles. Centennial will turn into Woodmen Road at this point.

From Garden of the Gods Road and Centennial, head north and you will have a sustained grade of 5%-6% on Centennial Blvd with a max grade of 9% at Orchard Valley Drive.

This road levels off a bit and presents three options as you come to the top of Centennial Blvd / Woodmen Road.

Option 1 – take a left hand turn on the first Blodgett Drive you come to. This will circle back around to Woodmen Road. Max grade 11%, avg grade 8% in .5 of a mile.

Option 2 – take the 2nd left turn on Blodgett Drive and circle back to Woodmen Road. You will find a max grade of 12% with an average grade of 10% in .6 of a mile.

Option 3 – Follow Woodmen and take your first right turn at mile 5.5 on Lower Blodgett Drive. Cross Woodmen and continue up Blodgett Drive. The lower Blodgett Drive .3 of a mile long will present you with a max 8% sustained grade up to Woodmen Road.

No matter which way you do it - this hill your legs will be worked.

Climb #4 - FLYING W RANCH ROAD TO ROSSMERE / WILSON

I was surprised that this would be the toughest ride on the west side of town, but when I rode it I found out why it hurts.

Centennial Blvd to the Rossmere St- .6 mile with a 3% max gradient

Make the right turn on Rossmere St. - .8 of a mile. A very sustained 10% grade with three short sections of 12% until you get to Wilson Road.

Rossmere from the Chuckwagon Road side will give you .8 of a mile, with a 10% max and a very sustained 8% from Flying W. Ranch Road.

This ride will give you everything you want if you add it to your hill workouts.

Climb #5 -GOLD CAMP ROAD via 26th Street

Gold Camp Road starts at Bear Creek Drive. You can get there by riding up 26th street from Old Colorado City finding a very continuous 6% grade with a maximum short grade of 10% as you round the "S" curve near the top.

26th street is 2.6 miles from Colorado Ave to the base of Gold Camp.

Gold Camp itself is actually an easy 2.3 mile ride from the base of Bear Creek Drive to the dirt turnaround at the top.

However even though 4% does not seem like much, it will add up on your legs as you spin up the 2.6 miles. You won't encounter much over 5% as you climb the hill, however you will find deer, nice homes, good roads and a scenic view at the top.

Honorable Mentions:

The following rides should be in the top ten and are certainly worth mentioning here. They will provide you with the maximum burn depending on how fast you ride them, at what point you add them in the ride and if you just want long sustained climbs.

ORION and HYDRA DRIVE

Start pedaling at Parkview Blvd off of Cresta Road.

2.2 miles - max gradient of 12% on Hydra. Very sustained grades of 10% on Orion Drive. Hydra Drive is only .2 of a mile long but it hits you with a 12% grade about 100 ft from Gold Camp Road.

CHUCKWAGON ROAD

Chuckwagon Road starts at Centennial Blvd and goes to Flying W. Ranch Road.

This is only .7 of a mile long but it has a sustained grade of 8% and a max of 11% for a short section.

BROADMOOR AREA

STAR RANCH ROAD

Star Ranch Road is at the intersection of Hwy 115.

The road immediately kicks up to 11% at the bottom and stays a consistent 9% - 10% for 1.5 miles. This ride is in the beautiful Broadmoor area and has great views and amazing homes at the top.

FARTHING DRIVE

Running parallel up the hill to Star Ranch Road you will find Farthing Drive a little bit south starting at hwy 115 and Academy Blvd. This winding road will present you with a similar set of gradients as Star Ranch Road in 1.8 miles.

BROADMOOR BLUFFS DRIVE

Once again begin riding from highway 115 and Academy Blvd up the hill. You will actually pass the turnoff to Farthing Drive on your right as you head up and west.

This is a great road but it has very sustained grades of 8% - 10% and a max gradient of 12% in 2.5 miles as you reach Paisley Drive at the top of the Broadmoor. Stop and check out the views

before you head downhill.

CLOSING:

Some say it's the PWR (Power to Weight Ratio), i.e., how many watts per kg you are able to crank out for your height, weight. Lose weight or push harder seems to be the key to it all. Power watt meters, physiological limitations, training methods, and lighter equipment all come into play here.

At age 59, I'm not sure I will get very much faster on the hills I've written about but I will keep trying to improve. If I don't knock 10 minutes off my time up Cheyenne Canyon or try to beat Tom Danielson's record

- I'll just enjoy riding and making it to the top.

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