



Vol 4 Issue 4, 1 August 2011

## From the CSCC Bent Fork Editors



Sharon Boyd & Dale Campbell

Sharon and Dale wish to extend "Thank You" to each CSCC member for their newsletter submissions for the August 2011 Bent Fork Chronicles newsletter. With your continuing support, we're able to publish a bi-monthly newsletter that reflects the interests and activities of the members themselves. With Sharon's preparation and guidance, Dale has been able to complete this edition for your reading enjoyment. Sharon is currently in India, touring with friends and learning more about the country. She's indicated that despite the smells, the heat and the mass of humanity, "It's a grand experience, though. I'm enjoying all of the colors, sights and demolition derby in the street. I hope I can capture this in pictures." Ah, but will she get a chance to get on a bicycle in India. Perhaps we'll find out in the next edition of The Bent Fork!

The next Edition? Why mention that? Read on....

[read more...](#)

## Socially Yours



Photo by Dale Campbell

**Greetings,** Fellow Club members.

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## President's Message

Charlie Czarniecki

### Happy 25th Anniversary!

The **Club Annual Picnic** was July 10th at the AF Academy FAM CAMP. Janine Hegeman and crew had 4 rides organized out of the parking lot during the day. The Academy roads and trails are always a treat to ride. Chris Conboy and the Social Committee had the food well in hand. Front Range BBQ provided the hot food and club members had prepared a wide selection of side dishes. Everyone pitched in to help and clean - most of the cars were gone as the thunderstorm arrived about 2:45. That sure brought back the last riders in a hurry.

I finished 37th in the National Senior Olympics 20K Road Race in Houston. I was getting over a summer cold and couldn't train for the 2 weeks before the race. The weather was hot (over 100°F) and windy (20-30 mph south wind) all 3 days that we were there. I didn't do the Sunday 40K Road Race. I averaged 20 mph (was 22 mph in the Louisville games in 2007). But we had a good trip and spent time with my sister in Houston.

[read more...](#)

## Eating to Optimize Performance

Kelly Ping-RD Peak Nutrition Clinic

**Editors Note:** Kelly Ping has a Masters degree in Sports Nutrition from UCCS and teaches an undergraduate sports nutrition course at the college. Certified as a registered dietitian, she is the consulting dietitian for USA shooting, UCCS athletics, and was dietitian for the US Speed Skating team in the 2010 Vancouver Olympics. Most recently, working closely with the UCCS health science department, she opened a sports nutrition clinic called the Peak Nutrition Clinic ([www.peakfood.uccs.edu](http://www.peakfood.uccs.edu)). At that location she provides nutrition consulting for the UCCS campus, as well as the Colorado Springs community specializing in sports and weight management. After playing both soccer and ice hockey in college, Kelly has now transitioned into endurance sports and can be frequently found cycling or running with groups in Colorado Springs as she trains for Ironman Arizona this



Is the summer already half over or half started? I hope you've had a healthy and injury free season. By now, you have hardened up your seat and body. Maybe, you have discovered new routes or places that other club members would love to know about. I just rode Mueller State Park on my mountain bike and was impressed.

Speaking of impressed, I was truly impressed and delighted by your attendance at our club picnic. Most of you sailed through the security in time for some good BBQ, side dishes, socializing and of course, bike riding! Hopefully, we can go back to FAM Camp next year as I heard many positive comments. Thanks to all who stayed to clean up. Just remember, when riding the AFA, have a CURRENT driver's license!!

[read more...](#)

## Membership Updates

*Sara Hill*

### Welcome New Members

Ed Andreoni, Karen Brown, Thomas Burk, Jimmy Clere & Family, Jannie Cox & Family, Nathan Dicks, Ernest SKIP Doane, Mike Fitzgibbons & Family, Elizabeth Flis, Kathy Giescke, Jeremy Greer, Vertis Hagan, Ronald & Carolyn Henrikson, Lisa Hickey & Family, Robert Kerr, Vince King & Family, Monica Marshall, Chris McCallum, Mark Pitel, Ron Robinson & Family, Carol Runnels & Family, Don Sarton, Maurie Shannon, Scott Townsend, Barbara Warnell, Larry Watson & Family, Russell Wharton

### Renewing members-Thanks

Bear & Trish Aten, Laurie Baker, Deb Berwick, Bill Brown, Ed & Suzy Browne, Roger Bruggeman, Alfred Chioffe, Graeme Cloutte, Curt & Carole Emery, Liz Ford, Ronaele Foss & Paul Brown, Scott Foster & Family, Michael & Jeanne Galvin, Torie Giffin & Family, Xaver Gonzalez, Sandy Greenspoon, Alexander Guerra, Janine Hegeman, Craig Highsmith, Rich & Sherrie Hostak, Brian Love, Paula Makara, Larry & Shelly Mann, Phyllis Minter, Gisele Miyamoto, Joan Morrill, Michael Nutting & Teri Holt, Roger Patrizio, Steven Roach, Peggy Seidel, Alan & Pat Severn, Gail Sexton, Martin Shepperdson, Mike Silver, Mike & Laci Stansberry, Diane Renee Walker, Jean Zeh

[read more...](#)

## Outreach

*Allen Beauchamp -- CSCC Outreach*

November.

While eating healthy no doubt has a huge impact on performance, many cyclists fail to recognize that just as crucial is the timing of what they consume. All of us have likely experienced this first hand. Maybe you wake up just in time to get out the door and skip breakfast, only to bonk 2 hours into your ride. Or perhaps you wait 2-3 hours until after a training session to consume your next meal, when you have another training scheduled for the afternoon. Both these scenarios can have a negative impact on performance.

While fueling around a workout should be determined on an individual basis through trial and error in training, here are some things that should be considered...

[read more...](#)

## Ride for the Cure - 2011

*Richard & Pam Oliver*



Our alarms clocks (both a primary and the back-up) rang in unison to rouse us at 0530 for a 0545 departure to PPIR (Pikes Peak International Raceway), a few miles south of Fountain off I-25, for the inaugural Southeastern Colorado Susan G. Komen Ride for the Cure on Saturday, July 16, 2011.

This first year breast cancer fund raising event featured three ride distances: a kid-friendly 15 mile out-and-back, a moderate 44 mile Hanover loop, and a heartier 72 mile Ellicott loop, all starting and ending at PPIR, and all consisting primarily of gently rolling hills.

Not wanting to get up "too" early, we opted for the 44 mile ride with a "lazy" 0700 departure time; though we actually headed out 15 minutes early to avoid the mass gaggle. The 72 milers endured a mind-numbing 0600 start; all of which endeavored to return riders before the noon day 90+ heat overtook them on the high plains.

[read more...](#)

## Ride for the Cure - 2011 (continued)

*Richard & Pam Oliver*



Then the post-ride party began. The free lunch included tasty Rudy's BBQ brisket, Chick-fil-A sandwiches and Borriello Brothers NY pizza, plus Colorado Mountain Brewery opened their beer taps. Additionally, there was a live band, raffles, exhibits and displays, plus six tables for free five-minute massages!

The entry fee provided, beyond superb ride support, free breakfast and lunch with beer or root beer, a commemorative T-shirt and medallion, and a goodie bag, etc. For an additional \$50, there was a beautiful Italian-made, full-length zipper bike jersey. While riders were encouraged to also raise extra funds to fight breast cancer, this was not a requirement to ride.

[read more...](#)

## 25th Anniversary Club Jersey Reorder

*Bob Smith*

Many of you have inquired about the availability of our new 25th Anniversary club jersey. We currently have two jerseys available they are a women's small and a men's small for \$50 each.

With this lack of inventory, over the next 30 days we will be soliciting for interest for a re-order. If you are interested in

### Chair

Allen sends his summer greetings! His update will be back in the next edition.

### Advocacy

Al Brody - CSCC Advocacy Chair

Al also sends his summer greetings - from the 39th annual RAGBRAI. He too will be back on line in time for the next edition of The Bent Fork.

### ♦Pedal-Driven: A Bike-Umentary♦



Media contact: Garry Harrington

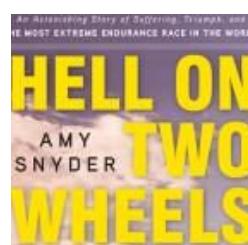
**Non-profit documentary explores conflict surrounding mountain bikers on public lands; will benefit Medicine Wheel Trail Advocates. Coming to Colorado Springs August 23**

"Pedal-Driven: a bike-umentary," will make its Colorado Springs debut during the upcoming USA Cycling Pro Challenge's week-long cycling celebration when it premieres at Stargazers Theatre as a benefit for the local Medicine Wheel Trail Advocates. The screening will be held on Tuesday, August 23 at 7 p.m.

This engaging and powerful new documentary examines the long-standing confrontation between mountain bikers and federal land management agencies such as the U.S. Forest Service over bikers' rights and access to public lands...

[read more...](#)

### Hell on Two Wheels



Comments by Dale Campbell, Co-Editor

**Hell on Two Wheels**  
By Amy Snyder  
Triumph, 251 pages, \$24.95

On a cold winter's day, what's almost as good as thinking about that first Spring ride, or a cool summer evening's dinner ride?

purchasing jersey, email Bob Smith at [bob@wetandem.com](mailto:bob@wetandem.com) with name, phone number, email address, jersey size and style (short or long sleeve). A jersey re-order interest form is available on the website at <http://bikesprings.org/Jersey/CSCC-Jersey-Interest.pdf>. This form contains sizing information.

There was minimum interest in long sleeve jerseys when we placed our first order but not enough for a minimum order. As Fall is quickly approaching, there may be more interest in the long sleeve option. Because it will take the vendor 4-5 weeks to fill the order, we are limiting the interest period. August 31st will be the deadline for submitting your interest to order a Club jersey! Establishing an end of August deadline for the interest period will insure that we have jerseys in time for our 25th Anniversary Kickoff in October at our Annual Progressive Dinner Ride. Pricing this time will be \$5 or so higher per item than our previous order. Pricing for the first order was based on a quantity of 100. This order will most likely be priced on quantities of 25.

Please note that we will not be taking orders at this time, only expressions of interest for requesting a re-order. If we have sufficient interest from the membership, then CSCC Board is prepared to authorize advanced purchase of jersey inventory in time for our 25th Anniversary Kickoff. You will be notified once the decision is made to proceed with a re-order.

### Bike, Ski, Hike? Activities Confusion at Lake Tahoe

Dale Campbell, Co-Editor

Ah, its June and summertime in the mountains, right? Well, before you answer, let me describe the circumstances...

This year, Sharon and I planned an early summer trip that took us to Lake Tahoe. This was our first journey to this area of California. Prompted by a banked timeshare week that was going to expire on 1 August, Sharon researched locations where we could use the soon-to-expire week of lodging. The criteria for the search? The location had to be within a two to three hour plane ride, somewhere we had not been before, a place of scenic beauty and a location that offered a variety of outdoor activities. Under these parameters, Lake Tahoe soon rose to the top of the list. We finally settled on a time-share at the north end of the Lake. Once lodging reservation was made and plane tickets purchased, we started with the next phase of the planning - what to do while we would be there and what to take to support the anticipated outdoor activities.



[read more...](#)

### Bike, Ski, Hike? A Solution is Found!

Dale Campbell, Co-Editor

Finally, Wednesday brought a cycling day! We drove into Tahoe City about 10 am (hey, its vacation time) and rented bicycles from the Olympic Bike Shop . The shop had a descent selection of road bikes. I was able to rent a Cannondale Synapse (first time riding a Cannondale) and Sharon was fitted for a Specialized Dolce with touring tires. We brought our own pedals. So, the transition into "new" bikes was a little easier than anticipated.



[read more...](#)

### USAPCC Comes to Breckenridge

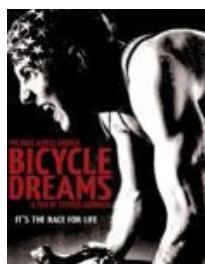
Dan Lipsher [danlipsher@gmail.com](mailto:danlipsher@gmail.com) (970) 389.5702

Perhaps reading about cycling might be a good alternative. So, here's a book recommendation for your reading list.

**HELL ON TWO WHEELS** by Amy Snyder, is said to be an astonishing story of suffering, triumph, and the most extreme endurance race in the world. The book takes readers inside a harrowing, 3,000-mile long ultra-distance cycling race, following a handful of athletes who test themselves, each other, and the limits of human endurance.

[read more...](#)

## Bicycle Dreams



Media contact: Garry Harrington

### Award-Winning Documentary Film About Race Across America. Coming to Colorado Springs August 25

Bicycle Dreams, the award-winning feature-length documentary about the Race Across America (RAAM), will premiere in Colorado Springs at the Stargazers Theatre on Thursday, August 25 at 7 p.m., in conjunction with the weeklong celebration surrounding the USA Pro Cycling Challenge.

This year's race, the 30th running, was held last month and passed through southern Colorado on its way to the finish line in Annapolis, Maryland.

[read more...](#)

**Editors Note:** Dan is serving on the Breckenridge local organizing committee for the USA Pro Challenge. USAPCC marks the return of stage racing to Colorado for the first time since 1988. Breckenridge will be the site of the next-to-last stage finish on Saturday, August 27. Since many CSCC members may be planning to visit Summit County for the race, Dan has provided the following to help with your plans to attend the event.

Marking the return of professional bicycle racing to Colorado, the inaugural USA Pro Cycling Challenge features seven stage races, beginning in Colorado Springs and finishing at the Capitol in downtown Denver. The penultimate stage, from Steamboat to Breckenridge on Saturday, August 27, is sure to be a popular route for cyclists and spectators alike.

With teams such as Radioshack, HTC, Garmin, Saxobank and Liquigas committed to the race, the Breckenridge stage may be your best opportunity to see the stars of the cycling world up close without booking a trip to France next July. Best of all, Breckenridge will put on the hottest festival of the year, welcoming cycling fans to town with food, drink and entertainment beginning at Noon.

So, what's the best way to get to the event? ...

[read more...](#)

## Electric Bicycles - The Wave of the Future?

Dale Campbell, Co-Editor



For many of you that watched this year's Tour de France on Versus, you probably saw a commercial about the Nissan Leaf, all electric car. And this was while watching a major cycling event. Thinking in terms of the car (electric) and the event (bicycles), I began wondering if a combination of the two (electric bicycle) is such a farfetched concept. Surprisingly, when I began digging into it, my thinking is actually behind the times. For example, in a recent Wall Street Journal article (18 July 2011) it's noted that by some estimates China is home to as many as 120,000,000 electric bicycles. Other sources indicate that every fourth bike sold in the Netherlands is battery powered. And, if you know cycling globally, you'll realize that commuter type bicycling is very popular in both of these countries.

With the possibility of gasoline hitting \$5 a gallon in the US, there's good incentive to consider purchasing an electric bicycle as a commuter vehicle...

[read more...](#)



## From the CSCC Bent Fork Editors

Sharon Boyd & Dale Campbell

Now that the August edition has been put to bed, we'll be starting to compose the upcoming October 2011 edition. Why start so early, you might ask? Well, the explanation is simple. The October Edition will be the **25th Anniversary Issue!** Yes, we're devoting the October issue to recognize 25 years of Colorado Springs cyclists coming together to enjoy cycling activities and events. But wait, I already know what your next question is going to be. What's going to make this **25th Anniversary Edition** so special (besides being labeled as such)? That's where you, as contributors to the CSCC Newsletter play an even more important role

Since we'll be digging into the archives, here's your chance to submit some of your favorites from past editions of the Bent Fork Chronicles (on the CSCC Webpage, just look under Newsletter/Archives to find past issues from Feb 1987 to the present - with a few gaps in between). I've already pulled up one article from the January 1996 edition. Or, if you would like to pull together some thoughts and memories of cycling in Colorado Springs over the past however-many years, we would also welcome those types of articles. We'll also be including a few articles that will be looking ahead into the next 25 years.

So if an idea for an article comes to mind, or if you have something already planned, let us know. Just email us with your idea and we'll be glad to help you take the next step. With your help, the **25th Anniversary Edition** will be a tribute to the past 25 years of organized cycling as the Colorado Springs Cycling Club!

Speaking of 25 year celebrations, don't forget that this year's annual Progressive Dinner Ride will play a major part in our year-long celebration. This year's ride will be on Sunday, 23 October. There are opportunities for families to host one of the stops along the approximately 20 mile route (salad/appetizers, main course, dessert). If you're interested in hosting one of the stops (the Club will help to cover the costs), contact the Club's VP of Social Events - Chris Conboy - at [ChrisConboy@msn.com](mailto:ChrisConboy@msn.com)

Now, back to the present. We hope you enjoy the variety of articles and information in this edition. Thinking more in the present, here is some information about upcoming events:

### Rides, Notices & Announcements

The **August CSCC meeting** will be held **at the Velodrome at Memorial Park**. Starting at **6pm**, the meeting will primarily a social event, with a cookout and the chance to see folks racing around in circles (or is that ovals?!). **Racing starts at 7 pm**. If you're planning to attend, please email [ChrisConboy@msn.com](mailto:ChrisConboy@msn.com) and let her know how many from your family or group. She's like to get a headcount to make sure there's plenty of food on hand for the cookout.

6th Annual Colorado Cyclist **Copper Triangle Alpine Classic** on 6 AUG 2011 at Copper Mountain [www.coppertriangle.com](http://www.coppertriangle.com).

USA Pro Cycling Challenge kicks off on 22 AUG 2011 in Colorado Springs with a race finale in Denver on 28 AUG. In honor of the USA Pro Cycling Challenge and to celebrate cycling in Colorado Springs, the Downtown Development Authority is hosting the **People's Pedal Party** right on Tejon Street between Colorado Avenue and Kiowa Avenue on Sunday, **Aug. 21 from 4-8 pm!** On the eve of the Time Trial, fans, friends and families will come out to enjoy

- \* live music
- \* bike art
- \* live fencing demonstrations
- \* a 10-and-under tennis court
- \* entertainment
- \* and much more

On the main stage:

- 5:30 p.m. Grass It Up (Bluegrass)
- 6:30 p.m. Hazel Miller (Blues)

The **10 September Chick-fil-A Patriots' Festival at Glenn Eyrie** will kick off with the Chick-fil-A, Ride for Heroes at 8am. There are bicycle routes for families, beginners and advanced riders.

Show your Heroes your support! After the ride enjoy the festival filled with music, food, entertainment and military, fire, ambulance & policy demonstrations until 4pm.. A portion of all sales at all Colorado Springs Chick-fil-A's will go to a military, policy and fire charity in our community. Check our website for more details. [www.patriotsfestival.com](http://www.patriotsfestival.com)

**September 17th** is the date for the **18th Annual Tour de Vineyards**, a 25-milebicycle tour of Colorado's Wine Country. Hosted in Palisade, CO, the ride passes through the vineyards of the Western Slope (on paved roads with a few hills) and gives cyclists an opportunity to pass by the area's wineries, as well as acres of fruit orchards. The tour is designed for cyclists to see the area's site's and then attend the 20th Anniversary Colorado Mountain Winefest "Festival in the Park" that features ONLY Colorado wines with over 50 of the state's winery's available for your tasting (note that a separate entry fee is required for the "Festival in the Park"). The tour's Start/Finish is located at Peach Bowl Park in Palisade. The "Festival in the Park" (Riverbend Park) is less than 1 mile from the start/finish and shuttle buses are also available. Tour participants receive a colorful T-shirt featuring the artwork of Buffalo Kaplinski, course map, welcome packet, and a refreshing post-ride pasta salad brunch, all for only \$40. COMPLETE INFORMATION available at [www.tourdevineyards.com](http://www.tourdevineyards.com)

Be sure to check the ride calendars, both Club events and other events. There is so much going on. And, where can you find those ride calendars? At [www.bikesprings.org](http://www.bikesprings.org), of course!

Remember, in October, look for our CSCC Bent Fork Chronicles **25th Anniversary Edition** newsletter.

Bill Gast will supply the CSCC 25th Anniversary poster at your request. Copies are available in the following sizes: 12"x18" for \$10. Poster size (24"x36") may be special ordered. Contact Bill (719)332-2890.

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## The Bent Fork Chronicles

### President's Message

Charlie Czarniecki

Barb and I also took road trips to Tucson AZ and Minong WI this year. I rode my bike in each place. It has been **good to see so many bicycles** on vehicle racks **as we traveled the highways**. It has been a pretty equal number of trail and road bikes being taken along on these trip. There were lots of riders in Tucson but even the locals in WI were disappointed in the few bikes that they ride up there. I've also seen a healthy increase in the number of bikes in the Colorado Springs streets this year, too.

The **US Pro Cycling Challenge** bike race is in Colorado on Aug 22-28. Carmichael Training arranged for the Tour to start with a time trial out of the Garden of the Gods right here in Colorado Springs on Monday 22 Aug. We are planning to have a "destination ride" to meet somewhere along the time trial course that day. Watch the Club website and emails for details.

The **Club** will have **officer elections in November**. All the **offices** will **open to candidates**. Unlike political elections, the whole leadership group doesn't need to change. We just need a few people to come to the head of the Club Pace Line and pull us for a little while. Give some thought to what you could do for the Club.

**Charlie Czar :-)**

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## Socially Yours

*Photo by Dale Campbell*

A very special THANK-You goes to the Hostaks who hosted the bike, BBQ and movie night. What a fun night. Great food, gorgeous setting, fun biking and THEN there was Rich's BIG SCREEN to view some vintage cartoons and "AMERICAN FLYER". Better than any drive-in movie I've gone to!

There is still a lot on the social agenda for the club this summer and Fall. Get our your planners and calendars.

- Our August club meeting will be at the VELODROME on Tuesday, Aug. 2. Plan to be there at 6 PM for some burnt bovine and tube steaks, plus the fixins'. The club will provide the picnic ware, beverages, and some simple side dishes. Our meeting will be pretty informal, but there's more! Some of our members will be racing, yes RACING on that circular track and we want a gallery to cheer them on. I would love to try track racing, but I don't think my training wheels are allowed! Check the website and your e-mail for last minute details.

Looking further into the year, there are so many bicycle related events that my head is swimming. I'll highlight the club's rides and socials.

- Balloon Classic(Labor Day) we usually have a breakfast ride and/or visit the balloon glow in the evenings(weather permitting).
- Sept. 17, we are having a ride up in Denver(more info to follow),
- October 23(Sunday) is our Progressive Dinner Ride or our movable feast on wheels.
- Nov. 20th is the Tour de Turkey, and
- Dec. 10(Sat.) is our 25th Anniversary dinner at the AFA's Academy(Officers) Club. You can't miss that. We'll have a huge dinner and dance floor area, many special guests, music and other surprises. WE are looking for former bike club members to invite. The prices and registration for this special dinner will be pretty much the same as last year with the tiered pricing and timeline deadlines. I'm excited to bring our holiday dinner to the AFA as it will be much roomier with quality food and service.

All this talk of food, I think I'll look for a healthy snack to I can go riding! Have fun, stay safe, wear your helmet. See you at the Velodrome!

Socially Yours, Chris

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## Eating to Optimize Performance

*Kelly Ping-RD Peak Nutrition Clinic*

### Pre-Exercise:

Eating 3-4 hours prior to exercise a meal high in (200-300 g) carbohydrates, moderate in protein (15-20 g), and low in fat has been shown to improve performance. This being said, for cyclists, selecting a few lower intensity, non-essential workouts per week to train in a fasted state will teach your body to burn fat better, thus allowing your carbohydrate stores to last longer on long endurance rides. If less time is available before a workout, the size of the pre-exercise meal should be decreased. It is recommended that an athlete eat at least 30 min-1 hr prior to exercise to allow for some digestion to take place. If this is more like your timeframe, aim for 30-50 g carbohydrates and 10 g or less of protein. Athletes unable to consume solid foods prior to a workout can try ingesting diluted juice or sports drink to meet these carbohydrate needs. If a strength training session is on the schedule, it is important to consume a combination of carbohydrates and at least 10 grams of protein prior to activity. Without consuming adequate carbohydrates and protein, your body will actually start to breakdown muscle instead of building it.

### During Exercise:

For exercise lasting greater than 1.5 hour, consuming carbohydrates to maintain blood glucose levels helps improve performance. Consuming carbohydrates during exercise becomes even more important if the pre-exercise meal has been missed. Fluid should be consumed every 15-20 minutes in small doses rather than in large quantities less often. Most athletes tolerate a solution that is 6-8% carbohydrate during exercise; going above this level can lead to GI distress. If the same total amount of carbohydrate is ingested, the form of carbohydrate does not seem to matter below 60 g/ hour. If Gu or Shot blocs are your carbohydrates of choice, make sure you are consuming them with water to better achieve this range. Most athletes can tolerate 60 g carbohydrate / hr, but is something that should be experimented with in training. For endurance athletes that are exercising for greater than 4 hours, a higher amount of carbohydrates of up to 90 g/hr is recommended , to maintain glycogen stores. New research concludes that this needs to be done by combining different types of sugars (glucose + fructose) absorbed through different pathways at a 3:1 ratio to prevent GI distress. For most people, the higher the intensity of exercise the less they are able to tolerate during a workout.

### Post Exercise:

Meal timing and composition is dependent upon the type of exercise and duration it is performed. If a strength training session is performed, it is important to get in carbohydrates and approximately 20 g of protein within 30 minutes for optimal muscle gain. Foods containing whey protein are better absorbed than those derived from soy. If you are competing in multiple sessions per day, that 30 minute window is also important as you are better able to absorb carbohydrates and replenish glycogen stores during this time. Foods with a higher glycemic index are the best choices for these scenarios because they are absorbed at a faster rate. If you are not planning on doing another training session within 24 hours, immediate post exercise nutrition is less critical.

Nutrition timing is something that should be included as a part of training for optimal performance on race day. If you are looking for more personalized nutrition timing, contact the Peak Nutrition Clinic at (719)255-4433.

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## Ride for the Cure - 2011

Richard & Pam Oliver

We did have one deviation: at the intersection of the two loops of the giant figure 8 course, Pam headed west to rest stop 4 for a short loiter, whilst Richard sped three miles east to rest stop 2, and then did a quick-turn to rejoin Pam. This six mile independent spur garnered Richard 50 miles, as he wanted to at least match his earlier Santa Fe half-century ride.

Ride support was excellent, almost making one feel a bit pampered. The five rest stops were between 8-14 miles apart, and well stocked with organic fruits, energy bars, drinks, etc, and my own favorite: Oreo cookies. Local cycleries such as Ted's, REI, and Bicycle Village provided both sag wagon and rest stop support.

Especially welcome were the legion of El Paso County Sheriff and Fountain Police cruisers, plus volunteers, posted at virtually every major intersection to often stop vehicular traffic and wave bikers through. The course was nicely planned to avoid traffic. Most of the routes had very few motor vehicles, which was quite comfy and appreciated, as there were few paved shoulders. The one exception was the short stretch along busier Highway 94, which the 72 milers briefly endured.

The return to PPIR was especially sweet. There was a Finish Line banner plus a band of welcoming cheer leaders to greet you, and present each rider with a special ribboned medallion -- while it was not a race -- you felt like you made the "podium"!

Continued...

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## Ride for the Cure - 2011 (continued)

Richard & Pam Oliver

This inaugural event was quite enjoyable, but sadly, with a relatively low turn-out, few enjoyed it. Though capped at 600 riders, it garnered only 140 participants. Undoubtedly, the \$125 entry fee, none of which was a charitable tax deduction, was a deterrent for some. We plan to offer our feedback to the Komen folks, that a lower fee will most likely increase participation next year, and reap higher profits.

This Ride for the Cure was a sanctioned CSCC event and counted for club miles. We met up with Janine Hegeman and Suzie Thomas-Browne at rest stop 4 during the ride. Then later ate lunch with Janine, who stated she identified at least four other club riders. This event was extra special for Janine, as her mother is a breast cancer survivor -- she is gifting her Ride for the Cure medallion to her Mom!

We plan to return for the 2nd annual Ride for the Cure next year, hopefully with a lower fee and a larger crowd. While many gnarly CSCC club riders would consider the mostly flat 44 mile distance a "pink cupcake" ride, we need to note that both Janine and Suzie earned a "swagger" to their strut as they opted for the 72 mile ride! (This was a great tune-up ride for Janine who was to depart for RAGBRAI the following week with Al Brody's "Schmooze" team.)

To cap this wonderful Saturday of biking, we then partook with dozens of other Club members in Rich and Sherrie Hostak's delightful evening BBQ with the iconic road biker movie: American Flyers!

Photos provided by Richard Oliver

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## The Bent Fork Chronicles

### Membership Updates

Sara Hill

#### 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](mailto: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.

(3) You can check your membership payment status online - and pay online as well. If you have other questions regarding membership, please contact Sara Hill, Membership Coordinator at [membership@bikesprings.org](mailto:membership@bikesprings.org)

Thanks!

**Sara Hill**

CSCC Membership Coordinator

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## ♦Pedal-Driven: A Bike-Umentary♦

Media contact: Garry Harrington

"Our primary theme here revolves around sustainability," said writer/director Jamie Howell of Howell at the Moon Productions. "Mountain biking is exploding around the world. We will have to find new, cooperative approaches that both allow it as a legitimate use and manage it in a way that prevents the destruction of our precious and limited natural spaces."

The central story line of the film takes place in the small Bavarian-themed town of Leavenworth, Washington, but shooting for the documentary occurred over an 18-month period in every Western state, including Colorado, and in Canada. "We searched far and wide to find powerful examples of solutions to these issues that are actually in place and working right now," said executive producer Jeff Ostenson.

But "Pedal-Driven" is much more than a bike movie. It is a film about every American's right to the lands that belong to all of us. The hope is to inspire and engage Americans in a dialogue about where mountain biking and other sports belong on the national landscape.

"Pedal-Driven" was created as a non-profit project in affiliation with the International Mountain Bicycling Association (IMBA) and with the cooperation of the U.S. Forest Service. All net profits generated by the documentary are earmarked for future sustainable trail-building projects.

One of those projects is Medicine Wheel's "Lake Moraine-Missing Link Trail" connector on the South Slope of Pikes Peak. The Missing Link Trail is a five-mile segment that will connect the Barr Trail on Pikes Peak to Jones Park and Cheyenne Canon, an area that has been closed to recreationists for more than 100 years. Proceeds from the "Pedal-Driven" screening will help fund this project. For more information on the Missing Link Trail, go to [www.medwheel.org](http://www.medwheel.org).

Tickets for "Pedal-Driven" are \$9 in advance at [www.imathlete.com/events/pedaldriven](http://www.imathlete.com/events/pedaldriven). Tickets will be \$12 at the door the night of the show. Stargazers Theatre is located at 10 South Parkside Drive at Pikes Peak Avenue. For information about the film or to view the trailer, go to [www.pedaldriven.org](http://www.pedaldriven.org).

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## Bike, Ski, Hike? Activities Confusion at Lake Tahoe

Dale Campbell, Co-Editor

During this planning phase, Sharon was communicating with a cousin of hers that lives in the Sacramento area. In the week before the trip, Anita mentioned several times that the mountains surrounding Lake Tahoe had an abnormally high level of snowpack for early June. Thinking like a Coloradoian, Sharon suggested to me that we take snowshoes on the trip. "Snowshoes in June in California," I remarked, "just doesn't seem logical to me. Let's think warmer weather thoughts, such as bicycling and hiking." Well, as you've probably guessed, we should have taken the snowshoes. Let me explain....

Flying into Sacramento on Sunday, 5 June, we drove east into the mountains to the north end of Lake Tahoe. We arrived at our lodging later in the afternoon and immediately noted cool evening temperatures. No problem; we're from Colorado and can layer clothing. Well, Monday morning, we awoke to an inch plus of snow on the cars, roofs, lawns, etc. While it melted quickly, it was still somewhat of a surprise. During timeshare orientation that morning, we were informed that the Lake and surrounding mountains had received over three feet of snow in May and then more than a foot in just the first few days of June. And, later in the day, I heard information from the California Water Control Board that the mountains on the first of June had the snowpack equal to what's normally expected on April 1st. Was this some sort of late April Fool's joke? Taking a look at the surrounding mountains later on Monday when the weather began clearing, the truth was evident. There was plenty of snow here, even down below the 7,000 foot elevation!

To put that into perspective, it's time for a few statistics. The maximum elevation of Lake Tahoe is 6,229 feet. The surface temperature varies from 40 degrees F in the winter to a maximum of 70 degrees F in the summer. The Lake has 72 miles of shoreline and a surface area of 191 square miles. A drop of water entering the lake via rainfall or stream runoff takes 700 years to traverse through the Lake and exit via the Truckee river (contrast that with a 23 year traverse for a drop of water in Lake Erie).

While the weather continued the clearing trend on Tuesday, it still wasn't conducive to cycling. So, recognizing possible alternatives, we decided to go wine tasting in the El Dorado region southeast of Sacramento. Driving down the west shore of the Lake, we enjoyed multiple outstanding views and scenery, including a stop at an Emerald Bay overlook. Our route soon intersected with US Route 50 (yep, the same one that goes through Pueblo!). Heading west on US 50 brought us down out of the mountains and into the wine region. After stops at four wineries, we concluded that there are some pretty good wines available from this region of California (ask us about some of choices).

Continued....

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## Bike, Ski, Hike? A Solution is Found!

Dale Campbell, Co-Editor

There are a number of paved bicycle trails in the areas around Lake Tahoe. We started our ride by heading east out of Tahoe City and slightly uphill, riding about 4 miles to terminate that portion of the ride at an overlook of the north end of the Lake. Sunshine, relatively warmer temps and blue skies provided some outstanding views of the Lake and surrounding snow covered mountains (see the photo with the first part of this article). Backtracking, we returned to the starting point of our ride (past the bike shop, just in case we needed some minor adjustments) and headed west through Tahoe City to the next portion of the ride.

This section of the paved trails started at the outflow dam of the Lake at Fanny Bridge (Google this to learn the reason for the name) and paralleled the shoreline of the Truckee River, which flows northwest towards the town of Truckee. The quietness of the trail (separated from the roadway) and the sound of the running water were quite soothing as we rode downstream. Continuing about 8 miles on this portion of the trail brought us to Squaw Valley Ski Resort. Yes, this is the same resort that hosted the 1960 Winter Olympics. With a base of 6,200 feet and spread across 6 peaks and 4,000 acres, the resort is served by 33 lifts and tops out at 9,050 feet. As you can see from the photo in the "From the Editors..." section, there was still plenty of snow on the mountains.

We once again backtracked, riding upstream with a very slight elevation change, bringing us back to the Fanny Bridge area. At this point, we followed the paved bike trail south for about four miles, pausing at a public park on the west shoreline of the Lake. Once again, the views across the Lake to the mountains on the East shoreline was magnificent!. We again backtracked on this third section of the ride, arriving back at the Olympic Bike Shop refreshed and relaxed. The Olympic Bike Shop staff were quite helpful, suggesting other rides that could be enjoyed later in the Summer.

The remainder of the week brought a variety of activities, including a drive down the East shoreline to the Heavenly Ski Resort, a gondola ride to the top of the Heavenly Ski Resort (which still had over 8 feet of snow), and hiking along portions of the Tahoe Rim Trail. The latter part of one particular hike was on three to four feet packed snow (hence the reason we didn't ride mountain bikes any during the week).

While our cycling was somewhat limited for the week, there are still plenty of opportunities for rides. The roads to Truckee and Reno are well maintained and have wide shoulders. At the south end of the Lake, we saw a number of cyclists enjoying the rolling terrain of the highway. Will Sharon and I go back? Definitely! When is the question. And when we do, we're planning to drive and carry the road AND mountain bikes with us. We'll just need to figure out what time of year might be best for the next trip!

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## Hell on Two Wheels

Comments by Dale Campbell, Co-Editor

The Race Across America (RAAM) starts every June with about two dozen riders gathering in a parking lot in Oceanside, California with almost no fanfare or media attention. The riders/racers mount bicycles and start pedaling across the continent. In 2009, the winner crossed the finish line in Annapolis, Md., after eight days, six hours and one minute. RAAM "is the most brutal organized sporting event you've never heard of," writes Amy Snyder in this engrossing account of the 2009 competition.

Since its inception in 1982, only 200 people have finished the route within the 12 days allotted. By contrast, Ms. Snyder notes, more than 3,000 people have climbed to Everest's summit. Just to make the race's every-thousand-mile cut-offs, riders must average 230-250 miles a day. If you want to win, you'd better cover 350 miles daily—and survive on about an hour of sleep for each 24-hour period.

Amy Snyder's book defines how the racers endure painful saddle sores, extreme weather—125 degrees in the desert, below freezing on mountain passes—and a malady called Shermer's Neck, which occurs when the muscles holding the head up suddenly fail from exhaustion.

And here's a bizarre aspect of the race. The winner of this grueling coast-to-coast sprint doesn't even receive a prize. Everybody who finishes does get a T-shirt, which reads: "This Ain't No Tour"—as in Tour de France.

Recently reviewed by The Wall Street Journal, the Journal called Hell on Two Wheels "engrossing" and a "clear, gripping account." In gathering the research for the book, Ms. Snyder, a retired management consultant and former triathlete, spent two weeks driving across the country to watch the 2009 race, interviewing the racers and their support crews, and combing through a mountain of research on pain endurance, sleep deprivation and other features of the competition. In the Wall Street Journal review, its noted that she presents a clear, gripping account of the race as it unfolds, affectionately sketching the personalities of the bikers and chronicling their triumphs and tribulations.

One of the riders in the 2009 event, Jure Robic is quoted to have said. "I have loved cycling all my life. It's my way of life. I can't imagine a life without it. It's coming from the heart. I'm not doing it for the money or material things. It makes me happy and that's why I do it." Understanding this, perhaps the Race Across America doesn't sound so crazy after all. I intend to find out by getting a copy of the book and read it to learn more about the participants and their drive to ride in excess of 250 miles a day. As suggested by The Journal article, I'm sure Ms. Snyder's account of the race will more than provide that insight into the event.

*Editors Note: Can't wait to read the book? May I suggest you see "Bicycle Dreams," a movie about the race. Details about the Colorado Springs showing of the movie are included nextin this month's newsletter.*

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## USAPCC Comes to Breckenridge

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How about a relaxing 10-mile bike ride down the multiuse recreation path between Frisco and Breckenridge? Or, for the more adventurous cyclist, you can circumnavigate the Dillon Reservoir on a 28-mile ride that climbs some 1,700 feet and includes portions of the course before the racers arrive around 3:00 p.m.

Of course, if you prefer to drive closer to the finish line, spectators should plan to park at the Airport Road Satellite Skier Lot. The Town of Breckenridge will run complimentary buses between this lot and downtown, or you can ride your bike the two miles into town. Because of road closures, in-town parking will not be available. But never fear, a BYOL (bring your own lock) bike corral is available at the Courthouse Lot between Wellington and Lincoln where you can stow your ride for the day.

Whether you plan to bike or drive to the finish, be sure to arrive early. Not only will you avoid delays on Highway 9 into town, but you don't want to miss the cycling expo and entertainment leading up to the mid-afternoon finish. (Remember, when it's a sweltering 90 degrees in Denver, August temperatures in Breckenridge are typically in the low 70s.) And don't forget your cowbell!

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## Electric Bicycles - The Wave of the Future?

Dale Campbell, Co-Editor

And the fuel costs elsewhere in the world are even higher. Comparing on the basis of gallon units and US dollars, folks in Norway pay over \$9.25 a gallon, with the price in many other European countries above \$8.00 a gallon (reference a Daily Finance article from 29 March 2011).

Unfortunately, in the present market in the US, the current stable of electric bikes are a bit expensive, ranging from \$1,500 to \$3,000. There's even one built here in the US that sells for almost \$12,000. Called the "Ferrari of electric bikes," the Optibike 850R (<http://www.optibike.com/Optibike-850R.html>) has a 22ah lithium ion battery and Fox Racing Suspension. While many of have more than one bike, adding another bike in the \$1,500 to \$12,000 price range would generally not even be considered. So, clearly price is a current obstacle to broader acceptance. This sounds familiar to the introduction of many other new technologies. Remember when flat screen TVs were unaffordable?!

Electric bikes are making some inroads in the San Francisco Bay area. The city hopes that by 2020, 20% of the population will be riding electric bikes. At the present time, that penetration into the market is only about 6%. In San Francisco, many think e-biking will make sense. Consider one owner interviewed for an article in the August 2011 edition of Outside Magazine. The rider indicated "I live in San Francisco. The last half-mile home for me is entirely up a ginormous hill. With the electric-assist motor in the back wheel, I've replaced a third of my car trips with carbon-free biking...." Based on this description, it seems that electric bikes would also make sense here in Colorado Springs.

Acceptance elsewhere in the world seems to be ahead of the current conditions here in the US. For example, Hertz in London is renting e-bikes, right alongside of cars such as Audis and Mercedes. And, speaking of Mercedes, the Wall Street Journal article previously referenced indicates that Daimler AG's Smart division in China has plans to sell an electric bike model in 2012. Apparently, BMW, Toyota and Volkswagen are also showing interest in electric bicycles. These three car manufacturers have displayed concept models of electric bikes and electric motorcycles at some recent auto shows.

For those of us that enjoy cycling, I'm sure there have been a time or two when you wished there was some sort of power assist to get you up one of those pesky little hills we have here in Colorado. Well, that's just how the current models of e-bikes operate. You have to pedal for the motor to kick in. The motor is generally integrated into the front or rear hub of the bike. Most high quality e-bikes are typically powered by Lithium-ion batteries. These batteries can provide enough power to enable a 25 to 30 mile commute. Recharging occurs during braking, downhill runs or by a 20 minute plug in recharge.

How long will we have to wait for these power assist bikes to become affordable? The technology is there today. And the market demand is anticipated to continue growing. So, maybe the opportunity to purchase and enjoy an e-bike isn't so far away. Only time will tell.

Photo from the Wall Street Journal Article "Daimler Plans Electric Bike" 18 July 2011

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## Bicycle Dreams

*Media contact: Garry Harrington*

The film "is an up-close look at what RAAM riders go through," says Stephen Auerbach, the director and producer of *Bicycle Dreams*. "They deal with searing desert heat, agonizing mountain climbs, and endless stretches of open road. And they do it all while battling extreme exhaustion and sleep deprivation." *Bicycle Dreams* is in the midst of a current national tour that began on June 16 in Durango and followed the 3,000-mile route of what is considered by many the most challenging sporting event in the world.

"We are very excited to be able to bring *Bicycle Dreams* to so many locations along the route that have never had access to the film before," says Auerbach. "Viewers will be overwhelmed by the amount of pain and suffering these riders go through."

To capture the mammoth scope of the race, Auerbach worked around the clock with a complement of 18 cameras. Embedded camera operators traveled inside the racers' support crew vehicles, gaining unprecedented access to the cyclists and their teams. Their footage captured emotional and physical breakdowns, late-night strategy sessions, and great moments of personal triumph, all in intimate detail. Auerbach then took on the enormous task of editing hundreds of hours of material and forming it into a powerful and inspiring look inside the most difficult race on the planet.

"An astonishing documentary," declares Pez Cycling. "This film is a ride of many stark contrasts; when it ended I felt both shattered and triumphant. I realized I was experiencing its genius. A central theme of *Bicycle Dreams* is the profoundly inspiring strength of the human in facing monumental challenge and tragedy. *Bicycle Dreams* is a race of truth."

"This film isn't for those who want to shy away from the tragic side of the human experience, unwilling to risk the cracking of their shell of denial, not willing to risk their coping mechanism," writes [Cycling-Review.com](#). "*Bicycle Dreams* captures the human condition like few other films. *Bicycle Dreams* moves us to break through the barrier of the fear of death. I have seldom found a film that captures this 'life drama' as powerfully as does *Bicycle Dreams*."

*Bicycle Touring Pro* comments, "If you've ever dreamed of challenging yourself to a place far beyond what you previously thought was possible, *Bicycle Dreams* is a film you must see. It's beautiful, thought provoking, exciting, emotional and scary. The experience of watching this film will leave you with a new perspective on life that will remain with you for a very long time to come."

*Bicycle Dreams* also has been named one of the top 10 adventure films of all time by both *The Matador Network* and *Playground Magazine*, calling it the best bicycle film since "Breaking Away."

Tickets will be \$10 in advance and \$15 at the door. To purchase advance tickets, order online at [www.imathlete.com/events/bicycledreams](http://www.imathlete.com/events/bicycledreams). No advance tickets will be sold by the theater. Remaining tickets will be sold at the door beginning at 6 p.m. the night of the show. For more information on the film, go to [www.bicycledreamsmovie.com](http://www.bicycledreamsmovie.com)

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