



## From the CSCC Bent Fork Editors



*Sharon Boyd & Dale Campbell*

Woodmen Valley residents & Colorado Springs Cycling Club members Dale Campbell & Sharon Boyd wear safety helmets on every bike trip. Above, the couple "high-fives" while cycling from Victor to Colorado Springs via Gold Camp Road.

Article from 18 May 2012 *Woodmen Edition: D-20 Students Get the Message: Protect Your Brain, Wear A Helmet!*

[read more...](#)

## Upcoming Bicycle Events in Colorado



*Sharon Boyd - Bent Fork Chronicles Editor*

Check the CSCC Ride/Event Calendar [www.bikesprings.org](http://www.bikesprings.org)

Chick-fil-A Saturday Breakfast Rides and

Chick-fil-A Patriots Ride & Ride for Heroes

[www.PatriotsFestival.com](http://www.PatriotsFestival.com)

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## President's Message

*Charlie Czarniecki*

We have already started our summer riding season, where has this year gone? BVBF went well after the morning shower was over. CSCC presented checks to Kids On Bikes at Bristol and Sand Creek Elementary Schools.

The Club's ride calendar is filling out. Some weeks we have at least one ride per day, which is remarkable. Look at other articles in the Bent Fork for details on coming events.



[read more...](#)

## CSCC Meeting Programs

*John C. Pamperin*

Police Visit @ 5 June CSCC Meeting- featuring a presentation by the renewed CSPD Bike Patrol officers. Officer Sid Santos from the Gold Hill Crime Prevention Division intends to ride his police bike to our meeting and share pictures and information with us.

I wish to thank everyone for the recent fine attendance at our club

[read more...](#)

## Membership Updates

*Sara Hill*

### **Welcome New Members:**

Melissa Bissett, Marilynn Bradish, Julie Bytnar & Family, Jay Cardinal, Chris Derry, Janice Flynn & Family, Julie & Hayden Gregory, Loralee Hettinger, Keith Holland, Ben Loyall & Family, Miguel Mayo, Ellen Rome, Jeff Steele, Chris Steuri & Family, Jason Stuker, Alegra Ulibarri, Ken Van Antwerp & Family, Steve Wegert, Chris Witt, David Wood, and Thomas Zurenko

### **Welcome Renewing Members:**

Molly & Michael Ansfield, Jim Bronstine, Myra Brooks, Roger Bruggeman, Alfred Chioffe, Morris Gray, Sharon Hamilton, Sara Hill, Norma Hollister, Trent Hovenga & Family, Keith Kolb, Connie Lorig, Tom Martin & Family, Lenny Mazel, Phyliss Minter, Michael Nutting & Teri Holt, BJ & Jo Ondo, David Parris, Henry Pinard, Shahid Rahman, John & Anita Rasper, Sidney Rubinow, Don Sarton, Betty Schwartz, Mike & Luci Stansberry, Char Taylor, Vic & Diane Villhard, Diane Walker & Family, Larry Watson & Family, and Barry & Marcia Wick

[read more...](#)

## CSCC Annual Picnic

*Charlie Czarniecki*

Our CSCC Annual Picnic is Sunday, 8 July at the Pavilion in Monument Valley Park. We will have several

[read more...](#)

## Buena Vista Bike Fest 2012

*Aaron Rosenthal*

Well, the 14th Annual Buena Vista Bike Fest on Saturday, 10 May is a wrap! For the third straight year we had weather challenges to overcome. Not surprisingly, all the volunteers stepped up to continuously support the riders and promote rider safety. When the snow started sticking at the higher elevations on the back side of Turquoise Lake, the decision was made to discourage riders from doing that part of the route as well as the Mineral Belt Loop. Communication via cell phones and ham radio allowed us to get the word out quickly and to alter the course. Volunteers were made aware to look for signs of hypothermia in riders and Chaffee County Search and Rescue was on hand to assist.



[read more...](#)

## Buena Vista Bike Fest Feedback

*Shelly Mann*

As always, the BVBF rest stops were not only out of this world, but around the world as well!

Didn't you just love the can-can girls from France, Pedro the burro from Mexico (though I'm not sure that was his real name), and Jose? Bicyclists were treated to a good lunch at the Great Wall of China.



[read more...](#)

## KoB Bristol Elementary School

*Charlie Czarniecki*

CSCC provided our annual donation to Kids on Bikes (KoB) at an award ceremonies held at Bristol Elementary on 18 May. Charlie presented our annual \$2,000 donation check to Nikki McComsey, the KoB Executive Director. Parents, faculty, and club member Lee Murphy watched as the kids receive their new bicycles, helmets and locks.



*Photo Courtesy of Sharon Boyd*

## KoB Sand Creek Elementary

*Sharon Boyd - Bent Fork Chronicles*



bike rides departing Monument Valley Park around 9:00am. The Club will provide the main entrée and request members bring items for a "pot luck." We'll send an EMAIL at the beginning of July.

## 2nd Annual CSCC Mystery Ride

Lee Murphy

Lee Murphy has done it again. He put together another Mystery Ride for 14 July, which is actually more of a tour than a ride. The objective is to introduce you to some of the neat places we ride past in and around Colorado Springs.

[read more...](#)

Editor

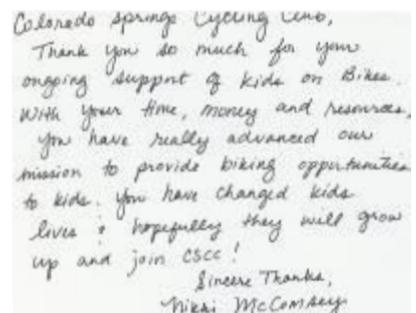
Kids on Bikes. Nikki McComsey, the KoB Executive Director, was presented a second check of \$1,000 from the bike raffle held at BVBF. Parents, faculty, and club members Mindy Carter, Aaron Rosenthal & Sharon Boyd watched as the kids receive their new bicycles, helmets and locks.

Photo Courtesy of Sharon Boyd

## Kids on Bikes - Thank You

Nikki McComsey, KoB Executive Director

Colorado Springs Cycling Club supports Kids on Bikes!



Colorado Springs Cycling Club,  
Thank you so much for your ongoing support of Kids on Bikes. With your time, money and resources, you have really advanced our mission to provide biking opportunities to kids. You have changed kids' lives & hopefully they will grow up and join CSCC!  
Sincere Thanks,  
Nikki McComsey

## CSCC at the Velodrome April 2012



Photo courtesy of Michael Nutting

A big THANK YOU to Ron Hargrave for arranging the Colorado Springs Cycling Club experience at the Velodrome on 22 April. This is the second time that the club has been able to ride on the track in the last 3 years.

[read more...](#)

## Memories of Thailand - 2012 - Part 1

Dick Woods & Carolyn Myers-Woods

We planned a trip to Thailand to visit Dick's brother, and while we were there, do some bicycling and see the countryside. We booked seven days of bicycling with "Spice Roads" bicycle touring company, who lead bicycle tours all over Asia. We booked 4 single day trips around Chiang Mai, and one 3-day trip to Chiang Rai and the northern area called the Golden Triangle.



[read more...](#)

## City gets silver in bike-friendliness

THE GAZETTE

Tuesday, MAY 15, 2012 Edition

A list of the most bike-friendly towns in the country was released Monday, and Colorado Springs is on it. But we're not as bike-friendly as some other Colorado cities, like Boulder, which is a "platinum" biking town, and Durango, which

## Memories of Thailand - 2012 - Part 2

Dick Woods & Carolyn Myers-Woods

Our first day trip was out to the edge of Chiang Mai in the countryside. Carolyn was able to ride most of that day and could ride well, better than she could walk. It was a nice ride on quiet roads. The next day we rode to the ancient city of Lamphoon. The main attraction at most of these destinations would be the WAT or the Buddhist Temple. The third day we rode in the old part of Chiang Mai and saw a lot of WATs.

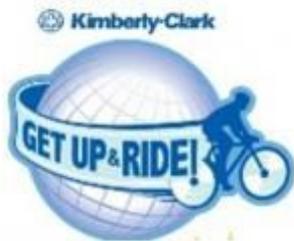


[read more...](#)

received gold-level status on the latest list.

[read more...](#)

## National Bike Challenge



*Charlie Czarniecki*

We've had quite a few club members sign up to track their miles. The Challenge is a self-reporting activity that runs from 1 May thru 31 August. Everyone is encouraged to join and contribute miles toward the national goal. See the news item in the CSCC web site for more details.

[read more...](#)

## How to Get Started: Downhill Biking Made Easy

*Lisa Craig - Granby Ranch*

Free Clinics: Bike Pro Shares Downhill Tips for Kids, Beginners, and Cross-Country Riders

GRANBY, CO — Sure, there are excuses for not trying downhill biking—too fast, technical, adrenaline rush, gnarly, muddy, and gear-intensive. But the sport of downhill biking is exploding nationwide as more riders get in on the trend and as more terrain becomes accessible to beginning riders.

[read more...](#)

## REVEAL THE PATH

*Garry Harrington*

*An adventure cycling documentary coming to Colorado Springs*

"Reveal The Path," a visually stunning adventure documentary that will ignite the dreamer in

## 1st Monday Night Dinner Ride of 2012

*Bob Smith*

Bob kicked off the 1st CSCC Monday Night Dinner Ride of this season with a 13-mile ride and dinner at BJs.



We meet at University Village Colorado in the parking lot north of Smashburger Restaurant. We depart promptly at 5:30 p.m. This casual social ride of about 15 miles that includes dinner either in route or at the end of the ride. The 2012 Summer celebrates the 26th year the Club has been offering this ride.

*Photo Courtesy of Bob Smith*

## Happy Update on Liz Ford's Son

*Liz Ford*

As many of you know, Liz Ford's son, Arlo, has been battling Hodgkin's Lymphoma cancer for almost 2 years. Arlo is currently in complete remission!

[read more...](#)

## Cycling Endurance: Can You Match This?

*Dale Campbell - Bent Fork Chronicles Co-Editor*

We all enjoy the opportunity to enjoy a good ride, especially when you're able to ride with friends and share the experience. But, how many friends would stick with you over multiple 13,000 foot mountains and a distance of 1600 kilometers? Here's a story about a stray dog in China that has that staying power. Provided from the Daily Telegraph (London) by way of the Sydney Morning Herald. Enjoy....



[read more...](#)

## Canyon Winds Band Concert

*Contributed by Sid Rubinow, CSCC Member*

Need a little boost getting into the swing for spring? We have just the solution ... the Canyon Winds Spring Band Concert, to be held at 7:00pm on Thursday, 7 June at Temple Beit Torah, 522 East Madison Street.

[read more...](#)

## Ending the Prohibition of Bicycles on the Pikes Peak Highway

*Al Brody - Advocacy Dude!*

Colorado Springs is preparing for the



everyone, will be coming to Colorado Springs as one of its first stops during its upcoming world premiere tour when the mountain bike film screens at Stargazers Theatre on Thursday, 7 June at 7:30 p.m.

[read more...](#)

## Bootprints



*Matt Minich, Editorial Director*

*Tagline: "Never waste another weekend" Bootprints is a weekly outdoor adventure newsletter that caters to young Colorado...*

[read more...](#)

first Pikes Peak International Hill Climb race on the recently completely paved Pikes Peak Highway, yet bicycles are still prohibited to ride up, or down without a guide service. This may seem a bit odd especially for those of us who ride west on Highway 24 towards Woodland Park, passing the turnoff to the Pikes Peak Highway toll road to the summit. Although there is no coordinated opposition to ending the prohibition of bicycles, there is enough lack of inertia to get our city leaders to make the decision to end the prohibition or even test a policy based on the policy used on Mt. Evans where cyclists pay a \$3.00 toll to ride the road to the summit.

From the perspective of bike advocacy, please know that we are trying to end the prohibition and open the road to all users as is intended on all Forest Service Lands and in Colorado Springs as evidenced by our Complete Streets Policy.

More to come on this issue during Bike Month 2012.

Thanks, Al Brody

## Quotes for the June 2012 Issue

*Stan Hill*

Seems appropriate:

"It's just a hill—get over it!"

A local cycling group that rides out along the Atlantic beach has a jersey that reads,  
"The wind is always blowing, shut up and ride."

## Vehicle Break-in Monument Valley Park Parking Lot

*Sharon Boyd - Bent Fork Chronicles  
Editor*

Friendly Reminder -- last Tuesday, 22 May, there were three cars broken into at the Monument Valley Park parking lot. By the way, the police do not respond to these types of problems, since there is not much they can do...

[read more...](#)



## From the CSCC Bent Fork Editors

*Sharon Boyd & Dale Campbell*

By Patricia Harvey

Reprinted with permission of the author. The article first appeared in the 18 May printing of the Woodmen Edition.

<http://www.waltpub.com/papers/we/wood%205-18-12.pdf>

Briargate mom Becky Wyzykowski laid down the law when her son Brock learned to ride a bike. She made him wear a helmet. "If you instill the safety factor at a young age, they're more likely to accept it," she said.

According to Safe Kids Colorado, wearing a helmet decreases the risk of severe brain damage by 88 percent. Modern helmets cost less, are more comfortable, and lighter weight than ever before. So why aren't more kids wearing them – not just on their bikes, but on skateboards, inline skates and scooters?

"As soon as they turn the corner, they take them off," said Wyzykowski.

Fire and Life Safety Educator Jane Zook combats the problem every time she walks into a second grade classroom to present Safety Factor <sup>2</sup>, an outreach of the Colorado Springs Fire Department. This year Zook delivered the injury prevention demonstration at 12 of District-20's 21 elementary schools, most recently The Classical Academy East, where 84 students gathered to hear the message. "The bulk of it is, always wear your helmet," she said.

Zook teaches kids about the brain and how it's connected to the spinal column. She puts a helmet on a model of the skull, so kids can see how it protects what's inside. Next, she compares a raw egg to the human brain. The "egg-speriment" involves putting a tiny helmet on a raw egg. A child stands on a chair and drops it. The kids love it, she said. "The egg does not crack." What happens when they drop a raw egg without a helmet? It's in a baggie, so least no one has to clean it up, she said.

The third part of the program is the helmet demonstration – putting a real helmet on a real kid. Why the emphasis on second graders? It's a pivotal time, said Zook. "In second grade, they want to be helpers and can understand information and make changes in their own lives, yet are not jaded."

At city skateboard parks, only 10% of the kids are wearing a helmet at any given time, said Zook. "Parents are where the buck stops. They have to be willing to say 'yes' to 'no.'"

After hearing her Safety Factor <sup>2</sup> message, second graders get to take home a 40% off coupon from Mick Ponsor's Woodmen area cycle shop. "A lot of kids are not wearing helmets because of the cost," Ponsor said. "Rather than make money, I'd rather have kids out riding safely."

Ponsor's four-year old son has worn a helmet since his first bike ride. "The whole thing is to get it into their head early. It's not about looking cool. It's all about safety," he said.

Not only is it important for kids to have a helmet on their head, it has to fit properly. While older

helmets didn't have much adjustability, Ponsor said newer styles are different. They're lighter weight, better ventilated, and better fitting.

To fit a child's helmet, use this easy "Fit Test" from Safe Kids Colorado. Remember: eyes, ears, mouth. Eyes: Position the helmet on the child's head. When he looks up, he should see the bottom rim. Ears: Make sure the straps form a "V" under the ears when buckled. Straps should be snug but comfortable. Mouth: Have the child open his mouth as wide as he can. Does the helmet hug his head? If not, adjust the straps.

What's the secret to getting a kid to wear a helmet? Safe Kids Colorado says to wear one yourself. Have kids wear a helmet on their very first tricycle, bicycle (skateboard or scooter) to make it a habit. Establish the rule: no helmet, no bike (skateboard, scooter, rollerblades, etc.). Let your child pick out their helmet so they are more likely to wear one.

Something that parents may not know is that helmets periodically need to be replaced. The foam will harden, said Dale Campbell of the Colorado Springs Cycling Club. Another reason to replace a helmet is after a child has had a fall, because it loses its ability to absorb shock.

Signs may encourage kids to wear a helmet, but it's up to parents to enforce it, said Zook. "Whether riding down Pikes Peak or down a cul de sac, kids need to wear a helmet."

With 118 miles of urban bike trails, and 61 miles of unpaved mountain bike trails, Colorado Springs is a "silver ranked" Bicycle Friendly Community. For more family bike-riding resources contact the Colorado Springs Cycling Club, [www.bikesprings.org](http://www.bikesprings.org) Learn safe biking rules at [www.safekidscolorado.org](http://www.safekidscolorado.org) . Bring the joy of owning a new bike to a deserving child by contacting [www.kidsonbikes.net](http://www.kidsonbikes.net) .

Contact the writer at [patricia.eharvey@yahoo.com](mailto:patricia.eharvey@yahoo.com)





## Upcoming Bicycle Events in Colorado

Sharon Boyd - Bent Fork Chronicles Editor

**CSCC Full Moon Ride** on Sunday 3 June--we'll eat dinner and then leave from University Village Shopping Center

25th Anniversary of Subaru Elephant Rock

[www.elephantrockride.com](http://www.elephantrockride.com)

Starlight Spectacular

[www.trailsandopenspaces.org](http://www.trailsandopenspaces.org)

Susan G. Komen Ride For the Cure

[www.komensecolorado.org/](http://www.komensecolorado.org/)

Bike Month – Ride to Work WED, 27 JUN

[www.springsgov.com](http://www.springsgov.com)

Colorado Cyclist Copper Triangle

[www.coppertriangle.com](http://www.coppertriangle.com)

Icon LASIK TOUR of the MOON

The "**Tour of Colorado Springs**" was in the planning stage, and then postponed when the city failed to provide support funding. The planners hope to make it work in 2013. However, on 30 June the Club will conduct an alternative to our normally scheduled Saturday Fitness Ride that will use most of the Tour's proposed route. This will be an unsupported 100-mile ride around Colorado Springs (using a route sheet), that starts and ends at American the Beautiful Park. We will use roads on the AF Academy and Fort Carson; so bring a picture ID. Convenience stores along the route will be used for refreshments and bathroom breaks as needed. Since parts of the ride will likely be solo, bring adequate water bottles, tools, spare tube, sunscreen, weather gear, etc. Let's look forward to enjoying the tour of Colorado Springs ride this year.

CSCC will have many special rides coming up the rest of the year, so tune into the CSCC Web Site for details.



## CSCC Meeting Programs

*John C. Pamperin*

meetings the first Tuesday of each month. Our guest speakers have told me after each meeting that they really enjoyed the enthusiastic receipt of their presentations.

I continue to welcome any ideas any of you might have for quality program presentations in future months. My email is [johnpamp47@gmail.com](mailto:johnpamp47@gmail.com) Have a great summer of riding!

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## 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





## 2nd Annual CSCC Mystery Ride

*Lee Murphy*

Lee has lined up a series of knowledge speakers who will, in brief stops (5-25 minutes), explain what the attraction has to offer, a local history about the site, what historical event occurred here and when, etc. Think of each stop as a preview where you can decide if you would like to return at a later date for a more in-depth visit. The event will begin in the morning, the start time TBA (soon) and you can expect the tour to take approximately 4 hours. Queue sheets will be provided at the start of the event and riders will be expected to be self sufficient in terms of fixing their own flats, etc. Riders should be able to maintain a pace of 8-9 mph on level ground.

Please arrive at America the Beautiful Park entrance 15 minutes prior to the start time to get signed in and hear a pre-ride briefing. The ride starts and ends at the same location. Parking is free. Please remember, that punctuality is important as each speaker has an assigned time to begin his/her presentation and sticking to a schedule is critical for the event to succeed. We simply do not have the luxury of having 40 riders stop and wait for one individual to fix his/her flat. The show must go on. If you are delayed, it is possible to omit one presentation and skip to the next stop on the cue sheet. The cue sheet will list not only directions, but the start and stop time of each presenter. This year the distance will be shorter and the presenters will have a little more time to cover their topic and answer questions. The stop locations are totally different from 2011. This will be a fun ride - not to be missed!

Stay tuned for additional details on the Club Web site and ride/event calendar.

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## CSCC at the Velodrome April 2012

*Photo courtesy of Michael Nutting*

During the year the track has been reserved by international teams as they prepare for this year's London Olympic games. This was our opportunity to pedal like Olympians on our way to high speed on the 35 degree banking of the track. Everyone learned about track racing and had lots of fun.

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## City gets silver in bike-friendliness

THE GAZETTE

Colorado Springs is rated "silver," unchanged since the last list was released.

Local cycling advocate Allen Beauchamp posted this note on Facebook on Monday: "Let's celebrate the Silver and start collaborating on 'Going for the Gold' the next round!"

Cities are studied and named to the list by the American League of Bicyclists.

THE GAZETTE

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## National Bike Challenge

*Charlie Czarniecki*

The team that Aaron started has 10 members, so it is full; it is called Colorado Springs Cycling Club.

Club members could use other variations of CSCC to form other teams. Charlie Czar has PDFs of our new jersey and the CSCC 25th Anniversary Poster, if anyone wants to use them as their team picture.

<http://nationalbikechallenge.org/join.html>

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## How to Get Started: Downhill Biking Made Easy

Lisa Craig - Granby Ranch

"Not every rider is a high-performance thrill seeker," says Dan O'Connell. "But there is a lot of interest for newer riders and families who are ready to get off the bike path and hit some more adventurous terrain." O'Connell says knowing what features to look for, and how to get inexperienced riders started right, are the keys.

Bike Granby Ranch has added unique programs and terrain to help bridge the gap—here are some things novice riders should look for before hitting the trails:

- Terrain features like rolls and berms that start easy, to build confidence, and gradually progress throughout the run to more challenging levels
- Ridearounds that offer a "way out" for riders to get through super technical or expert spots
- Family-friendly trails that provide a genuine singletrack mountain biking experience at a fun but gentle grade
- Lift-accessed terrain for riders who, although physically fit, really feel the altitude at 9,000 feet.
- A mix of cross-county and downhill trails that interconnect. Granby Ranch's singletrack meanders through the cross-country ski trails, then rejoins the downhill trails to the base area, allowing riders to mix and match terrain and take breathers.

And what about the kiddos? "We see so many families where the parents are advanced riders and they want to share mountain biking with their kids but struggle to make it something the whole family can do," O'Connell says. Here are his tips for getting kids downhill and mountain trail-ready:

- Frequent the indoor or urban bike park. Get kids off the sidewalk; let them play, get out of their comfort zone, and test their skills before you come on any biking adventure.
- Set kids up for complete success. Start on a very flat trail. Know how to work the bike comfortably and get very familiar with the gears. Master the flats and little ones will be ready for more.
- Get outside help/instruction. Then learn the buzzwords from the coach or guide; reference "remember how they taught you to corner?" Work through the pro and your kids are more likely to listen. Granby Ranch offers free clinics every Saturday morning at 10:30 a.m.
- Come with the bike they own; as long as it is a mountain-style bike, it will be fine for children just beginning. There is a huge comfort level in riding a familiar or favorite bike to start.
- Get in gear. Most kids' bikes come with only two chain rings, but when buying a bike, go for a triple chain ring, or "granny gear." They cost more, but are worth it, allowing kids to spin more easily and keep up on steep trails.
- Let them start super young. Strider bikes have caused a revolution, with toddlers on two wheelers mastering handling and balance. Granby Ranch has Strider (pedal-less bike) terrain at the base with the modified, beginner-friendly pump track so that parents can sit on the deck and watch their kids play.
- Get on the pump track. The pump track is a great teaching tool that allows kids of all ages the opportunity to hone their bike handling skills in a fun, challenging, and safe environment.

### **Free Bike Clinics** at Granby Ranch:

Bike Granby Ranch offers both high-performance and beginner-friendly terrain. Free hour-long bike clinics—on subjects like improving cornering and safe jumping technique—are available every Saturday from 10:30–11:30 a.m. at the Bike Shop in Base Camp Lodge. For details and a schedule of clinic topics, visit [www.granbyranch.com/free-clinics.html](http://www.granbyranch.com/free-clinics.html)

### About Granby Ranch:

Granby Ranch is a four-season mountain community nestled against the Continental Divide, located only 76 miles from Denver, and only 20 miles from Winter Park, Colorado and the western entrance to Rocky Mountain National Park. Home to Ski Granby Ranch, Bike Granby Ranch and

Golf Granby Ranch, the community offers chairlift access to thousands of acres of hiking and cross-country trails as well as world-class downhill mountain biking, a championship golf course, miles of gold-medal fishing and the friendliest family ski mountain around. Granby Ranch represents true value in the Colorado high country. Visit [www.granbyranch.com](http://www.granbyranch.com) for lodging options and activities at Granby Ranch.

Contact Lisa Craig at [lcraig@granbyranch.com](mailto:lcraig@granbyranch.com).

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## REVEAL THE PATH

*Garry Harrington*

Sponsored by Salsa Cycles, the full-length feature film explores Europe's snow-capped mountains, Scotland's lush valleys, Alaska's rugged coastal beaches, Nepal's elevated wonders and Morocco's high desert landscapes.

Advance tickets to the screening are \$10 and are available at [www.rtp-cosprings.eventbrite.com](http://www.rtp-cosprings.eventbrite.com). Stargazers Theatre is located at 10 S. Parkside Drive in Colorado Springs. Tickets the night of the show will be \$15 at the door.

For more information about the film, go to [www.revealthepath.com](http://www.revealthepath.com).

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## Bootprints

*Matt Minich, Editorial Director*

... professionals through our Denver/Front Range edition, and to a national audience through our national edition.

We see it as sort of a cheat sheet for the "weekend warrior" crowd. A recent Bootprints edition is free at [www.bootprints.com](http://www.bootprints.com).

New subscribers will be entered in our drawing for a \$100 gift card from [www.Backcountry.com](http://www.Backcountry.com).

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## Vehicle Break-in Monument Valley Park Parking Lot

*Sharon Boyd - Bent Fork Chronicles Editor*

There are no cameras in this area; so you're on your own. An owner of one vehicle recently lost his wallet and cell phone.

Don't leave anything valuable in your car. Leave it at home or put it in your pack. These break-ins are becoming more and more common at trailheads.

The Bent Fork Chronicles - Vol 5 Issue 3, 1 June 2012





## President's Message

*Charlie Czarniecki*

And, view the CSCC website Ride/Event calendar for the Tour of Colorado Springs-CSCC Pre-Inaugural Ride, the annual picnic, and the 2nd Mystery Ride. There are several more special rides in the works that we'll announce later in the summer.

We've already had a few riders go down on rides. Accidents will happen; so let's make sure we stay alert and avoid as many incidents as we can. Look for Colorado Springs being mentioned as a bike town in a pending Bicycling Magazine edition. I hope to see you on a Club ride during the summer.

*Photo Courtesy of Sharon Boyd*

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## Buena Vista Bike Fest 2012

*Aaron Rosenthal*

While many riders turned back to Buena Vista earlier than planned based on the weather conditions, many others pedaled forth. As is typical for weather patterns in May, after the fast moving storm blew over the snow melted and a number of riders actually did the full century route! On this day, it was those who left later who had a better shot of doing more distance and not experiencing the worst of the weather.

Back in Buena Vista, the party went on. A brief squall sent some into the tents for protection, but after 1:30pm, the skies became predominantly blue and the temperatures rose. Those who arrived in BV from this point on tended to stay at the party for a long time as the conditions improved throughout the afternoon. The music from Grass It Up was great, the Bristol Beer was flowing, and the food was eagerly consumed. Thanks to our many sponsors, we had a plethora of giveaways to present to predetermined winners as well as those who happened to be present. The grand prizes included a road bike donated by CS West, and two cruiser bikes donated by Ted's Bicycles. An interesting side note is that even though our registrations were down nearly 30 percent this year, and we did not sell out for the first time in 6 years, the amount of money raised for the bike raffle was our largest ever. This resulted in checks of \$1,000 each to Kids on Bikes and Medicine Wheel from the raffle proceeds alone!

To everyone who volunteered, the BVBF committee and your Colorado Springs Cycling Club extends our greatest appreciation. It is amazing how many wonderful stories we hear each year from the riders saying this is the best supported ride they do. It is why so many people come back year after year and why BVBF has such a great reputation across the state.

The BVBF committee will be meeting in June to debrief what went well and where we can improve. If you have any suggestions, please let any of us on the committee know.

Pedal on, keep the rubber side down, and have a wonderful summer cycling season.

Bob, Anne, Vic, Diane, Allen, Cece, Rich, John, Torrie, and Aaron



## Buena Vista Bike Fest Feedback

*Shelly Mann*

You couldn't go wrong at the Paris rest stop with a chance to **ask** "Bobke" and getting words of encouragement from Phil Ligget. As he says, "rip the legs off that climb!" The mountains and other scenery were amazing, once you got through the ice storm. Ouch - that stung the old face! All in all it was a great ride.

*Photo Courtesy of Shelly Mann*

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## Memories of Thailand - 2012 - Part 1

*Dick Woods & Carolyn Myers-Woods*

About 6 weeks before the trip date, Carolyn fell on the ice in front of our house and broke her pelvis. At the final check up, in late January, the x-rays showed that the pelvis was healed and that we could go on the trip!!

We drove to Denver on Thursday, February 9, 2012 and got on the plane to LAX around 6:00 p.m. In getting on the plane, Carolyn twisted and injured her lower back. Luckily, she had put her fold up cane in the carryon luggage. At LAX we boarded the plane for Incheon Airport, Seoul, Korea, for the 14-hour flight. When we booked these tickets, the schedule was fairly good, without long layovers. Korean Air Lines revised their schedule 2 weeks before we were to leave, and we had a 12-hour layover in Korea on the way over and a 9 hour layover there on the way home. Dick's brother told us that KAL might give us a complimentary room for any layover that was over 12 hours, since our layover there was 12 hours and 5 min. We called KAL before we left home and confirmed that they would give us a hotel room. They took us over on the shuttle to the Hyatt Regency Hotel, just outside the airport. The hotel was beautiful! We enjoyed the comfortable interlude and the opportunity for looking around. KAL also gave us vouchers for breakfast and lunch!

We got on the next flight to Chiang Mai in the afternoon - the plane was very full. We did not have an aisle seat like we had requested, and the seating was further complicated by the challenging person in the aisle seat. We were miserable on this leg, thinking we would never get there. However, the Korean stewardesses were lovely, tiny little girls with beautiful skin, eyes and hair. They were so kind and friendly, making this leg of the trip a little more bearable. They even wiped down the bathrooms after each use! Unheard of on most other airlines!!!

We arrived in Thailand on Saturday evening, and were very glad to lay our bodies down in a bed. We had booked a hotel across the street from the railroad station. We learned a new custom - when parking lots are full, cars can park in the aisles behind the angle parked cars, blocking them in. But... these cars are locked and left in the neutral gear, so that they can be rolled out of the way. People were always pushing those cars one way or the other, so they could move their own cars. We went around sightseeing Sunday; and on Monday, we took our first bike day trip.

*Photo Courtesy of Dick Woods*



## Memories of Thailand - 2012 - Part 2

*Dick Woods & Carolyn Myers-Woods*

The fourth day was scheduled to do a cross country mountain bike adventure, but the company cancelled out on this day, primarily because Carolyn couldn't do the ride due to her painful back injury. Also, the company had conflicts with their tour leader's schedules. That day, Dick took Carolyn to the Chiang Mai Ram hospital and we saw an orthopedic doctor. He took x-rays and said that sitting for the long flight to Thailand had compressed the vertebrae in her lower back, and were pinching nerves, mostly in the tailbone area. The total bill for doctor, hospital, x-rays and medicine was \$64.00. (192 T Bhat)

The next day, we had scheduled the Golden Triangle trip. The Golden Triangle is the point where Thailand, Burma, Laos and China all meet in the Mekong River. The start of the three day trip was a drive of several hours (280 Kilometers) to get up to the White Temple in Chiang Rai Province. There, we got out and walked around. It was just beautiful, and a lot of people were there looking at the Temple. We then stopped at the Opium Museum, which was really interesting. However, the visit involved too much uphill walking for Carolyn; so we got a wheelchair. The museum had six floors and we walked up an incline to the top floor. It had a display about the Queen mother who had started programs to rehabilitate the opium addicts. Then, we went to our hotel for that night, a very upscale Imperial Hotel, left our luggage and the van took us out into the countryside to bicycle. Besides the guide and the driver, there was only one other bicyclist in the group - Helmut. Helmut, from Germany, was in Thailand for a month's holiday and had done many adventurous activities. The path that we bicycled on was a dirt path, around rice paddies and fields - with many bumps and holes - Carolyn biked for part of it, but then got in the van. We ate dinner that night at a diner across from the hotel that had really good Thai food.

The next day we toured the Golden Triangle exhibits in Chiang Rai province and looked across the Mekong River at Laos and Burma. Then, we loaded up in the van and left town - they put us on our bikes a little way out of town. We rode in some rural areas and went through small villages, also riding through the Thai police check points (the drug check road blocks). We stopped for lunch at a resort/restaurant. The front and side yards and even the back yard were devoted to vegetable and flower gardens. They raised the food that they served. Needless to say, it was awesome!

We stayed that night in a Hmong tribal village at Ban Kiewkern, the Lanjia Lodge. There was a big hill (18% grade) getting to this village, which the tour leader and one rider conquered. The village was part of the eco tourism in which the Hmongs are participating. Asian Oasis has worked closely with local communities to create sustainable community based tourism experiences while conserving the natural surroundings. The veranda of our lodge overlooked the Mekong River. This lodge was especially uncomfortable for Carolyn - the mattress was on the floor! Getting up from and down to that mattress was especially painful. Even dinner, set up on the veranda, was a challenge, as it was set up to sit on the floor to eat.

The lodgeroom we stayed in that night was at the bottom of a hill. There were bricks steps for going down - we counted 81 steps. Each one was agony for Carolyn, but glad that she did have a cane, and Dick supported the other side! The next morning I had to go up those 81 steps! Each step pulled across those lower back muscles.

On the way back to Chiang Mai, the bikers rode through villages and fields. We rode through more Thai police check points--they were screening for drug smugglers. The bicycle guide and the van driver knew the good places to eat; so we had some great Thai food along the way.

Later, we met up with Dick's brother. He took us out to the village where they live (Pachee) and showed us the house that they had built, which was very nice - beautiful and spacious. The yard was very well kept and nicely landscaped.

Dick's brother took us around the area, showing us the sights - to the Dam which is named Mang Ghot, and is close to their house, to the orchid farm, the elephant farm, to the shopping areas, to the markets where local handmade articles are available, to the night market and the day market. Unfortunately, we were handicapped in our sightseeing, because it was so difficult for Carolyn to walk very far. We had to stop for ice cream a few times. They have Swanson ice cream stores in several places and they are a popular local place to go for special treats.

The plane ride home was painful for Carolyn. But we did get the aisle seat on each flight, and that helped. We had another layover in Seoul, Korea, but it was only 9 hours; so KAL wouldn't give us a complimentary room. There was nothing open at 5:00 a.m.; so Carolyn had to wait a few hours for her coffee!! They did have a few shops in that area. Incheon is a huge airport and very spacious and nice--looks fairly new.

Thailand is a beautiful country and it was good to see the northern part, which is so interesting. It seems to be prosperous - so many new vehicles on the road, especially new pickup trucks. Many of the pickup trucks had cow catchers on the front? The villages were nice and fairly neat--the cities were trashy to a degree.

Spice Roads Bicycle Touring Company is a good company and takes good care of its clients. We would enjoy going with them again, in another area of Asia.

*Photo Courtesy of Carolyn Myers-Woods*





## Happy Update on Liz Ford's Son

*Liz Ford*

In February, after numerous chemo treatments and two failed tandem stem cell transplants, Arlo's oncologist told him he was running out of options. The only things left to try was a donor stem cell transplant, which has a 20% success rate and horrible side effects or maintenance chemo to just keep him alive. At this point the cancer had already spread to his lungs, bones, lymph nodes and neck. His prognosis was grim.

I pushed for Arlo to try a newly approved drug. It is actually consider immuno-therapy because the drug is attached to an antigen that connects to a protein notch right on the surface of the cancer cell. This drug (SGN-35) was approved in August, so now Arlo can get his infusion not only in Salt Lake City, but also in Moab. We knew the drug was working because his pain started abating and he began to have more energy. He is scheduled to be on it for a year, but his PET scan "shows no metabolically active disease" after just 3 months!

Thanks to everyone for all the prayers, good thoughts, help with fund raising, and all the emotional support!

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## Cycling Endurance: Can You Match This?

Dale Campbell - Bent Fork Chronicles Co-Editor

### **Stray dog becomes a sensation in China after following cyclists for more than 1600 kilometres over 20 days**

Malcolm Moore in Beijing  
Published: May 29, 2012 - 8:39AM

When a group of Chinese cyclists threw a stray dog a bone, little did they know that they were at the start of an epic journey that makes Lassie Come Home look like a walk in the park.

The cyclists, on a 1000-mile (1600-kilometre) expedition from Chengdu to Lhasa, came across the small white mongrel in the mountains around Yajiang, a Tibetan area of Sichuan, five days after starting out.

One of the riders, 22-year-old Xiao Yong, tossed the dog a chicken drumstick. To his surprise, it began to follow them - and stayed the course for 20 days to become a sensation in China.

The dog - since named Xiao Sa, or Little Sa - climbed 12 mountains higher than 13,000ft, and stuck with the group during heavy storms. Indeed, as cyclist after cyclist dropped out, exhausted by the steep mountains and the thin air of the Tibetan plateau, the dog kept him and his colleagues going, said Mr Xiao.

"There was one day when we climbed the 14,700ft-tall peak of Anjiala mountain," he said.

"We did more than 40 miles uphill and at the end I had to get off my bike and push. The dog ran ahead of me and stopped at a crossroads.

"She waited for a while, but got bored because I took so long, so ran back, put her paws on my calves, and started licking me."

He said the dog had enough energy to run with the cyclists for at least 30 to 40 miles a day, although he would occasionally carry it in a box on the back of his bike. At night, Xiao Sa slept on the cyclists' raincoats - and would share in their rations, being fed custard tarts, boiled eggs and sausages.

There were some fierce encounters with other dogs along the way. "Once, a large dog started chasing us along a series of dark tunnels and his barking drew a whole pack of others," said Mr Xiao.

"I put Xiao Sa on my bike and started peddling desperately.

"One of my bags was ripped, but otherwise we got away."

Mr Xiao said at first he suspected the dog of following them only for food, "but I can now see a bond between us from the way she looks at me. I think we have definitely moved beyond food".

He has since adopted the dog. Yesterday, Xiao Sa was travelling in a manner more befitting its celebrity: after being given a full medical by a vet in Lhasa, it was returning to Chengdu by passenger plane.

The Daily Telegraph, London

This story was found at: <http://www.smh.com.au/world/stray-dog-becomes-a-sensation-in-china-after-following-cyclists-for-more-than-1600-kilometres-over-20-days-20120529-1zfy5.html>

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## Canyon Winds Band Concert

*Contributed by Sid Rubinow, CSCC Member*

Under the baton of Maestro Doug Downey, the program will feature predominantly American composers, including pop hits, contemporary band compositions, tunes from Broadway, jazz, swing, patriotic pieces, rag-time, and even a little good ol' rock 'n' roll.

The Canyon Winds Clarinet Ensemble will also be performing, along with an outstanding flute soloist. As always, admission is free, and your generous cash contributions are greatly appreciated. And, as always, your donations of non-perishable food items for Care and Share are also welcomed. So, come one and all and enjoy an evening of uplifting musical entertainment.

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