



From the CSCC Bent Fork Editors



Sharon Boyd / Dale Campbell

The Bent Fork Editors thank each of our contributors to this edition of the newsletter. We think you will see by the variety of the articles included in this edition that there is a wide variety of interests in our bicycling community. And, personally, we think that's one of the aspects of what makes this organization one that continues to support the Colorado Springs cycling community for more than 25 years.

Sharon and Dale just returned from Mike & Lorena's Hut-to-Hut Mountain Bike Trip in the White River National Forest of central Colorado. The ride was even more enjoyable than imagined. While the first day of climbing (2,100 feet elevation gain in eight miles!) was a challenge, the accommodation at the 10th Mountain huts, the food prepared for the meals and the shared experience with friends more than offset any challenges of elevation gains. Fifteen riders and one sag wagon/supply truck and driver (Lorena) traveled in excess of 36 mountain bike miles in the three days of the trip. And the spectacular downhill finish of the ride put smiles on everyone's faces! Many thanks to Mike and Lorena for planning and supporting such a memorable event!

[read more...](#)

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President's Message

Charlie Czarniecki

At the Rocky Mountain Senior Games, Charlie shares the 20K Road Race speed record. He shares the record with another rider--they received the same time, which was 44 seconds faster than the previous 4-year old record!

The August CSCC meeting will feature a presentation by Dr Kristen Kells who is a Chiropractor who gives a lot of support to the Olympic Training Center.

Well, the Waldo Canyon Fire is certainly contained, and very nearly out. That was an adventure that most of us would rather have avoided. Unfortunately the two deaths associated to the fire were relatives of Club member John Everett (his brother and sister-in-law). The area is slowly recovering and the Club is back to a normal ride schedule. Read on in the newsletter and you will see details of our rescheduled **Tour of Colorado Springs Ride**, a community Ride that we are hosting related to the Pro Cycling Challenge, and the rescheduled **CSCC Picnic**.

[read more...](#)



Lee's 2nd Annual Mystery Ride

Lee Murphy

On a sunny recent Saturday morning



Upcoming Bicycle Events in Colorado

Sharon Boyd

Kerry Hefta is our AUG CSCC Sunday Social Ride Leader

Lee Murphy is our SEP CSCC Sunday Social Ride Leader

Stonewall Century on 11 AUG

New Tour of Colorado Springs-Pre-Inaugural CSCC Ride on 18 AUG (details below)

Pro Cycling Challenge Week Community Dinner Ride on 20 AUG, hosted by CSCC (details below)

USA Pro Cycling Challenge Race on 24 AUG

Chick-fil-A Ride for Heroes 8 SEP; training rides every Saturday AM at GOG Chick-fil-A (refer to CSCC Ride Calendar for details)

Inaugural Icon LASIK Tour of the Moon, Hell of the West Cycling Classic on 6 OCT

CSCC Progressive Dinner Ride on 21 OCT

[read more...](#)

Lee Murphy facilitated the CSCC

Second Annual Mystery Ride. A mystery ride, as the name implies, is a series of destinations, unknown to each of the participants. Only the start, stop time and the distance (22 miles) are revealed. Along the course of the ride were seven points of interest and a rest stop. At each point of interest, a professional speaker was engaged to provide interesting facts, figures and highlights related to the home, museum, statue, hotel, or other public attraction. Nearly all the stops offer a more in-depth tours or opportunity to return at a later date for longer presentation on the point of interest.

[read more...](#)

Membership Updates

Sara Hill

Welcome New Members: Javier Mazzetti & Family, Brook & Joe Mark, Dianne Walter, Claudia Martinez, Steve Raney, Doug Dawson, Kyle Ries, Dennis Mitchell & Family, David Danis & Family, Mike Burgie & Family, Phil Leach & Family, Craig Cox, Rebekah Scrivener, Michael Mannebach, and Brett Bartolett

Renewing members – Thank you: Leo Kolman, Annette & Jack Kester, Charlie & Margaret Oliver, Merf Freeman, Mark Pitel & Family, Bonnie & Douglas Marts, Deb Berwick, Michael & Jeanne Galvin, Xaver Gonzalez, Alan & Pat Severn, Carol Runnells & Family, Jean Zeh, Bill Brown, Scoti Townsend, Karen & Stan Hill, Ron Robinson & Family, Ronaele Foss & Paul Brown, Marilyn & Pat Gaffney

[read more...](#)

CSCC Annual Picnic

Charlie Czarniecki

New Picnic Date

The Waldo Canyon Fire postponed the CSCC Annual Picnic. The rescheduled date is Sunday, August 26 at the Antler's Park Pavilion (the park between the Antler's Hilton Hotel and old Giuseppe's Restaurant on Sierra Madre St). Bicycle rides will start at 9:30am with "eats" at noon.

BVBF Committee Openings

Aaron Rosenthal

As most everyone in the Colorado Springs Cycling Club knows, the Buena Vista Bike Fest (BVBF) funds all of the things the club does that requires money. This includes things like:

- Hosting the club meetings at the Clarion which includes food
- Funding rides such as Progressive Dinner, Spud ride, Tour de Turkey, etc.
- Underwriting a big chunk of each member's ticket to the Holiday Party
- Significant donations to other area nonprofits that support CSCC's mission and enhance cycling within our community both presently and in the future
- Costs related to bicycling advocacy
- Keeping membership dues to a minimum

[read more...](#)



4th National Senior Olympics Qualification



Charlie Czarniecki

DaVinci Bicycle

Sharon Boyd - Bent Fork Chronicles Editor

Renaissance Bike is a Mystery -- Leonardo da Vinci and the invention of



Breaking Records!

Charlie Czar took his Trek 520 touring bike and CSCC jersey back to the Rocky Mountain Senior Games the weekend of 9-10 June (top 4 places qualify at the state games for the 2013 Senior Olympics in Cleveland). His speed work at the AF Academy paid off when it permitted him at the 10K (6.1 mile) turn-around to stay with the younger and faster "break away" peloton as he dug hard to bridge the gap and stay in the front group. But...

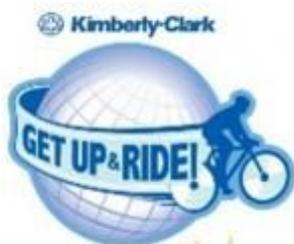
[read more...](#)

Bicycling Magazine-Colorado Springs is #31

Charlie Czarniecki

The July issue of Bicycling Magazine published their list of America's Best 50 Bike Cities. Colorado Springs is #31. Other Colorado cites are #3 Boulder, #11 Fort Collins, and #14 Denver. Portland, OR was #1.

National Bicycle Challenge



Charlie Czarniecki

July 27th Update on the National Bike Challenge. A fourth CSCC team formed for the National Bicycle Challenge. It is PPOTHG-CSCC-4 (that is Pike Peak Over The Hill Gang CSCC-4). Joe Schultes started it and there is room for 7 more riders. There are 153 teams declared in Colorado.

[read more...](#)

Quote for the August Bent Fork Chronicle

the bicycle

More beguiling than the Mona Lisa, at least to me, is the sketch of a bicycle in one of Leonardo da Vinci's notebooks. It probably was drawn about 1493, almost 400 years before the bicycle was actually invented. Historians say no chain-driven, pedal-powered two-wheeler was built with the tools and materials of Leonardo's time, but it is possible Leonardo envisioned such a vehicle. He had drawn other gear and chain mechanisms, and his spring-driven wagon was a forerunner of the modern automobile.

[read more...](#)

10 Things I Wish I Knew From The Start

Josephine Allen

Josephine Allen is in charge of business development for Cycling Camp San Diego. She is a level 2 USA cycling coach and an experienced endurance cyclist. Cycling Camp San Diego - <http://www.ccsd.com>



We all slowly gather more information and experience the more we ride our bikes. We learn by reading, making mistakes, talking to people, observing others and much of the time by generally figuring things out as we go along. However, there are a few "light bulb" moments, as I like to call them, where in the past I have learnt something that I truly wished I'd known from the first moment my butt touched a bicycle saddle.

Since then I've seen my clients go through the same enlightenment process time and again with cries of "why hasn't anyone told me this before?" Some of them may seem simple, maybe you already know them all, but for some of you out there...prepare for some cycling enlightenment.

[read more...](#)

CSCC Financial Summary

Sara Hill

2012 Year-to-Date Financial Report:

BVBF Income:	\$ 47,780.25
CSCC Dues income:	\$ 3,879.39
Total	\$ 51,659.64

BVBF Expenses:	\$ 44,856.38
CSCC Expenses:	\$ 10,260.05
Total	\$ 55,116.43

Balances:	
Checking:	\$ 40,504
Cash:	\$ 79
PayPal	\$ 338
CDs/MM	\$ 17,621
Total Cash	\$ 58,542

For details, please contact Sara Hill @ 719-304-4196

membership@bikesprings.org

Stan Hill

Too often I would hear men boast of
the miles covered that day, rarely of
what they had seen.

—Louis L'Amour, novelist (1908-
1988)

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





From the CSCC Bent Fork Editors

Sharon Boyd / Dale Campbell

Speaking of mountain bike miles, does anyone know of the conversion factor for mountain bike miles to road miles? If you do have any thoughts or information on this, please let us know.

In case you didn't hear, the Starlight Spectacular, sponsored by the Trails and Open Space Coalition (TOSC) was a delightful success this year, with the weather and road conditions being among the best that we've seen for the event. Starting 90 minutes earlier enabled riders to complete the ride before the wee hours of the morning. And if you did ride, we know that you enjoyed stopping at the CSCC rest stop in Bancroft Park in Old Colorado City. The stop, sponsored by Our Club, had a Chinese travel theme, complete with appropriately attired greeters at the entrance to the park. Several people (non cyclists) heading home from nearby restaurants, commented that it looked like a huge party, with lots of smiles and friendly chatter. Being able to enjoy cycling, attend a big party, savor a late night breakfast and also raise money to help support trails in Colorado Springs and the surrounding communities all at the same time leaves such a positive impression not only on the riders that participated in the event, but also on all the folks that hear about the event from the riders or from publications such as this. We're looking forward to support year 19 of the event in 2013!

How many of you followed the news from the 2012 Tour de France? If you did, you realized that history was made, with a British rider winning the Tour and another British rider taking second place. And another Brit setting a personal record for the number of stage wins. Don't forget that a Colorado native also was able to finish within the top 5 riders - Tejay Van Garderen. Based on the intensity during the event and the results of the Tour, the competition for the upcoming Pro Cycling Challenge should be quite interesting.

We are now settled back in our home, after the maelstrom of the Waldo Canyon Firestorm on 26 June. Others that we all know were not so fortunate. We know that individually and as a community, we support friends and co-workers that were impacted by the fire. As we've said, it seems like everyone in the Colorado Springs community was impacted by the fire in one way or another, whether directly, or indirectly. We think that the strength of the community is reflected in how folks pulled together in supporting one another, whether by offering their home to those impacted by the evacuation or volunteering to help in the recovery process. As it's been said, this is not something that we wanted to add to our life list, but it's made us stronger to face the unknowns of the future. And, we'll continue to enjoy the cycling opportunities available in our community and share those experiences with those who enjoy pedaling their way around the city. Enjoy the ride and stay safe!



Upcoming Bicycle Events in Colorado

Sharon Boyd

New Tour of Colorado Springs -- Pre-Inaugural CSCC Ride

The original June 30th date was overcome by the Waldo Canyon Fire. The rescheduled date is Saturday August 18th, 8am start from America the Beautiful Park. The Tour organizers and city couldn't resolve planning challenges in order to make this the 1st official year so the Club is conducting this Pre-Inaugural ride using most of their course. This will be an alternative Saturday Fitness Ride, that means it is "unsupported". So bring whatever tools, spares, liquid, and food that you think you will need.

Get ready for the **USA Pro Cycling Challenge Race** to roll through town on 24 AUG.

As part of the city celebration CSCC will host a **Community Dinner Ride** on 20 AUG (Monday).

We will meet at America The Beautiful Park at 6pm (our usual Monday Dinner Ride starts at 5:30pm). Bicyclists will head west and north on city trails before eating at the downtown Old Chicago. There will be a bike valet parking area downtown for participants. Plan of spending the night riding and eating with the bike club. Other clubs will be hosting dinner rides during the USA Pro Cycling Challenge Race week.

Chick-fil-A Patriots' Festival & Ride for Heroes on 8 SEP. Just a reminder that all CSCC members may register as Colorado Springs Cycling Club for \$5 less than the registration fee; or if police, fire, ems or military (active duty/retired) \$10 less than the registration fee. Registration includes meal and shirt.

www.cfarestaurant.com/gardenofthegods Become a Fan on Facebook!

www.patriotsfestival.com Become a Fan on Facebook!

Inaugural Icon LASIK Tour of the Moon, Hell of the West Cycling Classic on 6 OCT at Grand Junction/Colorado National Monument, CO. Register at www.tourofthemoon.com .



4th National Senior Olympics Qualification

Charlie Czarniecki

Charlie was caught in the last 5 meters of the 20K road race and lost by a wheel length. This 2nd place finish in his 60-64 year age group earned a credential to race next summer in the Cleveland Senior Olympics. This is the 4th Olympic that he's qualified to attend. This race was completed with an average speed of 24.6 mph. Charlie's Saturday 10K Time Trial was 6th place averaging 22.4 mph. Sunday was a 20-25 mph killer wind from the NE. He completed the Sunday 5K Time Trial at only 20.6 mph, another 6th place. Given that he already qualified for the road race, he skipped the Sunday 40K road race. Charlie learned the following week that he now shares the 20K Road Race speed record. Both riders received the same time, which was 44 seconds faster than the previous 4-year old record!

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National Bicycle Challenge

Charlie Czarniecki

The CSCC teams include: 1) Aaron's Colorado Springs Cycling Club, 2) Hope & Sean Mullally's Colorado Springs CSCC-2, 3) BJ & JoLynn Ondo's Team Screaming Turtles/CSCC-3, and now 4) Joe's PPOTHG-CSCC-4. The Challenge is a self-reporting activity that runs from May 1st through August 31st. Everyone is encouraged to join and contribute miles toward the national goal. The direct link is <http://nationalbikechallenge.org/join.html>

#3 Colorado Springs Cycling Club

Aaron Rosenthal
Daniel Sadowski
Charlie "Czar" Czarniecki
Janet Oliver
Gary McKee
Patrick D. Allgood
Randy Susman
Gary Brewington
Allen Beauchamp
Kerry Hefta

#12 Colorado Springs CSCC-2

Hope Mullally
Sean Mullally
Sid Rubinow
Jean Zeh
Daniel Prutz
Jimmy Clere
Shelly Mann
Vern Pitcher
Sharon Boyd
Dale Campbell

#16 Team Screaming Turtles – CSCC-3

Billy Joe (BJ) Ondo Jr
Janine Hegeman
Jacalyn S Grabbert
JoLynn Ondo
Stan Hill
Larry Wilson
Julie Gregory
Carolyn Myers
D Woods
Hayden Gregory



President's Message

Charlie Czarniecki

On another subject, there are some opportunities to volunteer to serve on the BVBF organization team. We've had 14 great years putting on that ride and the team is considering changing a few things. So this will be an exciting and meaningful time to join that team. I've seen a lot more people riding their bikes on the road this summer, I hope you are one of them. Log those miles on the National Bike Challenge and above all RIDE SAFE.

Charlie Czar :-)

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





Lee's 2nd Annual Mystery Ride

Lee Murphy

Key visits and presentations this year were at the Drake Power Plant, new Wyndham Hotel at the Mining Exchange Building, The McAllister House Museum, the US Olympic Training Center, Starr Kepmt's home and wind-powered sculptures, the home of Gary and Kim Feffer for refreshments, The Myron Stratton Home and the Pioneer's Museum. The four and three quarter hour event was enjoyed by approximately 50 riders.

The responsibility for the success of this event rests, to a large degree, on each participant as each of the riders is accountable to be at the applicable point of interest at precisely the time the speaker is slated to give his/her presentation. Cue sheets were provided at the start, which not only included the routine route information but the times the speakers were assigned to start and end their presentations. Several members said that it was akin to military precision; I think it was closer to making it to class on time on a geographically spread-out high school or college campus.

Anyway, a good time was had by all and many are already planning repeat visits to some of these locations to learn more about the history of our fascinating community.

A special thank you to Lee for this fabulous event!





Membership Updates

Sara Hill

Brian Love & Family, Gisele Miyamoto, Craig Highsmith, Janine Hegeman, Gail Sexton, D Cameron Mueller, Torie Giffin & Family, Sandy Greenspoon, Baruch & Julie Rhea, Peggy & John Seidel, Karen Brown, Jimmy Clere & Family, Michael Wallace & Family, Maurie Shannon, Mike Fitzgibbons & Family, Jannie Cox & Family, Scott Swandal, Stacey Harris, Michael Silver, Mike & Debbie Belock, Alexander Guerra, Joan Morrill, Rich & Sherrie Hostak, Larry & Shelly Mann, and Joe Schultes

REMINDERS:

(1) Family memberships are eligible for two adult online logins. With each login, members can comment on the message boards or respond to surveys independently. If you wish to have a second adult login, please contact Membership at membership@bikesprings.org. Provide the following information: Name on membership account, secondary member's name and email along with a preferred username. If you have a preference for billing identity, indicate this as well.

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

(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 .





BVBF Committee Openings

Aaron Rosenthal

Most of the people on the BVBF committee have been involved for a number of years. Change is inevitable, and toward that end several committee members including Vic and Diane Villhard, and Allen Beauchamp have decided to step down. In addition, Bob and Anne Smith are looking to reduce their involvement by letting go of some of the tasks for which they have been responsible.

Over the course of years, our committee has expanded in numbers and this means that the workload of required tasks is spread out. This helps everyone as the tasks they are responsible for are "doable", and not overwhelming. In addition, our committee has functioned well because of the following characteristics:

- Everyone follows through with the tasks they commit to
- We respect and value each other's opinions.
- We listen to each other knowing we are not always going to agree
- We focus on the larger good of BVBF and what it does for the club
- We commit to supporting the outcome, even if we didn't agree with it in the first place

This is a time of change for the BVBF committee. We view this as a good thing. The committee needs new blood, new ideas, and different perspectives. These are the things that help BVBF improve every year. We are looking for a few club members who want to be involved and committed for all (or at least most!) of the reasons stated above. In addition candidates:

- a. Need to be able to commit to a minimum of 2 years as a committee member
- b. Are expected to attend regular monthly meetings
- c. Need to take over tasks and responsibilities from retiring committee members
- d. Must consistently follow through with assigned tasks and have good organization skills

Being on this committee requires a strong commitment. However, every committee member will tell you that seeing BVBF from the inside and successfully orchestrating one of the best cycling events in Colorado is a high unto itself.

If you are interested, please contact Aaron Rosenthal at arjo4pedal@hotmail.com or call 719-594-5655



DaVinci Bicycle

Sharon Boyd - Bent Fork Chronicles Editor

Thus the bicycle, in tributes such as the current Leonardo da Vinci exhibit at the Museum of Science in Boston, is claimed as a product of the ideas of the Renaissance artist, scientist and inventor.

The drawing is thought to have been made by Salai, one of Leonardo's favorite students, perhaps copied from his master's now-lost design. It was discovered in the 1960s when Leonardo's "Codex Atlanticus" was being restored; it was next to some cartoonish doodles and Salai's name on the back of a page of architectural drawings, near the edge, and had been obscured by a windowpane mat framing back-to-back pages.

Some historians suggest the bicycle sketch is a fake, planted in the notebook in modern times to endow Leonardo with even more foresight than he deserved.

Popular credit for developing the modern bicycle usually goes to father and son Pierre and Ernest Michaux, carriage makers in Paris. Their 1860s two-wheeled velocipede had cranks and pedals connected to the axle of the front wheel, like children's tricycles of today. A Michaux employee, Pierre Lallement, said the idea was stolen from his 1862 prototype, and he struck out for America. In Connecticut, he and a partner got the first U.S. bicycle patent in 1866. Boston manufacturer Albert A. Pope bought the patent and reaped a fortune making Columbia bicycles.

Bikes with a chain pulling a toothed gear on the axle of the rear wheel -- more like the drawing linked to Leonardo da Vinci -- came later, from English manufacturer James Starley in 1884. This innovation was the biggest boost to Pope's business and launched bicycling's American heyday in the 1890s. Whether Leonardo da Vinci was the true inventor remains as mysterious as the Mona Lisa's smile.

by Lynne Tolman, TELEGRAM & GAZETTE Worcester, Mass. May 11, 1997

The Da Vinci Machines Exhibition in the Denver Pavilions is on loan from the Museum of Leonardo DaVinci in Florence, Italy, contains over 60 hand-crafted inventions built from Leonardo's 500 year old designs and is the life work of three generations of Florentine artisans, who have painstakingly brought to life the creations by the brilliant scientist, inventor and artist Leonardo DaVinci. With over 60 machines on display, many of which are interactive, the collection features replicas of the major and most striking inventions of the original Renaissance Man.

<http://www.davinciexhibitdenver.com>

Photograph courtesy of Sharon Boyd



10 Things I Wish I Knew From The Start

Josephine Allen

Can't Reach Your Brakes When You're in the Drops?

You can ask your bike shop to move the hoods down, thereby bringing the brake levers closer to the drops, to prevent that awkward reaching feeling (especially for those with small hands). You can also have the levers themselves adjusted to bring them in closer, making it easier to get your fingers on the brakes.

A Dropped Chain Doesn't Mean You Have to Get Off Your Bike

Allow the bike to coast but keep pedaling and gently shift your front derailleur away from the direction that the chain has dropped. Be gentle and the chain should catch back onto the chain ring.

Obviously if you're going uphill this becomes more difficult but don't be surprised if you feel a helping hand on your back pushing you to keep you rolling as you ease the chain back on. Still not sure? Try it off the bike just turning the pedals with your hands and you'll see how it can work on the road.

Taking Your Rear Wheel off Doesn't Have to Leave You Covered in Oil

Before removing a rear wheel, make sure you are in your small chain ring and smallest cog on the cassette. This puts your rear derailleur in its most relaxed position and gives the chain the most slack. When you put the rear wheel back on simply line up the chain over your smallest cog again and ease the wheel back into the dropouts. You may have to use a finger to push the rear derailleur down but you shouldn't have to mess around grabbing hold of the chain with your hands.

Struggling to Eat on the Bike?

Cut open bars and blocks before you ride and have them ready to slip out of wrappers easily while you're riding (not recommended with gels I'm afraid—use your teeth for that one!).

Not Confident on a Descent?

There are many things to learn about descending better, more safely or more quickly. However the one learning point that people seem to gain the most from is learning to put their outside pedal down when taking a corner (for example, if you are cornering to the left put the right pedal down) and apply pressure to the pedal. Real hard pressure, not just putting the correct foot down, it should feel like you are trying to snap the pedal off! It's amazing how much more confidently you can descend when you start doing this.

Feeling the Pressure?

One hundred pounds is a very popular tire pressure for some reason, no matter what the terrain or rider weight. Actually, the correct tire pressure varies a lot depending on the rider, where they are riding, the tire width and manufacturer. You can usually call the tire manufacturer or look on their website and find the correct pressure for you, your bike and your riding. Be aware—too much air can slow you down too by causing a bumpy ride!

Feeling the Heat?

If you're going to be riding on a very hot day, prepare both water bottles in advance and freeze them overnight. Have one filled 70 percent full. When you remove them in the morning top up the slightly less full bottle so you have some liquid immediately. As you ride, they'll melt but they'll stay cool for much longer.

Correct Quick Release Skewer Position

For a quick release to be properly closed it has to be fully closed and in order for it to be fully

closed it has to be pushed in beyond the level of the seat or chain stays or the front fork. So don't line it up with the frame or the fork, close the lever to the side of the seat stay, rear stay or front fork to ensure it is properly engaged.

Check Your Helmet Regularly

On a slightly gloomier note, be sure to check your helmet regularly for cracks. Even a knock while transporting it can cause the foam to crack and certainly if you've had any kind of fall inspect it well. Your helmet is designed to break instead of your head so please, please make sure it's up to the task.

Don't Run on Empty

Imagine you had a fuel tank in your car that steadily leaked fuel out. A bad approach to taking a journey would be to leave in the morning, forget to fill up with gas, run out of fuel on the way and end up pushing your car home, then when you get home fill the tank up with gas and subsequently leave your car sitting outside steadily dripping gas out before you climb in it the next day and repeat the same mistake all over again.

Crazy? Yes, but that's very often the approach people take to fueling themselves before and during a ride: limiting fuel when it's really needed and trying to make up for it after all the hard effort has been done. So, do yourself a favor and fill up before you go and then keep topping up as you expend the energy. Life will seem much more pleasant that way and you won't end up doing the cycling equivalent of pushing your car home (i.e. bonking!).

Go to <http://www.active.com/cycling/Articles/10-Things-I-Wish-I-Knew-From-the-Start.htm?page=2> for videos of the above instructions.

Thank you to www.active.com for permission to reprint.

