



From the CSCC Bent Fork Editors



Sharon Boyd & Dale Campbell

Has your bicycle had an "altitude high" recently? While participating in Challenge Limited's mountain bike ride down Pikes Peak, Dale and I observed many cyclists riding up Pikes Peak Highway. The bicyclists and motorized vehicles were safely cooperating in both directions. From our observation, we believe September's "bicycle Pikes Peak Hwy experiment" was a big success.

The CSCC meeting is Tuesday, 2 OCT at the Clarion Hotel. Meet at 6:30pm for snacks and 7pm for the meeting. The Wilders will share a photo story of the July Hut-to-Hut Trip including pictures taken by several CSCC members.

[read more...](#)

Membership Updates

Sara Hill

Welcome New Members:
 Matthew Meuche, Skip Fleming, Jim Sledz, Tad Taggart, Joanne Currence, John Cozad & Family, Laura Pelletier, Marisa Farro-Miro, Kitty Smith & Family, Lynne Day, George Robbins, and Tom Clark

Renewing members – Thank you! :
 Liz Ford, Derrick Bourgeois & Family, Nancetta Westcott, Paula

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President's Message

Charlie Czarniecki

This has been a busy year, and an extremely busy summer. We've managed to pull everything off that the Club planned for the year. That was made difficult by the Waldo Canyon Fire.



The Tour of Colorado Springs - *CSCC Pre-Inaugural Ride* was rescheduled. On 18 AUG, 20 bicyclists participated in the CSCC President's ride, which covered most of the proposed course for the future Tour of Colorado Springs.

As school started this fall I noticed a lot more kids (and in some cases their parents) riding their bikes past our house to get to school. All summer I saw more people riding bikes on the roads. They weren't all Club members and weren't all wearing helmets, but they were out riding bikes – safely for the most part.

[read more...](#)

Pikes Peak Ascent Attempt

Bob Smith

The City of Colorado Springs opened the Pikes Peak Highway to bicyclists for the entire month of September on a trial



Krantz, Chuck Donachy, Marian Avoy, Chris McCallum, Ronald & Carolyn Henrikson, Jay Bailey, Bill Gast, Harry & Rhoda Harris, [read more...](#)

Rally Week Kicks Off With Community Bike Ride



Doug Fitzgerald

During Community Bike Week in August, Allen Beauchamp set up racks to accommodate over 50 bicycles in front of Old Chicago on Monday afternoon. The Colorado Springs Police Department helped out by blocking two parking spaces on Tejon Street since sidewalk space is limited. It's a good thing they didn't set it up for 45.

At least 48 riders joined the **Colorado Springs Cycling Club** [read more...](#)

CSCC Oktoberfest Ride

Kerry Hefta

Kerry lead the CSCC Oktoberfest Ride--Palmer Lake to Castle Rock. Riders had the option of a 41 mile route or a 56 mile route. The round trip trek on Saturday, 29 SEP started at 10:00am with a destination of Crowfoot Valley Coffee. They serve terrific Belgian Beers & Ales, as well as a make your own Bloody Marys. The Mountain Top Cycling group (Woodland Park) joined the fun this year.

Celtic Thunder

Sara Hill

Interested in going to see Celtic Thunder at the Pikes Peak Center on 18 NOV? You can listen to them on Pandora.

Date: 18 NOV
Time: 7:00 pm
Cost: \$45 (high up) or \$60

basis. Bicyclists were not permitted to park near the toll booths or the nearby North Pole (Santa's Workshop). Bicyclists were required to pay a \$12 toll and sign waiver at the toll gate.

The month was quickly drawing to a close when my good friend Vic Villhard and I decided to make an attempt at Pikes Peak by bicycle. Initially we wanted to do it on Vic's birthday which was Wednesday, Sept 26th but the weather didn't cooperate so we postponed it to Friday the 28th.

[read more...](#)

Ride Leaders ♠ Born or Bred?

Dale Campbell, Bent Fork Chronicles Co-Editor



Do you remember the last time you led a Club ride? OK, I can see there are a number of folks shaking their head **yes**. Let's take one more step back - in time that is. Do you remember the

first time you led a bike ride - bike club or otherwise? Now there's a little more puzzled look on folks faces as they try to think back. I know initially when I asked myself this question, I had to think for a while to come up with the scenario. So, during the last Bike Club meeting, I challenged the attendees to think back (perhaps wayyyy *back*) to remember the first time they led cyclists on a bike ride. Here are the contributions for this edition.

[read more...](#)

Chick-fil-A Saturday Breakfast Training Rides

Sharon Boyd - Bent Fork Chronicles Editor



Why are there green flags on our helmets?

During the Ride for the Heros, all ride ambassadors wore the green flags to enable ride participants to identify the ride support team!

Many thanks to all of the CSCC members that supported the April to September Chick-fil-A Saturday Breakfast Training rides. Your time was well invested, as this year's Ride for the Heroes experienced a reduced number of incidents.

Chick-fil-A Ride for Heroes & Patriot Festival

Torie Giffin

The 3rd Annual **Chick-fil-A Patriot Festival** took place on the grounds of Mountain Shadows Park.

The event kicked off with the **Ride for the Heroes**: the 28-mile Heroes Challenge Ride featured 2,200 feet elevation gain starting along Flying W. Ranch Road, to Centennial & Blodgett Trailhead, down Woodmen then along the Pikes Peak Greenway & Sinton Trails, finishing up with a tour of Garden of the Gods. The 14-mile Patriots' Ride enjoyed a scenic ride along the Pikes Peak Greenway Trail & Monument Creek. The 1-mile Kids Ride toured around Mountain Shadows Park. Red, white & blue were the colors of the day. 35 Ambassadors (many CSCC members) provided support on all three rides.



Hundred-Year-Old Cyclist Rides an Impressive 100K

The Gazette, 29 SEP 2012

Lyon, France - French cyclist Robert Marchand rode 100 kilometers (62 miles) in 4 hours, 17 minutes and 27 seconds. Consider this: Marchand is 100 years old.

[read more...](#)

Cyclist Dies During 206-mile LOTOJA Amateur Bicycle Race

Vern Pitcher

Robert Verhaaren, of Mesa, Ariz., died in an accident during the 3-State 206-mile LOTOJA amateur bicycle race, near Jackson Hole, Wyo., on Saturday, Sept. 8, 2012. (Facebook). He swerved to avoid a pothole and crashed on a bridge in Wyoming and fell about 35 feet to his death into the Snake River. Verharren was about eight miles from the finish line Saturday afternoon.

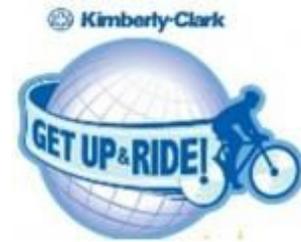
[read more...](#)

[read more...](#)

National Bike Challenge 1 May to 31 August 2012

Charlie Czarniecki

The League of American Bicyclists' National Bike Challenge ended on August 31st. The Club had 4 10-member teams, and they were impressive! We were riding for fun but put up fantastic mile numbers. There were 155 teams declared in Colorado.



The CSCC teams included: 1) Aaron's Colorado Springs Cycling Club ranked #3 in state for the entire Challenge, 2) Hope & Sean Mullally's Colorado Springs CSCC-2 ranked #10 for the entire Challenge, 3) BJ & JoLynn Ondo's Team Screaming Turtles/CSCC-3 ranked #12 for the entire Challenge, and 4) Joe Schultes' (Pikes Peak Over The Hill Gang) PPOTHG-CSCC-4 ranked #37 for the entire Challenge).

[read more...](#)





From the CSCC Bent Fork Editors

Sharon Boyd & Dale Campbell

Due to the Waldo Canyon Fire in June, a number of bicycling activities were postponed...

18 August Tour of Colorado Springs Pre-Inaugural CSCC Ride. Twenty participants rode the CSCC President's ride over most of the proposed course for the future Tour of Colorado Springs

On a sunny Sunday, 26 August our rescheduled picnic at Antler's Park drew a large crowd -- close to 100 folks enjoyed delicious BBQ lunch. Three rides started at 9:30am and provided an opportunity to use a variety of cycling skills. Many thanks to our ride leaders.

The Colorado Springs Metro Rides Bike to Work Day was rescheduled to Wednesday, 12 September. The day started out cool, cloudy and raining. A dozen CSCC members joined the 6am City Council Ride from University Village parking lot to the Pioneer Museum. Approximately 600 bike riders participated.

There is snow on Pikes Peak and the leaves are displaying those beautiful fall colors. CSCC has a number of fall ride opportunities. Refer to the Ride Events Calendar at www.BikeSprings.org for more details.

Saturday, 13 October at 8:30am The Fall River Ride in Pueblo--a social ride along the Arkansas River in Pueblo.

Sunday, 21 October at noon The CSCC Annual Progressive Dinner Ride.

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Membership Updates

Sara Hill

Lisa Hickey & Family, Brian & Dawn Plumer, Ed & Suze Browne, Kathy Giesecke, Duane Babcock, Ernest 'Skip' Doane, Trish & Greg Aten, Robert Kerr, Graeme Cloutte, Tim Lopez, Randy Gearhart & Family, Roger Neeland, Melissa Thomas, Jeffrey Smith & Family, Kevin & Kelly Sears, Larry Svoboda, Mark Rowe, Paul Larson, John VanNorman, Paula Makara, Denise & Paul Eckstein, Deegan Lew, Terrence Smith & Family, Laurie Baker, Bev Fallis, Anne & Ted Junge, Stan & Anne Lebahn, P.K. Robinson, Patrick Spencer, Gary McKee & Family, Casey Curran, Chris Lieber & Family, Craig Thornally, Cathy Ritzert, Bill & Cynthia Doty, Carol Keenan, Peter Marsalis & Family, and Stanley Byler

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 "

Sara Hill, CSCC Treasurer and Membership Coordinator
shill@larsongp.com



Rally Week Kicks Off With Community Bike Ride

Doug Fitzgerald

for a fun ride in what was the first of a full slate of events in the week leading up to the USA Pro Cycling Challenge, which arrived in Colorado Springs on Friday. "We're looking forward to taking the community along on a ride tonight," Beauchamp said.

But while the Monday ride was a part of the Stage 5 festivities, it's been an institution for many. Begun and still led by Bob Smith for the past 26 years, the Monday Night Dinner Ride is held every week in summer. "We're an eating club with a cycling disorder," said Beauchamp, who noted the normal Monday crowd is 15-20 riders. "It's a good chance to get people together all summer long in a nice social setting, go out for a little bit of a ride and then enjoy each other's company while we sit down over dinner."

Monday's ride went to Manitou Springs and back with a loop around the northern part of downtown — a route of about 15 miles. Like most of this week's events, it was a "no-drop" ride, which means no matter how slow you need to go, someone will stay with you. The idea is to make everyone welcome.

"This is a fun group to ride with," said Douglas Dawson. "It's a very eclectic group of folks of all political bents, all walks of life, all economic streams. It's just a nice cross-mix." Just over two years ago, Dawson was facing an amputation — and nearly died — after developing a staph infection following knee surgery. Deeply depressed, he started riding with the group in February. "Four knee replacements and 15 surgeries later, after 2½ years, I was finally able to get out of the hospital and get back on a bike," he said. "They basically saved my life because I can't run anymore, I can't climb stairs, but I can ride. It's rejuvenated me; it's really been a lifesaver."

Aside from the regular Monday night crowd, there were participants from other cycling clubs and folks who came by because it sounded like fun.



Hundred-Year-Old Cyclist Rides an Impressive 100K

The Gazette, 29 SEP 2012

Setting off on his Trek racing bike around noon at a track in Lyon, Marchland covered the distance at an average pace of 23.3 kph (14.5 mph) -- not far off the 24.251 mph pace he kept up to set the world hour record for his age group in February in Switzerland. He is an inspiration!

The Associated Press

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Cyclist Dies During 206-mile LOTOJA Amateur Bicycle Race

Vern Pitcher

Race spokesman said Verharren was a highly experienced cyclist who had competed in the event at least twice before. This was the first fatality in the race's 30-year history. LoToJa is billed as the longest one-day bicycle race in the country sanctioned by USA Cycling. This year's event drew 1,500 competitors from across the nation.

Robert Verhaaren was an avid cyclist and scoutmaster who received an accounting degree from Brigham Young University and a law degree from New York University School of Law. He is survived by a wife and three children.

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President's Message

Charlie Czarniecki

In August, Barb and I spent 9 days in CA for a quick vacation. We saw the same trends there. As we drove home and approached Rawlins, Wyoming, I even saw a road sign that said those miles were cleaned by the Rawlins Bike Club. Now there is an idea!

Ron Hargrave took a hard fall last Sunday near the World Arena when he was clipped by a motorcycle. Ron is in the healing process; his bike seems to have taken more of a beating. Ron says that he's had worse "road rash" from the velodrome.

Dave VanDerWege's Mother (Viola G. VanDerWege) passed away this past week and her Service was held on Thursday.

The daylight hours are getting shorter, and it is getting colder--dress in layers to stay healthy. We've got a number of theme rides that will be happening in the next 3 months. I hope to see a lot of you riding them.

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Pikes Peak Ascent Attempt

Bob Smith

We started from Cascade just west of the beginning of Pikes Peak Highway. From this point the summit was 19 miles and 6700 feet in elevation away. We got under way around 9:45 a.m. We reached Glen Cove around 12:30 which is about 11,500 feet and nearly 14 miles up the mountain. I stopped to rest a bit because I was holding Vic back. He pushed on towards tree line and switchbacks above Glen Cove. After about 20 minutes and a cup of coffee and some food I pushed on towards the switchbacks, and about a mile up the road Vic was descending towards me. I turned around and we met up at Glen Cove. Vic had turned around about 3.5 miles from the summit because the road was completely fogged in by a large cloud.

Neither of us made the summit but it was glorious day for a ride on the Pikes Peak Highway. It was a warm sunny ride most of the way to Glen Cove with some beautiful fall colors. The sunlight was much better on the descent for fall colors once we left the clouds. It was a cold descent and we were thankful that we had brought along **all** our winter cycling gear.

We hope that other club members have attempted Pikes Peak during the trial period and we would like to hear your stories. If you have done the ride, please make sure you complete the survey at <http://www.springsgov.com/SectionIndex.aspx?SectionID=18> . Hopefully, the results of the survey are positive and the City will decide to open the highway for bicycling on a more permanent or more regular basis during the summer months.

If there is another opportunity to ride up the Pikes Peak Highway, Vic and I will certainly make another attempt. For me I'll make sure I focus on hill training, and plan to ride the highway earlier than the end of September.



Ride Leaders ♦ Born or Bred?

Dale Campbell, Bent Fork Chronicles Co-Editor

John Pamperin recalled the following:

Bikes were a prized possession among the students at the two room school I attended for grades 1 through 8 in a dairy farming area just outside of Green Bay, Wisconsin. Some of the "rich kids" had the new Schwinn's with the horn on the fake gas tank below the top tube. I did not have one of those. What I did have was a special connection to Pamperin Park, a very special county park that still is used for weddings, Frisbee golf, etc. The park was donated to the county by one of my ancestors.

During one summer when I was about 10, I decided to lead two of my younger sisters on a bike trip to Pamperin Park, a distance of about 6 miles. We prepared for the ride by pumping up our balloon tires to about 25 psi. Yes, it was only six miles, but the dreaded Birdens Hill stood in the way, with its elevation gain of at least 150 feet! But we made the trip there and back just fine, after a picnic lunch next to the Duck Creek. What an amazing athletic feat!

Another contribution was submitted by **Bob Smith**, entitled "Rides Nearly Forgotten":

At the September Club Meeting, Dale Campbell challenged everyone to write about the first time they led a bike ride. My initial thought was back to my first ride lead for the Great Dallas Bicyclist in early spring 1985 just prior to moving to Colorado Springs. I began to think Dale's question was probably deeper than that.

I grew up in hilly southwestern Pennsylvania and didn't learn to ride a bicycle until my 6th Christmas when I got a 24" Olsen balloon tire single speed coaster bike. I learned to ride it that very day. The bicycle was new found freedom even in hilly terrain. By the time I was 9 or 10. I was leading friends on rides to the neighboring Boroughs of Liberty and Glassport. We'd ride to get penny candies or popsicles at a store outside of Port Vue with money we had earned from Kool-Aid Stands. These rides were typically about 5 or 6 miles but challenging on a heavy single speed.

Thank you Dale for stirring up memories of rides nearly forgotten.

And, then there's my own (**Dale Campbell**) story, the one that led me to challenge the Club to recall their first ride as a leader:

While a Boy Scout in my pre-teen years, I was a Patrol Leader in Troup 16 at Roosevelt Roads Naval Station in Puerto Rico. As patrol leaders of a small subset of Scouts, the Troop Leaders were constantly challenging us to plan and accomplish new activities with our Patrols. At the time, I seemed to have run out of new ideas of things to do. Then one morning, while riding my bike to school (a downhill ride in the mornings, with the uphill reserved for the afternoon ride home), I happened to think "Bike ride and snacks – that might be a good idea." Well, with a little planning, I soon had the ride scheduled for the following weekend.

Five of us gathered at my house on a Saturday morning, sack lunches and drinks tied to our bikes and off we went. At the time I had a 24" J.C. Higgins "Paperboy Special" bicycle. I led the group out of the base housing area, along the industrial waterfront towards the beaches near the Enlisted and Chief's Clubs and then on to a family picnic pavilion called the "Teahouse of the August Moon" (curious? – do an internet search on this name). After a refreshment break and rest, we proceeded to start back towards the Housing Area via another route. We didn't

encounter any issues along the way and arrived back home early afternoon. If I were to guess, I suspect we rode a total of 10 to 12 miles, but at that time, it seemed like an epic journey. I know that we all enjoyed the ride and I seem to recall that the ride also brought a certain sense of freedom – like I didn't need to rely on my parents or base transportation to get to somewhere I wanted to go. Thinking back now, I know that this one ride definitely laid a foundation for the enjoyment I get from group rides today!

After reading these three recounts of the first experience as a ride leader, are you now also recalling your first experience at the head of a group of cyclists? If so, please send me your thoughts about that ride. I'll continue to gather these stories and publish another summary in an upcoming newsletter. In the mean time, get out there and lead a ride soon! You'll enjoy the experience!

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Chick-fil-A Ride for Heroes & Patriot Festival

Torie Giffin

Patriot's Festival activities included:

- AMR Medical vehicle
- Cheerleaders face painting
- CSPD bomb truck
- CSPD McGruff
- 3 fire trucks
- Penrose blood mobile
- Dunk a hero
- Free KidZone
- Flight for Life helicopter landing
- Award Ceremony to recognize our heroes
- National Anthem by the Colorado College Back Row
- USAFA Cadet Sabre Drill Team
- CFA welcome & owners
- NORAD Color Guard with CTU's Bently Rayburn presenting Colors
- Flag folding ceremony with CSFD and with Astronaut, General Kevin Chilton, USAF (ret.)
- U.S. Forest Department Jerri Marr presenting awards with kLite's Tammy Oakland for Hometown Heroes
- Matthew from CW presenting Bicycle Ride Awards for Most Patriotic Individual/Team, Best Team Theme, Biggest Team (CSCC member Shelly Mann received an award for the Most Patriotic Individual)
- CSPD K-9 unit demo

There was plenty of music, delicious food & treats, and fun filled the day.

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National Bike Challenge 1 May to 31 August 2012

Charlie Czarniecki

The CSCC teams include: 1) Aaron's Colorado Springs Cycling Club (Ranked #1 in state for June and July, #2 in August, and #3 in state for the entire Challenge), 2) Hope & Sean Mullally's Colorado Springs CSCC-2 (Ranked #6 in June, #9 in July, #5 in August, and #10 for the entire Challenge), 3) BJ & JoLynn Ondo's Team Screaming Turtles/CSCC-3 (Ranked #19 in June, #7 in July, #6 in August, and #12 for the entire Challenge), and 4) Joe Schultes' (Pikes Peak Over The Hill Gang) PPOTHG-CSCC-4 (Ranked #109 in Jun, #42 in July, #8 in August, and #37 for the entire Challenge). I don't think any other club had 4 teams. No club put 4 teams in the top 10 (August) except us. And for the entire challenge we had 3 teams in the top 12!! That was a lot of miles!! WE DONE GOOD!! Bicycle Colorado reported that Colorado finished as the 5th highest point total in the Challenge. There were almost 1800 riders and we covered nearly 700,000 miles.

#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

#10 Colorado Springs CSCC-2

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

#12 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

#37 PPOTHG – CSCC-4

Joe Schultes

Bryan Miller

Alan Severn

Bob Smith

Anne Smith

Ron Hargrave

Ted McWhorter

John Pamperin

Vicki Lieber

Stanley Lebahn

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