



Vol 6, Issue 1, 1 February 2013

From the CSCC Bent Fork Editors



Sharon Boyd / Dale Campbell

Happy New Year! Welcome to 2013 and the first Bent Fork newsletter of the New Year. Dale & Sharon are working a lot of overtime hours and this edition is a bit late. Hopefully, you'll appreciate the variety of articles we've included, many of which will help in planning for a full year of riding enjoyment!

For some of you, the first ride of 2013 happened on New Year's Day. The Frozen Water Bottle ride was held once again, just as it has for many previous years. To see who participated in the ride, just take a look at the photo in the banner of this month's Bent Fork Chronicle. Recognize any of those folks?

[The Other First Ride of 2013](#)

Memorial to Mark Rowe

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President's Message

Charlie Czar

The weather got warmer in mid-January and I saw a lot more riders as I drove around town to my many basketball referee games. Not everyone was a serious spandex rider with clip pedals, riding jerseys, and helmets. But it was good to see such a cross-section of riders, students, recreational riders with cabin fever, and even some of the street people who ride as their main transportation. Certainly not everyone is a Club member, but we are all "branded" together. So while we ride let's make sure we follow the rules of the road and share the road. I rode for years without wearing a helmet; so let's not scold people without helmets but rather reinforce those wearing them with a few nice words of praise.

The **CSCC Annual Business Meeting** will be Tuesday, March 5th. The meeting will be at the Clarion Hotel 2nd floor conference room. Snacks start at 6:30pm and the meeting begins at 7:00pm. We'll have reviews and plans of the committees and a peek at events being considered for the year.

[More Thoughts from the President](#)

Bicycle Safety ♦ Your Responsibility!

Dale Campbell - Co Editor

2013 - The Year of Safe Riding? Well, maybe 2013 isn't officially named the Year of the Safe Ride. But, I for one know that we as a cycling organization focus on safe





Sharon Boyd, CSCC Newsletter Editor

Thank you Cynthia and Bill Doty for honoring Mark Rowe at a Celebration of Life Ceremony in their home on 8 December 2012.

Website Correction



Bent Fork Editors

Regarding the "Cycling Up Pike's Peak" article by Dennis and Terry Struck in the December 2012 edition, there was a web link misprint for the article. If you'd like to read all about their push to the Summit, here's the correct website: <http://www.struck.us/BikePics/BikeStories44.html>

Membership Updates

Sara Hill

Welcome New Members: Kolleen Conley, Jacques Dufresne, Andy Carrobo, John & Susan Marhoffer, John O'Donnell & Family, Cindi Schuler

And a special Thank You! to Renewing members: William Allen & Family, Patricia Baltzer, Duane Beckmann & Mattie O., Ken & Leslie Bernard, Bill Bibler & Family, Larry Bowlin, Allen & Tamara Brody, Dean Buck, Rush & Mindy Carter & Family, Chris Conboy, Charlie & Barb Czarniecki, Sandra & Dennis Follador, Stephen Fuhrmann, Joseph & Sulyn Giles, Kerry Hefta,

riding. In the simplest terms, safe riding allow us to continue cycling – in other words, if we're safe, we survive to ride again to enjoy the pleasure of the exercise, the social interaction and opportunity to take in this beautiful Colorado scenery that surrounds us. And, while CSCC focuses on safe riding, that safety is the responsibility of the individual rider –that's YOU! [Five Steps to Riding Better](#)

Photos, Photography & Memories

Dale Campbell - Co Editor

As many of you already know, Dave Horne is the 2012 CSCC Volunteer of the Year. Announced at the December 2012 CSCC Holiday Party, the Volunteer of the Year plaque was presented to Dave by Charlie Czar (President) and Chris Conboy (2011 Winner). If you've ever looked at any of the cycling photographs on the CSCC webpage or watched photos scroll across the screen while attending a monthly Club meeting, you've seen the results of Dave's volunteer contributions to the Club. He's been documenting many of the club's activities for many years. What does all this involve?



First, it involves being in the right place at the right time to catch the action. The real estate mantra of "Location, location, location" also applies to photography. What else needs to be considered? There are the fundamentals of photography that also come into play with each photograph captures - zoom in, focus on the face, pan to create motion, pay attention to backgrounds, create different perspectives, shoot in continuous mode, be conscious of recommended camera settings... and more. Not an easy task when you consider what's involved! For all his efforts to capture the fun everyone has while cycling with the Club, Dave is recognized for his volunteer efforts as the 2012 CSCC Volunteer of the Year.

[Thanks to Dave!](#)

Who's That Kid on the Tricycle?

Dale Campbell - Co Editor

Speaking of photos, we are starting a new photo album on the CSCC website. Previously, I've challenged some of you to remember the first time you led a ride for a group of cyclists. Now I'm going to challenge you again, by asking you to send us your earliest photo of you on a bicycle/tricycle. I'm making the first contribution. With your help, we'll soon have more cycling memories available at <http://www.bikesprings.org/VPhoto.php>



Buena Vista Bike Fest

Aaron Rosenthal / Dale Campbell

The Buena Vista Bike Fest (BVBF), the Club's principle fund raising event, is moving to Saturday, June 1, 2013. Registration has been open since January 1st and the ride is filling quickly. This year, the Club and BVBF Committee are offering 15th Annual BVBF Custom Apparel from Pactimo (see separate article in this edition of the Bent Fork). [More About BVBF](#)



Dave Hennekens, John Hudson, Chris & Laura Keller, Dan & Sherry Maples, Jerry & Jeanette Martin, Sean & Hope Mullally, Lee & Cheryl Murphy, Carolyn Myers & Dick Woods, Dean & Becky Myers, John Pamperin, Susie Quinn, Jamey Robbins, Aaron Rosenthal & Janet Oliver, Bill Ryan, Dan Sadowski, Charles Sheehan & Family, Martin Shepperson, Bob & Anne Smith, David Waddell, Dan Weber, Lee Willmon & Family, Larry & Janet Wilson, Bill Young.

[Membership Reminders](#)

Pactimo Team Apparel

Dale Campbell - Co Editor

This year, the Colorado Springs Cycling Club (CSCC) and the Buena Vista Bicycling Fest (BVBF) are working with Pactimo Team Apparel to offer BVBF and eventually CSCC cycling apparel. To quote the About Us information on the Pactimo website



(<http://pactimo.com/>), "Pactimo started in a basement, with one goal in mind... to revolutionize the cycling industry by doing things unlike anyone else." Beginning as a basement business in 2003... [Read More about Pactimo](#)

Bicycling Quote



Stan Hill

"After your first day of cycling, one dream is inevitable. A memory of motion lingers in the muscles of your legs, and round and round they seem to go. You ride through Dreamland on wonderful dream bicycles that change and grow." — H.G. Wells

Many thanks to Stan Hill for providing the quote.

Dreamtime with a Cycling Twist

Dale Campbell - Co Editor

Have you ever gotten into that afternoon period where you could just close your eyes and take a short nap (like nodding off staring at a computer screen late afternoon)? Do you get into that dreamy state where thoughts and images flash before your closed eyes, especially on some of those shorter winter days? Perhaps one of those times, you've even thought about bicycling and what 2013 will bring. We've got the year ahead of us with many cycling activities available to enjoy....



[More Dreaming About Cycling](#)

St Patrick's Day Ride

Dale Campbell - Co Editor

When it comes to March, are you starting to get a case of Spring cycling fever – the urge to get out and ride, even though it may seem a little early in the season? Consider signing up for the Pedaling for St Patrick's Day 50K ride starting at 8:30am Saturday, 16 March. This cycling opportunity is one of five events occurring over three days. Central to those events is the St Patrick's Day Parade, which takes place at 12:00 noon, in downtown Colorado Springs. The parade will begin at St. Vrain & Tejon and continue south down Tejon Street to Vermijo.



Last year was the first year for the bicycling event. Following the ride, many riders participated in the parade. And fortunately, the weather was excellent for the time of the year. More than 400 riders participated in the ride. Hopefully, the weather this year will be just as inviting, allowing many cyclists to have an early season kickoff. For more information about the St Patrick's Day "50k and a wee bit more" ride and the other St Patrick's Day events, go to <http://www.csstpats.com/index.html>

Colorado Bicycle Summit 2013



Bicycle Colorado / Dale Campbell

The 2013 Colorado Bicycle Summit, scheduled for 11-12 February, brings together people from all over Colorado to talk about how to improve bicycling in our state. During this two-day event, held in downtown Denver, attendees:

Learn best practices for making change happen at the city, county

and state levels

Learn about bicycle-related issues for the 2013 Colorado Legislative Session

Spend the morning at the State Capitol, with access to state legislators

Network with bicyclists of all flavors at the Summit Happy Hour & Expo

This year, the Keynote Speaker will be Mia Birk from Alta Planning + Design and national bicycling advocate. Attendees receive a copy of Mia's book, Joyride!

[Breakout Sessions](#)

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From the CSCC Bent Fork Editors

Sharon Boyd / Dale Campbell

As for us - your Newsletter Editors - we had our first ride of the year on Saturday, 19 January. It was a beautiful sunny day with a temperature in the high 40s and low 50s; one of those types of days that Dale refers to as a "Bonus Day." A winter day, which would normally be cold and/or snowy, happens to be more Spring-like. And, a winter day that offers unexpected riding pleasure. In our case, it was a nice 20+ mile ride with an intermediate, warm drink stop in downtown Colorado Springs. Yep, that's a Bonus Day! Let's hope that we get a few more of those Bonus Days throughout the rest of winter and early spring (mixed in with a reasonable amount of snowy days to bring us the moisture that Colorado so desperately needs).

And, when you do get those Bonus Days and are able to get out and ride, please do so safely. In fact, let's all make the conscious effort to make safety a priority for all aspects of the rides - before while planning a ride, during while enjoying the ride, and after, when remembering the ride and thinking about the next time you'll be enjoying the activity that brings us all together as a Cycling Club.

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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. 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

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Colorado Bicycle Summit 2013

Bicycle Colorado / Dale Campbell

Breakout Sessions during the two day conference will focus on:

- How to Influence City Designs for Better Bicycling
- Working Within and Across Counties for Better Bicycling
- Safe Routes to School
- Engaging Youth in Cycling
- Gateway to Active Living Through Mountain Biking, and
- Building the Silicon Valley of the Bicycle and Outdoor Industry in Colorado

Later this year, we will be publishing a follow-up on the Summit, noting key outcomes of the gathering. For more details about this year's Summit, go to the Bicycle Colorado website.

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President's Message

Charlie Czar

Do you have bicycle goals for 2013? Remember the National Bike Challenge last summer? The Club had 4 teams and 3 finished in the top 12 of the 157 teams in Colorado. Nationally over 30,000 people rode 12 million miles in this free program May 1 to August 31, 2012. The warm-up for the 2013 Challenge will begin in March 2013. Check this link for some details. <http://www.endomondo.com/campaign/national> Our best team finished 3rd in Colorado, what might happen if we assemble a team of our most frequent riders?

As 2013 began, I had to replace the batteries in the bike computers of my Trek and trail bikes. When Barb gave me my first computer I didn't trust battery life. I used a cable driven speedometer since college and didn't want to lose my mile total because the battery died since my last ride. For over a year I kept the cable speedometer and computer on the same bike. I developed the habit of marking the running odometer total in my planner every Sunday evening, and from that I started tracking that total on a spreadsheet - the first entry is 1 Jan 1996. Since that day I rode over 47,500 miles on my 3 bikes. My Trek 520 has almost 27,300 of that total, over 2,600 last year. I think we all ride to stay healthy, I also throw in a goal to do 1,000 Club miles. I don't always make my goal, but it offers some focus. Have you set a bike goal for the year?

Have you used the Club Christmas gift yet? It was the Crankbrothers speedier tire lever. I was getting my Trek ready for the Jan 6th Sunday Social Ride (that I was leading) when I noticed the 2,600 miles from last year left some rear tire chords exposed. The President doesn't want a flat on his 1st ride of the year. So I changed the tire using the tool. I took off a "700 - 25" from the rear wheel and put on a narrower "700-23" which usually take a long time. Using the tool I was done in about 5 minutes. As I was getting my trail bike ready for the January Full Moon Ride, I found a slice through the back tire. This time I had to buy new tires during the day before using the tool again "to save the day".

I hope everyone noticed that the Buena Vista Bike Fest ride date has moved this year. The committee is sure that moving the ride into June will significantly improve the weather. The city was excited about moving the date, too. So get your ride registration or your volunteer registration done and turned in early. This is going to be another great year of riding in Colorado and especially in Colorado Springs.



Bicycle Safety ♦ Your Responsibility!

Dale Campbell - Co Editor

At this point, are you asking yourself what you can do ride safely? Good! That shows you are starting to consciously think about safety! But where do we start? Here are "Five Steps to Riding Better" as suggested by the League of American Bicyclists:

1. Follow the Rules of the Road: this not only involves obeying the same laws as motorists, such as obeying all traffic control devices, such as stop signs, traffic lights, and lane markings but also recognizing that motorists also have responsibilities to cyclists. Before you drive your car the next time, take a look at this video - http://www.youtube.com/watch?feature=player_embedded&v=H1t9ZsJ8II8
2. Be Visible: As cyclists, we normally wear brightly colored clothing (such as those CSCC or BVBF jerseys that many of us have in our closets). What else can we do? At night (and even in the daytime), use a white front light and red rear light to make sure motorists see us on the road.
3. Be Predictable: Ride in a straight line and don't make sudden direction changes. Not only would that potentially create a hazardous situation, but you could also cause drivers to overreact, potentially causing an accident to occur. Additionally, making eye contact with motorists is also a way to let them know you are there.
4. Anticipate Conflicts: Think ahead! Be aware of traffic around you and be prepared to take evasive action. And, be extra alert at intersections.
5. And, Wear a Helmet: If you're participating in a CSCC supported ride, wearing a helmet is mandatory. But it's just good common sense, too! Even if it just a ride down the block to a friend's house, put that helmet on and keep it positioned low on your forehead.

SOURCE: <http://www.bikeleague.org/resources/better/index.php>

And, if you're like me and want to break some bad habits to improve your cycling safety, check out the "Who Shouted Clear?" article, posted on the Twin Cities Bicycling Club website (<http://www.biketcbc.org/tips/bt-who-shout-clear.html>). Follow the link at the bottom of the article for several other perspectives about safety from fellow cyclists

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Photos, Photography & Memories

Dale Campbell - Co Editor

So, let's pass on "Thanks" to Dave and other cyclist/photographers that support capturing that moment in time in all the photographs over the years. Folks such as Vern Pitcher, Bill Gast and others who take "The Memory Joggers", as I refer to photos – images that transport us back to that moment to relive again. Whether just yesterday or too many years ago to remember, the photos almost always bring a smile to our faces and that warm afterglow of enjoying a good ride! So, the next time you see Dave or Vern or Bill or anyone else who has captured those moments in time for the Club, tell them Thanks!

To see more of Dave's photos, go to <http://superdave.lifepics.com/net/Pro/Default.aspx> And, be sure to check out the photo albums on the CSCC website (<http://www.bikesprings.org/VPhoto.php>)

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Dreamtime with a Cycling Twist

Dale Campbell - Co Editor

There's the Buena Vista Bike Fest in ~~May~~ **June** – remember the date change! And the upcoming St Patrick's Day "50k and a wee bit more" ride (see articles in this edition of the Bent Fork for more information). Then there's the CSCC Summer Picnic with its associated rides, the Progressive Dinner Ride in the fall (ah, such good food and hospitality!), and Lee's Mystery Ride. And, there are always the recurring rides that many of us continue to enjoy – Saturday Fitness Ride, Sunday Social Ride, Monday Night Dinner Ride, Saturday Tour de Latte and more. Finally, if you need incentive to get out and ride, consider the National Bike Challenge. Last year, CSCC had four teams in the Challenge, with three of the teams finishing in the top 12 overall, and for the month of August all four teams were in the top 10 for the State.

Perhaps that's part of the reason why last year, more CSCC members participated in Club rides than any of the previous five years (242 riders in 2012, compared to 195 in 2011, 231 in 2010, 234 in 2009 and 2013 in 2008). That increase in participation is a reflection of the riding opportunities we have here in this part of the US of A. After all, Colorado has been ranked the fourth most bike-friendly state in the nation by the League of American Bicyclists (LAB). And, Colorado Springs has a rating of "silver" in LAB's list of the most bike-friendly towns in the country.

So when that afternoon "dream time" brings thoughts of cycling, get out and make that dream a reality. Join a ride, pedal with friends and participate in the activity that puts smiles on our faces. Ride safe!

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Pactimo Team Apparel

Dale Campbell - Co Editor

Beginning as a basement business in 2003, the company incentive was to create top-tier, quality products while building a customer service model that was completely unique in the custom apparel market. The customer service model, focused on personalized service, assigns an account manager who works with the same team or club in an ongoing partnership fashion. And, within a short time - eighteen months to be specific, that start-up vision became a million-dollar company. Talk about incentive and drive! Since that time, the Pactimo team has continued to grow in numbers, experience, skills, and talent and now has BVBF and CSCC as new clients. To see exactly what BVBF and Pactimo are offering for apparel for the June Festival in Buena Vista, take a look at http://order.pactimo.com/teams/buena_vista_bike_festival. As noted on the BVBF website, all orders placed at the Pactimo Store will be shipped directly to you.

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