



Volume 6, Issue 2, 1 April 2013

From The Editors



Dale Campbell & Sharon Boyd

Spring is in the air – the days are longer, the weather is warmer and our chives are growing. With the longer warmer days also comes the urge to ride. Whether that ride is for pleasure or has a more distinct purpose, it's still a chance to get out and soak in the enjoyment of being out in the open on two wheels. In this edition of the Bent Fork, you will find a variety of information that:

[Click to continue ...](#)

Index of Articles

- [Thoughts from the CSCC President](#)
- [A Big St Pat's Day Thanks to Our Volunteers](#)
- [BVBF Update](#)
- [Bicycle Commuting What's to Consider?](#)
- [Bicycle Commuting How It All Started](#)
- [Aaron's Rosenthal's Bicycle Commuting FAQs](#)
- [I Want to Ride My Bicycle!](#)
- [Tips for Bike Commuting](#)
- [LAB National Bike Challenge 2013](#)
- [Safety Minute](#)
- [From The Editors](#)
- [Membership Update](#)
- [Transitions On the Road Again?](#)
- [Social Events and Activities Please Welcome](#)
- [Rides, Notices & Announcements](#)
- [Request for Trip/Tour Articles](#)
- [Travel Adventure Wanted?](#)
- [Bicycle Quote](#)

Membership Update

Sara Hill

Welcome New Members:
Martha Andrews, Michael Bane, Brian Colvert, Ronnie Graham, Dominic Hagen, Laurence Kohler, Suchart Mack, John Marhoffer & Family, Chris Murray & Family, Brandon Newton & Family, Mark Noble, Steven Paul & Family, Jerry Rimmert & Family, Sid Santos & Family, and Olivia Sebastian
[Click for Renewing Members ...](#)

Transitions On the Road Again?

Mike and Debbie Belock

Editors Note: Here's a note from Mike regarding their plans for the next several years. We are definitely sad to see Mike and Debbie leaving the community, even if it's not

Thoughts from the CSCC President

Charlie Czar

Spring is in the air. That means it is time to get your bike tuned up and ready for riding this year. It is time to start planning your riding opportunities. The Club is putting our year together, too. Check the ride calendar for recent additions:

- June 1st BVBF;
- June 29th 2nd Annual CSCC President's Pre-Inaugural Tour of Colorado Springs;
- Need For Speed Workout on some Fridays in May, Jun, and July; and
- the Annual Club Picnic July 14th.

[More Thoughts ...](#)



A Big St Pat's Day Thanks to Our Volunteers

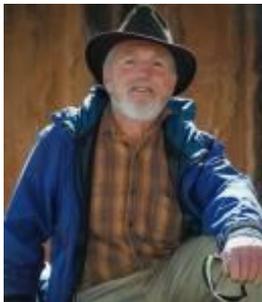
Janine Hegeman

The St Patrick's Ride and Parade was Saturday, 16 March. Once again, the weather was outstanding for this time of the year. The Colorado Springs Cycling Club had over 25 volunteers signed up to

permanent. However, as Mike indicates, we'll be hearing more from them during that time. And when we do, the Bent Fork Editors will be sure to pass that along to our readers.

"It is hard for us to stay in any place for very long. There are just too many places to ride our bikes and hike. So after returning from Costa Rica in a couple of weeks, we will be loading our mountain bikes and road bikes in the back of our truck, hook up the travel trailer and hit the road for a year or more. We won't know where we are going until Debbie signs a contract for 13 weeks in a hospital, hopefully in Washington State. In between contracts we will camp our way to the next location, where ever that might be. We will post pictures and updates of our traveling adventures."

Social Events and Activities ♦ Please Welcome ♦



Bill Gast

I am excited to be the new CSCC Social Activities Chairperson. This step is a large undertaking for me, and also a big opportunity to benefit the bike club. One goal is to help CSCC grow. I have a lot of ideas for social events and activities, other than the established events such as the summer picnic, progressive dinner ride and Holiday party. I also would like to introduce a new twist on the social rides with an unannounced social event for that day (simply show up at the ride to see what happens!). This ride may have an adventure or food involved - it is going to be different.

[Click to continue ...](#)

Rides, Notices & Announcements

help work rest stops and road marshal on the ride. Our effort was led by Club Secretary Janine Hegeman, who did a fantastic job. Charlie's assigned task was to coordinated bike and car traffic at the Loaf n Jug on 30th Street, it was fun and a little cool. Club bicycle riders and the St Pat riders joined the bicycle group that was in the middle of St Pat's Parade.

[See the List of Volunteers](#)

BVBF Update

Aaron Rosenthal/Bob Smith

As of April 1, we are officially two months away from BVBF 2013 which takes place on June 1. We have received good feedback on our date change. Obviously, our hope is that the weather will be on our side this year. We are due for it! Registration is now 512 riders, ahead of last year, but we still need a fair bit more, as this is only at 57% of our target of 900 registered riders. Hopefully, the extra two weeks from the rescheduling the ride to June will help with meeting the goal.



While the routes are the same as in years past, we do have a few exciting changes/additions to this year's event. ...

[More about BVBF ...](#)

Bicycle Commuting ♦ What's to Consider?

Dale Campbell, Co-Editor

Many of us have probably had the occasion to experience or at least think about Bicycle Commuting. I'm sure that many have participated in some sort of Annual Ride to Work Day event. My first opportunity was in Jacksonville, Florida in May 1992.



While a one-day opportunity was an enjoyable experience, I felt unprepared for even considering commuting full time. A variety of questions went through my mind, including:

[Questions? Click to read...](#)

Bicycle Commuting ♦ How It All Started

Chris Davenport

I work at Memorial Hospital and 15 years ago the Hospital required employees to park off-campus due to limited parking for visitors. Driving past where I work and waiting for a shuttle to take me back to where I work made no sense to me. So... I made the decision to ride my bike. It took me 3 to 4 months to figure it all out and I'm still learning / adjusting.

It was hard to get motivated at first because I had no idea where I was going to safely park my bike, what to wear, or where I was going to change/ keep my clothes. Plus the fact that I was going to have to get up earlier and what to do with my hair, made my decision a bit daunting. To this day, it's still hard to get out of bed when it's cold and dark out, but I've learned that it's no big deal to stick my head in the sink to solve my hair issue.

[More from Chris...](#)

Aaron's Rosenthal's Bicycle Commuting FAQs

Aaron Rosenthal



Dale Campbell, Co-Editor

Starlight Spectacular: Join the Trails and Open Space Coalition for the 19th Annual Starlight Spectacular on June 15th, 2013. This fun night-time bicycle ride is suitable for all ages and abilities. All proceeds benefit the Trails and Open Space Coalition's mission, "...the preservation of open space and parks, and the creation of a network of trails, bikeways and greenways for the Pikes Peak region." Festivities begin 9 pm – Music, Food and drink, Contests - Two cruiser bikes, donated by Ted's Bicycles, will be awarded for best illuminated bike and best costume.

Ride starts 10:30 p.m.! Begins and ends at the Garden of the Gods Visitor and Nature Center and will traverse the City of Colorado Springs, Garden of the Gods and Old Colorado City. Themed rest stops will be provided. Hot breakfast and more great prizes after the ride! Early Bird Tickets now on sale at <http://2013starlight.eventbrite.com>
[More Rides and Events ...](#)

Request for Trip/Tour Articles

Dale Campbell, Co-Editor

As we move into Spring and Summer months, there are more opportunities for travel adventures that have a cycling component. One resource for cycling tour information is Pedaling.com. If you have an upcoming trip, and upon completion of the trip are willing to share a summary of your adventure, please contact the Bent Fork Editors. We'll be glad to help you capture your thoughts, experiences and observations from the trip so that you can share the enjoyment of the trip with fellow cyclists. Remember: A joy shared is a joy doubled. Send us those travel journals and pictures!

When starting any new activity, questions always come to mind as one prepares for new adventures. Here's a list of Frequently Asked Questions (FAQs) to help get you begin investigating bike commuting:

What prompted you to start bicycle commuting? I love the ideas of keeping one more car off the road, being self-propelled as a means of transportation, and demonstrating behaviors that go against our car reliant and crazed society.

What are some of the challenges of bicycle commuting? Additional time required, being appropriately prepared for varied weather, carrying with you what is needed for your work, facilities to clean-up, change, etc., and bike/gear storage.
[More FAQs ...](#)

I Want to Ride My Bicycle!

Kathy Landis

Most people tell me commuting to work is great because it saves on gas money, keeps mileage off my vehicle, or it is great for the environment. For me, however the reason I commute to work on my bicycle is because I love riding my bike plus I get a great workout. Yeah, I like the additional benefit of those other reasons but if you don't enjoy something you won't find time in your busy life to make it happen.

I have been riding to work since 2006 when my commute was only 14 miles round trip. Now my commute is 21 miles round trip but I wouldn't give it up for anything. I love getting up early and climbing on my bike in the early morning sun when the birds are singing and it is still quiet because everyone is still at home getting ready for work.
[Getting to Work ...](#)

Tips for Bike Commuting

Aaron Rosenthal

If you're serious about bicycle commuting, here's a good summary to get you started:

Clothes: As the saying goes, there is no bad weather, just bad gear. Having the appropriate clothing can totally make or break your commute experience. Choose quality over value in the clothes you buy. It will totally pay off when you need it most. Wear layers, with a wicking layer closest to the skin. NO COTTON. In the winter I have a long sleeve thermal base, a long sleeve cycling shirt, and a wind resistant jacket or rain jacket depending on the forecast. Thick tights for winter. Legs tend to stay warmer because they are moving while your ride. Winter insulated cycling boots are the best, but use of neoprene shoe covers are likely next best. Lobster claw gloves are better than single finger gloves. Keep your head covered. I have 4 different levels of HeadSweats! Overkill? Probably, but comfort does matter. As the weather warms, adjust your layers accordingly.
[About the Bike and More ...](#)

LAB National Bike Challenge 2013

Charlie Czar

The 2013 National Bike Challenge is near. This year it will run a 5th month; from 1 May until 30 September. Also new this year is that team membership is unlimited.



Travel Adventure Wanted?

Norman Howard

Editors Note: Norm is a CSCC Alumnus who still stays in touch with a number of friends in CSCC. Here's an update on an unfortunate skiing incident and his request for a "substitute" Tandem Captain.

"I recently had an Ski accident to my knee that will require surgery. Please pass the following letter on to others, or clubs that may have an interested Captain."
Thanks, Norman

From: Ron Barton, a blind cyclist.

This past week Ron found out that Norman Howard, the person that was going to pilot his tandem on the first week of the Pacific Coast tour this year blew out his knee skiing this past week so he had to cancel on him! So he is looking for another pilot to do this first week of the Pacific Coast tour that starts on May 4th at Half-moon Bay Ca., and ...

[Tandem Captain Wanted ...](#)

That means everyone in CSCC can be on the official CSCC team. Last year team membership was restricted from 1 -10 members. This year the whole club can be on one team. I'm not sure how they'll fairly compare teams – the real focus is meeting the national goal of get 50,000 people signed up to ride in the challenge and then collectively ride 20 million bike miles. Last year we had 30,000 participants who rode 12 million miles. Last year Colorado finished 10th in the State competition, we are looking to better that this year. Last year CSCC had 4 teams, and 3 were in the top 11 of the 170 Colorado teams.

[Link to More Information ...](#)

Safety Minute

Kerry Hefta

Editors Note: 2013 is the year to focus on cycling safety. Here's a contribution from our Ride Planning Committee chairperson – Kerry Hefta.

Here's an article from the *Bicycling.com* website discussing "Stay Safe In Traffic." The 'Look and Listen' section of the article builds on the previous safety discussion about not yelling "Clear" at intersections. The article can be found at <http://www.bicycling.com/beginners/commuting/stay-safe-traffic#.UUfwO7Hneug.email>

Here are a few thoughts about the article that are applicable locally: 'Look and Listen' reiterates what we talked about at the CSCC January club meeting. Cyclists must be aware of their surroundings and that is especially important in a group when we may be distracted by conversation. Enjoy your time with the group, but be constantly scanning for erratic drivers or other cyclists. You can almost sense the "out of the norm" behavior after a while.

'Picking smart routes': New cyclists are most at risk here because they don't know the alternative safer routes. Club rides are a good source for discovering good cycling routes as well the club ride library. Appropriate route choice varies with an individual cyclists comfort and skill. But there are limitations for all cyclists. For example, riding on Powers Blvd between Constitution and Woodmen is probably never a good idea. However, even a good route choice for an experienced rider can be surprising. Two examples come to mind ...

[Examples](#)

Bicycle Quote

Stan Hill

[Commuting by bicycle is] "an absolutely essential part of my day. It's mind-clearing, invigorating. I get to go out and pedal through the countryside in the early morning hours, and see life come back and rejuvenate every day as the sun is coming out."

James L. Jones, former US Supreme Allied Commander Europe



From The Editors

Dale Campbell & Sharon Boyd

... you will find a variety of information that:

- will spark your urge to ride (information about upcoming events, including the Buena Vista Bike Fest),
- provide thoughts and guidance about cycling with a purpose (Bicycle Commuting from three very experienced commuters),
- require you to think about safe cycling (Safety Minute),
- consider joining a cycling team (LAB National Bike Challenge 2013), and
- begin planning a Spring/Summer trip with a cycling component (Travel Adventure Wanted? and Request for Trip/Tour Articles).

As you can see for our photo included with this edition, the Editors have been enjoying this year's snow ski season, which as of 31 March, concluded for us. We're now ready to swap ski helmets for bike helmets and jump back on the bikes to stretch our legs and participate in Sunday Social Rides, Monday Night Dinner Rides or just a pickup ride with friends when the occasion arises. We hope that you also have this Spring urge to pedal and enjoy this wonderful Colorado environment that surrounds us. Get out there and ride – safely!

BFC Feb 2013 - Volume 6, Issue 2, April 2013





Membership Update

Sara Hill

Renewing members - Thank you!:

Geoffrey Ames & Daryll Stevens, Doug Anderson, Rene Barall, Ginny Barber & Family, Warren & Mary Ann Barta, Gary Brewington & Family, Keith Brown, Jay Cardinal, John Cunningham, James Dial, Curt & Carole Emery, Liz Ford, Norman & Lynne Hall, Ron Hargrave, Bernie Hessemer, Annette & Jack Kester, Leo Kolman & Family, Jay Lindell, Jim McCreary, Phil McDonald, Frank Morrey, Charlie & Margaret Oliver, Richard & Pamela Oliver, Janet Rose, Darren Schubarth, Betty Schwartz, John Sobeck, David Stang & Family, Patrick Taylor, Dean Thompson, Javier & Teresa Valdez, David & Kathy VanDerWege, Nancetta Wescott, Jerry & Cathy White, and Katie Zimmann

MEMBERSHIP 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

Thanks!

Sara Hill,
CSCC Membership Coordinator



Socially Events and Activities ♦ Please Welcome♦

Bill Gast

The CSCC annual events will require club members to help, so I will be calling upon members to assist. Contact me if you have ideas for an event and we will work your bike ride into the bike club's schedule. BTW, the club picnic is coming up soon, and I will need help with setup and take down. It is your turn to show your support for the club's activities and events.

Thank you,
Bill Gast, CSCC Social Activities Chairperson

Editors Note: The CSCC Board recently announced that Bill Gast will become the Club's New Social Chairperson. A long time member of CSCC, Bill Gast volunteered to pick up the position from the previous Social Chairperson – Mark Mann. Bill attended the Feb Board of Directors Meeting and felt comfortable that he could fill the position and work with the Board. In accordance with the By-Laws, his appointment was placed before the Board and he was overwhelming approved. This was announced to the Club at the Mar 5th CSCC Annual Business Meeting. Please thank Bill when you see him and ask him how you can help in supporting upcoming social events – such as the Club's Summer Picnic (go to the Rides & Events Calendar - <http://www.viethconsulting.com/Calendar/moreinfo.php?eventid=22426> - for more details).

BFC Feb 2013 - Volume 6, Issue 2, April 2013





Rides, Notices & Announcements

Dale Campbell, Co-Editor

Kids on Bikes National Bike to School Day on 8 May: National Bike to School Day takes place on May 8, 2013, as part of National Bike Month. Local events across the U.S. will encourage children to safely bicycle or walk to school. National Bike to School Day provides an opportunity for schools across the country to join together to celebrate and build off of the energy of National Bike Month.

Ride of Silence – Sponsored by The Mountain Top Cycling Club: Here's a note from the Club's point of contact for the ride: "We are doing a Ride of Silence Wednesday May 15, 2013 in Woodland Park. The Ride of Silence is to honor those cyclists that have been injured or killed while riding their bikes. The ride will be a two mile, down hill, with police escort, through Woodland Park. A reception will follow, (Allen Beauchamp from the CSCC will be a one of our guest speakers.) with food provided by Wild Wings, Subways, in addition to veggie trays for also being provided.

The Mountain Top Cycling Club hopes people will come to Woodland Park and participate in the ride, which will begin staging at 6PM for the police escort through town. Everyone that registers before May 1st will get a free angle pin. If you're interesting in participating, just to go to www.prerace.com and register. Put in May 15 or Ride of Silence in the search screen. The ride is free. More importantly, the ride will be a great tool to build awareness of cyclist rights to ride on the road and still promote safety. Eight people that were killed in the State of Colorado last year. At the reception, eight speakers will talk about these "fallen" riders, one speaker per rider. After honoring these riders, participants will release biodegradable balloons with the names of the eight riders.

For further information about the ride itself or the history of the Ride of Silence, contact Deborah Maresca at 719-687-2489 or go to <http://www.mountaintopcyclingclub.com/>

BFC Feb 2013 - Volume 6, Issue 2, April 2013





Travel Adventure Wanted?

Norman Howard

... he is looking for another pilot to do this first week of the Pacific Coast tour that starts on May 4th at Half-moon Bay Ca., and goes to Pisco Beach Ca. on the 10th of May. If anyone is interested or at least know someone that might be interested please contact him by phone or email listed in his signature block below! He does have a person that has made a commitment to pilot his tandem on the second week of the tour. If this is something that you might be interested in it would be a great opportunity!

This could be either a male or female pilot the only issue is that this pilot would have to share a room with me (in a separate bed of course).

If you want to check it out, it is on the www.heartcycle.org web site. Don't concern yourself with the cost of the tour because Ron has already covered the registration cost! If you decide to ride, and you want to pay for a portion of your registration then you can discuss that later but right now Ron has already paid for his pilot!

Have a Blessed Day!

Ron Barton, Co-Registrar
Ron.barton@comcast.net
H: 303-798-2755
C: 720-217-3905
<http://www.heartcycle.org>

BFC Feb 2013 - Volume 6, Issue 2, April 2013





Thoughts from the CSCC President

Charlie Czar

The "National Bike Challenge" is gearing up in April; it runs from 1 May until 30 September this year. The whole club can register and ride as a team this year. For more details, check the article in this issue of the Bent Fork and consider joining us. The "Buena Vista Bike Fest" planning is in full swing. The ride moved 3 weeks later to June 1st, and we look for better weather. We already have a lot of Club members volunteering to help during that weekend. We always encourage members to either volunteer to help or sign up and ride. The "Starlight Spectacular" will be 2 weeks later, on June 15th. CSCC has been moved up to be a *Platinum* level sponsor of this event. We will continue our tradition of staffing the Bancroft Park Rest Stop. So, here is another opportunity to volunteer for the Club or get out there and enjoy the ride. The "Tour of Colorado Springs" planners spoke with us recently and said that they will not be able to launch the ride again this year. Consequently, the Club added the June 29th 2nd Annual CSCC President's Pre-Inaugural Tour to keep the spirit alive. It will again be an alternative to the Club's Saturday Fitness Ride for that day – a century loop around town. And as we ride, let's not forget that a stop sign means **stop** before you proceed through the intersection.

One other item – an update on the St Patrick's Day Health Expo: CSCC had a booth in the St Patrick Day Health Expo held in the City Auditorium on Thurs and Fri, 14 and 15 March. Lots of St Pat runners and bike riders dropped by for CSCC info after they picked up their race and ride bib numbers. I sat in the bike club's booth in the Expo (City Auditorium) on Thurs and Fri and saw a lot of our brochures and business cards get picked up. The Colorado state map of trails and bike routes was a hot item. We got them from the state for Bike Month in the past. I showed a lot of Club photo albums on the projector screen, these were files that Vern and Dave contribute over the years.

BFC Feb 2013 - Volume 6, Issue 2, April 2013





A Big St Pat's Day Thanks to Our Volunteers

Janine Hegeman

Here's a big CSCC thanks to the volunteers.

John Cozad
Chris Cozad
John Pamperin
Jimmy Clere
Al Brody
Janice Brewington
Dennis Mitchell
Bill Gast
Sandy Greenspoon
Sara Hill
Charlie Czarniecki
Aaron Rosenthal
Mike Stansberry
Luci Stansberry
Jean Zeh
Dick Woods
Carolyn Woods
George Robbins
Lee Murphy
Paula Krantz
Doug Dawson
Tim Lopez
Larry Wilson
Ginny Barber
Chris Davenport
Janine Hegeman

BFC Feb 2013 - Volume 6, Issue 2, April 2013





BVBF Update

Aaron Rosenthal/Bob Smith

Bristol Brewing remains as a platinum sponsor. They are all about promoting microbreweries, and therefore we will also have the Eddyline Brewery from Buena Vista serving some of their beers at the post ride party! If you enjoy a beer or two after a great ride, you will have plenty of great options. We have a new band for the party. Tribe will join us this year and their tunes will no doubt prove to be a good match with the party ambiance as was *Grass It Up* during the last two years. Given our later event date, we should have no problems with the Turquoise Lake and Mineral Belt road sections being open. If you still haven't decided if you should ride or volunteer, please help us out and add your name to one list or the other. We are doing well with our volunteer numbers but there are still some openings. We definitely need more riders. Either way, by signing up to help or to ride you are supporting YOUR bike club. Happy riding as we enter spring.

Update from Brian Landis, the BVBF Volunteer Coordinator: "We are good for volunteers for registration and rest stop #1 / #5. Could use people most everywhere else, but especially Rest stop #2 / #4 and the post ride party in the afternoon."

The BVBF Committee

BFC Feb 2013 - Volume 6, Issue 2, April 2013





Bicycle Commuting ♦ What's to Consider?

Dale Campbell, Co-Editor

A variety of questions went through my mind, including:

- What are some of the challenges of bicycle commuting?
- What equipment (other than a bicycle and the desire) do you need to get started?
- What do you do when faced with weather challenges (those afternoon thundershowers, for example)?
- Are different riding techniques required for bicycling commuting?
- What is needed to make you more visible to drivers?
- Is this something to which I can make a long-term commitment?

So, if we want to take that next step and prepare (mentally, physically and mechanically) for taking up Bicycle Commuting on more than just an occasional trip to work via bicycle, where do you turn? Certainly there is a wealth of information available via the internet. Just Google or Bing "Bicycle Commuting" and you'll be directed to such sites as www.commutebybike.com and www.bicyclecommuters.com. But, if you're like me in the slightest, it always helps to hear about such things from friends or known experts in the field.

For this edition of the Bent Fork, I've done just that. What follows are commentaries from three bike club members. All three are experienced commuters, with a variety of thoughts about their perspective on the commitment to commuting by bike. But, as individual as each of the perspectives are, all three celebrate the joy of commuting by bicycle. If, as you read the following three articles, you have questions or thoughts you'd like to pass on to any of our contributors, please contact the Bent Fork Editors.

BFC Feb 2013 - Volume 6, Issue 2, April 2013





"Come along for the ride"



Bicycle Commuting ♦ How It All Started

Chris Davenport

Riding year around, I can enjoy all of what each season offers. In the spring, I actually DO take time to smell the flowers. The summer offers fresh cut grass, the smell of BBQ, and the sound of summer activities. The fall presents cooler days and changing tree colors. Winter is great cuz it gives me the chance to make the first tracks in the snow. It's also neat to hear, "you rode your bike in this weather? That's awesome", and it's satisfying to go to the recycle place or to the grocery store without leaving a carbon footprint.

Here are some tips on getting started. Scope out your work place. Talk to security or your Boss to find out where you can park your bike. I started out being able to park right in my work area. Eventually I and a few other commuters got the hospital to put in a secure cage with bike racks when they built the new parking garage. Get good lights and as much reflective clothing you can find/afford. I have found that a helmet light is a great way to see the area around you as well as making yourself more visible to cars when you direct your light towards them.. My motto is "BETTER LIT THAN HIT."

In my book, studded tires are a must if you are up to winter riding. I got studded tires and a set of cheap rims so I can keep a set of wheels ready for when I wake up to slick snowy roads. Most of us already have appropriate clothing for most riding conditions. Ya just have to figure out what works for you. All this, and more, will take awhile to get into place but it's worth it.

I find that commuting is a great way to jump start my day and a nice way to unwind after a long day at work. With the days getting longer I sometimes add an extra few miles just for FUN.

Make the commitment and I promise that over time, it will become habit. You won't think twice about "gearing up" for a 20 degree snowy morning or a drizzly evening ride home.

I have been riding my bike to work every day and doing a big chunk of my errands by bike for 15 plus years and I still enjoy it. I have even had a few years with more miles on my bike than in my car.

So get yourself into shape, save wear and tear on your car, help the environment, and **RIDE YOUR BIKE!!**

BFC Feb 2013 - Volume 6, Issue 2, April 2013





Aaron Rosenthal's Bicycle Commuting FAQs

Aaron Rosenthal

What equipment (other than a bicycle and the desire) do you need to get started? This depends somewhat on the weather you choose to commute in. Commuters need storage capacity for what they need to bring such as clothes, paperwork, laptop etc. If you can keep clothes at work then maybe a commuter only needs a shoulder commute bag. If more space is needed or if what you need to carry is heavier than what you want on your back then panniers are the way to go. A good lighting system, both front and rear along with other reflectors if you want to commute in the dark.

For you, what are some of the benefits of bicycle commuting? For me personally, mental and physical healths are the two primary reasons I commute. When I arrive at work in the morning on my bike, I have already done something significant for myself before the work day has even begun. And I know I will do something significant for myself during my commute home. This promotes my mental health by keeping my attitude positive throughout the work day. Commuting also promotes my ability to "let-go" of the day's work as I just don't think about work as much, or I think of it differently.

How often do you commute? I commute nearly every day I can. There are some days my schedule forces me to drive. Weather can cause me to bail out, particularly snow or if it is raining in the morning before I leave. On the infrequent days I can ride but don't, my wife Janet is very good about calling me on the carpet and telling me I'm a wimp!! I keep data on how much I ride and I find this motivating. Since changing jobs 3 years ago, I have increased my number of commute days each year.

Does a specific incident or experience come to mind when you think of bicycle commuting? Not really. I find I stay more present when I'm cycling. If you were to pass me while I'm commuting, you will almost always see me with a smile on my face, regardless of weather.

Do you have any special words of advice to pass along to others that might want to get started?

- Pack what you need the night before: Clothes, lunch, etc. This will help you feel prepared and save you time in the morning.
- Pick a route that is bike friendly and has reduced car traffic. Design your commute to incorporate bike trails, bike lanes, and/or roads with sharrows on them. Colorado Springs has some good cycling infrastructure...use it to your advantage.
- Buy quality cycling clothes and gear. The investment on the front end pays big dividends when you need it the most.
- Set a goal for yourself as to how often you will commute. Be realistic, but push yourself as well. Define if you will or won't commute in different weather circumstances (cold or hot), will you commute when it is dark etc.
- Use tires that are more puncture resistant and use tubes that have sealant. I rarely get flats, and that is always a good thing.
- Find the joy. Soak in your environment throughout the commute. What do you see that you would never see while driving your car to work?
- Bike commuting isn't about speed. Commuting can provide an opportunity to take a more relaxed approach to life.



I Want to Ride My Bicycle!

Kathy Landis

... I get to work with a peaceful feeling and I know that I have already gotten in a good workout. It does take some thinking ahead to make sure you have everything you need for the day but who hasn't had to wear their bike shoes around work because they forgot their work shoes? You may get some funny looks but I think it is worth it. I have also had the occasion where I forgot my lunch but you can usually find someone to tag along with to go out and pickup lunch.

Another benefit of riding is getting rid of stress. When I ride my bike to work and I am stressed out from the demands of work that day, I get to change into my 'funny clothes' (what some of my co-workers call them) and peddle away the stress. By the time I get home I am decompressed from work and know that I got some miles in on my bike. I originally started commuting on my (heavy, slow) full suspension mountain bike but have since moved on to a cyclocross bike which is great because my commute involves some dirt trails. I am not recommending that you go spend big bucks on a bike just to try commuting. Use what you have and if you enjoy it then look at investing in a commuter bike. You don't want an expensive garage ornament that collects dust.

One of the best tips I can give is plan your route carefully. Talk to someone you know that commutes or someone at your work that commutes by bicycle for route ideas. I remember the first week I ever rode to work. Some of the roads I chose had no shoulder and were too busy for me to be comfortable. I even had one guy on Friday afternoon cuss me out for riding on the road. That is when I went and got some advice from other bike commuters at my work. One of them even offered to meet me out front of work that day and show me the way he rode because we lived fairly close to each other. Once I got the new route, it made all the difference. My commute now includes some bike paths and low traffic roads so, I don't have to worry about the stressed out drivers. It is not the most direct route, but makes me feel safer.

Safety is my number one concern. I am careful and make sure early and late in the year when the daylight hours are limited that I ride with the proper lights so cars can see me and don't hurt me. You also want to ride with some basic tools so you can fix a flat, tighten a loose water bottle cage, or make an adjustment to your seat height or brake cable.

Weather is also something to keep in mind but is not something to detour you from riding. Over the time I have been riding to work I have devised a "commute-o-meter" for what clothes I need to wear to be comfortable on my ride into work depending on what the temperature is. I don't let the cold mornings scare me; I just put on more layers because that is one of the beautiful things about commuting in Colorado Springs. It may only be 28 degrees in the morning for my ride but by the time I ride home it may be 75 degrees!

One other annoyance of commuting in Colorado Springs is thunderstorms. I say it is an annoyance because I don't let the summer thunderstorms keep me from commuting. If I wait 30 minutes to an hour, the storm usually passes and I get to ride home in the sun! Isn't Colorado great? I always have family that will come and pick me up if the weather gets bad but, I find that the great people I work with are always willing to offer me a ride home. I always keep an eye on the weather and I am proud to say that I have only gotten a ride home because of the weather one time in the 7 years I have been commuting. Is now a bad time to mention that I am a meteorologist?

I would encourage anyone that is interested to go ahead and try commuting to work. There will always be excuses not to ride but I say be creative. If you live too far from work, drive part way and ride the rest of the way. My father used to drive to my sister's house on his motorcycle and then peddle from her house to work because he lived so far from work. One of my sisters used to

drive to her children's daycare center to drop her children off and then she would bike from the daycare center to work. There is always a way to make it work for you. Just remember to be careful out there and make sure that people and cars can see you. I hope you can find a way to make it work and enjoy it as much as I do.

BFC Feb 2013 - Volume 6, Issue 2, April 2013





"Come along for the ride"



Tips for Bike Commuting

Aaron Rosenthal

Bike: Know your bike, what it can and can't do. I use my old touring bike. This prevents me from commuting when there is snow on the ground. Use of a mountain bike with studded tires would allow you to commute when I can't. Use tubes with Slime to give you added protection against flats. Remember, you are commuting, not racing. Don't worry about the extra weight, weather it is in tubes or other things you carry. Speed is not of the essence.

See and be seen: My attitude about night riding is "If someone is going to hit me, I want there to be no doubt they saw me before they hit me!". I like to illuminate myself like a moving village. I have reflectors on my ankles, wrists, panniers, wheels, and Bar Mitts to name a few. My NiteIze reflector vest illuminates and can be seen from a mile away. I use an obnoxious flashing light in the back (what the hell, I can't see it) and a strong light on the front.

Safety First: Be particularly aware of sunrise and sunset times. If you are going south and crossing a street going E/W, when you look to the west you can see great, but the driver coming east has the sun directly in their eyes and may not see you. It is worth the extra few seconds to wait until all is clear. Always keep in mind that even if you are in the right, you are going to lose in a fight with a car.

Not so pretty is OK: The biggest excuses I hear about not wanting to commute to work is that clothes will be wrinkled, hair will have the "helmet-head" look, you'll arrive sweaty and stinky etc. My advice? Get over it, you don't have to look at yourself so it's not your problem!! Seriously, many work places have showers. If not, take a washcloth and do a quick spit bath. Keep favored toiletries at work. Put your hair in a ponytail or bun (hey, some of us should be so lucky as to have that problem). Your colleagues will be so impressed that you ride to work that they will forget about the fact you didn't use your curling iron.

Prepare the night before: Set out your clothes and work stuff, and make your lunch the night before. This will make you feel prepared the morning of your commute and reduce the chances for excusing your way out of riding.

Choose your route: Explore the safest and most enjoyable route. More than half my route to work is on trail. On this section I see no cars. Instead I see the other bike commuters who are just as weird as I am! Saying "Hi" to the same people each morning getting in their exercise via biking, running, walking etc. is motivating in itself. Keep in mind, the safest route may not be the most direct or fastest. The morning I wrote this I saw 2 Blue Herons fly 50 feet overhead! You won't get that experience in a car.

Routine: Once commuting by bike becomes part of your routine you will miss it when you don't do it. Are there times I wish I had a car to make my ride home after work quick and warm? Yes. But once I'm on the bike my thoughts turn to what neat experience will I have today. Once I'm on the bike I stop ruminating about work and focus on the ride. What can be better than that?!

Editors note: If you're looking for more information on Bicycle commuting, additional articles are easily found on the internet. In fact, just within the last week, an article was posted to the PeopleforBikes.org website touting the health benefits of bicycle commuting. Posted by Jay Walljasper, who writes, speaks and consults frequently about biking and other ways to improve our communities, the article found at http://www.peopleforbikes.org/blog/entry/qood_news_health_studies_show_bike_commuting_is_one_of_the_best_ways_to_sta references a number of other resources to help support the health improvement perspective he uses as the theme for the article.



LAB National Bike Challenge 2013

Charlie Czar

<http://www.endomondo.com/campaign/national/rules> links to the short set of Challenge rules. Click on <http://www.endomondo.com/campaign/national/welcome> for a quick overview. If you are interested then go to www.nationalbikechallenge.org to sign-up and join (it will remember you if you signed up last year). Members need to first register as an individual (have a JPG picture handy to put on your personal page).

Once registered then look for the link to join a team. I think I did it by going to the "Leaderboard" "pull down menu" and clicked on "Teams". There was a "team joining" question and link on the right side of the next page. Click there and look for Colorado Springs Cycling Club (our 25th anniversary jersey is our team logo). I am the team administrator and will accept CSCC members onto the team.

A few Club riders lost interest during last summer's Challenge because they said this was another user ID and password that they had to deal with everyday that they rode. I developed a short cut: I signed in, got to my mile log in page, and then "bookmarked" that page. Then I did not hit the "logout" button when I was done. After that I just hit that "bookmark" and got right to the mile page. There were a few times (usually at the beginning of the next month) that I had to sign in again, but that really wasn't a problem.

To summarize the rules – you earn 20 points every day you take your bike out and ride and you get a point for every mile you ride. You don't have to ride far to earn points for the team – you just have to ride often. If you get out 3, 4, or 5 times a week then you'll be healthier – and that is what this is all about.

We are now in the "sign-up" and "Web Page familiarization" stage of the Challenge. Sign up now and get used to logging rides on the Endomondo site. They will reset point counters on May 1st and we'll be riding for the real Challenge.

BFC Feb 2013 - Volume 6, Issue 2, April 2013





Safety Minute

Kerry Hefta

Two examples come to mind ...

Hwy 24 had road construction last year past Falcon. They narrowed the 4 lane road to 2 lanes and put up concrete barriers, but they also slowed the traffic down from 70 mph to 30 mph through the construction areas and doubled the speeding fine. What that did was the alert the motorists to expect delays or problems and slowed them down so an experienced steady cyclist could navigate the construction area easily and with no more danger than riding a wider road with possibly inattentive motorists traveling full speed!

The second example came recently on Hwy 105 going South between Palmer Lake and Monument. I am always apprehensive on this two lane relatively narrow road and the traffic was heavy. But southbound is downhill; so a cyclist speed is closer to the motorists and the group stayed relatively close. The traffic was forced to pay attention, slow down and go around each cyclist one at a time. I would judge that this type of condition is BETTER with more traffic than less in some ways - because the slowdown forced the drivers to pay attention. Northbound on the road in heavy traffic would still be problematic because the cyclists speed would be much less than the cars and the motorists would probably start to get impatient and take risks.

Inattention and driving to fasts is what causes most car/bicycle accidents; malicious drivers exist but are rare. So if you are in a situation where the motorists are in a heightened state of attention, the cyclist is better off even on roads which physically look intimidating.

'Don't keep secrets': That is probably where I got into trouble on my left turn boo-boo last year. So make sure the motorists and cyclists know when that turn is coming! But from a drivers perspective, that also requires for a cyclist to keep a straight line and stay predictable. For example, I've advised people to ride into the glass on the road rather than swerving into unaware traffic as it's better to have a flat than a crash!

'Stay Steady': This is a traffic skill but also a key group riding skill. In a group, this skill is crucial for smooth riding and avoiding crashes. Staying steady is key to comfortably riding double close to another rider. The goal for riding double is stay within 1 to 2 feet of the other rider. So if you are only comfortable 3 to 5 feet apart when riding double that will still take up half the road, and we know how that makes motorists feel.

BFC Feb 2013 - Volume 6, Issue 2, April 2013

