



Volume 6, Issue 3, 1 June 2013

From the CSCC Bent Fork Editors



Sharon Boyd / Dale Campbell

For all practical purposes, summer is here for this year. The weather is warmer and we're getting out for more cycling trips throughout the week. More trips by bike on the road also mean more reasons to keep safety in mind as you're out on the road. This safety includes not only the basics, such as stopping at Stop signs (Look up the definition for Stop and you'll likely find something like "to cease moving; to come to a standstill, or bring something to a standstill"), but also includes considering your surroundings (am I pedaling into a unsafe situation?) and Colorado's 3-2-1 Code.

[More Comments from the Editors!](#)

Membership Updates

Sara Hill

Welcome New Members: Jake Austin & Family, Beth Blaser & Family, Karen Bush & Family, Jake Coraor, Larry Entwistle, Nancy Kowalski, Jacques LeMond & Family, Stephanie Luttrell, Cheryl Mahon, Mary Rebb & Family, Susie Tolibas, and Rudy Torres

Renewing members-Thanks: Sharon Boyd & Dale Campbell, Marilyn Bradish, Myra Brooks, Roger Bruggeman, Craig Carroll, Nard Claar, Chris Davenport, Chris Derry, Ronale Foss & Paul Brown, Julie & Hayden Gregory, Sharon Hamilton, Janine Hegeman, Sara Hill, Trent Hovenga & Family, Julie Kiley & Family, Connie Lorig,

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President's Message

Charlie Czar

BVBF 2013 is a memory! Over 750 registered, but I understand that more may have ridden. The wind was strong in the early morning but let up enough to be a great day. Can you believe--I forgot my riding shoes and used my tennis shoes on top of my egg beater pedals - the 100 miles hurt like none before - and this was my 50th Century.



The *National Bike Challenge* had some pleasant surprises. The Club was far and away the leading team in the state in May. We had over 40,000 points and that is 30,000 ahead of 2nd place. The real surprise is that we finished the month as the #3 team in the nation, there were 1,855 teams in the nation. We have 100 people signed up on our team. For our national ranking we need everyone to ride and enter their miles in Endomondo.

Next big Club event is the 14 July Annual Picnic. It will be at the

Bonnie & Douglas Marts, Lenny Mazel, Connie Miller, Gisele Miyamoto, Jim Natchez, John & Anita Rasper, David Reed & Family, Steven Roach, Sidney Rubinow, Mike & Luci Stansberry, Char Taylor & Family, Ken Van Antwerp & Family, Bob Vandepas, Vic & Diane Villhard, Deb Wasson, Larry Watson & Family, and Barry & Marcia Wick

[Membership Reminders](#)

National Bicycle Challenge

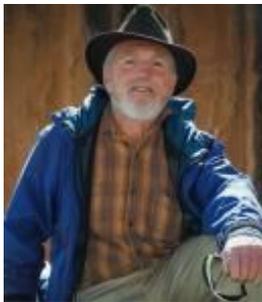


Charlie Czar

The 2013 National Bike Challenge started 1 MAY and ends 30 SEP; goals of 50,000 riders & 20 million bike miles. Team membership is unlimited, so **everyone** in CSCC can be on the official CSCC team. Sign up at www.nationalbikechallenge.org.

[More Details about the NBC](#)

Social Events & Activities



Bill Gast

Join CSCC this summer! There are many bike rides, events and social activities to enjoy. Here are just a few of the upcoming events...

[Summer Events Highlights](#)

Bike Advocacy-The Politics of Peddling Pedaling!

Al Brody, Advocacy Committee Chairman

Antler's Park Pavilion (downtown).

Next Club major activities are the 15 June *StarLight Spectacular*, when we staff the Bancroft Park rest stop. Look for emails requesting volunteers to help Sara Hill and the crew.

Then, on July 21st we'll take on a new task. We'll need approximately 25 people to help staff the six (6) rest stops on the *Bicycle Pikes Peak Hill Climb Race/Ride*. The organizers will make a financial contribution to the Club for our help. Emails to follow with more details on this CSCC opportunity.

This is the year for Club elections. Give some thought how you could help the Club's future by serving as one of our officers. Call for candidates will be in the fall and elections in November.

Buena Vista Bike Fest (BVBF)

Aaron Rosenthal

The 15th Annual Buena Vista Bike Fest took place on 1 June. By all accounts, especially feedback from the riders, it was a rousing success. First off, we had really good weather, despite the strong headwinds that challenged riders as they headed north from BV to Leadville. Unofficial registration numbers totaled 774, a significant increase from the Festival participation in 2012. This increase affirmed the BVBF committee's decision last year to move the date from the traditional 3rd Saturday in May to the first Sunday in June. While the temperature in Leadville remained cool in the mid 50's for a high, Buena Vista topped out around 71 degrees.



[BVBF - A Success in 2013](#)

Kids on Bikes (KoB)

Charlie Czar

The 2013 Kids on Bikes (KoB) Bristol Elementary School annual bike award program was held on Monday, May 13. Nikki McComsey (KoB Executive Director) accepted the CSCC donation from President Charlie Czar. The KoB program distributed over 120 bikes to kids at Bristol (8 students were at the ceremony), Stratmore Hills



School, Atlas Prep School, Deerfield Community Center, and Meadows Park Community Center. CSCC members (Charlie Czar, Sharon Boyd, Aaron Rosenthal, Janet Oliver, Lenny Mazel, and Mindy Carter) were in attendance and provided support for the KoB student ride in Monument Valey Park. Did I mention popsicles!?

Kids on Bikes (KoB) Thank You

Charlie Czar

KOB thank you for our CSCC \$2,000 donation and also participating on the KoB bike ride with the Bristol Elementary School students, parents



Cycling can improve health, decrease motorized single occupant vehicle traffic congestion, improve air quality, enhance productivity in children at school and adults at work, reduce our carbon footprint, and in several ways, make communities more livable. Effective bike advocates create spaces into which politicians may place themselves to look good and facilitate positive change. Having politicians be seen enjoying the cycling experience is a powerful tool.

[Advocacy via Pedaling](#)

Women Self-Contained Bike Touring



Aaron Rosenthal

Women are you interested in self-contained bike touring?

Check out this site:

www.twowheeltravelers.wordpress.com

The woman who started this website is from Santa Fe, and she clearly wants to promote bike touring among women. She is very experienced and desires to help those new to self-contained touring.

Starlight Spectacular



Sharon Boyd

This year's Spectacular begins at 10:30pm at Garden of the Gods on Saturday, June 15th. The CSCC will run our usual rest stop location at Bancroft Park on W Colorado Blvd. If you aren't staffing the rest stop, then you are certainly encouraged to sign up and ride the course. Through the years the bike club has run a "themed" rest stop and made financial contributions. This year Trails and Open Space Coalition

and teachers.

Colorado ♦ Number 2 in the Nation!

Dale Campbell

Just in case you had not heard this, I wanted to make sure you know the facts. Colorado is now ranked 2nd in the annual Bicycle Friendly State rankings by the League of American Bicyclists. Yep – Number 2! In 2012, Colorado was ranked 4th, and when the list started in 2008, Colorado was 22nd on the list. The League issued this information on May 1.

[Colorado's Cycling Report Card](#)

Considering a Bicycle Tour

Bob Smith

When contemplating a bicycle tour, there are several options to consider. Professionally operated bicycle tours are offered by numerous bicycle touring companies. These tours are the most expensive and most luxurious way to go. Professional tours have support vans, rental



bikes and guides that cater to all your needs and have upscale lodging, all breakfasts, most lunches and dinners are included. There is generally a riding guide and always van support that will pick you up when you've had enough. You can find professional tours in most of the desirable places to travel throughout the world. Anne and I began our bicycling adventures in 1985 with Vermont Country Cyclers which is now part of Vermont Bicycle Tours. Over the years we have done tours with Backroads, Experience Plus, Pedal Tours, Easy Rider Bike Tours and many others.

[More about Planning a Bicycle Tour](#)

BVBF - The 5th Option Ride

Richard Oliver

As most CSCC members are aware, BVBF advertises 4 ride length options: 35, 50, 62, and 100 miles. All four choices start and end at McPhelemy Park in Buena Vista, and are basically out and back rides. We chose to pursue a **40 mile 5th option!**



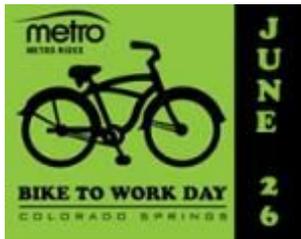
Pam and I, being definitely more "senior social" riders than fitness types, and also preferring loop routes instead of out and backs, opted for the most scenic parts of the entire 100 mile ride: the double loops of biking Turquoise Lake and the Mineral Belt Bikeway. While unadvertised, this "northern option" is becoming increasingly popular.

This entailed "kissing off" the first and final 30 mile routes, and just driving our Subaru to BVBF rest stop # 2 at Malta on the southern outskirts of Leadville.

[More about The 5th Ride Option](#)

showed their continued appreciation by raising our sponsorship status from "Gold" to "Platinum" level.

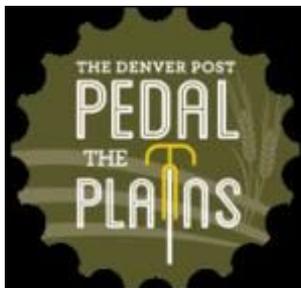
Bike to Work Day



Sharon Boyd

The 2013 Colorado Springs Bike to Work Day will be 26 June. CSCC bike club members have participated for years. The breakfasts are free to people who register early. Check the link below for details and registration. This year CSCC is a registered organization within the Corporate Challenge. Be sure to list us when you sign up at [Metro Rides Bike to Work Day](#).

Pedal the Plains: Equinox in Eads



Alan Severn

We all know about Ride the Rockies. **Now** the same folks at the *Denver Post* bring us [Pedal the Plains](#), in a different side of our state. This year it's in southeastern Colorado: Eads - Lamar --La Junta; it's a way to showcase corn, cattle and history. It consciously mimics RAGBRAI: everyone turns out.

[Details for Pedal the Plains](#)

EXTREME Mountain Biking - Check This Out!

Lee Murphy

For anyone who has ever been to

Touring the Southwest: What Do Grand Junction, Telluride and Cortez Have in Common?

Dale Campbell

Living on the eastern side of the Front Range, folks in the Interstate 25 corridor may tend to forget that there's still a whole lot more state to the west of us - farther west than Summit County and Buena Vista. If you're interested in seeing more of our state, especially by bike, here's a new opportunity.



It is called 109 West. Scheduled for 20-27 July, this tour has been designed to go through beautiful southwestern Colorado, with breathtaking views as the ride progresses through the Western Slope and southwest Colorado.

[Details for 109 West](#)

Planning a Santa Fe Trail Ride?

Dale Campbell

At one time or another, all of us have enjoyed riding on the local portions of the Front Range Trail, especially the section labeled as the Santa Fe Trail. Riding north from Woodman Road into the Air Force Academy enables one to slow down, not have to worry about road traffic, and enjoy the surroundings that are only a short distance away from our homes. These rides on the Santa Fe Trail are generally out and back type rides that can cover anywhere from just a few miles to easily 20 or more. With the layout of the trail, it's possible to bike up to Monument from the Springs.



[Shuttle for the Santa Fe Trail?](#)

NYC Launches Nike Share Program

Dale Campbell

On Memorial Day, after much anticipation, New York City launched a bike share program. Supported by 6,000 bikes located at more than 300 bike stations, the program enables program members to use bicycles available at the various locations, after paying an annual membership fee of \$95 per year. Designed with point to point trips in mind, members can use the bicycles for up to 45 minutes at any given time without being charged additional fees. Use of bicycles longer than 45 minutes incurs overtime charges, which can rapidly build. For example, checking out a bike for 4 hours will result in a \$54 overtime charge, while keeping one of the bikes out of the station checking points can bring a \$1,200 charge. The system is sponsored by Citigroup.



[NYC Bike Share Details](#)

Friends and Cycling: A Win-Win Situation

Sharon Boyd & Dale Campbell



Moab and pedaled any of the trails, you will appreciate this video of the Red Bull Rampage finals! View and be amazed! www.youtube.com/embed/AbF6ZZqVMYk?feature=player_detailpage

Sinko de Mayo



Rich Hostak

Janine found this sink on the side of the Midland Trail during the CSCC Sunday Social Ride on May 5!

If you're like most of us that have one or more email accounts, you receive a variety of emails on a daily basis-- ones that I'll call generic emails. You know the kind--the catalog daily emails, generic emails with non-descript updates, requests to send donations to one organization or another. So many in some cases that it's just easier to hit the delete key for these types of emails rather than try to read through all the text they contain.

But, every once in a while there's one that is worth the time to see what the email is trying to "sell." Just recently we received one that focused on the idea that friends can make us stronger. The email touted the benefits for athletes of working with friends while focused on their sports, as an extension of the thought presented in the original article "5 Ways Our Friends Make Us Better and Stronger" by Bella DePaulo, Ph.D. [Friends Make Us Stronger \(cont\)](#)





From the CSCC Bent Fork Editors

Sharon Boyd / Dale Campbell

Keep these items and more in mind as you cover the miles on two wheels. Take time to think ahead, even thinking through how to stay safe as various road and traffic conditions develop. You'll probably find that after a while, being conscious of safety while cycling will become an indispensable part of your riding habits. After all, we're out there to enjoy the physical, mental and even spiritual benefits of cycling. Let's stay safe to be able to continue enjoying those benefits.

Note that this edition of the Bent Fork is filled with a variety of articles, from Bike Sharing programs to local and state level cycling news to updates about Club specific activities and information. We hope you enjoy reading these as much as we enjoyed pulling this all together. Sharon & Dale thank each CSCC member for their newsletter contributions for the June/July 2013 Bent Fork Chronicles newsletter.

While reading or writing about cycling is enjoyable, it's not the real thing! So, get out there and ride! Stay safe!

By the way, come join us at the Ride the Rockies Expo on Saturday, 15 June at Cheyenne Mountain Resort. CSCC will have a booth at the Expo from 10:00am to 3:00pm. If you're interested in helping folks learn about our Cycling Club, please come join us!

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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.

Thanks! Sara Hill, CSCC Membership Coordinator

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National Bicycle Challenge

Charlie Czar

In 2012, 30,000 participants rode 12 million miles. Colorado finished 10th in the State competition. CSCC had 4 teams and 3 teams were in the top 11 of the 170 Colorado teams.

Click on 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 (the site 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 25 th anniversary jersey is our team logo). I am the team administrator and will accept CSCC members onto the team.

As Charlie Czar commented in a recent email blast, "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."

www.endomondo.com/campaign/national/rules links to the short set of Challenge rules. Earn 20 points every day you ride your bike and earn a point for every mile you ride. You don't have to ride far to earn points for the team; just ride often. If you get out 3, 4, or 5 times a week you'll be healthier.

Sign up now, log your rides on the Endomondo site. The more you ride and join CSCC on the summer bike rides and events, the more CSCC's team will benefit in the National Bike Challenge!.

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Social Events & Activities

Bill Gast

CSCC Monthly Meeting Tuesday, 4 June

CSCC Annual Picnic Sunday, 14 July Antlers Park Pavilion Noon to 4:00pm. Social Rides will occur in the morning before the Picnic.

CSCC Sunday Social Ride 1:00pm at Acacia Park-Downtown; Dale & Sharon June Ride Leaders

CSCC **needs** volunteers for the CSCC Information Booth at Ride the Rockies Expo on 15 June Cheyenne Mountain Resort. Contact Sharon Boyd (sharon_boyd_co@msn.com) or Dale Campbell.

CSCC **needs** volunteers for the CSCC Starlight Spectacular Bancroft Park rest stop on 15 June

Stonewall Century, La Veta, Colorado on Saturday, 10 August

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Bike Advocacy-The Politics of Peddling Pedaling!

Al Brody, Advocacy Committee Chairman

Mayor Lionel Rivera, Colorado Springs first Hispanic Mayor, agreed to establish and then went on to enthusiastically lead the Colorado Springs Mayor's Ride from 2003 through 2010. In 2011, Mayor Steve Bach, Colorado Springs first Strong Mayor refused to ride a bike and abruptly ended the tradition of having a Mayor's ride. So what's a bike advocate to do? Take advantage of a multi-faceted rift between the new strong mayor and a dumbfounded city council trying to define its new limits. With a bit of encouragement, most of the nine city council members immediately saddled up and the "Colorado Springs City Council Cruise" was born.

On Wednesday, 26 June at 6:30 am, at least seven of the nine City Council members will ride from City Hall to the Pioneers Museum for the 2013 Bike to Work Breakfast sponsored by the City of Colorado Springs (FREE but you must register - [Bike to Work](#)). It's not a very long distance to ride, but it is a start for a City Council with six new members. An easy way to encourage more and better cycling in our community is to ride with your elected officials. Be seen with them, capture it in photos, talk to them and tell them what cycling means to you.

With cycling as a tool and politicians as the workhorses, we can make significant improvements for cycling in the Colorado Springs community. All of us can better peddle pedaling.

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Pedal the Plains: ♦Equinox in Eads♦

Alan Severn

It's a three-day (really, 2 ½ day) event. The format makes it easy for riders to come from the Front Range while taking only one day away from work: the first day this year is 36 flat miles (118 feet of climb), with a rolling start. The total distance of the basic route is 172 miles, with 2159 feet of climb. There is also a century option.

The overnight towns of Lamar and Las Animas are sure to have community dinners, a beer tent and a band. Along the way are displays about electric coops, combines and feedlots to introduce city folk to a new scene.

Some of the participants learned a lot. And, last year there was a team from CSU extension. They explained that cows are kept in separate pens, labeled PREGS and SAG (sexually active group). These cyclists were dumbfounded to see a group of grey-haired cyclists emerging from a van marked SAG!

Overnight camping is provided in school gyms, community dinners, rest stops and town museums make for a leisurely ride for those who haven't opted for the longer Gran Fondo. Last year – the first for this event – saw nearly a thousand riders registered. There were a large number of riders over 70; Sharon Hamilton was the only CSCC member I saw on the ride.

The \$215 fee, which includes a jersey, is due by August 30. Website www.pedaltheplains.com .

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Buena Vista Bike Fest (BVBF)

Aaron Rosenthal

The masses who attended the post ride party following a successful ride thoroughly enjoyed the food, beer, music, and gifts. For the first time we had two beer sponsors, Bristol Brewing and the Eddyline Brewery. This wonderful collaborative effort gave riders more drink options than BVBF has ever had, and proved a big hit among all who chose to sample the brews that were available. We also had a total of 6 golden raffle prizes that made up our grand prizes. This included gift certificates from Carmichael Training Systems, Pikes Peak Attractions, Cheyenne Mountain Resort, and two cruiser bikes from Ted's Bicycles. Our band this year, Tribe, kept the music going and the feedback from listeners was nothing but positive.

We won't know the financial benefits until later this summer, but suffice to say that proceeds from this year's event will keep the Colorado Springs Cycling Club financially strong while also allowing CSCC and the BVBF committee to make significant contributions to nonprofit organizations in El Paso, Chaffee, and Lake Counties.

As always, BVBF is a success because of all the incredible volunteer efforts from so many of our members. Thanks to all of you who commit to supporting BVBF in so many different ways. We always hear great stories from the riders about how wonderful the rest stops are, how SAG vehicles were there to help within minutes of any mechanical breakdown, and how fun the themes are at the rest stops.

Finally, a shout out to Bob Smith, who rode BVBF for the first time as a participant after 14 years of working the event.

If you volunteered or rode, please give any BVBF committee member feedback, both positive and constructive, so we can support the ongoing improvement of this event.

The BVBF Committee
Anne, Bob, Allen, Cece, Rich, Torie, Stacey, Brian, and Aaron

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Colorado ♦ Number 2 in the Nation!

Dale Campbell

The Bicycle Friendly States program ranks states on their progress toward promoting bike riding for transportation and recreation.

"An important part of making Colorado the healthiest state is encouraging people to be more active in their everyday routines," Gov. John Hickenlooper told the League of American Bicyclists. "We're proud that our bicycle-friendly policies have skyrocketed Colorado's rank up 20 places in just five years, and we are committed to being No. 1 in the near future."

As the article on the Bicycle Colorado website noted, "States that make the roads comfortable and accessible for people who ride bicycles not only improve safety for everyone who uses the road, but also increase options for residents to commute to work or school, run errands and just have fun. More people riding bicycles improves health, decreases traffic congestion and carbon emissions and saves money for individuals and communities."

(<http://bicyclecolo.org/about/colorado-2-on-2013-bicycle-friendly-ranking-list-pg1339.htm>)

The League noted Colorado high in eight of the Top 10 Signs of Success and gave the State high marks for Legislation and Enforcement, Policies and Programs, and Education and Encouragement. Further details about the review and suggestions for the future can be found in the [Colorado Report Card](#).

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Considering a Bicycle Tour

Bob Smith

If you'd like to save some money and you're not adverse to camping consider one of the state-wide camping tours such as RAGBRAI, *Ride the Rockies and Colorado Bicycle Tour*. Nearly every state has a cross state tour of some kind. These tours are more no frills and they generally include some meals, aid stations, sag support, luggage transport, camping area and in some cases gymnasium indoor camping for an extra fee. These tours are general one week and range in size from several hundred to thousands of riders. You are expected to ride the complete route every day. It is important to train for these types of tours.

If you are considering something self-contained in the US, and not sure where to begin join the *Adventure Cycling Association*. The *Adventure Cycling Association* was founded in 1975 as *Bike Centennial*. In 1975 they created the countries first Trans America bicycle route. In 1975 and 76 they operated several tours on Bike Centennial Route 76. Today Adventure Cycling is creating a national network of bicycle routes of the US. Their route maps are excellent and continuously being updated and growing in numbers. Additionally, they offer a complete tour catalog of various tours throughout the country. These tours are excellent and offer varying levels of support. We did our first Southern Arizona with Adventure Cycling in 2008. Their tours are much smaller in size than state-wide tours. Visit their web site at www.adventurecycling.org to learn more.

In the past CSCC has offered multi-day tours for members. The most recent one was several years ago in the Black Hills of South Dakota led by Liz Ford. Cycling clubs such as ours typically concentrate on single day rides of varying distance and difficulty. There are a few cycling clubs that focus entirely on touring. Possibly the largest one in the country is the *Bicycle Adventure Club* bicycleadventureclub.org which offers tours throughout North America and Overseas. There is a smaller touring club based in Colorado called *Colorado Heart Cycle* and their web site is www.heartcycle.org.

Anne and I have been members of the *Bicycle Adventure Club* (BAC) since 2002 and have participated in about a dozen tours. We have done tours in Appalachia, Northern Ireland, Southwest England, Czech Republic, Austria, Slovakia, Hungary, Northern Spain, Utah National Parks, Olympic Peninsula, Tucson and Southeastern Arizona. This fall we will be touring Cape Cod and the Islands and next spring Mallorca Spain. BAC trips are similar to commercial tours at less than half the per day rate of commercial tours. BAC trips have similar amenities to commercial tours including mostly three star lodging, meals, afternoon social hours, luggage van, route maps and cues and at least one trip leader. BAC overseas trips are generally 14 days not 7-8 day trips offered by most commercial operators. The luggage van on BAC trips is not a sag vehicle. It is typically a cargo van to move luggage from point to point and can also be used for support in case of emergency. The BAC has one halftime office administrator who is paid from the \$50 per rider participant fee per tour. The club is non-profit and has nearly 2000 members. If there are funds remaining at the conclusion of the trip, the funds are refunded to the trip participants. It is more typical than not to receive some refund on BAC trips.

Anne and I have led three BAC trips in England, Spain and Southeastern Arizona. The European trips were coordinated trips where we hired *Iron Donkey Bicycle Tours* of Northern Ireland to operate the tours. The BAC permits overseas coordinated trips. When working with a commercial tour operator overseas the trip coordinator negotiates fewer services than normally offered and a guaranteed minimum group size. The trips are generally custom designed for the BAC and are 12-14 days in length. This results in a significant discount from their standard catalog pricing. About a third of overseas trips are commercially assisted, all other overseas trips and all North American trips are designed and directed by members.

In March of this year Anne and I directed our first BAC trip in Southeastern Arizona. The trip was nine days with eight (6 required and 2 optional) riding days. We averaged 50 miles per day with 2500 feet of climbing on the six required days. As part of planning this trip we scouted the entire

300 mile base loop by riding it self-contained in April of 2012. We have created a web page describing the entire trip www.wetandem.com/SEAZ13/SEAZ13.htm. We had a total of 26 participants on the trip. We will be leading that trip again next year in Mid-March. Next year we will be accepting 22 participants which include ourselves and the van driver. The trip was just posted to the BAC web site on May 1, 2013 and filling quickly. Last March we had six couples from Colorado join the trip. Next year's trip will be one day longer. In addition to this trip the BAC is offering a fixed Tucson ride which starts the week before our trip called *Tucson Sunshine and Saguaros*. Our trip is called *Southeastern AZ Beyond Saguaros*. If you are interested in two and half weeks of cycling and warm sunshine, you can combine the two trips. Here is the link for all BAC trips in 2014 www.bicyleadventureclub.org/html/rides/?year=2014.

Bicycle touring clubs such as the BAC are excellent alternatives to commercial tours and excellent value. Most BAC members have become converts from commercial tours to the touring club concept.

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BVBF - The 5th Option Ride

Richard Oliver

This entailed "kissing off" the first and final 30 mile routes, and just driving our Subaru to BVBF rest stop # 2 at Malta on the southern outskirts of Leadville. We parked our car there and thence proceeded on the northern part of the delineated route, first to the Turquoise Lake loop. We took full advantage of the sumptuous rest stop # 3 lunch at Ice Palace Park in Leadville, before cruising out on the enchanting Mineral Belt Bikeway loop, then past the fish hatchery, which led us back to our car at rest stop # 2 (called rest stop # 4 on the return).

We kinda hate to "out" ourselves, as many of the club riders who saw us at rest stop # 3, likely assumed we were riding the whole 100 mile enchilada! However, as addicted "scenic-social" riders, we delighted in this alternate 40 mile ride that was incredibly beautiful with innumerable Kodak moments.

There were also, for us, three other huge advantages of this "5th option." First, we got to sleep in two extra hours. Second, the temps had climbed at least 10-15 degrees warmer by the time we started. And third, we got back to the beer tent sooner!

We acknowledge that the club's more gnarly fitness riders will diss us for just picking the "low hanging fruit" best part of BVBF -- however, as confident scenic-social riders, we proudly plead guilty. But then we wouldn't call peaking the route at 10,719 feet as exactly "low" hanging fruit!

Our hearty congrats to Aaron Rosenthal and the nine member planning committee for their stellar efforts in this BVBF "rebound" year. And special thanks to the numerous cheerful volunteers, who are the face of BVBF, plus the many gracious ride sponsors.

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Touring the Southwest: What Do Grand Junction, Telluride and Cortez Have in Common?

Dale Campbell

Beginning in Grand Junction (the big city of the Western Slope), the ride progresses to Cedaredge, where valleys meet small town hospitality. Ouray is the next stop on the tour, with hot springs and views that some say come second only to Switzerland. Continuing further south, the Durango days are anticipated to be full of enjoyment as the tour enables riders to take a day off and experience to free spirited atmosphere of this funky college town. Cortez, next on the ride route, will bring the tour to a place for meditation and history as riders experience the home of the Anasazi Indians up close and personal. Telluride's Mountain Village, next on the ride route, is one of the most luxurious places in all of Colorado with its peaceful space and awesome views...the riders will feel like they're on top of the world. Finally, the sanctuary of Gateway will feel like a vacation on top of a vacation with its beautiful accommodations and serene landscapes. Hotel accommodations are provided all along the way.

For anyone familiar with that part of Colorado, you can imagine what kind of scenery will be encountered along the way. Think of cool mountain air descend some of the most beautiful mountain passes found anywhere, winding roads that meander up through huge stands of Aspens and Blue Spruce, high mountain peaks and lush green valleys below, and clear mountain streams that accent pedaling through this portion of Colorado. If you're interested, there are multiple options for participating in the ride:

- OPTION 1 - Full week - \$450.00
- OPTION 2 - Day 1 only, Grand Junction to Cedaredge, Sunday July 21st. Includes SAG and aid station support, catered dinner in Cedaredge and transportation back to Grand Junction - \$149.99
- OPTION 3 - Day 3 only, Ouray to Durango, Tuesday July 23rd. Includes SAG and aid station support, welcome reception in Durango and transportation back to Ouray - \$149.99
- OPTION 4 - Day 7 only, Telluride to Gateway, Saturday July 27th. Includes SAG and aid station support, BBQ dinner at Gateway Resort and transportation back to Telluride - \$169.99

Check out the website at www.109west.com for more details. If you have specific questions, Molly Peck, the Social Media Manager for the ride, can help. Molly can be contacted at (970) 626-9913 or molly@cyclewithalpine.com

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Planning a Santa Fe Trail Ride?

Dale Campbell

I know in the past, when we've had visitors in town who are also cyclists, we take a ride or two on the Trail while they are in town. It's easy to share the scenery with visitors and forget that some of our out-of-town visitors are flat-landers and are not acclimated to the elevation here in Colorado. That can make for a challenge getting back to the point of departure on the trail. Here's one solution that may help folks enjoy more rides on the trail.

Recently a Colorado Springs resident started a service providing one-way riders a shuttle service back to their vehicles. Operating as a volunteer service, the Santa Fe Shuttle Guy (SSG) has suggested donations of \$5.00 for adults and \$3.00 for children under 12. As you can see in the accompanying photo, the SSG has a van and trailer to support his service. Operating on Saturdays and Sundays from 8am to 5pm, SSG can pick you up at Monument Valley Park, Woodman Road, Northgate Road, Baptist Road or Monument. He requests that you call before you leave the trailhead where you start to make sure SSG is operating that day.

If you're interested, call the SantaFe Shuttle Guy at 310-0529.

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NYC Launches Nike Share Program

Dale Campbell

Bikes are currently available in Manhattan and Brooklyn. Plans include expansion into Queens, further into Brooklyn and also to the Upper East and West Sides. Chicago and San Francisco plan to follow in the near future with their own programs. The initial rollout in New York makes this the largest bike sharing program in the US, surpassing the existing system in the Nation's Capital City.

The initial rollout in NYC has not been without its issues, however. On the day of the rollout, approximately 100 members had still not received their keys to enable removing the bicycles from the station stands. On the day prior to the rollout, one bike was stolen while workers were frantically filling the stations with bicycles in preparation for the 27 May opening. Fortunately, the \$825 bike was recovered within a day's time.

Please note that the system is for members only. One New York Times reporter tracking the opening noted a US visitor from Sydney Australia – Chris Pennington- and his son approached one of the bike stations. As the Times reporter notes, "Mr. Pennington inserted his credit card, but the bikes would not budge. After a few moments, Mr. Pennington was told that only annual members could ride." If you want to find out more about the system, visit www.citibikenyc.com/

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Friends and Cycling: A Win-Win Situation

Sharon Boyd & Dale Campbell

Taking a look at the details, we thought that even in a social or training environment, cyclists might also appreciate some of the comments. Here are three of the main points of the commentary:

1. "People who are anxious in social situations are less likely to fumble in those situations when a friend is nearby than when they are alone. One way this works is that fewer negative thoughts about yourself run through your head when a friend is at your side."
2. "Challenges seem less challenging when you are with, or just think about, a friend. In the research, participants stood in front of a hill either alone or with a friend, and then estimated the steepness of the hill. Those standing with a friend thought the hill was less steep. In another study, just thinking about a friend made a hill seem less steep when compared to thinking about a neutral person or a disliked person." [Editors note: How many times has a hill seemed formidable, only to be easily conquered when riding with a friend?]
3. "Friends make foes [challenging situations] seem smaller and less formidable."

If you'd like to read more, the original article can be found on the PsychCentral website at blogs.psychcentral.com/single-at-heart/2013/05/5-ways-our-friends-make-us-better-and-stronger/

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