



From the CSCC Bent Fork Editors



Dale Campbell & Sharon Boyd
Here it is August already. Where has the summer gone? Hopefully, you've been able to spend some of the passing months getting out and doing some pedaling. We have (Sharon more than Dale that work thing still gets in the way for Dale). Leading the June Sunday Social Ride helped us add miles at the beginning of the summer. The ongoing Monday Night Dinner Rides also enabled us to enjoy dining with cycling friends, as well as being able to pedal on some of Colorado Springs highways and byways (aka trails). As you can see by the photo for this edition's Editors Column, we enjoyed a recent vacation with water-related activities---white-water rafting the Colorado River through the Grand Canyon--the waterfall helped keep us cool and refreshed. With all the activities that are available these days, what else could we ask for?

[read more...](#)

CSCC Annual Picnic

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President's Message

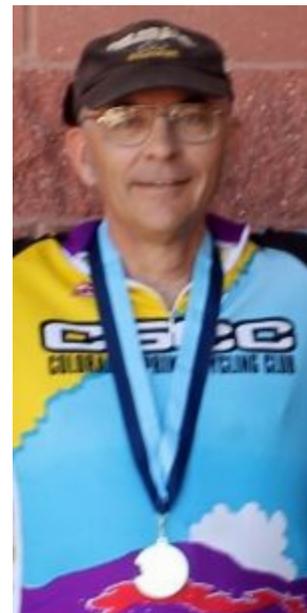
Charlie Czar

It is August already! The year has been a blur of both personal and Bike Club activities. Both of them slow down for me in August, but we still have lots of Bike Club things to do.

My picture shows the Award Presentation for the 40K RR; my first state Gold Medal.

Im off to Cleveland and racing my bike in the National Senior Games. We get back on Aug 4th, and then the Club meeting follows on Tuesday, Aug 6th at the Velodrome. Aug 10th is the re-scheduled Pre-inaugural Tour of Colorado Springs (a century).

We have our usual CSCC rides all month. And I may add a few more Need For Speed Friday rides at the AF Academy. The Balloon Festival rides come right at the end of August. And then there is the National Bike Challenge. We are riding and having fun and at the same time are the Number 1 team in Colorado and in the top 10 teams in





Sharon Boyd, CSCC Newsletter Editor

The CSCC Annual Picnic was held on Sunday, July 14 at the Antler's Park Pavilion

Four bike rides departed at 9:00 am from the park: a social rides, fitness ride and a mountain bike ride. We extend a special "thank you" to our ride leaders. The picnic lunch started at 12:30pm for 85 attendees. CSCC provided meat dishes from Front Range BBQ. Club members brought delicious "pot-luck" dishes.

CSCC Annual Picnic Pix



Sharon Boyd, CSCC Newsletter Editor

FUN & FOOD & FELLOWSHIP!

CSCC Annual Picnic photos courtesy of Dave Horne

Staunton ♦ Colorado ♦ Newest State Park!



Lorena Wilder

Mike and I purchase the Colorado State Parks annual pass and love riding the mountain bike trails at

the country!! Keep riding and be safe.

Charlie - Rocky Mountain Senior Games

Charlie Czar

Friends took pictures at the Rocky Mountain Senior Games in June to record my cycling success. This picture shows my final strokes on the 40K Road Race and the picture in the article above shows my Award Presentation for the 40K RR. This is my first state Gold Medal. I've received a lot of silver and bronze medals in the 8 years that I've raced; I often get caught in the last K sprint. In this race I had a 5 minute lead because I was able to draft with the younger two age groups in the first 20K, while the rest of my group fell out the back of the pack. This year I took **1st in the 40K RR, 2nd in the 20K RR, and two 4th places in the 10K & 5K Time Trials**. I am racing in the Nationals in the 20K and 40K RRs.



Lee Murphy Submits Painting Entry-Roll Bike Art 2013 Competition

Lee Murphy

The national competition which includes a local juried show is sponsored by the Smokebrush organization. Show entries must be bike related and include art, statues, sculptures and jewelry, etc.. Lee submitted a watercolor entry entitled "And The Rider Said To The Cow....", which depicts a CSCC rider on a lonely country road having a moment with a solitary cow. I think most of us have been in this situation at one time or another and have had a similar one-sided conversation with a bovine.



[read more...](#)

Sharon Hamilton

Sharon Boyd, CSCC Newsletter Editor

Sad news for Colorado Springs Cycling Club. Sharon Hamilton died on June 24, 2013 while riding her bicycle in the Bicycle Tour of Colorado. A memorial service was held on Sunday, June 30. Sharon has been a friend of CSCC and an annual volunteer at the Buena Vista Bike Fest. For years she has stored



Cheyenne Mountain State Park. When we heard about Staunton State Park, which opened this past May, we were anxious to try it out. Since the park is located between Bailey and Conifer, we figured it would make a perfect day trip from our vacation place in South Park.

Staunton State Park was started in 1986 with Frances Hornbrook Staunton's donation of most of her familys 1,720 acre homestead; which has now grown to 3,282 acres. With over fifteen miles of multi-use (non-motorized) trails, and an elevation range from 8,040 to 10,120 feet, we figured we were in for a lot of climbing and we sure were right!

[read more...](#)

Fall Colors Mountain Bike Ride (Buena Vista area) 21 SEP



Lorena Wilder

Fall Colors Mountain Bike Ride Castle Rock Gulch Loop on Saturday, September. 21 (posted on CSCC Event calendar)

Hopefully well see fall colors on this 14.8-mile easy-to-moderate lollipop loop ride in the mountains near Buena Vista. Mike and Lorena Wilder are planning this mountain/cross bike ride, which starts just west of Trout Creek Pass. The route follows graded and well-maintained, but lightly traveled, public dirt and gravel roads (2-WD and low-clearance 4-WD). Ride through rolling hills containing a mix of sweeping mountain views and valleys and shady aspen groves. Bring your cameras! Pot-luck BBQ lunch is planned afterward at the Wilders vacation place (Campground of the Rockies, on U.S. 285 about fifteen miles from TH). Meet at the trail head by 9:30 am or our place by 8:30 a.m. USFS and BLM camping areas located nearby if you wish to

much of our BVBF supplies at her home in Buena Vista.

Sharon served as an orthopedic nurse in the U.S. Army for 20 years, then lent her services in Africa before joining the nursing staff at the Buena Vista Correctional Complex. Sharon's sister described her as an independent animal lover who enjoyed quilting and cycling. Sharon was the oldest of seven children. BVCC warden John Davis called Sharon a "dedicated" employee with a "great humanitarian heart." That sentiment was echoed by many BVCC health services administrators during her 15-plus years at the facility. She was very dedicated to her profession and showed compassion for both BVCC employees and inmates. Sharon was 6 months from retirement.

Photo of Sharon greeting bicycle riders at the BVBF registration tent.

Membership Updates

Sara Hill

Welcome New Members: Karen Colp & Family, Alice Gohlke & Family, John & Beth Ingham, Pat McDonough & Family, James Needham & Family, Aileen Tracy & Family, Eric Brader, David Byers, Dottie DiGirolamo, and William McClain



Renewing members Thank you!: Molly & Michael Ansfield, Al & Tamara Brody, Ed & Suze Browne, Mike Burgie & Family, Jannie Cox & Family, Michael & Jeanne Galvin, Harry & Rhoda Harris, Ronald & Carolyn Henrikson, Stan & Karen Hill, Rich & Sherrie Hostak, Dennis Mitchell & Family, Mark Pitel & Family, Baruch & Julie Rhea, Ron Robinson & Family, Carol Runnells & Family, Peggy & John Seidel, Alan & Pat Severn, Connie Slater & Family, Duane Babcock, Deb Berwick, Jim Bronstine, Karen Brown, Alfred Chioffe, Graeme Cloutte, Chuck Donacy, Mike Fitzgibbons, Skip Fleming, Merf Freeman, Xaver Gonzalez, Stacey Harris, Robert Kerr, Brian Love, Mark Mann, Michael Mannebach, Cameron Mueller, David Parris, Don Sarton, Joe Schultes, Rebekah Scrivener, Gail Sexton, Maurie Shannon, Larry Svoboda, Scott Swandal, Scoti Townsend, Dianne Walter, and Jean Zeh

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.

stay overnight. For more details (including directions and cue sheet), see the Rides calendar and contact Mike or Lorena Wilder at mikeandlorena@elpasotel.net or home phone (719) 683-8879.

[read more...](#)

CSCC Upcoming Events



Sharon Boyd, CSCC Newsletter Editor

The CSCC August monthly meeting will be held on Tuesday, 2 August at the Velodrome

CSCC Sunday Social Ride in August will be lead by Dave VanDerWege; the ride begins at 1:00pm at Acacia Park

2nd Annual CSCC President's Pre-Inaugural Tour of Colorado Springs on 10 August

Stonewall Century, La Veta, Colorado on 10 August

Electric Bicycles Revisited



Dale Campbell, CSCC Newsletter Editor

Some of our readers may remember a few of the previous articles that I've written on the topic of electric bicycles (see August 2011 for example). At the time, it appeared that to have a reasonable equipped eBike would set you back about \$3,000 to \$5,000. Fortunately, over the last two years, the competition is heating up and prices are starting to come down. And, availability is becoming more widespread.

[read more...](#)

2013 Starlight Spectacular

Trails and Open Space Coalition
We are so grateful for the support of our community and the spirit of fun that made the 2013 Heuberger Subaru Starlight Spectacular such a success. We broke attendance records with close to 1500 riders this year! See our Facebook page for lots of fun photos from the event.



We heard so many comments about the great tee shirts, so here's your chance to buy extra 2013 Starlight shirts for \$5 each - just stop by our office at 1040 S. 8th St, on weekdays.

Please save the date to join us again next year for our 20th annual (!) Starlight Spectacular on Saturday June 14th, 2014.

CSCC Starlight Spectacular Rest Stop Team



Photo Courtesy of Bill Gast

Many thanks to all of the CSCC members that participated at the Bancroft Park rest stop for the 2013 Starlight Spectacular!

2013 Pikes Peak Cycling Hill Climb Volunteers

Sharon Boyd, CSCC Newsletter Editor

The Pikes Peak Cycling Hill Climb includes a USA Cycling sanctioned bicycle race and an open Fun ride that ascends to the summit of Pikes Peak Americas Mountain. The course is 20km (12.4 miles) the same distance the automobiles use for the world renowned Pikes Peak International Hill Climb. The race and ride is a fully supported cycling event that provides cyclists the chance to tackle one of the most challenging climbs in the world. Riders negotiate over 154 turns and



climb over 4,700 feet on their way to Americas Mountain summit. The race is now part of the Rocky Mountain State Games as well. This event is for any cyclist wanting to test their mettle as well as their lung capacity!

On 21 July, CSCC provided rest stop and other support people to help run the 2013 Pikes Peak Cycling Hill Climb. Many thanks to all of the CSCC club members who volunteered. A special thank you to CSCC organizers Dave VanderWege, John Pamperin, Sara Hill and Larry Wilson for their time and efforts to coordinate and set up six rest stops along the highway for 500 cyclists.



From the CSCC Bent Fork Editors

Dale Campbell & Sharon Boyd

Well, here's our wish list for the rest of the summer:

- * Safe cycling for all
- * Continuing reasonable weather (warm days, cool nights, rain in the afternoon and evening as available – but not on Monday evenings)
- * No more raging wildfires in Colorado (or the west for that matter)
- * Safe rides for everyone while they're cycling
- * More miles logged for the National Bike Challenge
- * A chance to enjoy some mountain biking west of the Front Range before fall arrives
- * Everyone staying safe and healthy, especially when they're cycling
- * And, time enough to enjoy friends and fellow cyclists, regardless of the activities which might occupy our time.

If you've looked ahead at the rest of this edition of the Bent Fork, you can see that I hinted at a few of the items in this edition of the Bent Fork. Time with fellow cyclists is often cut short. We'll miss Sharon and her support for BVBF ("time to enjoy friends"). For that mountain biking fix that you might need, start by reading Mike and Lorena's article ("a chance to enjoy some mountain biking..."). Thank you for all of the pictures and articles from our CSCC members.

And I'm sure you picked up on the safety theme, as it was mentioned a time or two. It's a personal responsibility to ride safe, whether you're in with an organized ride, cycling with a pick up group or just riding solo on that quick trip to the grocery or post office. Think about what you're doing while you're pedaling down the road or trail. Be aware of what is around you as you cover the miles. Be prepared to react if you're challenged by some particular conditions. And, foremost, use good judgment and avoid getting into a situation that might be dangerous or lead to an accident.

Thank you Rich Hostak for leading the Sunday Social Ride in July. And, thank you Dave VanDerWege for leading the Sunday Social Ride in August.

So, enjoy the rest of the summer. Get out there and ride – safely. And tell us about it by submitting an article for the next edition of the Bent Fork!

Bent Fork Chronicles - Volume 6, Issue 4, 1 August 2013





Staunton ♦ Colorado's Newest State Park!

Lorena Wilder

After consulting the trail map and talking with the Park Ranger at the entrance station, we decided to start our trek on the 4.5 mile-long Mason Creek Trail. This trail starts out as a gentle climb through forest and meadow, but by the first mile the grade increases considerably. The second mile-plus is brutal – endless uphill, with a couple of switchbacks. The only saving grace is that it is mostly in the shade. Not too technical, but we did make a few stream crossings and rock-hops. Less than halfway up Mike remarked the trail would make a better downhill – but since this park is built on a mountainside any trail means a lot of uphill climb! By mile three, after over an hour of riding (and resting), with about a 1,260 foot elevation gain, we finally started on some downhill. A short time later we stopped at the intersection with the next trail, Border Line, at the Old Mill and other interesting historic buildings on the property. About a mile later (up and down on switchbacks) we stopped at Staunton Rocks Overlook, a high point of the trail system. Incredible views from this point! We then continued on for about a mile of downhill on switchbacks to a major intersection with four trails. Our original intent had been to explore the rest of the park, but since a big storm was coming in we elected to ride Staunton Ranch Trail back to the parking lot – 3.3 miles of almost constant downhill. Sweet!

Despite a lot of long climbs, we figured that in about two and a half hours and 10.3 miles of riding we had nearly six miles of nearly continuous downhill riding – mostly at the end, which is how a good mountain bike ride should finish up! We didn't bring our camera (too busy riding anyway!) so the picture is from Staunton's park website.

Some facts about Staunton State Park: hiking, biking, and horses are permitted. In addition to the multi-use trails there are about five miles of hiking-only trails. There is a rock climbing area and several ponds/streams for fishing. Facilities are limited: vault toilets, limited parking (about 100 spaces), some scattered picnic tables with grills plus a group picnic pavilion; but no Visitor's Center. Future plans call for camping facilities and hunting (this homestead traditionally allowed hunting). The Ranger told us the most technical trails are Border Line (which we tried) and Marmot Passage (which we didn't try). These have switchbacks and rocky sections. A nice feature is that each trail has a marker indicating the half-way point!

Web link for more information: www.parks.state.co.us/parks/staunton/Pages/Staunton.aspx

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Electric Bicycles Revisited

Dale Campbell, CSCC Newsletter Editor

At a recent visit at the Café Velo (www.cafevelobikes.com/), one particular bike caught my attention. Curious about the bike, I asked the sales rep if it was an electric. She said yes, informing me that they actually carried two of the manufacturer's models. Looking closer at one of the models, I realized that this was a Swiss built eBike, manufactured by Stromer, which is a brand of the BMC Group (think Tour de France cycling team, Cadel Evans, Tejay Van Garderen). Humm, its Swiss manufactured by a company that sponsors a competitive cycling team. That definitely has my attention. After a few more questions and another close look at the two models, I walked out of the bike shop with a brochure to study. Pictures, specifications, accessories – just the stuff to look at and dream about how it would be to ride an eBike. If you're now as curious as I was, here's a link to a comprehensive review of the product that will give you more information than I can include in this article: www.electricbike.com/stromer/

Inquiring about the prices for the bikes, it was interesting to learn that one of these was in the "somewhat" affordable range of less than \$3,000. This is for a bike that weighs around sixty pounds, has 500W of continuous output and can travel at speeds of 20 to 30 mph. A further search on the Internet indicated that a Stromer eBike can be bought on ebay for \$1,700 to \$1,900. Digging even deeper, I found another manufacturer that provides a side by side comparison of their product to the Stromer vehicle. Offered at a lower price for the same or comparable components, EVELO has a strong argument of stating that their eBike is \$855 less costly than the Stromer. Take a look and see what you think: www.evelo.com/compare-stromer-evelo-electric-bicycle/

Competition, supply and demand – all a practical reflection of the stuff we learned in Economics 201. I'm sure the market will continue to grow; eBikes will become more affordable and more readily available in most communities across the US. But, does spending the money on an eBike make practical sense here in Colorado Springs? Perhaps, if you're a regular bike commuter or would like to start commuting and have that "extra" that an electric bike would offer. If you'd like to learn more about the Stromer, go visit Café Velo. I intend to so in the coming month. Perhaps I can have a test ride and see what it's really like. Stay tuned...

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Lee Murphy Submits Painting Entry-Roll Bike Art 2013 Competition

Lee Murphy

Lee has been interested in art for a good portion of his adult life and currently has an entry in Watermedia International 2013 which is on display in the Pioneer's Museum through September 8th. The title of that piece is "Railroad Coal Tender". He also has artwork on display in the Stargazers Theater on Parkside Drive as well as in Academy Art & Frame on N. Academy Blvd which is on the opposite side of the Blvd from Whole Foods. Both of these works will be on display through the end of August.

The Roll Bike entry is tentatively scheduled to be on display at the Business Of Arts Center (BAC) in Manitou Springs during next month with a opening reception/showing Friday evening on August 9th. The BAC is located at 513 Manitou Avenue. There is a Not For Sale card on the painting, but I could be coerced into letting it go.

So for a fun night, stop by the BAC for all things artistic relating to cycling.

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Membership Updates

Sara Hill

(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 & Membership Coordinator

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