



COLORADO SPRINGS
CYCLING CLUB

"Come along for the ride"



The Bent Fork Chronicles

August 2014

Editors Comments

Sharon & Dale



As we progress through the summer, we hope that everyone enjoys reading this current edition of the Bent Fork. We have a number of articles on a variety of subjects which you may find of interest. 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 August Bent Fork Chronicles newsletter.

And, we hope you've been able to get some riding in during the past several months. From the smiles in this article's photo, you can see we've been doing just that!

[Read More about Summer Cycling](#)

National Bike Challenge

Charlie Czar

As "team captain" for the CSCC 2014 National Bike Challenge (NBC) team, I get access to a few data bases that the team members don't. It has the running totals for our team. As of Sunday July 27th we had 12 platinum (over 2,500 points) members, 52 Gold (750 - 2,500), 24 Silver (250 - 750), and 9 Bronze (100 - 250). Diamond is the highest level (over 5,000 points). Last year we had 11 members reach that

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President's Comments

Charlie Czar

There wasn't a **July Club meeting**. Instead, as per Club tradition, we had the annual **Club Picnic on Sunday, 20 July**. At one point, at least 75 club members were enjoying the festivities and food. A few more people showed up toward the end, so we think we had about 90 people all together. **Thanks to Social Chairperson Bill Gast and his host of helpers for both planning the day and reacting to the morning surprise that the usual Park picnic tables were gone.**

The **next Club meeting** is Tuesday, **5 August** at the **Garden of the God's Citizen Service Center** in our usual 1st floor conference room by the west door (Rm 1019 - Event Room A). A representative from Trails and Open Space Coalition (**TOSC**) will attend to update the Club on the Starlight Spectacular. **Chris Lieber** will provide an **update to the City's Park and Trail programs**. Then the **Liebers** agreed to share their 7 year adventure crossing the US on

level. Today we have Trent Hovenga who needs only 600 more points to lead us into that level.

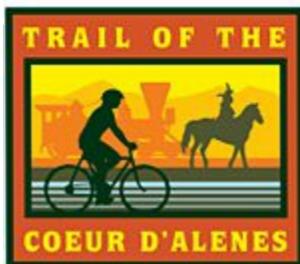
Remember, you earn 20 points every day for riding your bike. Even if you do just 1 mile that becomes 21 points earned. Short rides done more often will contribute hugely to the team! You can join at any time and help our CSCC 2014 team keep our national ranking (or even improve it). See the Club Web page NEWS item for registration details. Rides done during that month count toward the Club's total if they are entered into the NBC site by the end of the month. At the end of June we had 4 members that rode every day, we have at least 2 that continued through July 27th.

As of July 27th CSCC 2014 is the 12th best team in the nation for July (38,875 total). There are 1,220 teams. We have 104 members on our team; all but 1 has logged at least 1 ride. For the entire Challenge, we are 12th (with 131,599 points). Keep up the good work (or fun, if you prefer!)

Ride Safe, Have Fun, and Post Often.

A Sampling of Cycling in the Northwest US of A

Debbie Belock



Mike and I were fortunate to spend time last summer riding our bikes in the Pacific Northwest. There are so many beautiful places to ride. We enjoyed our time on the Trail de Coeur d' Alenes. The paved trail runs across the Idaho panhandle from Wallace near Montana to Plummer, Idaho over an old

bike with us. **Snacks** begin **about 6pm** and the **meeting at 6:30**.

[More News from the President's Desk](#)

Completing the Journey – An Epic Trip across the United States

Vicki Lieber

Our journey across the United States occurred over seven summers, spanning 103 days. Included within these 103 days are seven rest days. The most days we rode in a row without a day off was 15. Covering a total of 4,422 miles, we averaged 46 miles per day during the seven summers. The furthest we pedaled in a day was 89, aided by a strong tailwind in Kansas. Ironically, the fewest number of miles ridden in a day was 13 in Kansas (the day after riding 89 miles). The fickle winds changed direction over night and we had to battle ferocious headwinds just to complete those 13 miles.

Our route has taken us across Virginia, Kentucky, Illinois, Missouri, Kansas, Colorado, Wyoming, Montana, Idaho, Washington and Oregon. We visited pilgrim landing sites, saw Revolutionary War sites, explored Civil War battlefields, toured plantations, followed the footsteps of Davy Crockett through the Cumberland Gap, pedaled along segments of the Santa Fe Trail, followed the path of Lewis and Clark's expedition along the Missouri River, joined Zebulon Pike's route up the Arkansas River, pedaled portions of the Oregon Trail and Mormon Trail, traversed the homelands of numerous Native American peoples, and finally rejoined Lewis and Clark's route along the mighty Columbia River to the Pacific Ocean. Through this journey of discovery, we have gained an overwhelming appreciation for these great United States and the true adventurers that came before us that didn't have the luxuries of paved roads, Gore-Tex®, or convenience stores.

[Impressions from Seven Summers of Trans-continental Cycling](#)

Riding the Storm Out

Charlie Czar

Wednesday afternoon (16 July) at 2:15, I was riding my Trek down to the post office to check the CSCC PO Box. It was a "commute ride" for the National Bike Challenge. I was south of the elementary school on Centennial when I heard a "swish...swish...swish" and a rough ride. I had a **flat** in the back and threatening skies over head. I walked to the medical office just south of Chuckwagon Road but they had no covered entry - so I walked across the street to the north side covered entry at the Mormon Church and started to break down my wheel to look for the source of the flat. Then it started to rain and more. **That is where I spent my time during the big hail storm.**

[Weathering the Storm continued...](#)

railroad bed and adjacent to the Couer d' Alene River. Each of the towns along the route has a lot of character. And during the tide, which has an easy grade, it's easy to see lots of moose and other wild life. The entire trail is 75 miles in length. Many people ride one way and get a shuttle back to their starting point.

We also rode the Trail of the Hiawatha, 13 miles in length. This is a crazy ride along the old Milwaukee Railroad and still had 7 trestles and 8 tunnels, including the 1.66 mile Taft Tunnel along St Paul Pass. Lights are required to see going through those tunnels in the Bitterroot Mountains. This trail, which is a bit dusty at times, is considered one of the most scenic stretches of railroad. At the end, you can turn around and ride back, seeing the scenery from the other direction. Or, you can always take the bus back, which is quite a ride in itself.

Special Activity Rides of Interest!

Jean Zeh

While we're nearly 2/3 of the way through the year, there are still a number of rides that may peak your interest! Take a look at the chart on the continuation page of this article to see if one or more of these will keep you motivated to get out and pedal with friends. As always, be sure to check the Ride Calendar on the Club website for the details of each of the rides.

And, be sure to let the Newsletter Editors know if you enjoyed a particular ride. They appreciate your input as potential articles for upcoming newsletters!

[Upcoming Special Rides and Activities](#)

Log Your Miles for Special Rides!

Charlie Czar

Idaho Hot Springs Mountain Bike Route: A Summer Off-Road Tour

Aaron Rosenthal

As many of you know, Janet and I have traveled fairly extensively by bike and each summer we take a self-contained bike tour. This summer our travels took us to Idaho. "Why Idaho?" you may ask. Good question. It certainly isn't the first state that comes to mind when you think of bike touring, but following this trip, I'd encourage anyone to make sure it's on their list. Adventure Cycling had been researching a new route over the past few years and recently published the maps for the "Idaho Hot Springs Mountain Bike Route". Two maps were published: the Main Route Map and the Single Track Options Map. The great thing about Adventure Cycling maps is they are geared toward what the touring cyclist needs to know. They are published in a cycling friendly scale and include information about camping, food sources, bike shops etc.

The Main Route is a 517.5 mile loop (583 miles with the Boise Spur), primarily on unpaved forest service roads. The Single Track Route highlights 4 single track options that begin and end on the Main Route and range in distance from 37 to 75 miles. Due to the difficulty of the single track options, and the strong recommendation that those with trailers and/or carrying a lot of gear avoid them, we stuck with the Main Route.



This was our second off road tour; the first being a 300+ mile section of the Great Divide route in Colorado in 2007. Once again we each used BOB trailers, and for the first time we questioned if we were out of touch with what we brought as we were carrying far more than any other cyclist we saw doing the loop. Most of the riders were "bike-packing," a term that typically references approaching a bike tour with a minimalist mentality and being as light weight as possible. Thus while we had 30-40 pounds each, we were passed by riders with a handle bar bag, a frame bag and a large under the saddle bag which likely weighed 25-35% of what we were carrying. We certainly wondered how they were getting by as we often think of ourselves as fairly efficient with what we bring. For this tour, however, we brought some extra things including 2 bear vaults (2 1/2 pounds each) to store our food as the route is advertised to be in bear country virtually throughout the ride. We were the only ones we know of who were taking this kind of precaution and, like carrying a rain jacket so it won't rain, this insured that we never saw a bear!

The 16th annual Buena Vista Bike Fest was Saturday 7 June. Starlight Spectacular was Saturday 14 June. Bike to work Day was Wednesday, 25 June. If you rode any of these, PLEASE send those miles to Jean Zeh.

Ride chairperson Jean Zeh says we still need Ride Leaders to step up for the Saturday Road Ride and Sunday Hill Climb Rides. Email her (jeanzeh@yahoo.com) with comments, questions, or to volunteer.

Membership Update

Sara Hill

Welcome New Members!

Bea Albers, Dale Boisselle & Family, Kevin Crocco, Abigail Fish, Charlie Fuller, Sam Giamarvo, Kenneth Janiec, Sue McTigue & Family, Bob Moore, Ben Ringsred, Robin Sniffen & Family, and Barry Welsh & Family.

Renewing Members – Thank You!

Francesca Avellina, Duane Babcock, Mike & Deb Belock, Deb Berwick, Gary Breig, Karen Brown, Ed & Suze Brown, Mike Burgie & Family, Karen Bush & Family, Jimmy Clere & Family, Graeme Cloutte, Karen Colp, Doug Dawson, Dottie DiGirolamo, Skip Doane, Chuck Donachy, Mike Fitzgibbons, Ronaele Foss & Paul Brown, Michael & Jeanne Galvin, Bill Gast, Janine Hegeman, Rich & Sherrie Hostak, John Ingham & Beth Blakney, Brian Love, Michael Mannebach & Family, Dan Martin, Javier Mazzetti & Family, Matt Meuche, Cameron Mueller, Laura Pelletier, Mark Pitel & Family, Ron Robinson & Family, Carol Runnells, Don Sarton, Joe Schultes, Peggy & John Seidel, Alan & Pat Severn, Gail Sexton, Maurie Shannon, Michael Silver, Larry Svoboda, Suzanne Taggart & Family, Scoti Townsend, Ken Van Antwerp &

[Starting the Trip...](#)

Mallorca Spain 2014 - A Cycling Gem!

Bob Smith

Editor's Note: Reprinted from the June 2014 Bent Fork, as a result of publishing tool issues.

Our most recent adventure took us to Mallorca, Spain. We have been members of the Bicycle Adventure Club (BAC) for about twelve years. The BAC is non-profit touring bicycle club offering more than 50 bicycle tours a year throughout the world. These trips are all member led. Alison Stone has led this trip about 9 times since 2007. It is one of the club's most popular trips. Anne and I have participated in 16 trips and we have led four of them.

Mallorca is the largest of the Balearic Islands which are part of Spain. The Balearic Islands are located between mainland Spain and northern Africa in the western Mediterranean Sea. Mallorca is a fertile island that has the Tramuntana Mountains in the west, central plains with vineyards, beautiful coastal coves and golden sand beaches.



We (Anne & I and Diane & Vic Villhard) arrived in Palma, Mallorca by air from Madrid on April 19th. From the airport we took a taxi to the resort city of Cala Pi. In Cala Pi, we met the other 21 members of our group. We arrived two days early to recover from jet lag and the possibility of a delay or cancelled flight. Club Cala Pi is really nice resort located above a gorgeous small cove and beach on the coast southeast of Palma. We assembled our tandems on the 20th which was Easter Sunday. The official start of the trip was Monday the 21st with a group meeting and opening dinner at the resort.

We took advantage of our extra day to get familiar with the island by riding an optional ride to the top of Puig de Randa for a 360 degree view of the island. On day two, we rode a more casual loop from Cala Pi to Lluçmajor and took a walk through the Bronze Age Talaiotic stone structural ruins just north of Cala Pi. On day three, we rode northeast nearly 50 miles across the island to the coastal beach resort of Port de Pollensa. In Port de Pollensa, we stayed two nights on the beach near the marina at the beautiful Hotel Miramar. On our

Family, Patrick White & Michelle Gutman, and Jean Zeh.

[Click for Membership Reminders](#)

2014 Patriots Festival

Torie Giffin

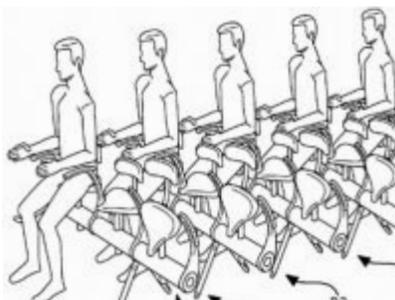


On Saturday, Sept. 13, 2014, people will gather at Mountain Shadows Park to participate in the fourth-annual Chick-fil-A Patriots' Festival and Walk, Run, Ride for Heroes. This year, the organizers anticipate drawing about 5,000 people to the Park to support hometown heroes. Staged in a community rising out of the devastation of the 2012 Waldo Canyon Fire, the festival focuses on raising awareness and support for our Colorado Springs community heroes. Proceeds from the event will benefit five charities that work closely with military, police, fire and emergency medical services: the Firefighters Foundation, the Peace Officers Memorial, The Home Front Cares, the National EMS Memorial Service and Angels of America's Fallen.

[The Details](#)

Bicycle Ergonomics and Passenger Planes – Something in Common?

Dale Campbell, Co-Editor



When considering the

layover day, we rode north along the hilly cape to the lighthouse of Cap de Formentor. It was a challenging ride with spectacular views of Pollensa Bay and coastal cliffs with fantastic views of sea cliffs and stunning blue sea.

[More Mallorca...](#)

Top 25 Most Dangerous Intersections in Colorado Springs

Dan Martin

Editor's Note: Reprinted from the June 2014 Bent Fork, as a result of publishing tool issues.

You may have seen the article in The Gazette May 5th about dangerous intersections in the city. I got the data from the CSPD and provide the following interesting details to help you ride safe. The study was an internal CSPD effort that produced nine pages of documents. I've crunched the numbers and offer a few additional insights beyond the Gazette's article.

The meat of that Gazette article identified the top 10 most dangerous city intersections. That is fine, as far as it goes, but just how dangerous are they and how much more dangerous are they than the others? More importantly, what can we do about it as riders? Here are some of the answers. You can decide how much effort to put into avoiding the hazards.

Let's start with this table, which lists the number of accidents during 2013 at all 25 studied intersections. Note the right most column, which shows the deviation about the mean of those accident numbers. It is clear that I-25 & Woodman is by far the most dangerous. The next ranked intersection is less than half as far from the mean. So if you are willing to go out of your way to avoid one intersection, make it I-25 & Woodman.

RANK	Top Crash Locations	CRASHES	
		2013	Deviation from the Mean
1	I-25 & E. Woodmen Rd.	148	98
2	I-25 & S. Nevada Ave.	93	43
3	I-25 & W. Cimarron St.	87	37
4	I-25 & W. Garden of the Gods Rd.	77	27
5	I-25 & W. Fillmore St.	64	14
6	Barnes Rd. & N. Powers Blvd.	54	4
7	S. 8th St. & W. Cimarron St.	54	4
8	Airport Rd. & S. Academy Blvd.	52	2
9	I-25 & W. Bijou St.	50	0
10	E. Platte Ave. & N. Academy Blvd.	42	-8
11	I-25 & W. Uintah St.	42	-8
12	N. Carefree Cir. & N. Powers Blvd.	42	-8
13	Austin Bluffs Pkwy. & N. Academy Blvd.	40	-10
14	I-25 & S. Circle Dr.	40	-10
15	Austin Bluffs Pkwy. & N. Union Blvd.	38	-12
16	Constitution Ave. & N. Powers Blvd.	38	-12
17	N. Powers Blvd. & Stetson Hills Blvd.	38	-12
18	E. Platte Ave. & N. Murray Blvd.	36	-14
19	E. Platte Ave. & N. Circle Dr.	35	-15
20	E. Woodmen Rd. & N. Academy Blvd.	35	-15
21	Galley Rd. & N. Academy Blvd.	34	-16
22	Constitution Ave. & N. Academy Blvd.	32	-18
23	Dublin Blvd. & N. Academy Blvd.	30	-20
24	E. Woodmen Rd. & N. Union Blvd.	30	-20
25	I-25 & S. Tejon St.	30	-20
Total Crashes Top 25 Locations		1261	
Total 2013		9716	

ergonomics of riding a bike, there are three contact points that need to be considered – handlebars, pedals and seat. The relationship of these points will make a difference between enjoying a ride or literally making it a painful experience. While traveling in a commercial airliner, do you ever consider these same cycling ergonomics? Normally not. But that may change...

[Is Riding in the Skies in Your Future?](#)

What are the Best Bike Rides in the World? - One Perspective Unveiled

Dale Campbell, Co-Editor



If you enjoy bicycling to any degree, I would think you would have a “best of” list for your cycling experience. Just reading several of the articles in this edition of the Bent Fork will give you an idea of some of the epic experiences some of the Club members have been able to enjoy.

But, if you had to put together a list of the best bike rides in the world, could you or would you even want to do that? Just in case you're interested, here's [one man's perspective](#) of what that list would contain.

Notice that the total number of crashes throughout the city adds up to nearly eight times the number of crashes at all of these 25 intersections combined. This indicates that you would do well to avoid as many of the worst of these intersections as practical. The question is, which are the worst?

Check out the next graph and notice two things. First, notice that the number of crashes at the top nine intersections are all above or at the mean, indicating that these intersections see more accidents than the others.

[Continuing Story & Graphs...](#)

Mountain Biking with a Backpacking Twist

Dale Campbell, Co-Editor



With the easy access to the mountains we have here in Colorado, there are plenty of opportunities to hike and mountain bike. Via these two recreational activities, we can take time to see more and appreciate more of the Colorado geography and beauty. But there are some aspects of these two pastimes that perhaps it might be nice to change. For example, pedaling a mountain bike up a long stretch of mountain slope can be a grind. Compared to the rapid decent, the time taken to pedal up the hill may see disproportionate. And then there's the hiking. Climbing up a mountain to bag a summit is very rewarding, especially with

the views you get at the top. But coming back down on foot can be taxing on the knees, feet and other parts of one's anatomy.

What if there was a way to combine hiking up and cycling down, without having to push the bike up the hill or wear the hiking boots while cycling down. Would that appeal to you? Sure! While perusing the Internet about cycling related news several weeks ago, I found a “toy” that would enable such a situation. It's called a 'Bergmönch', which is German for 'Mountain Monk'.

[So, What is It?](#)



"Come along for the ride"



Editors Comments

Sharon & Dale

While it's been a wetter summer that we've experienced in a while (thank goodness!), there have been a number of cycling opportunities to entertain the mind, enlighten the spirit and exercise the body. And, have you been logging those miles into the National Bike Challenge website? The 21014 CSCC team has been hovering around 12th place in the nation! And, as of 29 July, the cyclists participating in the Challenge have amassed a total of 14,462,055 miles, the equivalent of 30 round-trips to the moon!

Focusing more on our local activities, Sharon and Dale have just finished leading the July Sunday Social Rides. We were able to ride each of the four Sundays in the month, thanks to good/acceptable weather – some clouds, some heat, a few sprinkles here and there, but all good. We had successful rides each time; translation - smiles at the end of the ride and no injuries or incidents! For that, we'd like to offer our thanks and appreciation for all those that participated in the July Sunday rides. It's a pleasure leading a group of conscientious and attentive cyclists!

While reading or writing about cycling is enjoyable, it's not the real thing! So, get out there and ride! Stay safe! And remember that the Pro Cycling Challenge returns to the Springs once again on 21 August. For more information, go to <http://www.usaprocyclingchallenge.com/city/colorado-springs>

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OLORADO SPRINGS
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The Bent Fork Chronicles

Special Activity Rides of Interest!

Jean Zeh

2014 CSCC Special Rides & Activities

Check the ride calendar for details

Date	Name
9-Aug	Mystery Ride
21-Aug	Colorado Springs US Pro Cycling Challenge circuit race all day
30-Aug	Balloon Glo Ride
1-Sep	Balloon Ascent and Breakfast Ride
6-Sep	Ride 'n Movie
27-Sep	SeptemberFest
26-Oct	Progressive Dinner Ride
23-Nov	Tour de Turkey
6-Dec	Festival of Lights Parade
7-Dec	Holiday Party
1-Jan-15	Frozen H2O Bottle Ride

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"Come along for the ride"



Membership Update

Sara Hill

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 questions regarding membership, please contact Sara Hill, Membership Coordinator at membership@bikesprings.org

Sara Hill, CSCC Treasurer & Membership Coordinator

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2014 Patriots Festival

Torie Giffin

The Patriots' Festival will include food, rides, face painting, music and demonstrations such as the Flight for Life Helicopter landing and a K-9 dog unit. Before the festival begins at 10 a.m., community members are invited to participate in a patriotic show of support for the community's heroes with the Walk, Run, Ride for Heroes.

- The Walk for Heroes: The Majestic Mile is a one-mile walk through a beautifully restored community next to the park.
- The Run for Heroes: The Hometown Hero 5k is a challenging run along Flying W Ranch Road, the main access road through the community.
- The Ride for Heroes consists of a 28-mile ride Heroes Challenge Ride through scenic Garden of the Gods and beyond or a 14-mile trail ride Patriots Ride along the Sinton and Pikes Peak Greenway Trails. There will also be a free one-mile Kids Patriotic Bicycle Parade through the Park.

For more details about the Festival, just visit the [Patriots Festival website](#) and look through the information and photos that they have posted there.

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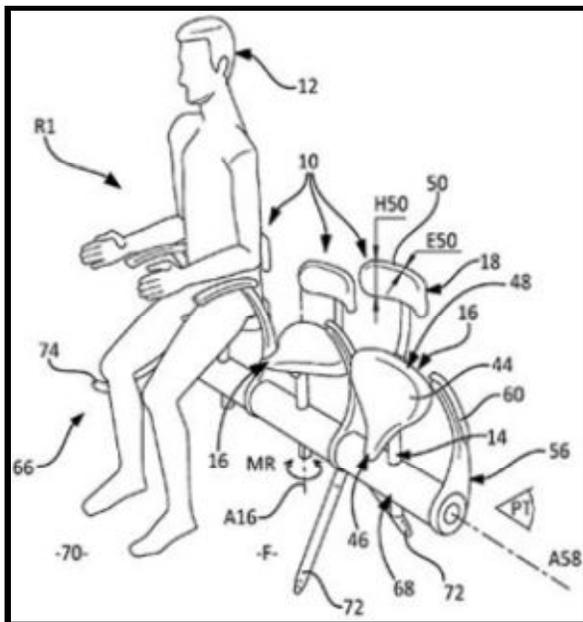
Bicycle Ergonomics and Passenger Planes – Something in Common?

Dale Campbell, Co-Editor

Airbus, the world's second-largest aircraft maker, recently filed a patent application for a seat design that resembles bicycle seats. The objective of the design would be to make room for putting even more people on a plane. Interestingly enough, the following statement is included in the patent application: "In all cases, this increase in the number of seats is achieved to the detriment of the comfort of the passengers..." To their credit, Airbus was noted as also stating that the seats would be tolerable only if "the flight lasts only one or a few hours."

So, will we be experiencing that cycling feeling at 35,000 feet anytime in the near future? Probably not, as a spokesperson for Airbus noted it's unlikely that the seat design filed with the patent will ever make it to market.

Curious about the details? Take a look at the [article in the Financial Post](#) for more information.



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"Come along for the ride"



President's Comments

Charlie Czar

Dennis Struck is leading the August **Sunday Social Rides** from Acacia Park. See the Ride Calendar for details.

Lee Murphy's 3rd Annual **Mystery Bike Ride** is **9 August**. See the **Ride Calendar** for details and **to RSVP**.

Work to repair the **Sinton Trail** 2013 flood damage **between Centennial and Chestnut was completed in late July**. Rock reinforcement was put on the eroded curve, a new fence installed, and a pavement cap makes it a hard surface ride. Unfortunately, recent flood events left sand/mud on some of the lower portions of the trail. Note that it is still a good ride for skinny tire bikes.

Dublin Blvd is now paved between Peterson Road and Marksheffel Road. It is a major east-west connector through the north side of town. You can park at the **old FREX parking lot** (Woodman and Corporate and Mark Dabbling) and ride from there **all the way pass Marksheffel** on paved and fairly "bike friendly" Dublin.

The **US Pro Challenge Bike Race** is coming to town. Be out there and watch the race in Colorado Springs on **Thursday 21 August**. See our Web Site **News** item for the latest details and Club participation.

The Club **Board of Directors** meeting was held at our house on 24 June. We covered a lot of topics, but I'll just mention one here. **Three members were officially added** to the board in accordance with our By-Laws. **Ginny Barber** fills the empty 3rd Member at Large position for 2014. **Dan Martin and Randy Susman** were approved to the Web Site position and are transitioning that position from Bob Smith over the next year.

National Bike Challenge started 1 May. Read more about it in another article. Team CSCC 2014 is doing well, but could use a few more people to join, ride and log miles.

Dave Horne is back at Liberty Heights in room B-13 and welcomes visitors. Hours there are 8am to 8pm. **Larry Wilson** (313-969-0605 larry.wilson.co@gmail.com) is home recovering from his accident on Fountain Blvd. **Peggy Seidel** (573-5050 apjbuffalo@aol.com) is making her way though her cancer treatments. It was great to see her at the Jul 20th Picnic. **Ronaele Foss** (351-9775 rsfoss@hotmail.com) is in assisted living on Centennial Blvd and recovering from her back fractures and other things. They all will appreciate calls, EMAILs, or visits from the Club.

A **STOP sign means stop** at those intersections. At least put one foot on the ground. This applies to everyone riding in the group, not just the ride leader.

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"Come along for the ride"



Completing the Journey – An Epic Trip across the United States

Vicki Lieber



The memories from this journey will last a life time. The beauty of this immense country is overwhelming and at the same time, awe inspiring. To experience the United States at the speed of a bicycle is to immerse yourself in the moment and your location. At less than 10 miles per hour you have time to stop and help turtles across the road. You can photograph and smell flowers. You can feel the heat of the day on your brow, the sweat drip down your back and feel the rain fall on your skin. You wave to people along the way and look them in the eye, and strike up a conversation. I will fondly remember people being enthralled with Quadzilla, giving kids rides, and answering all sorts of questions about our journey.

We are incredibly grateful to have our dear friend Chris Davenport, who pedaled every pedal stroke with us from Breckenridge, Colorado to the Pacific Ocean, as a vital member of Team Lieber. She has seen our family at its best and its worst, injected fresh conversation, perspective and humor when we needed it most, and inspired us to find and celebrate the good that happens each day.

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"Come along for the ride"



Riding the Storm Out

Charlie Czar



The direction of the hail switched as the storm passed. I hugged the 3ft-wide pillar seeking protection from the marble-sized hail pelting, moving as the wind changed direction (the wind even started blowing my helmet down the covered sidewalk). It felt like it lasted 20 minutes.

EVERYTHING GOT WET!! After the storm passed I walked up to Centennial and saw those south bound lanes were a fast flowing brown river covering all lanes and as high as the center median. I returned to the bike and finally found the puncture on my side wall, making a quick and wet fix. I put one of the large "zip lock" baggies (that I carry to keep mail and ride sheets dry) over my saddle and continued to the post office. For all that "experience, we only got one letter.

To return home, I rode up the drainage channel trail in Reed Ranch (opting to stay away from the road as much as possible). The water wasn't as high as I suspected in the drainage, but I had to ride my street tires through hail drifts. It is only a 7.2 mile roundtrip, but it took over 90 minutes that day. Thursday morning most of my gear was dry except my riding gloves and Trek saddle (so I rode my trail bike as we checked out Monument Creek during our morning ride). I broke the wheel apart a few days later (remember the flat tire that started it all) to dry things out and reassemble. At that point I realized that I could see light through the side wall puncture. So I reassembled with a new tire. A few days later I realized the Mormon Church has symmetry in that there is another covered entry on the south side of the building. If there is a next time, I going to the leeward side of the building and just "ride the storm out" on the dry side.



Idaho Hot Springs Mountain Bike Route: A Summer Off-Road Tour

Aaron Rosenthal

To start the trip, we drove to Boise and stayed with Warm Showers friends who were gracious beyond belief. They allowed us to store our car at their place for 3+ weeks. We were quite impressed with Boise, as it presents as a very cycling friendly community and has a wonderful bike path on both sides of the Boise River. Due to the abundance of geothermal activity in Idaho, the state capitol is the only one in the country that is heated by geothermal energy. Idaho ranks second in the nation with hot springs at 340 (do you know which state is first? ...answer later in this article), but boasts the greatest number of "soakable" springs with 130. The Main Route map lists 41 hot springs with most of them very close to the route itself or within a very short ride/walk.

Unlike almost all of our other tours, we had no specific time constraints. This allowed us to take this tour at a much more relaxed pace than most of our other tours, as well as in comparison to most of the "loopers" we met along the way. It was typical to hear cyclists taking 2-2 ½ weeks without doing the extra side trips that we did, while we ended up taking 24 days and riding a total of 826 miles.

Starting the cycling, the Boise Greenbelt bike path led us comfortably out of town. We headed east along the Middle Fork of the Boise River where the road turned to dirt for the first time, about 23 miles into the ride. For the remainder of the ride until we returned on the Boise Spur, approximately 85% of the route is on dirt roads. Most were in reasonably good shape, but staying focused on avoiding wash boarded sections and exposed rocks paid off with a smoother ride.



The first five days were reasonably cool, with the evenings and early mornings on the cold side. Days 3 and 4 brought us to the thriving metropolis of Atlanta, population 25. The village so named after its eastern counterpart by southern sympathizers during the Civil War. It's the type of place that has one bar that also serves a limited menu and that's the only place you can get food. When foreigners like us walked in the local conversations came to a dead halt. Atlanta is home to two of the best hot springs we soaked in, particularly the Chattanooga Hot Springs which seeps from the rock walls above the sandy bottomed pool. This was our favorite springs until it got displaced later on in the ride. The next day brought rain throughout much of our ride which made the unnamed pass we summited more challenging than it would typically be and likely the most challenging pass of the tour. When we arrived in Featherville wet and cold we got our only motel room of the tour.

The following day the weather turned and from here on out the days were quite warm to very hot with only one 30 minute stint of light rain in the final 2 ½ weeks. That said, we awoke to frost on our tent and temps purportedly in the low 20's on the day we rode over Dollarhide Pass into Ketchum/Sun Valley. We enjoyed our time there and got to ride some single track on our off day. A free jazz concert in the park was most enjoyable, as was our stay with our Warm Showers host Kerry. From here, we went on to Stanley, which is often one of the coldest places in the continental U.S. during the winter months. Our approach to Stanley had us riding through the valley and foothills to the east of the Sawtooth Mountains, truly a magnificent range. We ended up staying 3 days/nights here including July 4th. This afforded us the opportunity to take a boat across Redfish Lake so we could hike high above the lake back to Redfish Lodge. With this being the 50th anniversary year of the signing of the Wilderness Act, it was symbolic to get into the Sawtooth Wilderness to see Bench Lakes.



The next several days took us through continuous beauty to Warm Lake (aptly named due to geothermal activity in the lake bed), along the South Fork of the Salmon River (our favorite riding stretch of the entire tour and our favorite hot spring), and over Lick Creek Summit (the most beautiful pass of the tour) into McCall. We were able to watch Native Americans fish for Salmon using a gaff (a 10-12 foot wooden pole with hooks and barbs on the end). Sometimes it was hard to know who to root for as we could see the salmon in the river swimming upstream in an effort to reach their 900+ mile journey to their spawning grounds.

Another off day in McCall allowed us to circumnavigate Payette Lake and then try paddle boarding upstream at the lake's north end. Once again we had a great time with our Warm Showers hosts Chris and Christine who made a wonderful salmon dinner which was caught by a local Native American.

The final week had us going south where we rode and camped along Cascade Lake, through the towns of Crouch and Idaho City, and back to Boise. The night we camped outside of Crouch a tremendous lightning storm passed through the region near midnight. The time gap between flash and boom narrowed as the intensity of the lightning and thunder increased. Suddenly, a simultaneous strike of enormous intensity hit, scaring both of us to our core. A couple of minutes later I thought I smelled smoke. Janet opened her tent door and looking out we saw a tree less than 50 yards away aflame on its crown. As Janet ran to inform the campground host, I went to the tree and stomped out the embers that I watched fall from the tree top to the ground. Fortunately the limited rain that accompanied the storm assisted with mitigating the fire danger. By the time Forest Service fire personnel arrived about 30 minutes after the strike, there was no visible evidence of the fire. While his proclamation that we were not in danger at the moment was somewhat comforting, neither of us had a very restful sleep.

The next morning we counted 74 steps from our tent to the tree. That storm sparked about 10 fires, some of which combined to make up what was called the Whiskey Complex Fire. The campsite we were in was closed for over a week due to proximal fire activity. As I write this, the fire has consumed 9446 acres and is 100% contained.

We ended up soaking in at least 15 of the 41 hot springs that are listed on the route. Prior to returning home, we drove back to the Sawtooths for a brief backpack trip, visited Craters of the Moon National Monument, Bear Lake, Flaming Gorge, and Dinosaur National Monument. Finally, just in case you are wondering, it is the Silver state, Nevada, that has the greatest number of hot springs of any state, but the vast majority of them are too hot to soak in.



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Mallorca Spain 2014 - A Cycling Gem!

Bob Smith

Our evening socials began at 6:00 p.m. with a selection of delicious tapas including local wines, beer and other drinks on the hotel patios. After about an hour of socializing, Alison would go over the next day's routes and options for sightseeing. The evening socials typically had enough food, that we would roam beach and promenades for dessert and coffee.

The highpoints along Mallorca's coast has a series of tall circular stone towers. Mallorca was constantly under attack by Moors, Turks and pirates. These stone towers were an early warning system for attacks from the sea.

On day five we awoke to thunderstorms. Everyone hung out at the hotel waiting until the rain let up or stopped. There were two options for our inland trek to the agriturismo area of Campanet and the beautiful Hotel Monnaber Nou. Everyone took the shorter route. Only a few of us got caught by another thunderstorm. All our hotels were great but the Monnaber Nou was by far the most beautiful and unique. The stone building and spa area were built into a scenic hillside setting with ancient olive groves and grazing sheep. The social hours were on the veranda overlooking the beautiful agricultural valley followed by fabulous dinners in the formal dining room.



Day six was a layover day with ride options or relaxing at the spa or pools. We opted to ride the hilly loop to Orient and Bunyola. Mallorca is a cycling mecca. Cyclists seem to dominate the roads. There are cycling clubs from all over mainland Europe that come to here to ride all the Colls (passes). Today we summited several of these Colls. There are coffee houses and cafes at the summits that cater to cyclists. At one gas station with an adjoining café there was a display behind the cashier of bike tires, tubes and other bike accessories. Today we crossed paths with hundreds of cyclists participating in the 5th Annual Mallorca 312 an international parameter cycling tour of the island. The main was 312 kilometers (193.4 miles) with a time limit of 14 hours. There were other routes of varying distances. I didn't cross paths with the main event.

On day seven we rode to the west coast resort town of Port de Soller. After ascending the Coll de

sa Batalla (576 meters) we descended into Soller and turned right to Port de Soller riding along the wooden tram/trolley line between the city of Soller and Port de Soller. Port de Soller has a much smaller bay and beach than Port de Pollensa. We stayed three nights at the Hotel Los Geranios.

There was a lighthouse on a southern cliff of the inlet and a stone observation tower on the north all visible from beach. The Soller region was constantly under attack by pirates. Today they have an annual reenactment of one those attacks by Moor pirates. This region was very important for agricultural export in the 19th and first half of the 20th centuries. A wooden train was built from Soller to Palma also a port city for support trade and passenger service between the two ports nearly 100 years ago. The train has been restored and now operates as a passenger and tourist service. A wooden tram/trolley operates between Soller and Port de Soller. This area of Mallorca is the birthplace of Spanish artist Joan Miro. Miro and Picasso spent considerable time in Mallorca. There is also Gaudi influenced architecture in Soller. The significant building is now a Santander Bank. This area is quite well known for hiking trails.



For our two layover days Alison had prepared five options to choose from. Only one of them included riding. We choose to take the tram to Soller and do a self-guided walking tour of the Soller while waiting for the first train to Palma. In Palma we did a Hop on Hop off Bus Tour hoping to visit the Miro Museum and the Castell de Beliver. It was Monday the museum was closed and the bus tour bypassed it and only made a very short stop at Castell de Beliver. We would have liked to have more time to tour Palma.

The next day Anne and I walked a good part of the northern end of the bay and hiked up to the stone lookout tower to enjoy the view. We really enjoyed being off the bike for a couple of days. On day ten we rode south along the coast line through the towns of Deia and Validemossa to the terraced hillside town of Banyalbufar where we stayed two nights at the Hotel Mir I Vent. The day eleven optional route went south along the coast and returned where you liked or continued onto Andratx and returned north inland through mountains to Banyalbufar. We rode south about 12 kilometers to es Grau. We had beverage at a cliff side restaurant before returning to Banyalbufar. Once back in Banyalbufar Anne and I walked up the narrow streets to the farms and houses above hotel. All the small terraced farms have their own concrete water retention ponds to irrigate their very small plots of land. Our closing dinner was at a very nice restaurant in Banyalbufar. We closed the dinner with two birthday cakes for Arlene and Tom who were both born on May 1st. May 1st is actually Labor Day throughout most of Europe.

Our final ride back to Cala Pi started with a steep climb followed by a downhill to Espories and across the plains east toward Santa Maria and south to Algaida and Llucmajor and finally returning to Cala Pi. The ride was 50 miles but one of the easiest of the entire trip. Once back at Club Cala Pi it was time to disassemble the tandem and pack it up for the trip home on Saturday May 3rd.



Mallorca is an island in the middle of the beautiful blue Mediterranean Sea. It has everything from beautiful beaches, coastal scenic cliffs, mountains, palm trees, Sonoran Desert cacti, thirteenth century churches and monasteries, 3000 year old stone village ruins, narrow stonewall lined side roads called Cami Roads, very courteous motorist and bus drivers, 1000s of cyclists everywhere, great weather, old world character, modern hotel conveniences, good local wines and fabulous olives. Mallorca is truly an island paradise for cyclists.

If I were offered a free trip to either Hawaii or Mallorca, I would choose Mallorca. To view our slide photos and read more about Mallorca visit our [website](http://wetandem.com/Mallorca14/Mallorca14.htm) at <http://wetandem.com/Mallorca14/Mallorca14.htm>

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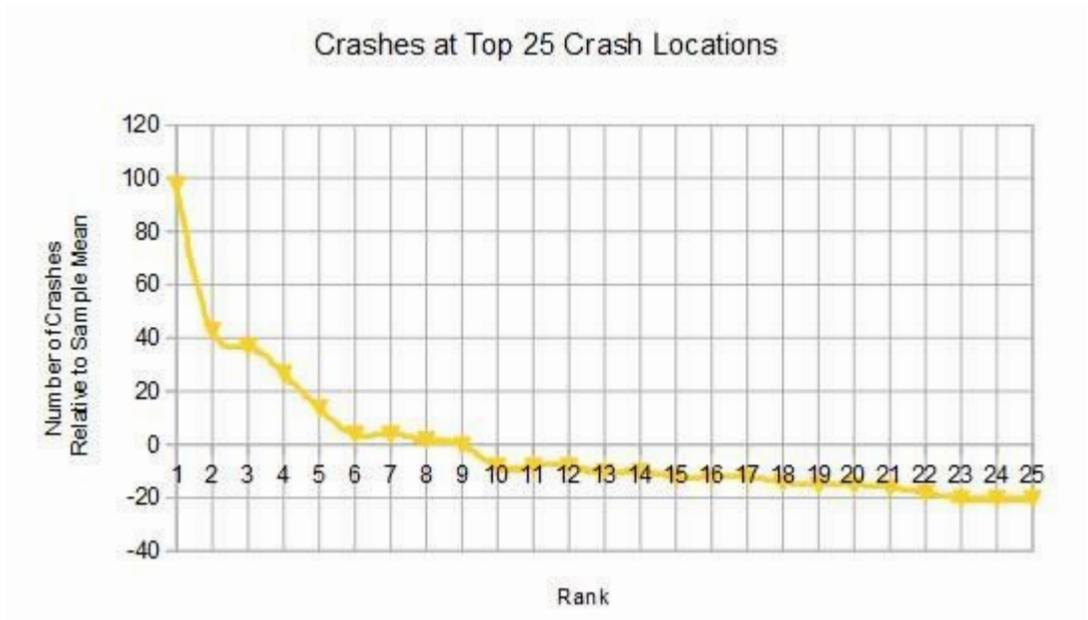




Top 25 Most Dangerous Intersections in Colorado Springs

Dan Martin

Also, notice how horizontal that curve gets to the right.

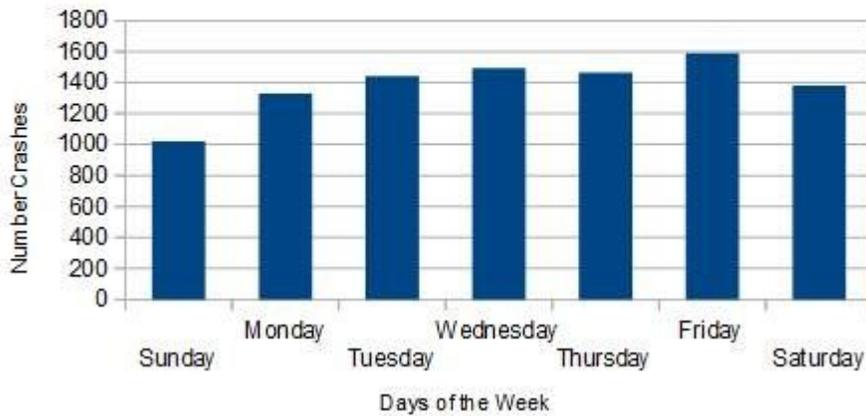


Certainly for the bottom ranked 16 intersections, your chances of collision are pretty much the same at any of them. Since the total number of crashes throughout the city is so much higher than for these 25, nearly eight times higher, you can probably generalize that conclusion. Therefore, avoiding that top ranked nine intersections is about the best you can reasonably do, other than staying off the roads completely.

So, if you can't avoid intersections, what can you do? You might ride only on Sundays, but the following chart shows that tactic doesn't buy much safety margin. Avoiding Fridays helps, but not much.

Number of Crashes Days of the Week

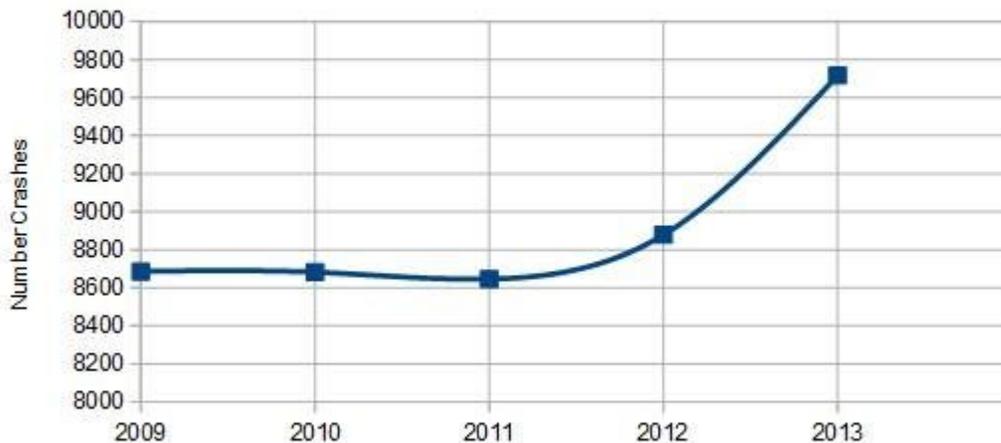
2013



More significantly, though I didn't chart it, the data shows the most frequent time of day for accidents to occur is from 12 noon to 6 p.m., and that looks to be by at least a 2:1 margin. So, ride early if you can.

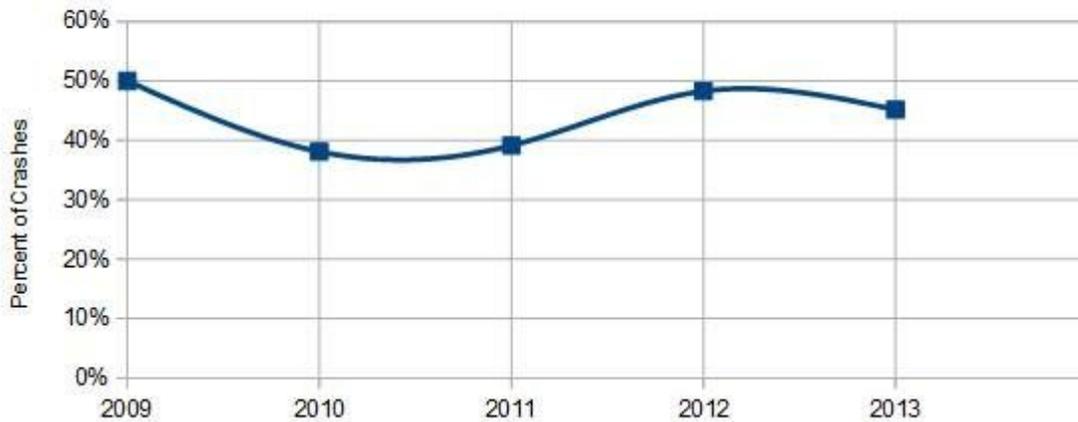
If it seems to you that accidents seem to be increasing, you are right. The next chart shows that the number of crashes has increased these last few years.

Number Crashes 2009 to 2013

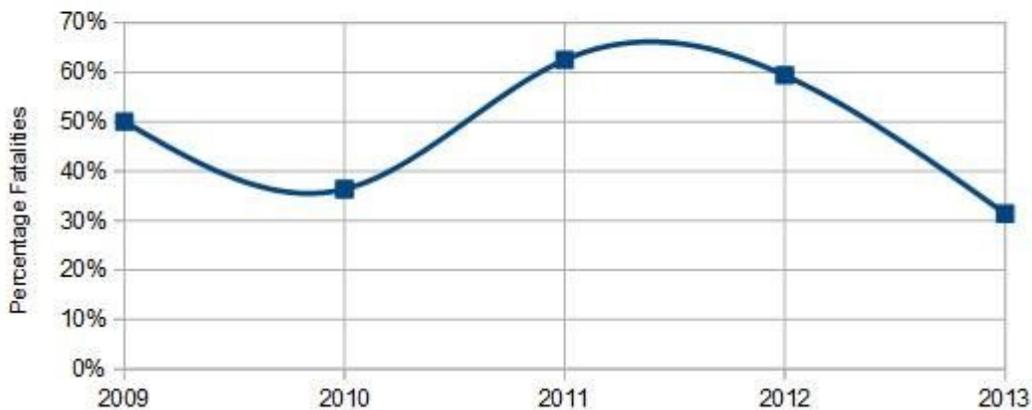


So if crashes are increasing, just how dangerous are these crashes? The next two charts show that almost half of the fatal crashes are drug and alcohol related and that about half of the fatalities are pedestrians, bicyclists, or motorcyclists. Not good!

Fatal Crashes Involving Drugs or Alcohol
as Percent All Fatal Crashes



Percentage of Fatalities that are
Pedestrians, Bicycles, and Motorcycles 2009 to 2013



The back-story on that last chart is interesting. In 2009, seven of 11 fatalities were motorcyclists, and of the remaining four, only one was a bicyclist. The situation was very similar in 2011 and 2013, but opposite in 2012 where 13 of the 19 fatalities were pedestrians and all of the other six were motorcyclists. Of course, there are many more pedestrians and motorcyclists than bicyclists on the streets of our city.

Enjoy cycling, but keep your head on a swivel.



Mountain Biking with a Backpacking Twist

Dale Campbell, Co-Editor



The Mountain Monk is basically a sports device which can easily be carried uphill, and which mutates into a fun-filled downhill device par excellence for the descent. Or stated another way, it's a foldable type of bicycle that is carried uphill via an intergraded backpack system. Here's the way it's described in the product pamphlet:

- UPHILL - You carry the Bergmönch in a compact and comfortable way on your back. There is room for equipment and supplies (waterproof, always accessible) and its set up with a VAUDE Backpack carry system
- AT THE SUMMIT - the Bergmönch reveals his true prophecy. Within only 2 minutes it changes into a downhill machine fully equipped with suspension, foldable suspension fork and telescopic frame.
- DOWNHILL - the tedious hiking descent is replaced by an adventurous downhill ride; even rough surfaces. In smooth sections, you can roll softly downhill in a kneeling position and start another ascent after a short and fast ride. The Bergmönch makes it possible with chassis fully equipped with suspension (suspension fork, damped rear) and a hydraulically operated disc brake.



Using the Bergmönch actually enables covering more territory in a given time. First, the descents are quicker than by walking down. And more trails can be covered, as some trails only allow hikers, at which point, the Mountain Monk is folded and worn like a backpack. For other trails that accommodate mountain bikes, the Mountain Monk would come alive for a downhill cruise.

Interested in learning more? Open up the [Bergmönch website](#) and look through the information and photos that they have posted on the website.

