



Editors' Comments

Sharon Boyd & Dale Campbell:
Editors



Where's the usual photo of our editors? Are they MIA and is that why publication of the Bent Fork is a couple of days behind schedule? And who is the llama, anyhow?

Actually, the llama is involved with the timing of this issue of the Bent Fork. Being in the wilderness on a llama trek for the last week had refocused us from computers to wildflowers. The scenery in Lower Ice Lake Basin of the San Juan National Forest was awe inspiring. Since hiking, instead of biking, is the norm for this area, our thoughts were focused on taking in as much of the scenery as we could. After returning to Colorado Springs late Saturday, August 1st, it's taken a few days to refocus, pull all the later contributions together and get the entire newsletter organized. Meanwhile, mental snapshots of the scenery are still flashing back to us.

[About the Llama and the Contents of This Edition](#)

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Prez Says...

Charlie Czar

The next CSCC Meeting is Aug 4th at the Citizen's Service Center. Check the Ride Calendar for details.
<http://www.viethconsulting.com/Calendar/moreinfo.php?eventid=25560>

CSCC is planning another Bike Safety 123+ course on 22 August. This is a pre-notification of the upcoming course. Details of location and times will be coming soon. If you have any questions, please contact Jean Zeh call 719.433.6872.

Stay tuned for upcoming special events:

Volunteers Needed for the Chick-fil-A Ride for Heroes

Janine Hegeman – CSCC Vice President



The Chick-fil-A Patriots Festival is coming September 12th. CSCC has always supported this fantastic family event. All of the proceeds go to local charities that assist veterans, military families, firefighters and police in our community.

We are looking for about 25 folks who would like to be course marshals. If you volunteered for the Pedalin' for St Pats ride, you know we'll try our best to make it an easy and great experience for you. And Chick-fil-A will provide a FREE LUNCH to all volunteers.

Here's what you'll need to do:

- Let me know what LOCATION # you would like to serve at.
- Come to Mountain Shadows Park at 5:30 p.m. on 11 September for instructions and maps.
- CHECK IN at 6:00 a.m. on 12 September at the Garden of the Gods Chick-fil-A to get your vest and meal coupon.
- Report to your chosen location and proceed with your Course Marshall assignment.
- After you've cleared your post, head to Mountain Shadows Park, turn in your vest, get a delicious Chick-fil-A lunch and enjoy the Festival.

If you'd like to volunteer your time for a good cause (and by the way – have some fun, too!!!), please contact me (j9hegeman@gmail.com) to determine a course location for your assignment. For any questions or additional information. Sign up soon! Considering the success of previous years, this is a very popular volunteer effort!

And if you'd prefer to support this event by riding, by all

- **Aug 29th Ride n' Movie,**
- **Sept 7th Balloon Ascent Ride & Breakfast,**
- **Dec 12th Holiday Party.**

By the way, Bill Gast will unveil official details about the Holiday Party at the October CSCC Membership Meeting. And, just to entice you a bit more, consider that this year our holiday party will be a very interesting evening at a venue we've never used before. Come to the October meeting to find out the details!

Stay safe and get out there and ride!

Italy by Cycle

Richard Oliver

After enjoying great European bike treks thru London, Paris, Munich/Bavaria and Austria last year, we now moved south, and delighted in biking thru enchanting Italy for three weeks, 9-29 June.

Our first stop was the wondrous, canalled city of Venice. Whilst there are no bikes, or cars, allowed in the narrow lanes of Venice proper, a quick hop on a vaporetto water taxi took us across the lagoon to Lido Island -- a biker's paradise. We first rented a "double bike" (also called a four-wheel quad bike) to ride along the beautiful beach-front avenues, later swapping out to regular bikes. Of course, we also made time to rent an ocean-front cabana -- bikes, sand and surf -- our most memorable time in "Venezia."



Our next stop was Florence, the birthplace of the Renaissance, where we did three guided trips. The first was a four-hour ride from the center of Old Florence, to the charming, hillside town of Fiesole, about ten kilometers distant, and then looping around Florence proper. For this ride we engaged "e-bikes" for the first time -- an excitingly fun way to climb the hills. Later, we did a beautiful three-hour sunset ride through the piazzas and byways of "Firenze."

means sign up! Here's the website for maps and more information:
<http://patriotsfestival.com/>

CIMT - Celebrating 30 Years of Health, Wellness and Education

Sarah Steenmeyer - CIMT



As many of the Club's members know, the Colorado Institute of Massage Therapy (CIMT) has supported many Club events throughout the years. This is the 30th year of existence for the Institute. With this landmark, CIMT is going to have an anniversary celebration. Scheduled for 10am to 2pm on the 22nd of August, the event will include the following:

- Food and Prizes!!!
- Massage Demos!!!!
- Free Chair Massages!!!
- 30% Off Product in our Retail Store

There will also be multiple vendors supporting the celebration, including Doterra Essential Oils, AMTA, LIMU, Thirty-one Gifts, Thrive, ABMP and Young Living.

The Colorado Institute of Massage Therapy is located at 1490 West Fillmore in Colorado Springs (719-634-7347). Take a look at their website (www.cimt.edu) for more information.

Want Relief from Those Weekend Bike Rides?

Dale Campbell: Co-Editor

Ever wake up on a Monday morning stiff and sore from a weekend of fun but strenuous



[On to Rome and More!](#)

4th Annual Mystery Ride – 15 August!

Dale Campbell: Co-Editor



Lee Murphy has done it again. He has put together a mystery ride which is actually more of a tour than a ride. The objective is to introduce you to some of the neat places we ride past in and around Colorado Springs. Lee has lined up a series of knowledge speakers who will, in brief stops (15+/- minutes), explain what the attraction has to offer, a local history about the site, what historical event occurred here and when, etc. Think of each stop as a preview where you can decide if you would like to return at a later date for a more in-depth visit.

The event will take approximately 4.75 hours. Cue sheets will be provided at the start of the event and riders will be expected to be self sufficient in terms of fixing their own flats, etc. Riders should be able to maintain a pace of 10 mph on level ground.

Here's the when and where for starting the ride:

Saturday, August 15
08:30 AM - 12:00 PM
America the Beautiful Park Entrance
126 Cimino Drive
Colorado Springs, CO 80903

Register at

http://www.viethconsulting.com/members/evr/reg_event.php?orgcode=CSCC&evid=11809087

And, for those of us who have experienced the "sampler" Mystery Rides in June and July (see photo), we know that this year's Mysteries will be compelling reasons to join this fun ride! Be sure to register for the ride, so that Lee has a headcount

physical activity? Well, in case you weren't aware, there can be some relief. The Colorado Institute of Massage Therapy (CIMT) offers a sports massage clinic on most Monday evenings with appointments starting at 6pm to 7:30pm. These sessions can heighten athletic endurance and performance, as well as reduce soreness and injury. Additionally, the massages can increase flexibility and range of motion.

Normally, a pre-payment of \$10.00 is required at the time of reservation. To entice you to experience the relief that a 30 minute massage can provide, CIMT is offering first time visitors a special \$5 rate for the Sports Massage. Just bring in the coupon (see continuation) when you arrive for your appointment.

[Sports Massage Clinic Coupon](#)

Cycling Navigation Update: Midland Trail I-25 Underpass Closure

Charlie Czar

The previously announced closure will begin the morning of Monday, August 3. The contractor has assured that crews on the Colorado Department of Transportation's (CDOT) Interstate-25/Cimarron Interchange Design-Build Project will close the Midland Trail I-25 underpass into America the Beautiful Park as they begin a series of trail improvements. Signed and clearly marked Midland Trail detour routes will be in place for users to navigate around the closure. The new trail configuration that opens in summer of 2017 will create a better experience for trail users.

Midland Trail Detour:
Eastbound trail users will take South Chestnut Street north to West Cucharras Street, continue as it becomes South Walnut Street and connects to Colorado Avenue, then take Colorado Avenue east under I-25, then turn south on Cimino Drive to

in order to complete his planning.

Kingdom of Spain - By Bicycle, Car Hire, and Bus

Dennis Struck: Bicycle Touring Enthusiast

Editor's Note: *If you enjoyed reading about the tour of Italy, this will give you insight to another European country where cycling is one of the better ways to see the country.*



For a summary of our recent touring experience in Spain, just go to our Travel Log found at <http://struck.us/BikePics/BikeStories50.html> There you can pull up our itinerary, see numerous photos of the trip and like us, be amazed by the history and architecture of the country.

Here's the Cliff Notes summary of the trip:

- Overall, we had a very successful bicycle tour - No Rain, No Flat Tires (Schwabe Marathon Tour Plus)
- Every day was in the 30s C (90s F), Day High Avg 35C/95F, Highest Temp 46C (115F)
- Our Mexican (weak as it is) carried well in Spain. In Spain a Tortilla is an Omelet, a Baños can be a Bath House, a Servicio is a Toilet (not to be confused with a Cerveza)
- We got lost once and performed a Metric Century that day
- Our rental car had a GPS with no language other than Spanish
- Our long Car Drive Day was on a Monday (when every good Museum in the world is Closed)

We made the mistake of telling departing airline agent that two suitcases were bicycles. We usually get free or discounted allowances; in Spain it cost an added €75 per case.

17th Annual Buena Vista Bike Fest (BVBF) – A Summary

Charlie Czar: President

access America the Beautiful Park and the Pikes Peak Greenway Trail.

Westbound trail users accessing the Midland Trail from the Pikes Peak Greenway Trail, will turn east over the Monument Creek pedestrian bridge and follow the trail through America The Beautiful Park to Cimino Drive, then turn west on Colorado Avenue, then take South Walnut Street as it curves to the west and becomes West Cucharras Street, then turn south on South Chestnut Street to access the Midland Trail on the right.

Temporary Greenway Trail Access - During a brief project by the City of Colorado Springs, access to the Pikes Peak Greenway Trail from the Midland Trail will follow Cimino Drive east of America the Beautiful Park and follow the concrete trail until it intersects with the Greenway Trail south of the park.



The 17th annual Buena Vista Bike Fest (BVBF) was June 6th!!! I was able to ride the century in 6:54 saddle time. This was my 53rd Century since my first one in 1995. BVBF had over 520 other riders join the fun. There was a little rain, but none of it fell on me as I rode the course.

I want to offer a special thanks to all the Club volunteers and the organizing committee that made the event possible for 2015 and that also made this day so great.

Finally, a reminder! Everyone who rode that day needs to send their miles to Jean Zeh at jeanzeh@yahoo.com

Get Lost in the Moment

Contributed by Vern Pitcher

Man and machine become one in this amazing video. What starts as a quiet moment in an idyllic setting soon becomes a magical look into a mountain biking downhill run over a sinuous course. Check out the four minute video at <http://wimp.com/mountain-biking/>

If you enjoyed that video, here's another that demonstrates some fantastic cycling skills – on skinny tires! "A Man Shows Off His Cycling Skills At Dangerous Heights" <http://wimp.com/bike-freestyle/>

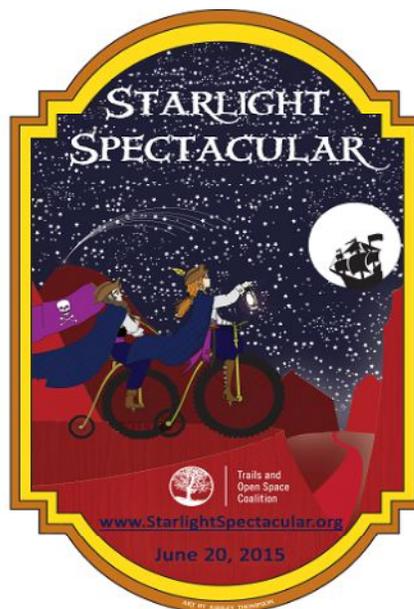
An Up-Close Look at the Most Well-Known Bike Race in the World

Contributed by Vern Pitcher

Another Tour de France has just completed, with as much excitement and struggle as ever. For many of us that keep up with the Tour every year, we

TOSC's Starlight Spectacular – Recognition of Bancroft Park Rest Stop Volunteers

Sharon Boyd: Co-Editor



The Colorado Springs Cycling Club once again had fun while supporting the annual Trails and Open Space Coalition's (TOSC) annual fund raiser. The Club welcomed riders to the Bancroft Park Rest Stop, located in Old Colorado City, with food, water and entertainment. Multiple Club members were present to help set up, prepare food and welcome/direct

may just wonder what it's like to be part of the tour. Well, here's a look at the highlights of this year's Stages 1 through 7, with an interesting twist. Thanks to the capabilities of GoPro, this video is actually a view from the inside of the race! Take a look at https://www.youtube.com/watch?v=7C4iGVsnWCs&feature=player_embedded

The Tour de France has been held since 1903, with a few interruptions during the wartime. Although spectators flock to see the prestigious event in person each year, most have never seen it quite like this.

Luckily, Nick Woodman founded a company that changed up the way we see sports (and so much more). In 2002, while on a surf trip, he noticed the lack of options for capturing the action on film. With a desire to produce a camera system that provided professional angles at a reasonable price, he began selling handcrafted items to raise money. With that and an investment from his parents, GoPro, Inc. was born. Since then, GoPro has introduced several product options and gone public, which valued the company at just under \$3 billion.

Membership Update

Sara Hill: Membership Coordinator

WELCOME NEW MEMBERS!
Elton Goodridge & Family, Daniel Morton, Lorrie Myers & Family, Michael Nutting & Family, Steve Pate, Carrie Simison, Caroline Tran, and Linda Weber.

RENEWING MEMBERS – THANK YOU!
Beth Balsler & Family, Deb Berwick, Dale Boisselle & Family, John Carrigan, Dottie DiGirolamo, Denise & Paul Eckstein, Ronaele Foss & Paul Brown, Charlie Fuller, Michael & Jeanne Galvin, Sam Giamarvo, Sandy Greenspoon, Julie & Hayden Gregory, Harry & Rhoda Harris, Janine Hegeman, Stan &

riders to the resources available. The Club wishes to thank all those who were there and contributed to the evening. Take a look at the list on the continuation page. And while you're looking to see whose names are included, think about being there for the 2016 event. Just ask anyone on the list and they will tell you that its quite the experience to stay up a little later than usual to have some fun while helping to support funds for TOSC.

[And Thank You's Go to...](#)

Club Election This November

Charlie Czar: President

It is time for Club members to consider helping the leadership of the Club. We have all four (4) officer positions coming up for election this November. As officers, we are leading the CSCC pace line. Everyone needs to take their turn at the front of the pace line. Our 4 officers work with the Club's Board of Directors to conduct Club business – you do not run the Club alone. I am finishing my 6th year of a 2-year term. I'm not leaving, but it time to move to another position in our pace line. That also means I'm very available to help in the transition and during the next 2 years. Our other 3 officers have pulled for years and could use a break. **PLEASE CONSIDER OUR OFFICER POSITIONS.**

The Nomination Committee of three (3) people will be announced in August, they will be contacting members. If they contact you please consider what you can do to help the leadership of our Club. And, offer names of members that you think would help in any of these positions. The position descriptions are:

President: Coordinates and supervises all Club programs, formulate policy, and presides at regular and Board of Director meetings. Appoint such committees as necessary to accomplish the purposes of the Club.

Vice-President: Perform the duties of the President in the absence of the President and assist the President in carrying out Club responsibilities.

Secretary: Take and preserve minutes of all meetings and be responsible for the Club's correspondence in coordination with the necessary officers and members.

Treasurer: Under the supervision of the Board, shall have the responsibility for all monies and financial records belonging to the Club. The Treasurer shall deposit all monies received into the Club bank account and disburse funds as authorized by the Board. The Treasurer shall provide quarterly financial reports to the members and the annual business meeting. The Treasurer shall maintain the membership database. Manage the Club's insurance policies.

Goat Head Plants – A Cyclist's Nightmare

Stan Hill

Karen Hill, Kenneth Janiec, Brian & Cathy Landis, Brian Love, Cheryl Mahon, Dan Martin, Bonnie & Douglas Marts, Phyllis Minter, Cameron Mueller, David Parris, Ron Robinson & Family, Sid Rubinow, Don Sarton, Alan & Pat Severn, Mike & Luci Stansberry, Char Taylor & Family, Scoti Townsend, Aileen Tracy & Family, Ken Van Antwerp & Family, Vic & Diane Villhard, Dianne Walter, Larry Watson & Family, and Jean Zeh.

[Membership Reminders](#)

New Belgium Brewing's 2015 Clips Beer & Film Tour Coming to Colorado Springs

Jenny Foust



The Clips Beer & Film Tour is returning to Colorado Springs on 6 August. The event, supported by UpaDowna and Medicine Wheel Trail Advocates, features fan-made films, New Belgium beer and benefits. As this is the 10th visit of the Tour to Colorado Springs, some of you have probably enjoyed the festivities of previous years. The best part is that 100 percent of the proceeds from beer sales benefit local nonprofits working to improve communities nationwide. In total, Clips has raised more than \$520,000 for nonprofits. This year, the nonprofit partners in Colorado Springs are UpaDowna and Medicine Wheel Trail Advocates. The event kicks off at America the Beautiful Park at 7:30 p.m. and the films start rolling at 9:00 p.m.

Clips offers a venue where guests can try New Belgium's most esoteric beer offerings, while watching short films



JUNE 23, 2015: the first tribulus terrestris of the season showed up right on time— just two days past summer solstice. With all the moisture this year, a bountiful crop of goat head thorns should be forth coming.

Of course if the plants are disrupted while small, the impact will be minimal. If not...well they'll soon produce lovely little yellow flowers to be pollinated by ants and pretty little butterflies and prolifically propagate clusters of five seeds that break apart into very sharp thorns— the bane of bicycle tires and puppy dog feet.



But, get rid of the plants while they're small...and no thorns. Simply cut, scratch away, or pull up the weed at the center tap root. No, you'll never get them all, but it's amazing how big an impact can be made with just a little bit of effort.

National Bike Challenge – An Update

Charlie Czar: NBC Team Leader



created by New Belgium fans. Many of New Belgium's Lips of Faith beers can be hard to come by and Clips offers the best way to try them. Up to 17 varieties from Lips of Faith to brewery classics will be on tap.

[More Details About the Tour](#)

A Thought to Ponder

Dale Campbell: Co-Editor



With the hotter weather here towards the end of this summer come dryer days and the potential for dehydration. Don't end up like the cyclist in the photo! Be smart and carry plenty of water and even hydrating drinks on your rides. Multiple references for staying hydrated can be found on the internet, such as this one:

<http://www.bikeroar.com/tips/how-to-stay-hydrated-while-cycling>

The 2015 National Bike Challenge started May 1st. We (Colorado Springs Cycling Club 2014 team) have 144 riders listed on the team and so far 88 have posted miles in July (109 for the entire Challenge). As of July 21st for the entire challenge, we are #1 of the 112 Colorado teams and #10 of the 1,847 national teams (for month of July we just moved into #10 nationally by just a few points last week). When May ended the Club team was #1 in Colorado and #14 nationally. Please update your miles (even May and June miles) often. You earn 20 points every day you ride your bike and to get another point for every mile that you ride. Every point helps and NBC awards prizes every month.

Art and Cycling – They are Compatible

Sharon Boyd: Co-Editor



Lee Murphy, a CSCC club member, has embarked on a new venture and will share his talent with you. He is presenting an exhibit of oil and watercolor paintings at the Boulder Street Gallery on the west side of Acacia Park at 206 North Tejon Street. Stop by and take a look at the vitality and detail that Lee infuses into his work!



Editors' Comments

Sharon Boyd & Dale Campbell: Editors

By the way, the llama pictured with this article is Charlie Boy. With Charlie Boy were three other llamas – Cimarron, 50 Cent (aka 5309) and Sir Francis Drake (aka "SFD"). If you're interested, we can provide details about the llamas, what it takes to saddle them and get them to carry the loads up and down the mountain.

So, for this edition of the Bent Fork, we have an interesting mix of contributions. Our feature articles for this fourth publication of the year are the travel logs for Italy and Spain. Additionally, there are calls for and thank-you's to volunteers, as well as three exciting cycling videos, an update about trail accessibility, information about several upcoming events and a heads-up about election of the Club officers in November.

We thank the folks who provide input for the Bent Fork. With your help, we're able to make this bi-monthly publication interesting, information and hopefully fun to read. If you have any comments or suggestions for improvement, please let us know!

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Want Relief from Those Weekend Bike Rides?

Dale Campbell: Co-Editor



Colorado Institute of Massage Therapy Student Sports Massage Clinic

- *Heighten endurance & performance*
 - *Reduce soreness & injury*
- *Increase flexibility & range of motion*

Become a member of CIMT's Health Network and receive discounts on 60-minute student and professional massages for an entire year!

Call today for more information.



Bring in this Coupon for a **30-min Student Sports Massage** for **only \$5!** (\$10 value)

First time visit only. Must prepay. Call today to make an appointment!

719-634-7347

Limited to individuals currently active in a recognized sport.

1490 W. Fillmore St, Colorado Springs



Membership Update

Sara Hill: Membership Coordinator

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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New Belgium Brewing's 2015 Clips Beer & Film Tour Coming to Colorado Springs

Jenny Foust

New Belgium beers will be available in 3-ounce samples or a 12-ounce pour. Served up by local beneficiary volunteers, there's plenty of fun to be had alongside a host of traveling tricks and contests. Food from local food trucks will be available for purchase.

New Belgium selects approximately 20 short films for the tour each season. All selected filmmakers for the 2015 tour receive a trophy-worthy beer in a custom screen-printed bottle, made exclusively for the winning submissions. This year, chosen films include a panda with an attitude about craft beer, a mano-a-mano mountain bike brawl, a whimsical human-powered surf rig and much, much more! It's a diverse and highly entertaining line-up with something for everyone.

"Clips is all about providing a great evening for the local community to enjoy together, while also giving back to it," said Christie Cantania, Clips National Special Events Manager. "We changed the set-up this year and we are really excited to share the creativity of our brewers and film makers, as well as our new ambiance."

Here's the link to the 90 second trailer for the 2015 Tour: <http://bit.ly/1F95eL1>

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Italy by Cycle

Richard Oliver

However, the "magnum opus" of our rides was an all-day trek with "I Bike Tuscany" (IBT) starting south of Florence, and biking some 40 kilometers thru the idyllic and iconic Chianti countryside to Siena. We lucked out and had the ride all to ourselves, guided by the fascinating Marco Vignoli, IBT owner, and former Italian bike racer now turned bike artist. Naturally, all these exquisite rides included stops for wine tastings, spritz and gelato!



As they say, "all roads lead to Rome" and off we went to the Eternal City. We did a small-group ride called "Rome in a Day" which took in all the incredible "usual suspects" -- Coliseum, Palatine Hill, Roman Forum, Pantheon, Spanish Steps, Vatican, et al. Rome is also known as the city built on seven hills, so we opted to again do this ride with e-bikes, not realizing the hills of Rome are more like low knolls!



This was indeed our most adventurous ride, as we shared the packed roads with minion-like hordes of Fiats and Vespas, alternating with dodging pedestrians as we traversed wide piazzas. Emmanuel, our trustworthy guide, just said, "Si, it is dangerous, but pay no attention to the cars -- just follow me." And, somewhat surprisingly -- it worked. Each time we came to an intersection, we formed into a "wolf pack" and pressed on -- and the traffic would stop for us!



After departing "Roma," we engaged a rental car for a 6-day trek through the enthralling Tuscan countryside. Most delightful were the charismatic natural hot springs of Saturnia, and the many ancient hill-top fortified towns surrounded by legions of olive trees and grape vineyards. We especially delighted in biking the medieval walled-city of Lucca on veranda-wide bike lanes. A special, treasured evening was biking to an extraordinary Puccini opera concert in a 600 year-old church, which included an entrancing "Nessun Dorma" aria.



Thus ended the biking part of our Italian sojourn, as our last four days were spent in Cinque Terre -- a most magical and endearing array of five seaside villages along the Italian Riviera -- but which offers no venue for bikes among the steep hillsides and narrow streets.

Our Italian holiday made for a lifetime of captivating memories. We were indeed blessed with comfortably cool and sunny weather, mingled with an occasional refreshing rain shower. But most delightful of all, equal to the biking, were the many absolutely warm and boisterously gracious Italians we encountered. We hated to ultimately have to say, "Arrivederci"!



"Come along for the ride"



TOSC's Starlight Spectacular – Recognition of Bancroft Park Rest Stop Volunteers

Sharon Boyd: Co-Editor

Thank you to our volunteers for a terrific night:

Ginny Barber
Tom Bauman
CeCe Beauchamp
Allan Beauchamp
Michael Belock
Debra Belock
Bob Boyd
Sharon Boyd
Dale Campbell
Chris Conboy
Barb Czarniecki
T.D. Davis
Janet DeGras
Thomas Doumas
Jacy Doumas
Peter Edis
Dona Edis
Carole Emery
Skip Fleming
Theresa Fleming
Vickie Gibbs
Torie Giffin
Chris Gilbertson
Paul Gilbertson
Joseph Giles
Sulyn Giles
Christian Gutierrez
Janine Hegeman
Sara Hill
Rich Hostak
Sherrie Hostak
Brian Landis
Kathy Landis
Jeanette Libal
Daniel McCartney
Doug Moyes
Daniel Muldoon
Dustin Nichols
Charlie Oliver
Margaret Oliver
Janet Oliver
John Pamperin
Joan Peterson
Chris Quoyeser
Aaron Rosenthal
Pat Severn
Alan Severn
Steve Sherlock

Bob Smith
Anne Smith
Terry Struck
Dennis Struck
Randy Susman
Char Taylor
Larry Wilson

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Jenny Foust

New Belgium beers will be available in 3-ounce samples or a 12-ounce pour. Served up by local beneficiary volunteers, there's plenty of fun to be had alongside a host of traveling tricks and contests. Food from local food trucks will be available for purchase.

New Belgium selects approximately 20 short films for the tour each season. All selected filmmakers for the 2015 tour receive a trophy-worthy beer in a custom screen-printed bottle, made exclusively for the winning submissions. This year, chosen films include a panda with an attitude about craft beer, a mano-a-mano mountain bike brawl, a whimsical human-powered surf rig and much, much more! It's a diverse and highly entertaining line-up with something for everyone.

"Clips is all about providing a great evening for the local community to enjoy together, while also giving back to it," said Christie Cantania, Clips National Special Events Manager. "We changed the set-up this year and we are really excited to share the creativity of our brewers and film makers, as well as our new ambiance."

Here's the link to the 90 second trailer for the 2015 Tour: <http://bit.ly/1F95eL1>

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Italy by Cycle

Richard Oliver

However, the "magnum opus" of our rides was an all-day trek with "I Bike Tuscany" (IBT) starting south of Florence, and biking some 40 kilometers thru the idyllic and iconic Chianti countryside to Siena. We lucked out and had the ride all to ourselves, guided by the fascinating Marco Vignoli, IBT owner, and former Italian bike racer now turned bike artist. Naturally, all these exquisite rides included stops for wine tastings, spritz and gelato!



As they say, "all roads lead to Rome" and off we went to the Eternal City. We did a small-group ride called "Rome in a Day" which took in all the incredible "usual suspects" -- Coliseum, Palatine Hill, Roman Forum, Pantheon, Spanish Steps, Vatican, et al. Rome is also known as the city built on seven hills, so we opted to again do this ride with e-bikes, not realizing the hills of Rome are more like low knolls!



This was indeed our most adventurous ride, as we shared the packed roads with minion-like hordes of Fiats and Vespas, alternating with dodging pedestrians as we traversed wide piazzas. Emmanuel, our trustworthy guide, just said, "Si, it is dangerous, but pay no attention to the cars -- just follow me." And, somewhat surprisingly -- it worked. Each time we came to an intersection, we formed into a "wolf pack" and pressed on -- and the traffic would stop for us!



After departing "Roma," we engaged a rental car for a 6-day trek through the enthralling Tuscan countryside. Most delightful were the charismatic natural hot springs of Saturnia, and the many ancient hill-top fortified towns surrounded by legions of olive trees and grape vineyards. We especially delighted in biking the medieval walled-city of Lucca on veranda-wide bike lanes. A special, treasured evening was biking to an extraordinary Puccini opera concert in a 600 year-old church, which included an entrancing "Nessun Dorma" aria.



Thus ended the biking part of our Italian sojourn, as our last four days were spent in Cinque Terre -- a most magical and endearing array of five seaside villages along the Italian Riviera -- but which offers no venue for bikes among the steep hillsides and narrow streets.

Our Italian holiday made for a lifetime of captivating memories. We were indeed blessed with comfortably cool and sunny weather, mingled with an occasional refreshing rain shower. But most delightful of all, equal to the biking, were the many absolutely warm and boisterously gracious Italians we encountered. We hated to ultimately have to say, "Arrivederci"!



"Come along for the ride"



TOSC's Starlight Spectacular – Recognition of Bancroft Park Rest Stop Volunteers

Sharon Boyd: Co-Editor

Thank you to our volunteers for a terrific night:

Ginny Barber
Tom Bauman
CeCe Beauchamp
Allan Beauchamp
Michael Belock
Debra Belock
Bob Boyd
Sharon Boyd
Dale Campbell
Chris Conboy
Barb Czarniecki
T.D. Davis
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