



"Come along for the ride"



Volume 8 Issue 5

Oct/Nov 2015

Editor's Comments

*Sharon Boyd & Dale Campbell:
Editors*



As we change into the Fall season, our cycling opportunities and experiences will also change. With shorter days and cooler temperatures, clothing will be more layered and rides may occur more towards the middle of the daylight hours. Even with these types of changes, we're still cyclists who enjoy being out and pedaling – especially in this beautiful Colorado environment. If you haven't noticed already, be sure to look at the photo in the newsletter title header.

That's the kind of Colorado environment I'm talking about! By the way, the photo is a tribute to the Fall Colors Ride that is scheduled for Friday, 2 October this year. The header photo is from a previous fall ride on 19 September 2007. If you haven't already been able to enjoy one of the previous rides, take a look at the information in the Ride Calendar. But, be quick, as the ride will occur only one day after you have your first chance to read this!

And... if you continue to read the articles in this edition, you'll see many details about upcoming rides and events!

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Prez Says...

Charlie Czar

The Club membership meeting was Sept 1st at the GoG Citizen Service Center. We covered the long list of special Club rides getting set up through Jan 1st. Dennis and Terry Struck presented a travelogue of their Spain trip earlier this year. The next Club meeting will be 6 October at the Citizen Service Center. Snacks start at 6pm and meeting starts at 6:30.

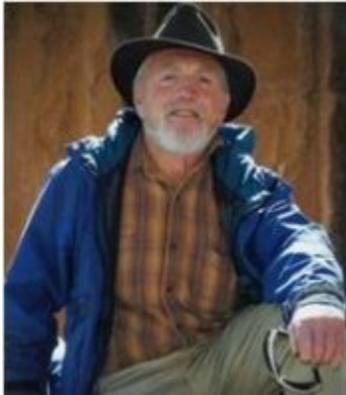
The 4th Annual Mystery Ride was Saturday Aug 15th. Lee Murphy started the ride at 8:32am from America the Beautiful Park. Over 40 people RSVPed for the ride and even more made the day. See the article in this edition for a few more details.

The rain/hail storms of Aug 10th caused the "sink hole" on Chestnut Street just above the Sinton Trail. The drainage pipes under Chestnut collapsed and backed water up into a

[But first, read this!](#)

Social Happenings with Bill Gast

Bill Gast – Social Events Chairman



Fall is in the air and there are plenty of cycling and social events on the calendar. Be sure to socialize with your fellow bicyclists.

The Progressive Dinner ride is Sunday, October 25th; the ride begins at 12 noon. We plan to focus the ride in the Broadmoor area of town. We have one volunteer host and are still in need of two additional hosts to make this event a success. The Club provides the food for your course, and you provide the place to eat. If you would like to be a host for the Progressive Dinner ride, let me know and I will help you plan and arrange the food.

Next, the Tour D' Turkey ride is the Sunday before Thanksgiving. This is always a fun fall ride.

And, how SLOW can you ride your bicycle down Tejon Street in the snow? Yes, it is the Parade of Lights ride the first Saturday in December. Light up your bikes and enjoy a cool evening of fun. Additional details to follow as the date gets closer. *Intro Photograph courtesy of Bill Gast*

[And What About the Holiday Party?](#)

What is IHSMBR?

lake west of the street. As you may be aware, the City is now planning on building a new bridge over this waterway. So, the road will be closed until that construction is completed, projected for sometime later in 2016. In the mean time, the Sinton Trail is open, but use caution, as dirt and some debris remains on the trail west of Chestnut Street.

The 2015 National Bike Challenge started May 1st and ended Sept 30th. We (Colorado Springs Cycling Club 2014 team) have 146 riders listed on the team and 86 of the team posted miles in September (115 have posted for the entire Challenge). As of Sept 1 for the entire challenge we are #1 of the 121 Colorado teams and moved back to #11 again of the 1,953 national teams (with 259,000 points we are just 1,800 point out of 10th) (for month of Sep we are #12 nationally). When May ended the Club team was #1 in Colorado and #14 nationally. I'll be providing an update for the next Bent Fork, noting the overall results and additional information about the Club's contribution to this national challenge and data gathering effort.

CSCC Fall Colors Ride down the Gold Camp Road

Dave VanDerWege: Past President



In the past CSCC has offered a fall leaf change ride down the famous Gold Camp Road to Colorado Springs. For a number of years, this was one of the most successful specialty rides the club has offered, primarily due to the leadership of Joan and Ron Wesley. Because of the one way nature of the ride, the challenge of this ride has always been organizing the shuttling necessary. As Go West Camps has developed, an opportunity exists to rejuvenate this spectacular ride. We have a 15 passenger van and can carry 15 bikes on our trailer. We would be excited to support this ride by using our equipment as the primary shuttle for the ride. This significantly simplifies the organizational work and logistics for this ride.

The general concept is that we will transport 14 people and their bikes on Friday October 2 from Rudy's (at 8:30am) to the **start at the Cripple Creek KOA Campground at 10:00 AM**, provide a sweep, sag the riders down to the intersection of Old Stage Road and Gold Camp Road, providing a rest stop at that point, meet all of the riders at Rudy's Barbeque for dinner and then return any drivers who have driven their own cars, to drive back after dinner. We will all enjoy barbeque at Rudy's at the corner of Cimarron and 31 St Street, while everyone finishes. We are doing a Friday to avoid weekend vehicle traffic that can be significant on color weekends.

Aaron Rosenthal



IHSMB Stands for Idaho Hot Springs Mountain Bike Route. At the next CSCC club meeting on October 6th, Aaron Rosenthal and Janet Oliver will be doing a 30-minute presentation on their 3 week tour of IHSMB last summer. This beautiful and challenging route will come to life via their slides and information sharing about their experiences.

Cycling Time – Is It Worth It?

Dale Campbell: Co-Editor



By now, we all know that cycling is good for us, both physically and mentally. But, have you ever wondered just how good? Looking through my folder of perspective subjects for Bent Fork articles, I ran across an Advice column by Doctors Mehmet Oz and Mike Roizen that was included in the 7 March 2015 edition of The Gazette. The reader submitted question for the column was "What's your take on urban Cycling?" prompted by the reader wondering if cycling on downtown bicycle lanes is more dangerous than healthy.

[Click Here to Read the Answer](#)

Membership Update

Sara Hill: Membership

There are **2 options** that would allow people choice and expand the number of people who can make the ride.

1. A group of 14 riders and bikes can be transported by our van on ride day to the KOA campground to the start on ride day.
2. Small groups of people with their bikes can combine to drive to the KOA campground the morning of the ride, leave their cars and ride down.

[For More Details, Click Here](#)

Past, Present and Future Ride (aka Cycling Infrastructure Mystery Tour)

Allen Beauchamp: Community Outreach Extraordinaire



Come join CSCC as the Sunday Social Ride is transformed into a time machine of sorts, harkening back to a time roughly 105 years ago when General Palmer dreamed of an "Emerald Necklace", a greenway trail system that would ring the downtown of his home, Colorado Springs and allow the residents to transit around it's periphery in style, taking in the beauty of our natural environment and enjoying a relaxing spin via the efficient means of human power travel of the day, the bicycle.

Call it the "Legacy Loop Tour with a Twist", we'll be riding along portions of the Pikes Peak Greenway and Shooks Run Trails already in existence along with taking in the places where the Legacy Loop project has already kicked in.

Beyond that, we'll be visiting the connections around the edges of the Legacy Loop that allow you to connect in and out of the downtown area with relative ease. Relative at this point as there is major work going on right now along certain sections of the loop that one day soon will allow for efficient travel from Old Colorado City and the western edge of Colorado Springs all the way out to Powers Boulevard, never having to be on a roadway except to cross. The future is getting brighter for non-motorized travel through this very popular corridor.

The ride will be 12-15 miles in length and will take in a very wide variety of trail and off-trail surfaces. Mountain bikes are strongly recommended as there will be dirt and rocky stretches. The ride will accommodate the opportunity to walk through the most challenging bits, as some of the infrastructure isn't there yet. Please bring a sense of

Coordinator



WELCOME NEW MEMBERS!

Charlie Charlton, Andrew Galbraith, Saacha Hake, Amy Lancaster, Terrie Lang, Steve Lutz, Gary Mange, Amanda Martinez & Family, Thomas Plumb, Crystal Putnam, Andrew VanDerWege & Family, and Michael Watts.

RENEWING MEMBERS – THANK YOU!

Bea Albers, Duane Babcock, Gary Breig, Karen Brown, Ed & Suzy Browne, Sandi Buck & Family, Mike Burgie & Family, Graeme Cloutte, Jannie Cox & Family, Bev Fallis, Eric Fetsch, Skip Flemming & Family, Bill Gast, Peter Gilfoil, Michael Haftel, Stacey Harris, Lisa & Richard Hickey, Rich & Sherrie Hostak, John Ingham & Beth Blakney, Chris Jacob, Anne & Ted Junge, Frank Kink & Family, Stan & Ann Lebahn, Chris Lieber & Family, Will Luden, Larry & Shelly Mann, Michael Mannebach & family, Baruch & Julie Rhea, George Robbins, P.K. Robinson, Rick Rodriguez & Family, Joe Schultes, Kevin & Kelly Sears, Peggy Seidel, Maurie Shannon, Jim Sledz, Terry Smith, Larry Svoboda, Phebe Swope, and Larry Womack.

[MEMBERSHIP REMINDERS](#)

Take a Look ...!

Contributed by Barry Wick

... at these videos. You'll be amazed and entertained!

Danny Macaskill: The Ridge: For all the CYCLEPATHS - here's the Ride of your life
https://www.youtube.com/watch?v=xQ_IQS3VKjA

adventure and exploration.

If you'd like to do a little homework prior to joining the ride, be sure to take a look at the following references:

"Completing Legacy Loop: Greenway Fund": a five minute video about the Legacy Loop's history, need and potential (Editor's Note: a **good** reference in which you'll recognize a lot of scenes and interviewees):
<https://vimeo.com/122146253>

A link for the Legacy Loop project from The Greenway Fund's page:
<http://www.greenwayfund.org/bike-tours.html>

A link to the I25/Cimarron CDOT project page (big Midland Trail realignment):
<https://www.codot.gov/projects/i25cimarronDB>

Cool graphic from that page showing a detail of the new trail alignments:
<https://www.codot.gov/projects/i25cimarronDB/assets/i25cimarrondiagram.jpg>

(Graphic courtesy of Great Outdoors Colorado)

[Click to see map of the Legacy Loop](#)

Touring the Mickelson Trail in the Black Hills

Alan Severn



Having not planned a summer vacation, I looked for a destination that would allow some riding. The solution was a Rails-to-Trails conversion in the Black Hills. Not knowing the area, I settled on a program put on by Road Scholar (formerly known as Elderhostel).

The program involved riding mountain bikes over the 109 miles of the trail from a fixed base, with two afternoons for other activities. The riding was easy on the railroad grades of the trail. The 21-speed mountain bikes were excellent and well maintained, appropriate for the crushed gravel surface with some soft spots; most had 35mm tires.

As befits a rails-to-trails conversion, grades were less than two per cent – sometimes compensated by length. With a steady grade it was hard to tell if we were climbing or

The 'world's first unstealable bike' goes into production:
<http://www.cnn.com/2015/08/05/tech/yerka-unstealable-bike/index.html>

Are You Following the Rules? Cycling's Golden Rules That Is...

Dale Campbell: Co-Editor



The Golden rule is something we all normally learn while growing up. This ethic of reciprocity is an ethical code that essentially states one should treat others as one would like others to treat oneself. Or as many of us may have learned on Sunday's as children, "Do to others as you would have them do to you." (Luke 6:31).

As cyclists, are you aware that there also Golden Rules for bicyclists? For example:

- Take the Lane
- Don't Live in Your Chamois
- Train Your Weaknesses
- Embrace the Rain
- Wear Out Your Shifters
- Listen to Your Bike, and
- It's Okay to Stop

OK...some of these are obvious but others raise questions. To reveal the secrets behind each of the above rules and see the remainder of the list of 50, go to <http://www.bicycling.com/trainin g/fitness/bicyclings-50-golden-rules/page/0/3>

By the way, if you've been a long time reader of Bicycling Magazine, you may remember an article in the 5 October 2011 edition that detailed a list of 50 rules.

descending; sometimes it took a glance at the derailleur.

Road Scholar rates this program as "challenging," its highest category; I'd call it "moderately challenging," but maybe that's a matter of acclimation to altitude; some participants did have a problem with the elevation (up to 6200 feet). Compared to other Road Scholar groups, this small one was older and in better shape than I'd expected; three were over 80.

[More about the Trip](#)

Chick-fil-A Patriot's Festival and Ride for Heroes

Sharon Boyd: Co-Editor



The annual Chick-Fil-A Patriots Festival on September 12 enjoyed perfect weather this year, enabling the large number of ride/run/walk participants and the many Festival attendees to enjoy the many sights and events of the Festival. CSCC provided Ride Ambassadors, Course Marshals and organizational volunteers to help support this fund raising effort. All of the proceeds from the event go to local charities that assist veterans, military families, firefighters and police in our community.

[Take a look at these photos from the Festival](#)

Bicycle Adventure Club trip in the Roaring Fork Valley

Courtesy of Bob Smith

If you've ever wondered what sights you might see while cycling along the Roaring Fork Valley in Colorado, take a look at these photos from a ride this past summer.

[See photos from the BAC Roaring Fork Valley Ramble](#)

Colorado Springs Labor Day Lift Off Balloon Festival

Sharon Boyd: Co-Editor



The annual tradition of a hot air balloon event on Labor Day weekend continued in 2015. Festivities spread across September 4th to 7th at Memorial Park. CSCC members participated in two club sponsored events:

4th Annual Mystery Ride

Sharon Boyd: Co-Editor



Lee Murphy's 4th Annual Mystery Ride on August 15th began at America the Beautiful Park and was enjoyed by 50 participants. The 20-mile ride in the northwest quadrant of the city had information stops at the old Alexander Movie Production site on North Nevada, USA Cycling Headquarters, Pro Rodeo Hall of Fame, The Space Foundation Discovery Center, Garden of the Gods Visitor Center, Headquarters for Navigators International, and the Colorado Springs Utilities Conservation and Environmental Center at Mesa and Fillmore. If you haven't yet participated in one of Lee's single or multiple mystery stop rides, make plans to do so next summer! Be sure to check the Ride Calendar as we get closer to June 2016.

Hal Aqua and The Lost Tribe

Contributed by Barry Wick



Hal Aqua and The Lost Tribe is a klezmer fusion band that is an exuberant musical experience, rooted firmly in traditional Jewish modes and melodies, driven by contemporary rhythms & danceable grooves.

In the long-standing Jewish

- Labor Day Balloon Glo - Club members joined the thousands of people that attended the Saturday night Balloon Glo. They rode bikes to Memorial Park and used the Bike Valet.
- Monday Ascent and Breakfast - 40+ club members arrived at 6am to ride to the Balloon Ascent at Memorial Park. New balloons were part of the Labor Day Lift Off line-up. Later, the group rode to Patty Jewett Golf Club to enjoy a patio breakfast buffet.

[Photos from the events](#)

Cycling Completion in the US of A – What's That All About?

Dale Campbell: Co-Editor



Peter Sagan celebrates winning the men's road race title at the UCI Road World Championships. Photo: Bryn Lennon/Getty Images

Many of us in the Club have experienced the thrills of watching bike racing in person, thanks either to the Veledrome or the Pro Cycling challenge stages that have occurred in past several years. But, there are many folks in the US who have not had or made the opportunity to actually experience a bicycling race up close and live. Now, thanks to the UCI staging this year's Road Cycling World Championships in Richmond, Virginia in September, there are now many more cyclists and non-cyclists alike who now know the excitement that can be enjoyed via this sporting event.

One of these is Jason Gay - a contributor to the Wall Street Journal. He recently had an entertaining and insightful article published in the Journal, titled "In the Middle of Football, Brilliant Bikes - Why I skipped the NFL for one weekend for the cycling world championships—and why it was worth it". In this article, he noted "what happened this past week in Richmond was a significant moment in this country for a tormented but magnificent sport that deserves a second look after the Lance Armstrong mess."

[More about the UCI Road Race](#)

Social Ride 20150726 - The Rainy Ride

tradition of absorbing musical inspiration from surrounding cultures, The Lost Tribe steepers their songs in a broth spiced with rock, reggae, salsa, funk and blues influences, serving up an irresistible party vibe.

The band includes Hal Aqua (vocals, guitars, octave mandolin, ukulele), Annie Aqua (violin), Ben Cohen (electric and acoustic bass, tuba), Shanti Hazan (drums and percussion), and Miriam Rosenblum (clarinet, recorders, button accordion).

Saturday, October 17, 2015
7:00 pm (doors open at 6:30)

Advanced pricing available online until October 15, 2015.
Online Pricing:
\$10 per adult (18 and older) & \$5 per child (17 and younger)
Pricing at the Door on October 17:
\$20 per adult & \$5 per child

Dan Martin



We rode 10 miles, down to Ivywild by way of 8th Street and the Smiling Toad Brewery & back, with a suitable stop there to let the sun come out. Riders were:

- Dan Martin, Ride Leader, 18 bonus miles (I took the long way home, the weather cleared up nicely!)
- Sharon Richards, Sweep
- Randy Richards
- Lee Willmon, 8 bonus miles
- Caroline Tran

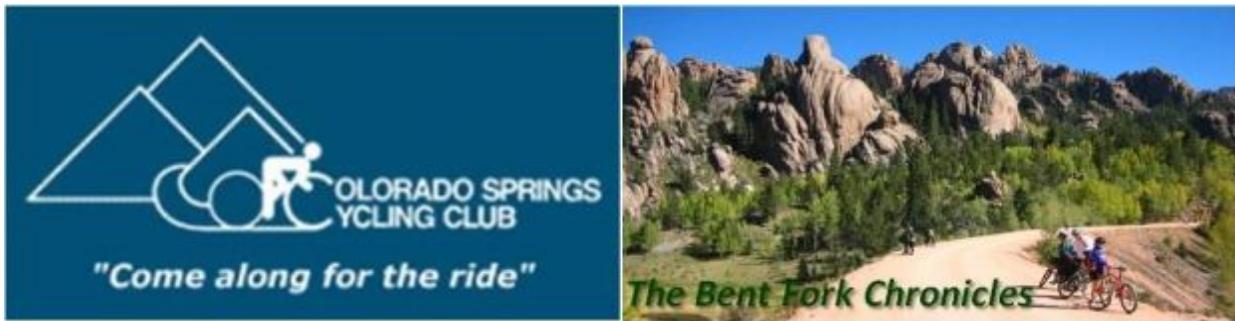
Just as we thought about heading out, the sky opened up and forced us into shelter. We tried our best to read the sky, which way the cloud masses were moving, and thought we might make McCabe's Tavern in the downpour. Just as we were about to resolve ourselves on that, a sliver of blue sky appeared low in the Southern sky. That's all we needed to fortify us for the ride to Bristol Brewing Company in Ivywild.

Thirsting for something a little stouter than rain, we powered over the 8th Street hill past the dealerships. We glided past The Pointe, a fine bar & grill. We pulled into the shopping center at Little Nepal, a fine Indian food restaurant. Pulling around back, we found the Smiling Toad Brewery but didn't stay, though we could've. We pressed on to more familiar territory to refresh, relax, and enjoy.

Afterwards, I led them back through "lockwasher" park and, danged if I know how, I lost them. I've lost glasses, phones, all kinds of things, but I'm danged if I know how I lost those four. I'm thinking The Twilight Zone or the interchange construction, something like that.

Anyway, I had so much fun and the sky cleared so fine that I headed east and had to remind myself to head home. Good ride, no one fainted.

Photograph courtesy of Dan Martin



Editor's Comments

Sharon Boyd & Dale Campbell: Editors

Thank you to Janine Hegeman for leading the CSCC Sunday Social Rides in September.
Kerry Hefta will be leading the CSCC Sunday Social Rides in October.

Watch for a date for the third offering of **Bicycling Skills 123+ program, a League of American Bicyclist (LAB) safe riding course. CSCC is a LAB member and has LAB certified instructors.** The workshop will cover basic riding skills: mounting and dismounting smoothly starting and stopping, shifting and riding in a straight line, scanning and signaling appropriately. Hazard avoidance skills will be taught to include, quick stop, rock dodge, avoidance weave, instant turn. The workshop will conclude with instruction and practice in riding on the road and operating as a vehicle under Colorado Transportation Law.

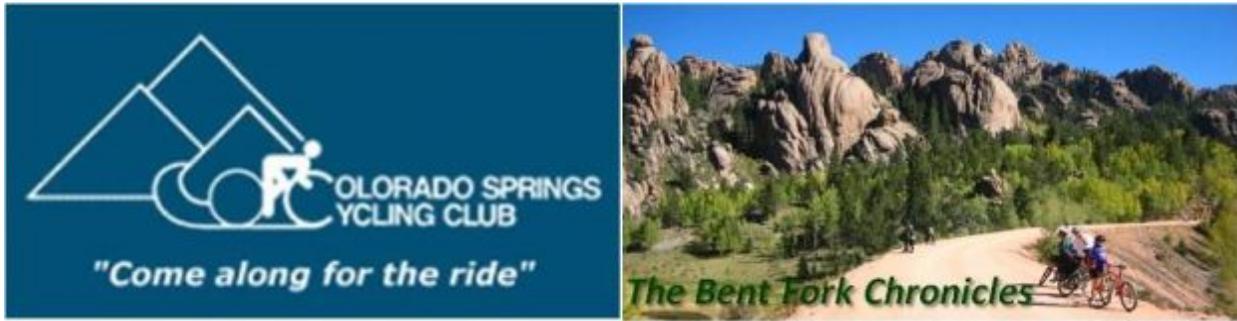
Upcoming bicycle rides and club events:

- 2 OCT Fall Colors Ride down the Gold Camp Road
 - 3 OCT Oktoberfest Ride from Castle Rock
 - 25 OCT Progressive Dinner Ride
 - 22 NOV Tour d' Turkey Ride
 - 5 DEC Festival of Lights Parade
 - 12 DEC Holiday Party
 - 1 JAN 2016 Frozen Water Bottle Ride

We hope you enjoy this edition of the Bent Fork. And we wish to note a milestone with this edition. This is our 5th year as editors of the Bent Fork! Time flies when we're editing cycling fun!!! As always, your comments and article ideas/contributions are welcomed!

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Social Happenings with Bill Gast

Bill Gast – Social Events Chairman

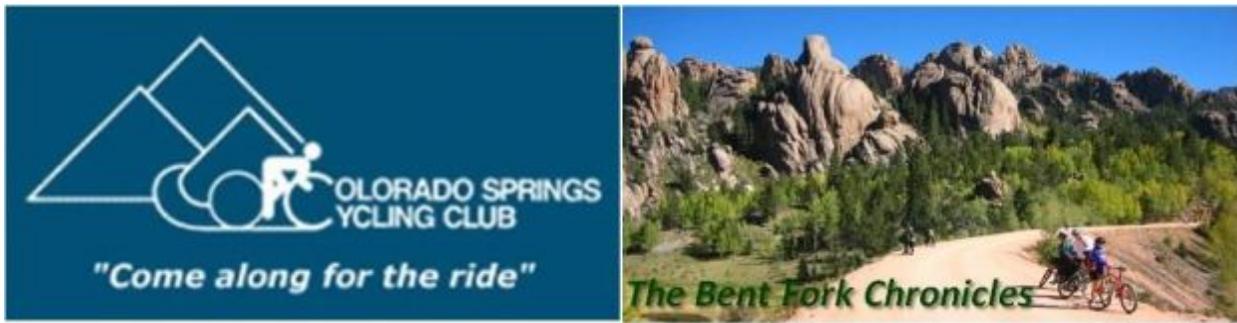


Mark your calendars for Saturday evening, December 12th for a "Night at the Museum." The CSCC Christmas/Holiday Party will be held at the Pioneer's Museum. Much like the summer picnic, the dinner will serve a catered entrée and you are requested to bring your favorite holiday dish. RSVP will begin the first of November with a limit of 100 participants. The cost for this event uses tiered pricing and begins at \$10 per person. The tiered pricing increments and timeframes will be published. Should I mention this is a dress up affair? General Palmer along with Queen Palmer, Zeb Pike and race car driver Al Unser said they may make an appearance. Put on your thinking caps, since Colorado Springs has a rich history of prominent and not so prominent individuals. For another dress-up option, check out the characters in the three (3) "Night at the Museum" movies. Additional details to follow.



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Cycling Time – Is It Worth It?

Dale Campbell: Co-Editor

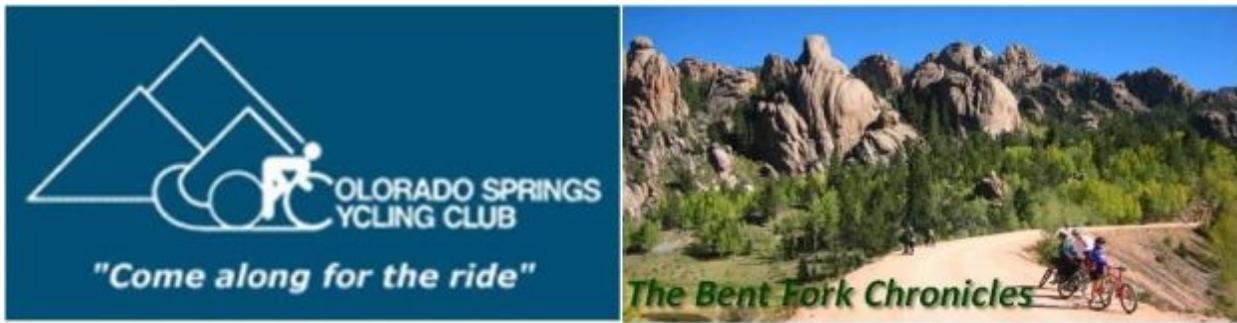
In the column, the Doctors noted that a whole series of studies that positively supported how urban riders benefit from cycling. There's the obvious advantages of maintaining a healthier weight, improving cardio fitness and reducing carbon footprints. But the good doctors also noted the secondary impact of rolling back your "RealAge" (disclosure: Created by Drs Oz and Roizen, the RealAge Test assesses your eating, exercise, and sleep habits, along with family health history, behaviors, and existing conditions based on 100+ factors). Oz and Roizen referenced the results of a British study, noting the study:

"... looked at 125 amateur, 'nonelite,' but very active cyclists ages 55 to 79 (84 men, 41 women). After extensive cognitive and physical testing they [the British study] reported that it was not possible 'to physiologically ... identify the (calendar) age of a given individual.' The older cyclists' memory, reflexes, muscle mass, bone density, strength, balance and metabolic health simply did not provide a clue to what year they were born."

So, to answer the question raised in the title of this article and in spite of the potential dangers, my answer is a resounding "YES!" The cycling time is worth it! So, get out there and ride – safely.

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Membership Update

Sara Hill: Membership Coordinator

(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.

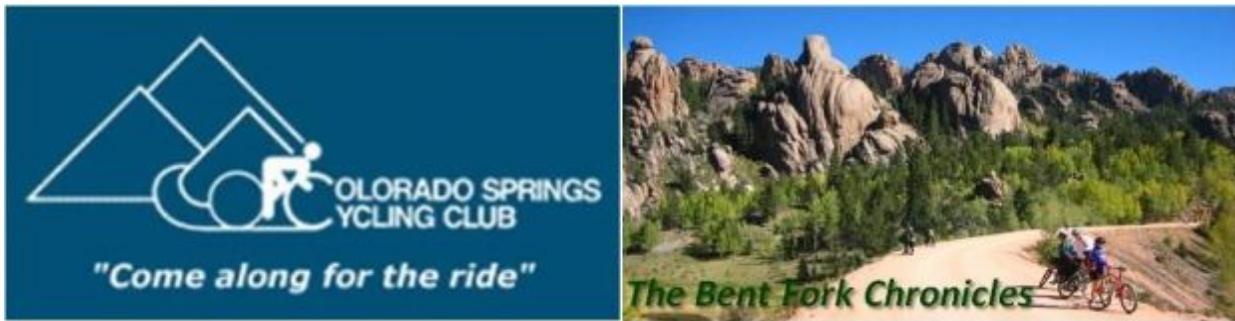
If you have questions regarding membership, please contact Sara Hill, Membership Coordinator at membership@bikesprings.org.

Sara Hill, CSCC Treasurer & Membership Coordinator

Intro Photograph courtesy of Vern Pitcher

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CSCC Fall Colors Ride down the Gold Camp Road

Dave VanDerWege: Past President

Go West (using our 15 passenger van) will return a driver for each car back to the KOA (after dinner at Rudy's) to drive their cars back to Colorado Springs. The use of these options could result in between 15 and approximately 60 people being able to participate. To provide this support service, Go West will collect \$35 for each person transported, including their bike. The sagging of the ride and transport of any riders with mechanical or physical problems down Old Stage Road to Colorado Springs, a sweep and the rest stop will be included with these fees. Go to club calendar listing or www.gowestcamps.com to sign up for transportation.

Details:

The **riding starts at the Cripple Creek KOA Camp Ground promptly at 10:00 AM** on Friday. For those who are driving their own cars, you can leave your car at the KOA for the day and be transported back for pickup after dinner at Rudy's. The **Cripple Creek KOA is located just off of HWY 67 from Divide at the bend where the old town of Gillette used to be.** You turn on to CR 81 toward Victor. It is about a half mile down 81 and can be seen from the road on the left. If anyone would like to go up Thursday and stay the night before, or even the weekend, it is a cute place and they have a number of camping cabins as well as camper spots. You of course could be transported back up on Friday. **No need to contact them to just leave your car for the day but if you would like to camp here is their website.** It can also be used to help locate the start.

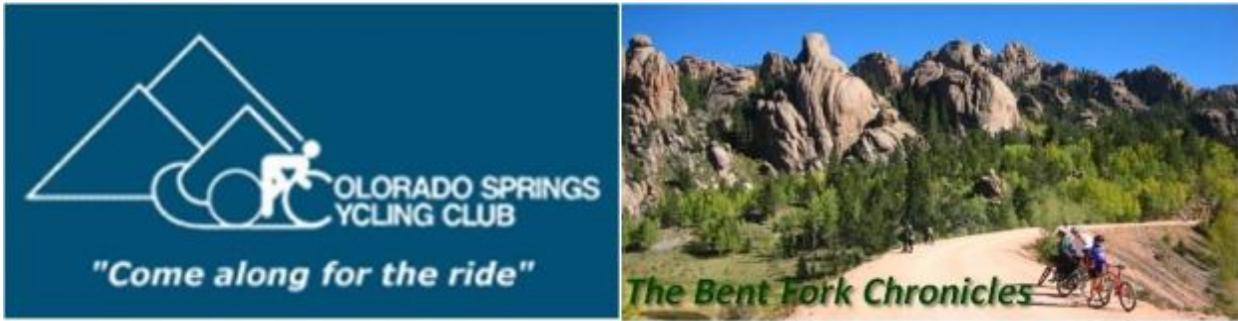
<http://koa.com/campgrounds/cripple-creek/>

This will be considered a mountain bike ride and everyone should ride a bike with at least 2 inch tires. Even though the grade is generally flat (and includes a 700 ft. elevation gain in the first part of the ride), the main challenges are washboards on the county road portion of the ride and soft decomposed granite spots on the closed trail final third of the ride. The riding technique should be to control your speed on the extended downhill stretches. Go West uses fat bikes in its teen programs and we are happy to make them available to any riders who would like, for an additional \$35 for the day. We even have 2 child size (24 inch wheel) fat bikes if someone would like to make this a family event. The Hub bike shop also rents Salsa fat bikes for \$45 a day and \$85 for a suspension fatty. Bikes can be reserved along with transportation.

We are excited to provide support so this unique riding opportunity can resume. If you have any questions contact Dave VanDerWege at 719-373-3943, dave@gowestcamps.com

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Past, Present and Future Ride (aka Cycling Infrastructure Mystery Tour)

Allen Beauchamp: Community Outreach Extraordinaire





Touring the Mickelson Trail in the Black Hills

Alan Severn



Two of the four riding days were short, leaving time for Mount Rushmore, horseback riding (with me on the largest, slowest horse!), canoes, a visit to the immense Crazy Horse sculpture or the Needles Highway in Custer State Park. The other two program days were riding, including shuttle time.

Evening programs were outstanding: a demonstration about Lakota History and Culture, by Jay Red Hawk. There was also a demonstration of birds of prey (far more informative than the brief ones of Pedal the Plains).

The program is typically offered just before Labor Day, when the host location no longer has school groups. The all-in cost of the program was \$829 (single or double occupancy). Staffing was more than adequate; I can't see how they broke even on a group of 16.

The Black Hills is the scenic part of South Dakota, and the Mickelson Trail makes the most of it. In turn, this program makes the best of the Mickelson Trail.

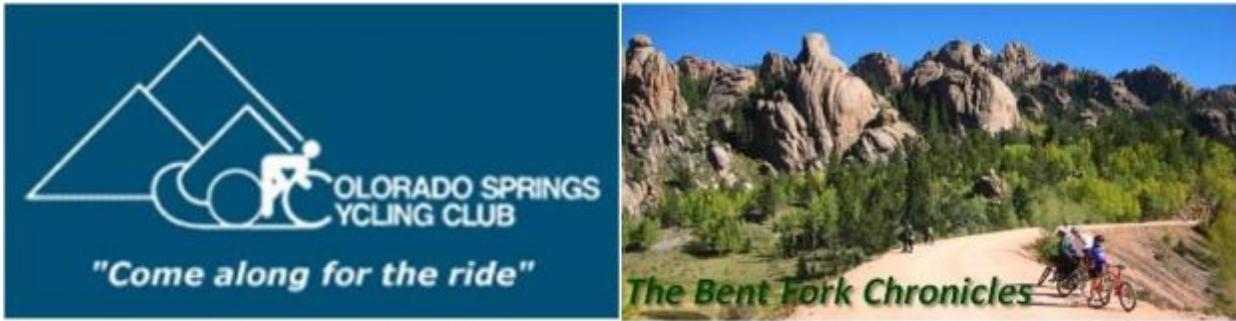
George S. Mickelson Trail

Open: Year-round, from dawn to dusk Length of trail: 109 miles with 15 trailheads, from Edgemont to Deadwood Trail surface: Packed gravel.

<http://gfp.sd.gov/state-parks/directory/mickelson-trail/>

Trail Map: <http://gfp.sd.gov/state-parks/directory/mickelson-trail/map.aspx>

Road Scholar Website: <http://www.roadscholar.org/>



Chick-fil-A Patriot's Festival and Ride for Heroes

Sharon Boyd: Co-Editor

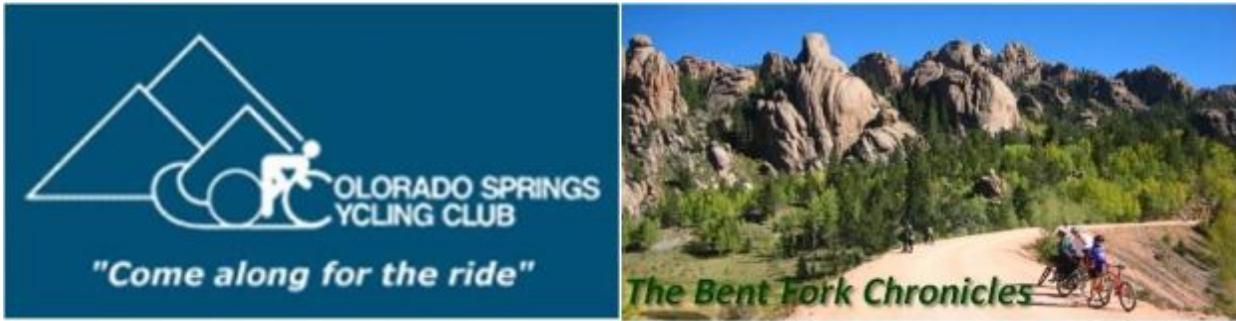




Photographs courtesy of Vern Pitcher & Neddie Pitcher

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Bicycle Adventure Club trip in the Roaring Fork Valley

Courtesy of Bob Smith



Waterfall near Aspen



Ashcroft Ghost Town



Near John Denver Sanctuary



Anne with Annie's Song



Ed & Suzy



Rio Grande Trail riding towards Mount Sopris



Ruedi Reservoir



Ed, Suzy & Anne at Carbondale Beer Works

 SHARE    ...



Colorado Springs Labor Day Lift Off Balloon Festival

Sharon Boyd: Co-Editor

Photographs courtesy of Vern Pitcher









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Cycling Completion in the US of A – What’s That All About?

Dale Campbell: Co-Editor



Cyclists make their way up the cobblestones on Libby Hill during the UCI Road Cycling World Championships. Photo: Andrew P. Scott/Reuters

During the Road Race completed on Sunday, 27 September, Mr. Gay was fortunate to position himself on Libby Hill in Richmond, Virginia. For those not familiar with Richmond, Libby Hill down towards the James River is said to be "The View That Named Richmond." William Byrd II is said to have thought that this view resembled the view of Richmond upon Thames in England (thanks Wikipedia https://en.wikipedia.org/wiki/Libby_Hill,_Richmond). My Gay cheerfully noted that "Libby Hill was the spot to be. I confess to a rush of goosebumps upon arriving there, a feeling I imagine is not unlike arriving at a Star Wars convention in a handmade Ewok costume. Finally! Here are my people! There were thousands upon thousands of cycling obsessives—and plenty of first-timers—perched like meerkats atop the steep grass, waiting to watch the world’s best riders hit the stones and turn themselves inside out." I’m sure some of us have had that same rush of recognition while being involved in a cycling event somewhere or other.

However, I think the journalist’s closing thoughts really provided an excellent summary of the impact the 2015 UCI Road Cycling World Championships had on folks. Here’s the insight he provided:
"In the end, Richmond got itself a pair of deserving name-rec winners in the champion’s rainbow jersey: And the rest of us? On another big American weekend of football, a few hundred thousand people down in Virginia took a U-turn and experienced something else: bike racing. Yes: bike racing! It’s not just for snickering and scandals. If you missed this scene, I’m not saying you missed something life-altering. But if you saw it, I bet you’ll be back for more."

If you’re interested in reading the whole article, it can be found at <http://www.wsj.com/articles/in-the-middle-of-football-brilliant-bikes-1443411856?tesla=y>

For more information about this year’s UCI Championships and a summary of the results, go to <http://richmond2015.com/about/about-the-world-championships/>

