



The Bent Fork Chronicles

April/May 2016

Volume 9 Issue 2

Editors' Comments

*Sharon Boyd & Dale Campbell:
Editors*



This is definitely the time of the year that can be a challenge to our desire to be out and on a bicycle. In just this past week, for example, there have been clear warm days with little wind and temps in the 60s/70s. And then - WAM! - there comes that day (or days) with multiple inches of snow, wind chills in the teens and winds of over 30 mph. So what do we do on those days? Get on the trainer? Look at cycling web pages? Watch a cycling movie? Try to wait out Mother Nature, while she decides to present a real Spring, with multiple days of clear skies, warm temps and little to no wind? Or, thinking about an update we got from a Club member this past week ("Rode my bike to work today and looked a bit like a snow man when I got there..."), do we just get out and ride, regardless of the weather? Humm.....

In the mean time, if we do have more of those "winter" type days and you want some cycling related reading material, we hope this edition of the Bent Fork fills that need. In this "spring time" edition, we have included a variety of

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articles, ranging from some information about upcoming Club meetings and rides, an introduction to a series of articles celebrating 30 years of activity and success for the Club, *Bike Tech* information, links to interesting videos, updates from Bicycle Colorado and TOSC, a lead in to the this year's National Bike Challenge and much, much more.

And, we challenge you to think about what you might like to see in the Club's newsletters. Just send us an email with your thoughts and ideas. And, if so motivated, we welcome any cycling related article, video, suggestion or information you might want to submit. We'll include such submittals in our upcoming newsletters.

By the way, when you do decide how to "attack" this "variable" spring that we normally experience, remember that real spring will be here sometime. In the meantime, when you do get out and ride, stay safe and warm!

[Wait – There's More! Click Here](#)

Come See the Covered Velodrome at the April Club Meeting!

Rich Hostak: CSCC Vice President



The April Colorado Springs Cycling Club meeting will be held at the U.S. Olympic Training Center Velodrome. Chris Schmidt, the Operations Supervisor for the Velodrome will be the speaker, and will answer questions after his talk. After the meeting, attendees will be able to watch the night's racing from the infield inside the dome. This will be the only

Prez Says

Janine Hegeman

Hello again everyone,

I'm settling in as president of CSCC, and it's been great to see a re-energized board getting things done. Website and social media issues are being researched, the budget has been approved, and the Ride Committee is making some good changes and coming up with great ideas for rides. CSCC's 30th year is going to be great!

The Business meeting on Tuesday March 1st covered all of the elements as required by our by-laws. The CSCC board has determined that there are eight changes that need to be made to the by-laws, mostly typos and refining the language. Club members voted on the changes. Thanks for your responses – the results will be announced soon. A modest increase in dues was announced as well.

The April 5 member's meeting will be held at the 7-11 Velodrome in Memorial Park – that big tent just off Union Blvd. We will learn how the cover was raised and other details about the velodrome. And after the meeting, we can watch the races from the infield! This promises to be a great evening and we hope you'll join us.

CSCC once again collaborated with the O'Donnell family to handle the St Pat Bike Ride portion of the 32nd Annual St Pat Parade activities on March 12. A bonus for bike riders was that they could participate in the parade after the ride. Jean Zeh organized our efforts for the bike ride course marking, course marshals, and rest stops. About 300 riders participated, and over 40 volunteers from CSCC supported the ride.

The Annual Shamus McSpud Hot Potato on March 13th started downtown at Acacia Park at 1 p.m. - and there was a quicker paced fitness ride option to the Czarniecki's home in Rockrimmon. Barb Czarniecki was the hostess for the festivities, and it was the second-most attended ride yet this year. Somehow, there were 12 potatoes left over... Bill Gast will be leading the Sunday Social Rides in April, and there will be a one-stop Mystery Ride in April led by Lee Murphy.

The National Bike Challenge is gearing up for the May start. We are making plans for a 30th anniversary jersey, a new club logo contest, better ride classifications, out of town rides, and much more. Pedal on!

Janine Hegeman, President
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Colorado Springs Rallies around Bicycling

Bicycle Colorado Newsletter 30 March 2016

opportunity to have a meeting there before the dome comes down for the summer on 15 May. The staff of the facility will have a two week preparation time before it actually comes down, and gets packed away for the summer racing season. The social time for the meeting will start at 6:00pm on 5 April, with the actual meeting starting at 6:30pm. The Velodrome is located on the east side of Memorial Park, at 250 S Union Blvd.

In preparation for attending the meeting, you will probably enjoy seeing a time lapse video of the construction of the dome. This can be found on You Tube at <https://www.youtube.com/watch?v=8Zl1OTq3mWA#t=145> Here are some details about the construction project:

1. The project installed a seasonal air-supported structure over the existing velodrome at Memorial Park.
2. The dome covers 122,500-square feet of the facility
3. The construction included:
 - o New helical pier and grade beam foundations,
 - o A concrete mechanical vault,
 - o Concrete and asphalt site work,
 - o Electrical connections for power and lighting,
 - o Installation of mechanical equipment to heat and inflate the dome,
 - o Installation of the 85-foot-tall dome structure, and
 - o Landscape work.

More photos of the construction and use of the Velodrome can be found at http://velonews.competitor.com/2015/12/news/track/photo-essay-7-11-velodrome-opens-in-colorado-springs_390759#jxjEdQVJJV3JJbTF.99



Colorado Springs celebrates Bike to Work Day

Editors Note: It's good to know that the ongoing cycling activity and the planning/development to further support cycling in our city is being recognized by a larger constituency.

These are exciting times for active transportation in and around Colorado Springs—notable milestones have been reached and there are meaningful projects on the horizon.

Earlier this month, Colorado Springs hired Kate Brady as the city's Senior Bicycle Planner. Among her responsibilities will be managing the 2016 update to the city's Bicycle Master Plan, which will provide an up-to-date, prioritized road map for bicycle and pedestrian investments.

In addition, harnessing the growing energy around active transportation, a regional bicycle summit will be held in June, featuring key updates on the state of active transportation in the Springs. The event will encourage networking and partnerships and provide a foundation for coordination to encourage bicycling.

The community's emerging advocacy group—[Bike Colorado Springs](#)—has been a key player in these accomplishments. Bicycle Colorado has enjoyed working with local partners to encourage these great steps that the city is taking and we look forward to continued collaboration with our partners in Colorado Springs.

With the Appointment of a Bike Coordinator Comes Goals and Challenges

Billie Stanton Anleu: The Gazette

Kate Brady tasked with upping bicycle profile of Colorado Springs

[What's Scheduled for the May Meeting?](#)

Have You Checked Your Miles for 2016?

Charlie Czarniecki: Past President

The Club resumed updating and posting Club Miles. These are gathered from information you put on ride sheets before we start a ride. The files are located on the CSCC web site under the Ride Info "pull down menu"; in the "[CSCC Miles](#)" folder. The "Dashboard" has the total miles trends for the months of the year compared to the data beginning from 2007. The "Detail" link sorts this year's riders alphabetically, by total miles ridden, and by number of rides ridden. Both files will be updated at the beginning of each month to add the miles of the preceding month to this year's totals.

Empty Bowls Benefit Ice Cream Social

Liz Ford: CSCC Member

You are invited to Rampart High School's Empty Bowls Benefit Ice Cream Social.

When: Thursday, May 7
What Time: 6:00-7:15 pm
Where: Rampart High School
Your Contribution: \$10 donation at the door

Come and choose a handmade ceramic bowl, eat ice cream (donated by Cold Stone Creamery@ First and Main), enjoy the RHS Choir, then take the bowl home with you! Proceeds will be donated to 2 families who have been financially impacted by cancer diagnoses.

CSCC Dues Change to Implement on 1 April

Janine Hegeman: President

CSCC will be raising dues effective April 1, 2016.



Kate Brady started work Monday, 7 March 2016, as senior bicycle planner for Colorado Springs, which aims to become a designated gold-level Bicycle Friendly City within five years. Brady, a former Monument planner, earlier was associate planner for bicycle, pedestrian and livability issues for the Association of Central Oklahoma Governments, where she collaborated on bicycle/pedestrian improvements for the Oklahoma City area.

Click [here](#) to read the full article in *The Gazette*.

CSCC – 30 Years and Still Riding!

Dale Campbell: Co-Editor



To me, it's absolutely amazing. Here we are in our 30th year. That means we've been pedaling around Colorado Springs and the Front Range as a Club for quite a while. And when an organization has been in existence for that long, it means that there's a rich heritage behind the continuation of such an organization.

As we continue with our 30th year as a Club, the Bent Fork will feature a series of articles focused on our past and looking forward to our future. This article is the first of five. Here's what's in store for this and coming editions of the Bent Fork:

Individual memberships will now be \$21, and family memberships will be \$28, to include all renewals. Club dues have not been increased in decades. In fact, no one at the March meeting could recall the last time they were raised! With the loss of revenue from BVBF, and an incredible jump in insurance costs, the CSCC board voted in this modest increase to ensure that some club operating expenses will be covered. If you have questions about renewing your membership, please contact Sara Hill, Membership Coordinator, sleonahill@yahoo.com, or Janine Hegeman, President j9hegeman@gmail.com

Pikes Peak Region Trails and Open Space: Rich History, Abundant Assets, Promising Future

Contributed by Allen Beauchamp: CSCC Outreach Coordinator

El Pomar Foundation's Pikes Peak Recreation & Tourism Heritage Series and Trails and Open Space Coalition invite you to attend: "Pikes Peak Region Trails and Open Space: Rich History, Abundant Assets, Promising Future"
Details: Friday, May 13, 2016
3:00pm - 5:30pm (reception to follow) Penrose House, 1661 Mesa Ave, Colorado Springs, CO 80906

This first Heritage Series session will focus on trails and open space, both critical dimensions to our heritage and backyard recreation and tourism. Panelists will include nonprofit leaders in open space and trails, local government, natural resource management, among others. We are proud to have Governor Hickenlooper deliver opening remarks concerning his Office's initiative: Colorado the Beautiful's "16 in 2016" that includes "Ring the Peak" trail. Lise Aangeenbrug, Executive Director of Great Outdoors Colorado will be the event's keynote speaker

- April 2016: In the Beginning – A Brief History of CSCC
- June 2016: A Tribute to the First Decade
- August 2016: Growing Up – The Teen Years
- October 2016: In our 20s – What Occurred between 2006 and Today
- December 2016: Moving into the 4th Decade – What's in Store for the Future of CSCC

I've already contacted a variety of members who have been around with the Club for a while to submit articles, commentaries and photos of some of the events, rides and anecdotes that they remember. Comments are already being submitted, most with this sort of comment: "Remember when we did [fill in the blank]. We sure had a good time!"

If you have something – anything you would like to be included in this treasure trove of the Club's history, please send it to us. We'll incorporate your submittals into the upcoming articles. Remember, the Club's newsletter is the official archive for the organization (see the Bylaws for the specifics).

For this kickoff article, I'd like to thank Bob Smith, Past President of the Club, for this contribution to get us started.

Stay tuned for the next update about the Club's history.

[Bob Smith's Tribute to the First 25 Years](#)

CSCC – What Does It Mean to You?

Dale Campbell: Co-Editor



With the Colorado Springs Cycling Club entering into its 30th year, you begin to realize that we, the Club members, have ridden thousands upon thousands of miles during that time (check out the High Mileage Stats in the [August 1993 newsletter](#), for example). We've also enjoyed many, many get-togethers and social events over the years (such as the Progressive Dinner Ride or the Summer Picnic). Additionally, as an organization advocating for cycling in Colorado Springs and Colorado, we've been able to make some impacts – such as exhibited with the contributions to Kids on Bikes.

But let's stop and think about this for a moment. How has all this been made possible? Let's step back a moment and start at the beginning. We're the Colorado Springs Cycling Club. Look in any dictionary and you'll find a definition something

highlighting GOCO's new five-year strategic plan: "Protect, Connect, Inspire."

To register for upcoming events please contact: Samantha Albert, Program Associate at salbert@elpomar.org. For more information on the Pikes Peak Recreation and Tourism Heritage Series please contact: Walt Hecox, Senior Program Advisor at whecox@elpomar.org

Want to Relax and Help Cyclists, Too?

Roger Patrizio: CSCC Member



Receive a 30 minute massage (chair or table) for a suggested minimum donation of \$10.

When: Friday, May 6th, 6:00 - 8:00 PM
Saturday, May 7th, 10:00 AM - 2:00 PM

RSVP to 719 634-7347 to schedule a time slot today!

What do your funds support?
[Bike & Build!!](#)

Each year 328 Bike & Build riders pedal over 1 million miles, raise over \$613,000 to donate to affordable housing organizations, and spend 24,500 hours constructing homes. They reach thousands of individuals as they present, advocate, and educate about affordable housing issues. Ashley McIntyre - a student at Colorado Institute Massage Therapy will there to provide massages.

Organization Info:
<https://bikeandbuild.org/>
Check Ashley out here:
<https://classic.bikeandbuild.org/ri/der/8888>
Route Information:

like this for the word "Club":

"A group of people organized for a common purpose, especially a group that meets regularly"

Yep, that's us. A group of people organized for the common purpose of cycling and promoting the sport of cycling. OK, that's fine. But what makes a Club run?

Volunteers! That's right - volunteers. Once again, let's turn to a definition to help us have a better insight to 30 years of existence.

Volunteer: A person who donates his time or efforts for a cause or organization without being paid.

Yep, that also makes sense.

So, what happens if we combine Volunteers with a Club? We have "A person who donates his/her time or efforts to a group of people organized for a common purpose." That, my friends, is exactly what makes it all possible.

So, **how can you help?** Click the continuation to find out!

And, here's a big **Thank You** to the 40+ volunteers that supported the St Pat's Ride! Take a look at the photo in the header of this newsletter and you'll see five of those volunteers.

[So, how can you help?](#)

Calculating the Experience of Riding a Bike

Rachel Hultin: Bicycle Colorado

Editors Note: Do you like bicycling? Hopefully so, as you're a Club member and also reading this cycling newsletter. And, do you like math? If so, then this article is meant for you! At a CDOT workshop, the author came across an interesting formula—one that helps determine the comfort level a road offers cyclists. She talks about which questions math can answer, and which it can't, when it comes to bike infrastructure.

Don't tell anyone, but I'm a bit of a math geek. The math I use day to day is pretty simple, rarely more interesting than divvying the bill and adding tips at restaurants, but it's more complex math that makes me swoon.

I'm smitten with mathematical equations that eloquently express universal truths about the natural world. About man-made designs. And most of all, about human nature. They're kind of magical.

Knowing this, imagine the quickening of my pulse and the slight dilation of my pupils last Monday when I cracked open my 205 page "Bicycle Facility Design" workbook and spotted:

Bicycle Level of Service Model

$$\text{Bicycle LOS} = a_1 \ln(\text{Vol}_{15}/L) + a_2 \text{SP}_1 (1 + 10.38 \text{HV})^2 + a_3 (1/\text{PC}_s)^2 - a_4 (W_s)^2 + C$$

My friends, THIS translates the human experience of riding a bike on a street into engineerese. It's a formula that asks the same questions you do when thinking about which street to

<https://bikeandbuild.org/route/northern-united-states/>

Mechanical Doping – How Does A Road Bike With A Hidden Motor Ride?

Contributed by John McIn: CSCC Member



By now, I'm sure many of you have heard about the mountain biking competitor that was caught using an electric assisted bike in a race. If you're like me, you may have wondered how such a bike could be used in a race in the first place. Well, wonder no more. Take a few minutes to look at this [video](#), which explains just how it's done. And also investigates whether there is really an advantage with such a power assisted configuration.

More than Just a Helmet Liner

Contributed by Margaret Oliver: CSCC Member



[Sports Shieldz](#), a company in Aurora which makes a sock cap to wear under a helmet to lessen impact and reduce concussions. Of the top twelve sports listed, cycling was at the top with 85,000+ head injuries annually. The caps are made with PORON, which is a urethane foam with

ride on.

- What's the condition of the pavement? PC5
- How many vehicles are there? Vol15
- How many of those are really big? HV
- How fast are they traveling? SPT
- How much road space do cars and bikes have to share? We

Finally, like most great math formulas, there's a natural logarithm and a constant thrown in and (voilà!) you have a numerical expression for riding a bike.

[What does it mean?](#)

Colorado Commuters Bike More Than Almost Any Other State

Bicycle Colorado Newsletter 16 March 2016

The [Alliance Benchmarking Report](#), a detailed annual report comparing biking and walking in U.S. states and cities, was released earlier this month.

According to the report, Colorado ranks third highest in the country for number of bike commuters. Among large cities, Denver ranks eighth, while Colorado Springs came in 28th. And Boulder and Fort Collins came in second and fourth in the smaller cities category.

The report also addresses the link between cycling and public health, stating that "every state saw a rise in [diabetes, obesity and high blood pressure], but the smallest increases were seen in states with higher levels of walking and biking, including Colorado, Hawaii, and Montana."

Editors Note: There's much more information contained in this report. Take a look at the [website](#) and you'll discover a wide range of statistics and conclusions on a variety of commuting by cycling and walking.

% of commuters who bicycle to work

Most Populous U.S. Cities	Additional U.S. Cities
1 Portland, OR 6.1	1 Davis 20.3
2 Washington, DC 4.0	2 Boulder 10.8
3 Minneapolis 3.9	3 Eugene 8.0
4 San Francisco 3.7	4 Fort Collins 7.4
5 Seattle 3.7	5 Burlington 6.8
6 Oakland 3.0	6 Missoula 6.4
7 Tucson 2.9	7 Madison 5.2
8 Denver 2.4	8 Bellingham 2.9
9 Sacramento 2.3	9 Salt Lake City 2.9
10 Philadelphia 2.1	10 New Orleans 2.8

Get ready to Start the 2016 National Bike Challenge

Charlie Czarniecki: Past President

special properties to cushion impacts. In independent lab tests, the G force impact was decreased by an average of 18% * when a Sport Shieldz Skull Cap was worn under a bicycle helmet.
 *On average, depending on the angle of impact. Results vary.

Cycling Shorts: Five Great Essays

Contributed by Jean Zeh: Ride Committee



According to the Road Holland website, cycling is "so much more than a bib number, more fascinating than any finish line. We think cycling is more than just about racing and suffering. It is about opening up our world. It's about rerouting ourselves." Over the last several weeks, Road Holland has asked their readers to share stories and hopefully inspire more people to get on their bikes and just go. The essays are in and as they say on the website, "our eyes are wonderfully bleary from reading such good stories." Take a few minutes and [read](#) what have been classified as the top five stories submitted. Which one will be your favorite?

Bike Tech: Ever Wonder about Rear Wheel Hubs?

Sharon Boyd: Co-Editor



If you have ever wondered about design considerations for hubs of the rear wheel of bicycles, then you might want to watch this six minute video. As Keith Williams of Williams



The 2016 National Bike Challenge starts on May 1st. Members of past year teams can log in using their User ID and password. People wanting to join this year can visit <https://nationalbikechallenge.org/home>. The site has remained active since last October. Colorado Springs Cycling Club 2014 team members have been adding miles to the team total over the winter. For March the team has been ranked between 24th and 30th among the 1,176 teams posting miles, we were ranked 23rd in February. The NBC site has been "improving" screens and reports all "off season" so we haven't had full functionality. That is true even now. I cannot get into the team records and manage them. But people have added themselves to the team and start posting miles. Everything is promised to be up and running as we start the new season on May 1st. Visit the [site](#), and start riding more outdoors so we are ready to roll at the end of April.

Have Any Travel Plans for 2016? Here's an Idea!

Warren Barta: Club Member



Suppose you want a winter getaway. Ya know, tired of the snow and the typical Spring in the Rockies weather. So, load your bike, and backpacking gear into the car and head to El Paso Texas. Once you get there, you then have three choices - and you don't have to decide until the last minute! You can even change your mind due to weather considerations!

Here are the 3 choices from El Paso:

- Turn left; go do some excellent backpacking in Big Bend Nat'l Park. Or, cycling in the Davis Mountains of

Cycling explains, sometimes the little things make all the difference in the world. This [video](#) provides a simple explanation of the difference between straight pull and high flange hubs.

Future Bike Tech – Bike Design without UCI Rules?

Contributed by Barry Wick:
CSCC Member



Photo from CNN Digital Studios

Editor's note: In general, bicycles usually have the same appearance – especially road bikes. That's primarily due to the Union Cycliste Internationale -- aka UCI. The UCI has the final say in the design of bicycles allowed to compete in races (such as the Tour de France) and is highly influential in the design of non-racing bikes.

But, what if we allow our imaginations to run free, unencumbered by the design constraints imposed by the UCI. What would be the outcome of such a design exercise? Well, Robert Egger, creative director of bike-maker Specialized and other folks at Specialized did just that. And the outcome? A bike names FUCI. Yep, if you're thinking that the "F" has a connotation, it does.

The design incorporates some interesting elements that from a commuter perspective, seem very practical – such things as headlights/break light, power assist, smartphone sync, trunk and windshield. But there's more to the design than meets the eye. Take a look at the [video](#) about this concept design and then take time to digest the details of the [article](#) found on the CNN Tech website.

Texas.

- Continue straight ahead, drop your car in the parking lot of the Camino Real Hotel in El Paso (\$6 per night) , cross the border on a bus to Chihuahua. From here, there's world-class mountain biking in Copper Canyon. Or, you can go further south on the buses in Mexico.
- Or, turn right; proceed to Tucson, visit some folks we all know there and cycle your butt off. . . .

Or, ya know, you could do all three on the same trip. What an adventure to experience!

A Coalition of Cyclists Brings More Than Just Coordination!

Trails & Open Space Coalition (TOSC) 2015 Annual Summary



Trails and Open Space Coalition

Editors Note: Here is some interesting information that helps us realize that bicycling means more to Colorado Springs than just folks pedaling around on two, three or four wheels.

"Bicycle Friendly' Colorado Communities have organized Bike Advocacy groups. Colorado Springs lacked one. So in 2015 TOSC brought representatives from local bike groups together to form 'Bicycle Colorado Springs.' That commitment, coupled with our new Bicycle Economic Impact Study, forged a strategy for convincing decision-makers to invest in bicycle infrastructure that will make cycling easier and safer. The study was a result of a great partnership with SRAM and the Pikes Peak Area Council of Governments - **for every dollar invested in bicycle infrastructure, the city gets back between \$1.80 and \$2.70 in direct economic benefits!**"

How's that for an investment in the future! For more about Bicycle Colorado Springs, visit their website found at www.bikecoloradosprings.org

Here's another Source for Ride Planning across the U S of A

Sharon Boyd: Co-Editor

To me, it's amazing what can be designed when thinking outside the (UCI) box and looking to incorporate practical elements into designing an updated approach to pedaling around on two wheels.

More Future Bike Tech – What's Next in the Bike Gear World?

Inspired by John Mclain: Club Member



Editor's Note: As cyclists, we are part of a consumer driven economy, since we're usually buying gadgets and accessories to help "enhance" our riding experience. In the world of motorcycling, these accessories are referred to as farkles (Wikipedia states these farkles are added "to enhance safety, performance, or comfort, and may include anything from mobile electronics to sidecars and trailers."). Seems like this stated purpose also applies for cyclists.

If you're wondering what's in the pipeline of imaginative ideas that could eventually show up at your favorite bike shop or online bike supplier, take a look at this [video](#). I think some of these will surprise you. In case you want to follow up on any of the items shown, here's the list of gadgets from the video: LIVALL (<http://www.livall.com/>) Bike Balls (<http://www.balls.bike/>) Clug Clip (<http://www.getclug.com/>) Monkey Light (<http://www.monkeylectric.com/>) go-e (<http://go-e.bike/en/>) Lane Sight (<http://www.lanesight.com/>) CTRL Eyewear (<http://www.ctrl-eyewear.com/>)

FIND A CRUISER RIDE NEAR YOU

ZIP CODE

SEARCH



For many of us, riding in a group is a pleasurable experience. During the rides, we get to know folks better, socialize a bit to catch up with friends and new acquaintances, and also get to learn a bit more about our surroundings. During travels around the United States, many of us take the time or make the effort to do some cycling in the places we visit (just take the time to read any of the Travelogs found in most of the past editions of the Bent Fork).

But, you may ask "How do I combine the two?" That is, how can you visit somewhere and ride with a local group in an organized ride? Here's a tool to help that trip planning.

People for Bikes is providing a resource to help you connect with other organized rides across our country. Just go to http://pfb.peopleforbikes.org/?utm_medium=email&utm_source=bikes&utm_content=3&utm_campaign=takeabrake2&source=takeabrake2 Enter the zip code of destination and you may just find a ride indicated on the interactive map. For example, if you enter "80919" you'll find that the CSCC Sunday Social Ride is listed for Colorado Springs.

When you do find a ride at your next destination, get out and enjoy the experience with the Locals. I'm sure you'll have a good time!

Special Activities & Rides of Interest!

Jean Zeh: Ride Committee



As we work our way into springtime here on the Front Range, there are a variety of rides and social events 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 during the

Dabi Linka Lock
(<http://linkalock.com/>)
SmartHalo
(<http://www.smarthalo.bike/>)
COBI (<http://cobi.bike/>)

Now, if you'll excuse me, I've got a sudden urge to pull up my favorite biking/motorcycle supplier website and see what's new...

Membership Update

Sara Hill: Membership Coordinator

WELCOME NEW MEMBERS!

Gayle Allen, Jason Crandall, Paula Krantz, Doug Lofland & Family, Greg Lynd, Todd McMillan & Family, Jean Pineault, Tom Puchalla, and Christine Revere & Family.

RENEWING MEMBERS – THANK YOU!

William Allen & Family, Geoffrey Ames & Daryll Stevens, Doug Anderson, Jay Bailey, Warren & Mary Ann Barta, Richard Bedal & Janet Rose, Bill Bibler & Family, Larry Bowlin, Bert Boyce, Bob Boyd, Craig Carroll, Alan Cavin, Jeff Cowen, Charlie & Barb Czarniecki, Chris Davenport, Mary Delaney & Clark Jennings, James Dial, Curt & Carole Emery, Bob Foster, Stephen Fuhrmann, Torie Giffin & Family, Ronnie Graham, Ron & Teri Hargrave, Kerry Hefta, Julie Kiley & Family, Tim Lopez, Gary Mange, Dan & Sherry Maples, Jerry & Jeanette Martin, Jim McCreary, Frank Morrey, Cameron Mueller, Carolyn Myers & Dick Woods, Dean & Becky Myers, Jim Natchez, Pat Nelson, Charlie & Margaret Oliver, Richard & Pamela Oliver, Daisy Parish & Family, Sam Pedregon, Pete Reed, Bill Ryan, Dan Sadowski, Betty Schwartz, Martin Shepperdson, John Sobeck, David Stang & Family, Patrick Taylor, Dean Thompson, Dick Timberlake, Javier & Teresa Valdez, Eric & Monica Van Fleet, David Waddell, Michael Watry, Beverly Weaver & Family, Dan Weber, Jerry & Cathy White, Larry Wilson & Janet Degras, and Katie Zimmann.

year. As always, be sure to check the Ride Calendar on the Club website for the details of each of the rides and social events.

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!

[2016 Special Activities & Rides of Interest Calendar](#)

Colorado Springs Cycles Forward to Stop Diabetes

Hannah Hoogenboom: Associate Director, Development - America



Join your fellow Colorado Springs cyclists on September 24 as we come together for one purpose – to Stop Diabetes! The American Diabetes Association's largest annual fundraiser, the 2016 Tour de Cure Colorado, will be held on September 24 in Parker, CO. The ride, run and walk will raise funds to change the future of diabetes and help stop this devastating disease.

Cyclists, walkers and runners from around the region will gather to participate at one of five routes designed for all ages and ability levels. Routes include: a 5K Walk/Run, a family-friendly 20K cycling ride, 50K ride, 100K ride and an epic 100 Mile Century ride. Routes feature rest stops with food and entertainment all followed by a big after-party! Tour de Cure also celebrates Red Riders, cyclists living with diabetes, and Red Striders, walkers/runners participating with diabetes.

Join the Colorado Springs Cycling Club at the Tour de Cure Colorado for an inspirational daylong celebration that Tour participants across the country have come to know and love. Register as an individual, or start a corporate or friends and family team today! Visit diabetes.org/coloradotourdecure or call 1-888-DIABETES to join the 2016 Tour de Cure.

CSCC members can take \$10 off the registration fee from now until September 24 with the case-sensitive discount code: CSCCRIDESTOUR (must be entered all caps, no spaces during the registration process)

For more information, please visit: www.diabetes.org/coloradotourdecure or call 1-888-DIABETES ext. 7023

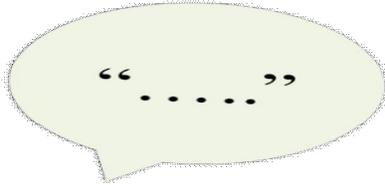
[A little more about the American Diabetes Association](#)

Mountain Bikers Taking Notice of New Cycling Hot Spot in Southern Colorado

Contributed by Barry Wick: CSCC Member

A Quote (or Two) to Ponder

See Quotes



"When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking."
Arthur Conan Doyle

Bonus Quote (*Editors note: We think this is appropriate for Colorado!*)

"It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and coast down them."
— Ernest Hemingway, By-Line: Selected Articles and Dispatches of Four Decades



The Gazette, Christian Murdock

Have you ever heard of "Oil Well Flats" near Canyon City? I'm sure most of us probably haven't. If you're interested in learning more about this mountain biking location and finding out what the excitement is, read the article from the 10 March edition of *The Gazette*, which is found at: <http://m.gazette.com/mountain-bikers-taking-notice-of-new-cycling-hot-spot-in-southern-colorado/article/1571878>

Ever Wonder Why Something's Not Quite Right with the New Bike

Williams Cycling (Keith Williams, President)

Why cyclists upgrade their bicycle wheels and components? Have you ever wondered why your new bike does not perform up to your expectations? Let me share a bit of insight.

Let's step back for a moment. The majority of cyclists purchase a complete bicycle from a brick and mortar or online bicycle shop. What I have found is that most cyclists focus on:

1. Frame (carbon, titanium, alloy, color etc...)
2. Drive train (Shimano, SRAM, Campy)

The above two factors tend to drive the complete bike purchase. The remaining bicycle components tend to be less important in the bicycle purchase decision process. Other components include wheels, stem, bar, seatpost and saddle. In order to keep total bike price down, manufacturers will finish a bike build with what we call (OE components and wheels) OE stands for "original equipment". These OE products tend to be very inexpensive and lack performance. However, they keep the complete bicycle price point down to a reasonable level. Of course, we can all argue the definition of reasonable!!!!

So after the bike purchase, the cyclist ends up with a Ferrari quality frame matched with 1960 VW bug wheels and components. Not performance inspiring. All the advantages of an awesome frame and group are given away by slapping on a bunch of OE products to get the bike out the door. These days, bicycle brands assume you will quickly go into the wheel and component after-market to upgrade your bike. Typical original equipment issues include:

1. A heavy, high rotational mass wheelset
2. A wheelset that is flexy
3. A handlebar that does not fit the rider
4. A stem that is too long or short...or wrong angle.
5. A saddle that does not fit the cyclist
6. The list goes on.....

This is why businesses like Williams and other after-market wheel and component brands exist! Brands like Zipp, Enve, Williams, Reynolds etc...

After-market wheel and component brands make specialty products that are designed to squeeze out the very best performance desired by the cyclist. Pairing products that achieve intended goals and desires of the cyclist requires knowledge about the cyclist. Your mission, should you choose to accept it, is to truly understand who you are and what you want out of your bike. Questions we need to know include:

1. How old are you
2. How much do you weigh
3. Are you an enthusiast, racer etc..
4. Do you ride in the hills, rolling terrain or flats.
5. Do you ride by yourself, small group, large fast group rides
6. What's your budget
7. What is your goal and what would you like to achieve by upgrading your wheels and/or components?
8. The list goes on.

This is step one. Step two is to understand what wheels and/or components are best for you. All that takes is a little research on your part in order to improve your riding experience.



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Chronicles*

Editors' Comments

Sharon Boyd & Dale Campbell: Editors

P.S. One of our goals for 2016 is to get more folks in the Club to also submit articles, cycling photographs and ideas for future items to be included in the Bent Fork. As we may have mentioned previously, we'll take anything from a bullet pointed summary with a couple of photos to a full blown detailed write-up of your travel adventures. There's even a [Travel Article Template](#) posted on the [Clubs' website](#) that can help you get started! Either way, we can always take the information and edit/repackage it for publication into the Club's long running newsletter.

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Come See the Covered Velodrome at the April Club Meeting!

Rich Hostak: CSCC Vice President



Looking further into the Spring, the speaker for the May meeting will be Vince Cloward from the Trails and Open Space Coalition (<http://www.trailsandopenspaces.org/>). Vince will be talking to us about this year's [Starlight Spectacular](http://www.starlightspectacular.org/), which is scheduled for 18 June. The May meeting will be held at the El Paso Citizens Center (the Club's normal meeting location). Further details will be sent out to Club members as the May date approaches.

Starlight Spectacular registration is open! June 18, 2016.

Register now for the summer's best family biking event, the Starlight Spectacular!
Saturday, June 18th, 9 pm
Garden of the Gods Visitor and Nature Center

This year's theme is SPACE, so start planning your costumes now. Special discounts at Zeezo's if you mention the Starlight! Prizes for best group costume and best illuminated bike!

Choose your route, from 14 to 22 miles, starting and ending at Garden of the Gods Visitor and Nature Center, through the City of Colorado Springs, Old Colorado City and the Garden of the Gods. We ride on streets, with lots of lighted directional signs and volunteers pointing the way. Two rest stops with music and refreshments enliven the route.

Register here: <http://www.eventbrite.com/e/starlight-spectacular-bike-ride-2016-registration-20525026908>

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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

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CSCC – 30 Years and Still Riding!

Dale Campbell: Co-Editor



Editors Note: Bob Smith presented this review at the Christmas Party in December 2011.

"I'd like to thank our current officers and board for permitting us to travel back to the early years and pay tribute to some of our early leaders. We owe our success and longevity as club to these and many of you current members who have served the club as officers, board members, ride leaders, volunteers and member participants.

Our first ride was held in October 1986. We incorporated in early 1987 and elected our first officers. Jim Cerrato was elected our first president. Later that year I assumed the role as president and served through 1997. I could not have taken this on for as long as I did without the help and support from my loving wife Anne.

This evening we will look back to our modest beginnings in 1986. By rediscovering our past we may discover away to navigate the next 25 years. It was Chris Conboy's idea that we should reach out to past leaders and honor them at this evening's celebration.

I'd like to quote an email I recently received from Bonnie Johnson (Owner of the Colorado Springs Bike Shop). "My parents would both be so proud that one of their dreams is still strong, alive and thriving. The club was always something they wanted to be successful". Ed and Carol Spielman provided the seed money to launch the club in 1986.

1987 was our first full year of our existence and a year full of firsts. Many of our firsts are now annual traditions

- Frozen Waterbottle Ride
- St Patrick's Day Ride
 - Easter Ride
- Monday Dinner Rides
 - Summer Picnic
- Halloween Progressive Dinner Ride

- Tour de Turkey
- Holiday Party

In 1988 the Tour of the Arkansas River Valley (TOARV) was born as a two day ride from Florence to Buena Vista and back. TOARV evolved over the next 10 years with changes in start locations and route. In 1999 TOARV the Buena Vista Bike Fest (BVBF) became a two day fixed based event in Buena Vista which included mountain biking. BVBF is a single day event with routes of 35, 50, 62 and 100 miles and the dominate source of revenue for the club.

In 1993 we resurrected a Colorado Fall Classic Century called the Tour de Hardscrabble from the defunct Strada Bicycling Club. The Tour de Hardscrabble was abandoned in 1999 to put all our efforts towards the new BVBF. Big events take a lot of resources and club members rarely got to participate in our events. This led too many out of town rides, overnight, weekend and multi-day rides. Many of these rides were organized by club members. Here are some examples:

- Northern New Mexico Memorial Weekend Tour
 - Raton Weekend
- Lead Triangle (using the same route known as the Copper Triangle today)
 - Combres & Toltec Train & Bike
 - Monument Lake
 - Thanksgiving in Moab (fun!)
- VRAOT (for those who might now have figured this out – That’s “TOARV” backwards – exactly what the ride was
 - Pedal the Peaks
 - Mosquito Pass
 - Breckenridge weekend
 - Independence Pass
 - RAPP – Ride Around Pikes Peak
 - Great Pueblo Ride
 - Black Canyon Tour
 - Back Country Ski Trips
 - Victor/Gold Camp Overnight
 - Winter Solstice Ride
 - And many others”





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CSCC – What Does It Mean to You?

Dale Campbell: Co-Editor

So, how can you help? By volunteering! It doesn't have to be an ongoing commitment. There are plenty of things that need help on a one-time basis. Here are some examples:

- Volunteer to lead or sweep a ride. If you're wondering what it's like to lead a ride, just ask any Ride Leader that you encounter on any of the Club's organized rides. They will be more than glad to answer any questions and to also mentor you to help you become a ride leader – even if only for one ride a year.
- Volunteer to help set up for a social event, such as the Summer Picnic or the Christmas Party. Bill Gast will welcome your help!
- Volunteer to support our course marshal/rest stop opportunities, such as the St. Pat's Ride or the Ride for the Heroes portion of the Patriot's Festival. Ask anyone who's done this previously and they will tell you that even with the effort it takes, it's a lot of fun. And, supporting these types of events helps raise funds for the Club – so that we can keep doing the fun things the Club does.

There are many more things that you can do to help the Club, such as join one of the existing committees, develop a ride route, host one of the stops for the Progressive Dinner Ride, or bring a group of Club friends together to plan and support an out of town/overnight/multiday ride. These are just a few of the opportunities that exist in an organization of almost 400 people.

If you're interested in volunteering and don't know how to get started, just ask any of the Board of Directors. Better yet, come to a Club meeting and catch up with someone there.

I challenge you. Get out and volunteer to do one thing for the Colorado Springs Cycling Club in 2016. Not only will your efforts be greatly appreciated, but you might just feel pretty good about what you've done!







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Calculating the Experience of Riding a Bike

Rachel Hultin: Bicycle Colorado

An answer close to 1.5 indicates most people feel pretty safe riding a bike along that stretch of road. If the answer tips 4.5, it's probably not where you would ride unless you absolutely had to. And 5.5? Don't go there.



This was one of many formulas introduced at the Bicycle Facility Design Workshop in Carbondale, hosted by the Colorado Department of Transportation. With 23 transportation planners and engineers from across Colorado, I spent nine hours delving into the technicalities of how to design roads safely.

As someone with no previous transportation engineering experience, I was amazed—if not surprised—by the complexity of designing bike facilities.

What problem are we solving?

Shortly after lunch, while calculating stopping sight distance [$S=(V^2/(30(f+G)))+3.67V$], I realized the equations, engineering standards and detailed schematics in our book all answer the question: "How?"

There are no proven formulas for "why," "when," "where" or "who." Yet, these are the questions that we need to answer to get to the "how."

Questions like: Why do we need safe spaces for people to ride bikes? When must a city, county or state build roads safe for folks who ride for transportation or recreation? Where aren't people riding because they feel unsafe? Who will benefit from more opportunities to ride a bike?

This is where math fails us, but we don't need a formula to know that our streets must be improved to be safer for all. If we don't set the expectation that streets should be safe for everyone, all we get are well-designed bike facilities in places people already ride.

Across the country, we are in a process of changing the problem we're solving from: "How do we move more cars quickly?" to "How do we move more people safely?"

Bicycle Colorado and the Colorado Pedals Project are partnering with organizations such as CDOT to make Colorado the most bicycle-friendly state in the nation. We're grateful the math is in place to support good design, but we also need communities to elevate the value of cycling by asking the right questions (why, when, where and who) and saying "yes!" to cycling infrastructure.

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Special Activities & Rides of Interest!

Jean Zeh: Ride Committee

2016 CSCC Special Rides & Activities	
Check back for updates	
Date	Name
3-Apr	Hill Climb Ride Starts
April	One Stop Mystery Ride sometime in April
May ?	Denver Road Trip
4-May	Wednesday Afternoon Ride Starts
8-May	Mothers Day
18-May	Ride of Silence (Woodland Park)
4-Jun	Buena Vista Bike Fest
18-Jun	Starlight Spectacular
22-Jun	Bike to Work
26-Jun	Sunday Social Ride moves start location for this day only
4-Jul	Shady Lane Ride
10-Jul	Picnic
Sat. in Aug	Mystery Ride
12-13 Aug	Tour of the Valley/Glenwood Springs
August ?	Ride 'n Movie
September	Gold Camp Fall Colors Ride
3 or 4-Sep	Balloon Glo Ride
5-Sep	Memorial Balloon Ascent and Breakfast Ride
25-Oct	Progressive Dinner Ride
20-Nov	Tour de Turkey
3-Dec	Festival of Lights Parade
Dec	Holiday Party
Dec	Chili and Christmas Light Ride
25-Dec	Candy Cane Ride
1-Jan-17	Frozen H2O Bottle Ride

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Colorado Springs Cycles Forward to Stop Diabetes

Hannah Hoogenboom: Associate Director, Development - America

The American Diabetes Association is leading the fight to Stop Diabetes and its deadly consequences and fighting for those affected by diabetes. The Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Founded in 1940, our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. For more information please visit diabetes.org/colorado.

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