



COLORADO SPRINGS  
CYCLING CLUB

"Come along for the ride"



The Bent Fork Chronicles

June/July 2016

Volume 9 Issue 3

## Editors' Comments

Sharon Boyd & Dale Campbell:  
Editors



WOW! It's really starting to feel like Spring (now that we have about three weeks "officially" remaining of Spring). This realization that we may actually be getting into the typical cycling season is reflected by the number of bicycles we're seeing out on the road these days. And, as an even better check of cycling activity, check out the information Charlie Czar has provided in his National Bike Challenge article included in this edition of The Bent Fork.

Continuing our celebration of 30 years of cycling for the Club, we have included a couple of articles with recollections of the first decade of CSCC. And if you're interested in learning even more about the time from 1987 through 1996, sample some of the older newsletters of the Club (Those were the days when the newsletters were actually printed - on paper - and snail mailed out to the Club members. My how times have changed!). These newsletter archives can be found at <http://www.bikesprings.org/newletter.php> Take a look at the November 1994 edition and you'll see that your newsletter editors rode quite a few miles

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## Prez Says:

Janine Hegeman

The month of May brings changes. The season is changing, the landscape greens up and blooms and we're changing to a more active outdoor lifestyle. Colorado Springs Cycling Club is seeing some changes too. It's our 30th year, and we are

that year.

This edition also has a multitude of articles on other topics, including Bike Tech, Colorado Bike month and related events, planned and potential upcoming rides, news about upcoming Club meetings and Ride leader training sessions, Ride Leader recognition, cyclists versus motorists and many others.

Thanks for taking a look at what we have provided for you. We hope you enjoy the news updates and variety of topics that are being covered in our bi-monthly publication. As always, if you have any suggested topics or articles you'd like to submit, please send them to us!

### **Learn About the City Bike Planner at the Next Club Meeting**

*Rich Hostak: Vice President*

Kate Brady, Senior Bike Planner for the city will be the speaker for the Tuesday, 7June meeting, talking about her background, her vision to make Colorado Springs a more bike friendly city, and her ideas to move forward. The meeting will be held at the El Paso County Citizens Center on Garden of the Gods Road. Social time will begin at 6pm, with the meeting starting at 6:30pm.

Note that there will not be a meeting in July. Instead of the regular monthly meeting, the Club will be focusing on the Annual Summer Picnic. Stay tuned to the Club website and Meetup for more details on this fun summer happening.

### **Ride Leader Training Scheduled**

*Jean Zeh: Ride Committee*

reshaping into a club well-suited for the 21st century. New rides, new looks, new people – right alongside old favorites and friends.

Many of you know we're now on Meetup. This has been met with enthusiastic support by the majority of CSCC's membership. Communication is a snap, and you can see all of the upcoming rides in a click, and probably most importantly, CSCC is reaching out to cyclists in the Colorado Springs community. You likely have already seen many new faces out on rides; they are there because they saw the Club on Meetup. We are doing a great job at providing cycling opportunities to members and others, upholding our by-laws in the process. If you haven't already, please register for the Meetup site. <http://www.meetup.com/Colorado-Springs-Cycling-Club/> It's free, and only takes a minute or two – just click "Join Us!". But we can't do it for you. Your paid membership in the Colorado Springs Cycling Club doesn't include Meetup. We will be converting the current website ride calendar to the Meetup calendar in the near future, so please join so that you can continue to see all of our rides and events.

Our logo is changing. The logo contest is over, and it will be a tough job to select the new one out of over a dozen entries. We'll also have a 30th anniversary jersey unveiled later this year with the new logo.

Personally, I have seen a big change. After 12 years as a contractor at Fort Carson, I've taken a job with the City of Colorado Springs. I am deliriously happy with this decision, and I think I will flourish there. I'll hopefully be able to make a difference here in the city that I've loved and lived in for 36 years.

So, what are you doing differently in this season of change? Want to try the dinner ride this year and meet some new riding buddies? How about checking out the Hill Climb Ride, to get a better handle on the hills around here? Sign up for the National Bike Challenge, and contribute to CSCC's amazing mileage statistics? Help staff a CSCC information table at an expo? Maybe encourage someone who's been thinking about riding more to join us for the Sunday Social Ride?

My first five months as President of the Colorado Springs Cycling Club have been a rockin' rollercoaster ride of changes, but we're staying on track toward the goal of making CSCC the best it can be. There have been long nights and hard decisions, but all in all, the changes the Board of Directors are making are positive, and will carry us into the next 30 years. I look forward to participating in the renovation of CSCC during the next 19 months of my term; then, more change – a new president will be elected. One thing you can be sure of, however, is that CSCC will always stay true to its goal of helping people "come along for the ride".

### **Colorado Springs Bike Summit**

*Provided by: Colorado Springs Bicycle Summit*



The CSCC Ride Committee has created a Ride Leader Course to provide formal information and practice to create greater confidence and consistency throughout our rides and ride program for both current ride leaders and those members interested in becoming a ride leader. The course is based on the League of American Bicyclists Safe Cycling 123 educational program, which has been adapted to specifically address the needs of ride leaders. It also includes Ride Leader guidelines specific to CSCC ride leadership found in a ride leader manual developed by CSCC's own Dale Campbell.

This course has two modules. First, a class room session lasting 2 hours and 30 minutes, which we are offering on 2 weekday evenings (see schedule below). Second is an experiential on-road and parking lot skills practice session (see schedule below). This session will happen on the weekend and will last 2 hours.

We encourage and expect CSCC Ride Leaders and Club members who are interested in becoming Ride Leaders to take one each of the class room module and skills practice session. The sessions can be taken in either order. After completion of the two module series you will receive a certificate. If you can take only one of the series this summer go ahead and take it now as we anticipate offering the 2 modules periodically throughout the year. Our goal is to have all CSCC Ride Leaders take both modules, completing the course, resulting in more capability for the Club for leading CSCC rides.

Current Ride Leaders, besides taking the course yourself, can identify appropriate and



## 2016 COLORADO SPRINGS BICYCLE SUMMIT

When: Fri. June 03rd, 2016 - 11:00am to 07:00pm  
Where: UCCS Berger Hall, 1420 Austin Bluffs Parkway, Colorado Springs, CO 80918

The Colorado Springs Bike Summit is designed to get information to people who care about biking, create bike advocates, and shape a vision of what's possible in Colorado Springs. If you are interested in bicycles and live in Colorado Springs, consider attending the first ever Colorado Springs Bike Summit. If you attend, you can expect to share information with people who care about biking, learn about bike advocacy, and help shape a vision of what's possible in Colorado Springs. Partners include UCCS, CS Indy, SRAM, Bike Colorado Springs and the Trails and Open Space Coalition.

Registration is required for this free event. Includes lunch and after-Summit Happy Hour and networking. Register at Eventbrite at <https://www.eventbrite.com/e/colorado-springs-bike-summit-2016-registration-24756019922>

### Goals of the first Colorado Springs Bike Summit :

1. To expand education on what is currently happening and what is coming in the Springs and Southern Colorado around bikes.
2. To broaden our base of bicycling advocates.
3. To sow the seeds of future summits in coming years.
4. To demonstrate to the powers that be the broad base of support.
5. To create, contribute and capture a vision of cycling by seeing the possibilities that already exist outside of our City.

[Summit Schedule and More](#)

## **June is Bike Month in Colorado Springs: Mayor Suthers Invites Public to Participate in Bike to Work Day**

*Kim Melchor: Lead Communications Specialist, Colorado Spring*

interested members riding your rides and personally suggest that they take the course and call their attention to this information.

Register on Meetup. **You must RSVP for your modules on Meetup to attend!**

<http://www.meetup.com/Colorado-Springs-Cycling-Club/>

[Here's the Schedule for the Training](#)

## The CSCC Logo Is Changing

*Dale Campbell: Co-Editor*



Headed for retirement

If you've been following the Club news that Janine has been sending to the members, you may remember a recent contest to develop a new logo for the Club. With the deadline for submissions now passed (it was 15 May), the Board recently reviewed the multiple submissions and narrowed the selection to four designs. In the near future, a survey will be set up on the Club website, enabling you to vote for your favorite design. Stay tuned for an update from the Club President.

By the way, the new logo will be used on a new Club jersey that is presently being designed. This Club Jersey (the fourth in the history of the Club) will commemorate 30 years of cycling with the Club.

## BVBF is STILL Happening!

*Janine Hegeman: President*



City Council unanimously passed a Resolution on 24 May 2016 declaring June as Bike Month in Colorado Springs. June is Bike Month for Colorado and there are many great events and activities recognizing the importance of bicycling in our community. Mayor John Suthers invites the Colorado Springs community to participate in [Bike to Work Day](#) June 22 and will be hosting a Mayor's Ride with City Council and community members departing Goose Gossage Park at 6 a.m. The public is invited to participate.

According to the Resolution, "Declaring June 'Bike Month in Colorado Springs' will raise awareness of cycling's positive impact on the economy, health, wellness and the creation of viable transportation options in the City, and will celebrate the contributions bicycle-related businesses, non-profit organizations and volunteers make to support cycling in Colorado Springs."

Colorado Springs is home to an active and vibrant bicycling community. With more than 110 miles of on-street bicycle routes, nearly 120 miles of urban bike trails and more than 60 miles of unpaved mountain bike trails, our city is committed to ensuring that biking is a convenience, safe and connected form of transportation and recreation. Colorado Springs is rated #45 in the Top 50 Bicycle Friendly Cities in America by the League of American Bicyclists. Colorado Springs was recently recognized in the American Community Survey (ACS) as #38 for the nation's fastest growing cities for bicycle commuting and is funded in part by a self-imposed bicycle excise tax to fund bikeway improvement within the City of



YES, on 4 June! Want to have a great time cycling and know that you are helping out CSCC while doing so? Then register for the Buena Vista Bike Fest. As most of you know BVBF was put on by our club for the past 17 years. However this year it is being put on by the Buena Vista Rotary Club. As part of our agreement in transferring rights to this event, CSCC gets a small kickback for every registered rider. Please go to [www.bvbf.org](http://www.bvbf.org) to register.

### Come Join Us in Estes Park!

*Dave VanDerWege: Event Organizer*



Are you interested in cycling another area of Colorado with friends from CSCC? Then come join us as we explore Estes Park during the weekend of 11-12 June. This ride event is two days of riding, Saturday and Sunday, from Estes Park Colorado. The YMCA of the Rockies will be the host accommodations facility and rides start at that location at 9:30 AM each day. The routes have been selected so they are moderate in distance and with as little climbing as possible for the Colorado Mountains.

Colorado Springs. For more information about bicycling programs, mobile-friendly bike racks, safety information and a map of bike lanes around the city visit [www.ColoradoSprings.gov/bike](http://www.ColoradoSprings.gov/bike).

[Bike Month Activities](#)

### Meetup Features Are a Boon for Riders and Ride Leaders

*Rick Rodriguez: CSCC Ride Committee*



The Ride Committee has been receiving some very positive feedback from Club members that have started utilizing our new Meetup Ride Calendar. Some of our ride leaders have even requested to change the legacy calendar entry for their rides to just point to Meetup. The fact that Meetup combines, a ride calendar, message board and a place to post photos and comments after the ride is proving to be very handy for both the riders and the ride leaders.

As a frequent ride leader myself there are some very nice and easy to use features in Meetup. One of these is the ability to select a starting location for the ride and have Meetup automatically create a map link to that location. Another feature that is proving to be extremely handy is the ability to send messages to riders or field questions from riders in real time. When a rider RSVPs yes to a ride, they are automatically signed up for a message board specific to that event. I have had riders send me a message just minutes before the ride to change their status or just let me know they would be late. These late breaking popped right up as a notification on my smart phone.

I think the folks that are using it would agree. Moving the Club's calendar to Meetup was a good idea, enabling us to have the most modern communication tools available to the Club.

### Ride Leader Recognition Event a Success!

*Dale Campbell: Co-Editor*

The Colorado Springs Cycling Club's purpose is to promote bicycling. Without people who have stepped up to be ride leaders, it would be difficult, if not impossible, to carry out this purpose. To honor those who continue to volunteer as

Saturday's ride will be a loop around Estes Park, finishing with a trip into Rocky Mountain National Park, of 30 miles with 2900 Ft of climbing.

[Click for More Details about the Weekend](#)

## Starlight Spectacular is Almost Here

*Vince Cloward: Trails & Open Space Coalition*



Join the Trails and Open Space Coalition for the 22nd Annual Starlight Spectacular on 18 June 2016. This fun night-time bicycle ride is suitable for most ages and abilities. Ride routes include 14-, 17-, and 21-mile courses. All riders must wear helmets, and have front and rear lights on their bikes.

Starting and ending at Garden of the Gods Visitor and Nature Center, the routes travel through the City of Colorado Springs, Old Colorado City and the Garden of the Gods. Riding is on streets, with lots of lighted directional signs and volunteers pointing the way. Two rest stops with music and refreshments enliven the route. (Editor's Note: the Bancroft Park Rest Stop in Old Colorado City has been supported by the Colorado Springs Cycling Club for many years. Would you like to join the party by volunteering to help at this rest stop? Check the event listing on the CSCC Meetup calendar to get more details.

Before the ride, enjoy music, food and drink, costumes and contests! Prizes will be awarded for best illuminated bike and best costume. New Prize category for Best Group Costume! Buy vintage Starlight shirts from prior years and other

Ride Leaders, supporting an integral part function for the Club, the Ride Committee scheduled the 1st Annual Ride Leader Recognition Dinner on 22 May. Held at the Red Leg Brewing Company, the honorees, guests, Ride Committee volunteers and Board members enjoyed an evening together, savoring the food provided by La Casita and enjoying the variety of beers available from Red Leg. Attendees also learned that the Manager for the facility doesn't own a car. She bikes to work every day, regardless of the weather. Stop by the Brewery and you'll see her green bike in front of the entrance area.

Ride Leaders received a certificate of appreciation, as well as a gift from Ted's Bicycles, presented by Tony Hoewisch. Ted's Bicycles is the oldest independently owned bike shop in Colorado Springs and has been a big supporter of the Club for many years. (By the way, I think that pairs nicely with the oldest and largest organized cycling group in Colorado Springs - CSCC.) If you haven't done so yet, stop by and talk to Tony and his staff. They will be glad to help with whatever cycling need you have. And, TED'S Bicycles is now a SPONSOR of CSCC. CSCC members will receive a 10% discount at the shop, located at 3016 N. Hancock, Colorado Springs, CO 80907.

During the latter part of the evening, many of the attendees shared personal stories experienced from leading rides. Others shared events from the rich history of the Club and expressed gratitude for the Cycling Family that the Club is for many of its members. The event was truly appreciated and enjoyed by all!

If you're interested in becoming a Ride Leader, be sure to check out the Ride Leader training that has been scheduled for June and July. Details can be found on Meetup.

[List of Honorees](#)

## CSCC's Early Years: One Member Recalls

*Alan Severn*

*Editor's Note: Many thanks to Alan for documenting some of the memories from the first ten years of the Club's existence.*

When I moved to Colorado Springs in 1992, I picked up an information packet for newcomers that stated the cycling club was Strada. Never mind that Strada had disbanded seven years earlier! CSCC was a small cycling club with fewer than 300 members. This size was a good middle ground in contrast to my membership in other bicycle clubs. For example, one club had 4,000 members and another only had a one-page directory. CSCC was a great introduction to riding in Colorado Springs and throughout Colorado.

Here are some random memories from my early years with CSCC...

- My first ride was an olfactory introduction to Colorado Springs: Tour de Sewer, just before Thanksgiving. Then, winter arrived and provided me opportunity to acclimate to the high altitude. My first major CSCC club event of the year was TOARV (Tour of the Arkansas River Valley) which started in Canon City and ended in

once-a-year goodies at our retail booth. Hot breakfast and more great prizes after the ride!

[Here's More Information about Starlight](#)

## A Bikecentennial 40th Anniversary Ride?

*Charlie Czarniecki: Immediate Past President*



1976 was the Nation's Bicentennial. Adventure Cycling Association prepared a bike route across the Country as part of the national celebration. It was known as the Bikecentennial. The route still exists and is marked across the country with the "76" road sign (this one at Fairplay, CO). On Sept 30th 2006 Ronaele F, Paul B (SAG), Dan S, and Czar rode the route from Hartsel (8,864 ft) 104 miles to the Pueblo Zoo (about 4,700 ft) as a CSCC 30th anniversary observance of the ride. It was our own century (100 miles in a day with lots of downhill). This year is the 40th anniversary; look for another Club ride opportunity later this year.

## Elevenmile Canyon – A Ride Explored

*Charlie Czarniecki: Immediate Past President*



Buena Vista. After dinner and an overnight in Buena Vista, we rode back over Trout Creek Pass and finished the event back in Canon City.

- Summer brought an opportunity to participate in the Elephant Rock with Mike Remington, a new CSCC member. At the end of the event, I decided that the late Yogi Berra was right: "Nobody goes there anymore, it's too crowded." July brought the Courage Classic (the poor man's Ride the Rockies). In August, Angie Adams created a map and led the Whine Ride, to the winery located on Janitell. A small group from CSCC enjoyed a bicycle event, which included the Cumbres and Toltec scenic railroad. The end of bike riding season for me was marked by our second major club event, Hardscrabble. This one-day club fundraiser was held on September 14. This club event fundraiser was later eliminated, when increased Highway Patrol costs and fees prevented CSCC from making a profit.

[More about the Early Years](#)

## The Early Days (1993 - 1995) with the Colorado Springs Cycling Club!

*Sharon Boyd: Co-Editor*



*Sharon and Dale in Rocky Mountain National Park, August 1992*

*Editor's Note: The above photo was our introduction to Colorado in the Summer. We loved the time here during that summer vacation of 1992. Looking back, we can safely say that this introduction was the reason we moved west the following year and subsequently became members of CSCC.*

Colorado Springs Cycling Club (CSCC) became my family in 1993. MCI relocated me to Colorado Springs from Jacksonville, Florida. I arrived July 4<sup>th</sup>, 1993 with my 38 pound Nishiki mountain bike with an east coast cassette and rack on the back. I joined the bike Club! Gary Papasian adopted me on the Club's Fox Run picnic ride on Roller Coaster Road and encouraged me to purchase a "road" bicycle so that I could keep up on the Club rides. My Focus road bike became the first of many bicycles in my stable over the years. The picnic was fun. BTW, what is bicycle polo?!

Looking for something a bit off the beaten path, on 20 May I explored Elevenmile Canyon by riding up the dirt road to the dam. The excursion was an 18 mile round trip via the gently sloped, packed dirt access road. The area is off US24 at the town of Lake George west of Colorado Springs. Thankfully, there is a free dirt parking lot just before entering the State Park, meaning that there is no fee for bikes in the canyon.

[Read More about this Upcoming Ride!](#)

## What Did You Think of the Velodrome?

*Sharon Boyd: Co-Editor*



If you were able to attend the 5 April Club meeting, you definitely had an experience that many cyclists would love to enjoy. Gathering in the conference room in the top floor of the support building, we met the track manager, who provided an overview of the covering, relating some of the construction challenges and the interesting aspects of using such an enclosure in the winter weather, such as "what do you do with all the snow that slides off the dome?" That specifically has been an interesting challenge for the Velodrome this past winter.

After a brief time in the conference room, we worked our way down to the airlock entrance into the facility. While not unexpected, passing through the airlock was a bit like a sequence our of a science fiction movie. Think of Matt Damon's

I flash back to many fun club events and the special friends that guided me through the phases to learn how to bicycle in Colorado:

- The many CSCC bicycle rides around Colorado Springs enabled me to learn my way around the city and provided me information to pick out an area to build a home.
- Grant to Georgetown - A Bob & Anne Smith ride over Guanella Pass at 11,700 feet), an overnight in Georgetown and back to Grant the next morning! Uncle Milt chuckled when continuous squeezing of my brakes sounded like ducks quacking. He taught me how to correctly ride my mountain bike on this adventure.
- Old Colorado City to Victor via Gold Camp Road - Another Bob & Anne Smith ride on dirt roads, through tunnels and for me a 7-hour ride to Victor. We stayed at a Victorian B&B overnight and rode back to Colorado Springs the next day. Amazing that it only took me 2 ½ hours on the return trip. A side note, Rob Miskowitch installed clipless pedals on my bicycle the night before the ride and had me practice riding around my friend's unfinished basement until I could clip and unclip easily.

[Moab, Tarryall, Raton and More!](#)

## America! The Cyclist Is Not Your Enemy

*Jason Gay, Wall Street Journal*



*Illustration: Kyle T. Webster*

**Editor's Note:** The following are excerpts from an article that was published on 12 May 2016. Mr. Gay touches on a lot of points that we have all experienced or considered during our cycling experiences. I hope you enjoy what's provided here. Click here to read the full article

<http://www.wsj.com/articles/america-the-cyclist-is-not-your-enemy-1463073268>

"Of all our wacky and agitated 21st century culture wars, the most ridiculous and unnecessary, to me, is Bike Haters vs. Bike Lovers.

character in "The Martian." Once inside the dome itself, it was fascinating to just experience the volume of space that the dome encompasses, and also to see the racers pace themselves around the track for the various events that were held that evening. We were especially grateful to Bill Gast, who arranged the food and drinks that evening. Sitting at trackside, munching on some food and hearing the racers whooshing by is unlike just watching a road race in the open air.

[See the Photos](#)

## Antelope Trails Bike Safety Rodeo

*Sharon Boyd: Co-Editor*

Held on 20 May, Sharon and Dale had a great time working with the elementary school kids at the helmet fitting station, bicycle mechanics station and the bike safety checks station. The event included a tricycle course, a rock dodge course, a start and stop course, Figure 8 and Slalom runs, as well as a bicycle parade. Certificates were awarded to the participants.

The event provided an excellent opportunity to emphasize rider safety to the kids. As he was checking over the bikes, Dale took many opportunities to ask participants what the number 1 responsibility of a cyclist is. Many of the kids were on the right track when they answered "Wear a helmet." But, as Dale noted, the number 1 responsibility is Safety, which includes wearing a helmet and much more!

The whole experience was invigorating, especially seeing the kids and their parents beginning to understand that bike riding is more than just pedaling a bike. If you ever have the chance to volunteer at or otherwise support a bike rodeo, do it! Your rewards will be much more than the time and

Look: I get that not everyone rides a bicycle, owns a bicycle, or showers with a bicycle (what, you don't shower with a bicycle? It's cleansing and delightful!), but the frothing and vitriol directed at cycling seems so disproportionate to the activity...

To be fair, what irritates the public is not bicycles, but bicyclists. Here, many people have anecdotes, sometimes years old, which can be vividly recalled at town meetings, bike lane hearings and in the comments sections of articles like this one. Stories like the nefarious cyclist who rode the wrong way on a one-way street. The bike doofus on the sidewalk who nearly rode over Pinky, the neighbor's adorable French bulldog. The Spandex lunatic who pulled up to your car at a stoplight, condemned your driving, used some colorful language and gave you the finger...

I will not deny for a second that cyclists can behave badly. I've seen it. I've done it. (Booo!) But it's exasperating to see how Bad Cyclist anecdotes receive equal treatment to voluminous statistical evidence that cycling makes communities better... The transportation data is incontrovertible: Streets that accommodate for cycling get safer. Fewer people get hurt. Fewer people get killed. People on bikes and people walking on the street. Everybody. Even people in automobiles...

And all any cyclist wants—and here you can feel free to generalize—is to get where he or she is going, safely. Even after significant improvements in some American cities, cycling remains too dangerous in too many places, a low priority in transportation planning, effectively discouraged...

[Conclusion: Cyclist Is Not the Enemy](#)

## CDOT Updates Bicycle and Pedestrian Policy

*Bicycle Colorado- 25 May Newsletter*

On 19 May, the Colorado Transportation Commission approved "Elevating Bicycle and Pedestrian Opportunities in Colorado," (<http://bicyclecolorado.org/wp-content/uploads/2016/05/Elevating-Bicycle-and-Pedestrian-Opportunities-in-Colorado.pdf>) a revised complete streets policy for the network of roads and facilities managed by the state.

"Policy 1602 was originally adopted in 2009, and this updated version brings exemption criteria into the policy and re-commits CDOT's support and efforts regarding active transportation," says Betsy Jacobson, CDOT's Bicycle/Pedestrian/Scenic Byways Section Manager.

A detailed Procedural Directive is being developed to provide clear direction on how to implement the policy and verify compliance. The policy will go in effect upon signature by CDOT's Transportation Secretary and will apply to future projects and current projects that are in the early scoping phase.

## Who Keeps Those Trails Clean, Anyhow?

*Dale Campbell: Co-Editor*

effort you invest.

[More about the Bike Rodeo](#)

## Membership Update

*Sara Hill: Membership Coordinator*

### WELCOME NEW MEMBERS!

Joe Awe & Family, Brian & Hope Bain, Shelley Barrett, Louise Becker, Sean Duncan & Family, Patrick Flowers, Craig Highsmith, Paula Makara, Robyn Martinez, Marge Milne, Vicky Morris, Maureen Okeefe & Family, Anne Parker, Ed Quesada, Stephen Reaves, Pamela, Schaaf, Kyra Swick, and Carin Vadala.

### RENEWING MEMBERS – THANK YOU!

Loren Anderson, Beth Balsler & Family, Renee Barall, Ginny Barber, Sharon Boyd & Dale Campbell, Keith Brown, Roger Bruggeman, Mike Burgie & Family, Gary Dean, Bruce & Jasmin Elliot, Hubert & Becky Hauser, Pam Hazlett, Janine Hegeman, Ronald & Carolyn Henrikson, Sara Hill, Trent Hovenga & Family, John Jannett, Kenneth Janiec, Ginger Kelly, Brian Landis & Family, Jayson & Esther Lee, Connie Lorig, Brian Love, Cheryl Mahon, Phil McDonald & Family, Connie Miller, Dave Moe, Mark Noble, John O'Donnell & Family, Roger Patrizio, John & Anita Rasper, Mary Rebb & Family, Jerry Remmert & Family, Ron Robinson & Family, Sidney Rubinow, Alan & Pat Severn, Sam & Ruth Sharp, Connie Slater & Family, George Thornton, Caroline Tran, Bob Vandepas, Dianne Walter, Barry & Marcia Wick, and Jean Zeh.

[Membership Reminders](#)

## Special Activities & Rides of Interest!

*Jean Zeh: Ride Committee*

The Ride Committee has been very active this Spring. As you can tell from the number of rides noted in this edition of the Bent Fork, a number of events have been introduced to the Ride



***Greenway Rides Made Safer, Thanks to the Efforts of One Local Organization Resources Working Behind the Scenes to Improve Our Cycling Infrastructure***



Riding with the Tour de Latte group on Saturday, 2 April, Sara Hill, the Ride Leader, brought us to Urban Steam, a coffee shop on the southern side of the downtown area. While there, I overhears folks in a group sitting outside comment about having a cup of coffee was a nice way to starting a morning of trail cleanup. Being inquisitive, I asked several folks in the group what they had been up to.

Tim Gore, the Community Relations Director for Springs Rescue Mission, and Ashton Encarnacion, the Community Relations Intern for the Mission were kind to take the time and fill me in on what they had been doing. Below is the input I received from Tim and Ashton. I appreciate their time, as well as their team's efforts. It's the volunteer work that their team accomplishes on a regular basis that helps make rides and walking the trail safer.

Obviously, the Colorado Springs community benefits from the time these volunteers donate and dedicate to our City. How many other unsung community contributors are out there helping cyclists, joggers and walkers safely enjoy the benefits that are available to all in Colorado Springs? I would suggest that the next time any of us sees such efforts, we take a minute and thank folks for what they are doing! Better yet, join a group that helps keep trails clean.

[Read the Interview and See More Photos](#)

**National Bike Challenge 2016 – CSCC's Efforts Noted**

Calendar (Check Meetup for the latest). And more are to come. A list is included in the continuation of this article. Be sure to recheck the Meetup Calendar from time to time to get the latest information. Not on Meetup yet? Take a few minutes to join. See Rick's article in this newsletter.

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 CSCC Special & Activities](#)

## A Quote to Ponder

*Peter Golkin*



“My two favourite things in life are libraries and bicycles. They both move people forward without wasting anything. The perfect day: riding a bike to the library.”

*Editor's note: Try it sometime. You'll enjoy it just like we do!*

## Bike Tech – USA Cycling Unveils High-Tech Pursuit Bike

*Ted Burns: Cycling News*



*Photo courtesy of Chron.com Sports website*

On 20 May, USA Cycling unveiled a high tech pursuit bike, three years in the making, aimed at helping the women's

*Charlie Czarniecki: Immediate Past President*



## THE NATIONAL BIKE CHALLENGE

*Editor's Note: As we publish this edition, the CSCC Team is in 8th place nationally at the completion of May. Our team has ridden a total of 27,025 miles in those 31 days. That's more than once around planet Earth!*

I wanted to update everyone as we end the first month of the Challenge (it ends on Sept 30th). The news is very encouraging. Over 10 people (the total keeps increasing) riding with Southern Colorado Velo Racing have joined our team. I know that their riding dedication and miles are going to “super charge” our team. Their intention was to pump up the Colorado Springs area miles and they felt supporting our team (already in the National top 20) was going to keep National attention on the Springs area. As they signed on our team grew to over 150 riders.

As we approach the end of the NBC's 1st month, the team already has 19 people at the Gold (750 point) level, 42 Silver (250-749), and 23 Bronze (100-249). I started posting a daily update for the team, CO, and COS on the CSCC webpage. The direct access to the report is [http://www.bikesprings.org/docs/NBC\\_Daily\\_Rankings.pdf](http://www.bikesprings.org/docs/NBC_Daily_Rankings.pdf)

[See the 30 May Report and Other Statistics](#)

## eBikes and Bike Paths – Do They Mix?

*The Gazette – 21 May 2016*



Olympic Games team pursuit squad win gold in Rio. Developed in partnership with Felt and nine other technology providers the new machine is designed with two purposes, go fast and turn left.

The bike design takes into consideration the specific aerodynamics of a velodrome for the first time, resulting in a number of unique attributes: the entire bike is asymmetrical to account for yaw, the drive train is moved to the left side, and every tube of the frame is shaped to produce maximum speed.

[Read More about the New Design](#)

*Photo courtesy of Townsend Bessent, Vail Daily*

*Editor's Note: Following up on previous articles over the past five years, this is a specific Colorado aspect that readers may find interesting.*

At this time, only if the local authorities say so. The Colorado Department of Transportation limits the use of electric bikes (eBikes) to public roads, but local authorities can draft their own rules.

The Vail Town Council has asked staff to write regulations for a trial of electric bikes on paved recreation paths. At a council meeting during the week of 21 May, officials and community members discussed pros such as making it easier for older people to navigate steep hills on bikes, the Vail Daily reported. They also discussed whether it would be safe for pedestrians and fast-moving electric bikes to share paths.

Gregg Barrie, who is Vail's planner in charge of trails, told council members that Aspen and Pitkin County don't allow electric bikes on paved trails but are considering trials.

Further details can be found at <http://www.vaildaily.com/news/22074022-113/vail-may-allow-e-bikes-on-rec-paths>



"Come along for the ride"



## Ride Leader Training Scheduled

*Jean Zeh: Ride Committee*



### **CSCC Ride Leader Educational Modules Schedule**

#### Class Room Sessions

6:00 to 8:30 PM - Trails & Open Space Office 1040 S. 8th Street (Also known as the Red Cross Office)

Wednesday, June 15, 2016

Thursday, June 30, 2016

#### Road & Parking Lot Skills Practice Sessions

12:30 to 2:30 PM - Parking lot @ corner of Fontanero & Weber

Sunday, June 19, 2016 (yes we know this is father's day)

Saturday, July 9, 2016

Those of us that attended the April training for CFA Ride Leaders, we want to thank Dave for his passion for safe cycling and for the knowledge he passed on to us. For many of the attendees, it re-invigorated our situational awareness sense and helps us see ahead regarding our next moves as Ride Leaders. Hopefully, this next group of Ride Leader trainees will be stimulated in a similar manner.



Bent Fork 2016-3 - June/July 2016





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## **Come Join Us in Estes Park!**

*Dave VanDerWege: Event Organizer*



Sunday will be an out and back up Trail Ridge Road where you can choose to ride and climb as much as you like from 20 miles with 1290 Ft of climbing up to 49 miles with 4988 Ft of climbing, or anything in between.



All routes will have cue sheets and GPS files. Saturday's route will have a leader and sweep. Sunday's route will be self-paced and self-supported. A National Park pass will need to be purchased for \$15 for the weekend unless you have an annual or senior pass.



On Saturday night we will organize dinner groups to go into Estes Park to sample some of Estes' fine eateries. You are welcome to stay anywhere in Estes Park for the weekend.

Be sure to act quickly as most other accommodations in the area are already sold out. For more information you can contact Dave VanDerWege (719-373-3943) or Sharon Boyd and Dale Campbell (719-592-9193). As you can see by our friends below, we're looking forward to a fun weekend!



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## Starlight Spectacular is Almost Here

*Vince Cloward: Trails & Open Space Coalition*

All riders must wear helmets, with front lights and rear lights on their bikes. No exceptions!

Proceeds benefit the Trails and Open Space Coalition – dedicated to preserving open space and parks and creating a network of trails, bikeways and greenways for the Pikes Peak region.

For more details, go to the TOSC website (<http://www.trailsandopenspace.org/newsevents/starlight-spectacular/>) for the event.

Now, some words about logistics of the event:

**Early Bird Registration Deadline:** Our Early Bird deadline is June 5th this year. After that date the event price increases and there is no guarantee of a T-Shirt. Those registering after June 5th must pick up their packets at the Visitor Center night of ride on June 18th. Register at [www.2016Starlight.eventbrite.com](http://www.2016Starlight.eventbrite.com)

**Packet Pickup:** Those registering by June 5th can pick up their packets at the bike shop they selected during registration between June 11-16th. Bike shops include Bicycle Village, Colorado Springs Bike Shop, Criterium Bicycles, Old Town Bike Shop and Teds Bicycles.

**Event Grounds Access:** Night of Ride, riders arrive at 9:00 and the ride begins at 10:30. Access to the GOG Visitor Center will be limited due to the closure of 30th Street. 30th Street will be closed from 10:15 pm until riders clear the Garden around 12:00 AM. All volunteers and sponsors must enter the Visitor Center through the Northern entrance. You will be directed to your location by event staff. During the road closure period the only option for leaving will be through the south entrance and vehicles can only travel south.

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*The Bent Fork Chronicles*

## What Did You Think of the Velodrome?

*Sharon Boyd: Co-Editor*

If you were able to attend, then the photos that Vern Pitcher took that evening will bring back some memories. If your schedule didn't permit you to join the group, then hopefully, you'll be able to see just what it's all about.





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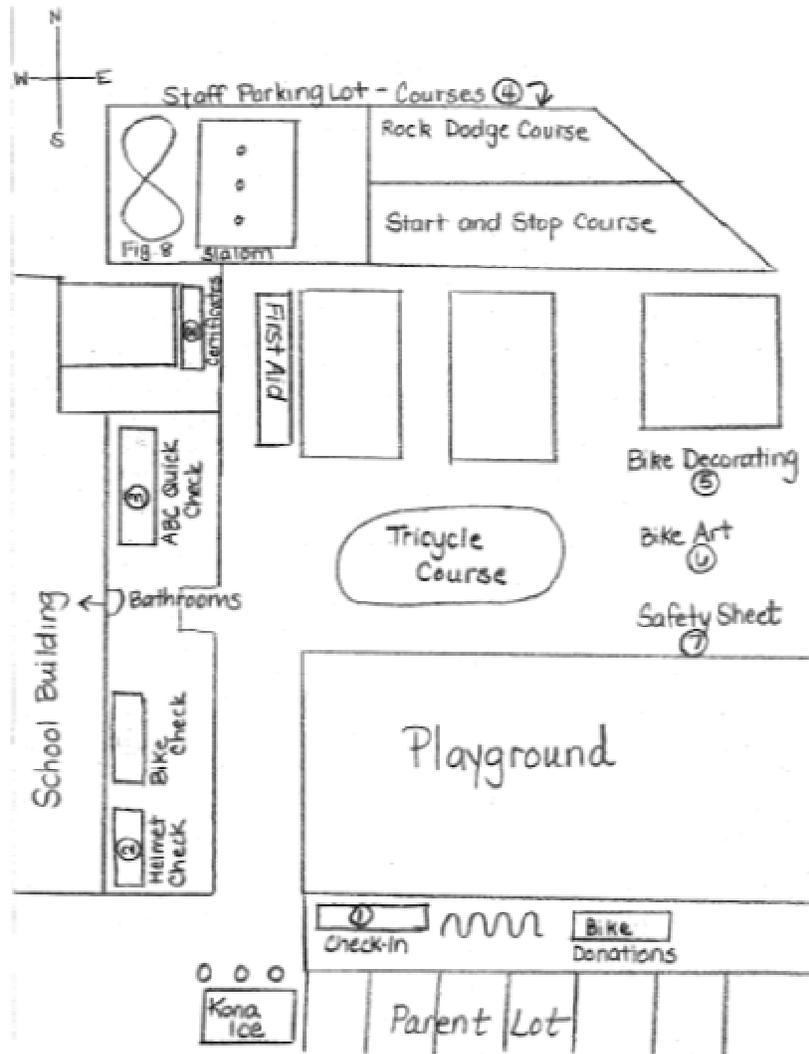
*The Bent Fork Chronicles*

## **Antelope Trails Bike Safety Rodeo**

*Sharon Boyd: Co-Editor*



*Participants at the ABC Quick Check (photo courtesy of Jim Angeles)*



The layout of the rodeo events (courtesy of Gemma Angeles)

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## 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](mailto: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](mailto:membership@bikesprings.org).

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## Special Activities & Rides of Interest!

*Jean Zeh: Ride Committee*

<b>2016 CSCC Special Rides &amp; Activities</b>	
<i>Check back for updates</i>	
<b>Date</b>	<b>Name</b>
4-Jun	Buena Vista Bike Fest
11-12 Jun	Estates Park Out of Town Trip
15-Jun	CSCC Ride Leaders Training - Class Room Seesion
18-Jun	Starlight Spectacular
19-Jun	CSCC Ride Leaders Training - Road & Parking Lot Seesion
30-Jun	CSCC Ride Leaders Training - Class Room Seesion
22-Jun	Bike to Work
26-Jun	Social Ride moves start location for this day only
4-Jul	Shady Lane Ride
9-Jul	CSCC Ride Leaders Training - Road & Parking Lot Seesion
10-Jul	Picnic
end of July	Leadville Out of Town Trip
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
September	Steamboat Out of Town Trip
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 Social Ride
1-Jan-17	Frozen H2O Bottle Ride

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## Bike Tech – USA Cycling Unveils High-Tech Pursuit Bike

*Ted Burns: Cycling News*

The left side drive train is a custom design by Vision based on its Metron TT crankset. It sports an aerodynamic chain ring cap and a Stages power meter with dual sensors.

In addition to the unusual frame, the women will use Hed wheels, specially designed to fit the narrower aerodynamic fork and rear stays. The wheels will be fitted with Vittoria tyres for their low rolling resistance.

The resulting pursuit cycle could shave up to four seconds off a team pursuit time

SOURCES: The Gazette and Cycling News (<http://www.cyclingnews.com/news/left-side-drive-felt-fa-trd-team-usas-secret-olympic-weapon-for-rio-unveiled/>)



*The Felt TA FRD with left side drive train (Felt Bicycles)*

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## Colorado Springs Bike Summit

Provided by: Colorado Springs Bicycle Summit

The free summit registration includes:

1. Keynote + lunch starting at 11 am.
2. Two breakout sessions
3. Plenary session
4. Optional pre-summit events
5. Optional Happy Hour and Expo

### Summit Schedule:

9 am

Optional Pre-Summit Events: Infrastructure ride or Skills clinic.

11am-1pm

Buffet lunch & keynote speaker: Randy Neufeld, SRAM

1:20 pm breakouts:

1. Benefits of bicycling.
2. Bike your drive.
3. Recreational cycling community.

2:40 Breakouts:

1. The case for advocacy.
2. Bicycle friendly companies.
3. World Café: Bite sized bicycle banter.

4pm Closing Plenary Going for Gold in Colorado Springs: Kate Brady, COS Senior Bike Planner

5 - 7 pm

Happy Hour & Expo

If you can't attend the summit, register to attend the Happy Hour and Expo.

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## June is Bike Month in Colorado Springs: Mayor Suthers Invites Public to Participate in Bike to Work Day

*Kim Melchor: Lead Communications Specialist, Colorado Spring*

The City of Colorado Springs encourages residents to get involved by participating in activities supporting Colorado Bike Month:

- June 3- [Colorado Springs Bike Summit](#) – is the first bike summit in Colorado Springs and is designed to get information to people who care about biking, create bike advocates, and shape a vision of what's possible in Colorado Springs.
- June 18- [21<sup>st</sup> Annual Starlight Spectacular](#) – grab a friend and grab some lights join in the nighttime fun.
- June 22- [Bike to Work Day](#) sponsored by Metro Rides, YMCA. Bikes and Bagels at 10 YMCA locations from Monument to Fountain and University Village Center.
  - o Mayor's Ride at Goose Gossage Park at 6:00 a.m.
- June 10-Dec 21- Roll Bicycle Art Festival – Visit [RollBikeArt.com](http://RollBikeArt.com) for information.
  - May – September [National Bike Challenge](#)
    - o Commit to ride all summer long, challenge friends and log miles

### Family Rides and Clinics

- [Kids on Bikes](#)
- o [PopCycle Rides](#): Sundays, 1-3 p.m. through Aug. 28. Meet at America the Beautiful Park.
  - o [Pedal Station](#) Grand Opening Celebration, 527 S. Tejon, noon-8:00 PM
  - o Pedal Station Volunteer Fix-it Night, Tuesdays, 4- 8 p.m.
- [UpaDowna Pedal Party](#)
  - o Every Wednesday evening June through September
- [Meadows Park Community Center Bike Library Rides and Events](#)
  - o Events throughout the summer

### Rides and Races (activities in the month of June and throughout the year)

- [Women's Mountain Biking Association of Colorado Springs Group Rides](#)
  - o Events year-round
- [SoCOVelo Club Rides](#)
  - o Mountain, road and trail work days – June and throughout the year
- [Colorado Springs Cycling Club](#)
  - o Multiple rides each week during month of June and throughout the year

### Other ways to participate:

- Post a photo of you on your bike on Twitter telling us why you ride using the #IBikeCOS and/or #EverybodyBikes hashtag.
- Visit the [Colorado Springs bicycle website](#) for updates on bicycle events in June.

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*The Bent Fork Chronicles*

## Ride Leader Recognition Event a Success!

*Dale Campbell: Co-Editor*



*Anne, Bob and Charlie enjoy the evening*

The Ride Leaders honored at the evening's celebration include:

Bill Gast  
Bob Smith  
Cameron Mueller  
Charlie Czar  
Dale Campbell  
Dan Martin  
Janine Hegeman  
Jim Sledz  
Kerry Hefta  
Lee Murphy  
Michael Mannebach  
Mike Belock  
Rich Hostak  
Richard Oliver  
Rick Rodriguez  
Sara Hill  
Sharon Boyd  
Sid Rubinow  
Skip Fleming  
Terrence Smith  
Torie Giffin



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## CSCC's Early Years: One Member Recalls

*Alan Severn*

- Over the years, CSCC members contributed new rides, both weekly and one-of-a-kind. One ride I particularly enjoy is the Olde Pheartes Ride (the term "Old Pharts – a plagiarism from a jersey prevalent in the 1980s in Flatland).
- CSCC serves both recreational and advocacy goals, as written in our by-laws. John McLain was effective improving the design and placement of rumble strips. When CSCC was invited to join the Bike and Pedestrian committee (later Transportation Enhancements Subcommittee), Bob Smith found warm body to go to Pikes Peak Area Council of Governments. Alan or John?
- Ed and Bonnie Johnson supported CSCC advocacy in its early days; they are currently active in advocacy. I've watched CSCC leadership evolve over the years from; Bob Smith, Allen Beauchamp and Dave Vanderwege.

Speaking of safety, we appreciate Colorado Springs bicycling trail infrastructure; the Greenway Trail, Cottonwood Trail, Shooks Run, Midland Trail and Rock Island Trail and the US 24 underpass in Woodland Park. The grid pattern in the older parts of the city helps facilitate on-street riding. I would like to recognize public officials like Chris Lieber, Craig Blewitt and Kristin Bennett for their contributions.

Unfortunately, an account of the early CSCC days needs to mention many members who are no longer with us; Milt, Dave Horne (our first official Photographer), Ray Edmonds, Mark Rowe (Treasurer), Neale Reinitz, Hal Church, Ed Wallich (unprotected exposure to the sun is another hazard of cycling) and Sharon Hamilton (reminding us of the danger inherent in cycling). Sharon died on the 2013 Bicycle Tour of Colorado.

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*The Bent Fork Chronicles*

## The Early Days (1993 - 1995) with the Colorado Springs Cycling Club!

*Sharon Boyd: Co-Editor*

Moab Thanksgivings – Ray & Diane adventures and a turkey dinner for 30 members. Slick Rock had these white rectangles to mark the trail. When approaching difficult areas they painted yellow circles on the white. I would call out "fried eggs" to warn Dale. The Slick Rock grabbed our mountain bike tires, but abraded the skin when skidding on the rock!



I must admit, riding my mountain bike up Poison Spider looked like riding on waterfalls of rock. And, when it snows the fine, deep sandstone sticks to your mountain bike tires. Just don't fall into cactus. Rob Miskowitch spent 30 minutes using his pocket knife tweezers to pull thin cactus needles out! It took several beers at Eddie McStiffs to ease the pain.



I experienced much frustration when Dale drove my new Rodeo down a river bottom for a 4-wheeling adventure in the Needles.



One trip, a snowstorm closed Vail Pass on our way home. We found rooms for an overnight at the Eagle River Inn at Minturn with Judy and Phil. Fun memories making snow angels by the hot tub.



- Tarryall Reservoir over Wilkerson's Pass – Mike & Fawn Remington mountain bike adventures. Biking, camping & canoeing at the reservoir provided grand time. Dale and I saw our first mountain lion and wondered if we could "out" bike him. Thankfully, we did not look like Mule Deer!



- Southern Colorado Loop-Scenic Bypass Route 12 - Mike & Fawn Remington's road bike adventures. We started in Walsenburg, rode through La Veta to Cuchara Pass and overnight at Monument Lake Resort. Next, we rode past Stonewall and Cokedale to Trinidad and took a turn north on I-25 back to Walsenburg. The first of three "Cuchara Pass" bike trips with the Remingtons, I was recovering from knee issues. As a result, I was a stoker on John Ellis's tandem. The group stopped at Charlie's Grocery in La Veta; Dale and I enjoyed our first ice cold, Rocky Ford cantaloupe. Yum! At dinner that evening, I mentioned to Ray Edmunds that John and I were flying down Cuchara Pass. My cycle computer registered 62 mph, the fastest I've ever ridden on a bicycle! Ray smiled at me and said that the cycle computers maxed out at 62mph; I was most likely going much faster down the pass. Geeee!
- Raton, New Mexico Loop - Mike & Fawn Remington's road bike adventure. From Raton, the group rode northeast on Route 72 (high arid plains with numerous buttes) to Folsom and turned south on Route 325 to Capulin Volcano National Monument, an extinct cinder cone volcano that is part of the Raton-Clayton Volcanic Field. Then, we headed west on Route 64 and we rode past large herds of Pronghorn (antelope). Observing pronghorns drinking at the watering holes, we were mentally transported to Africa, as the scenery painted this "African" picture in our minds!
- Three-day loop from Sapinaro (Blue Mesa Reservoir/Gunnison River) to Crested Butte, up over Keblar Pass to Hotchkiss and along the Grand Canyon of the Gunnison to Sapinaro. Warren Barta planned this fabulous adventure filled with Colorado scenery.







- Wagon Wheel Gap & Creede Mountain Biking. We stayed in rustic cabins at Blue Creek Lodge along the Rio Grande River and enjoyed a delicious pancake breakfast. Riding at Wagon Wheel Gap, we followed along actual wagon wheel ruts from the pioneer days. One mountain bike route enjoyed a 17-mile scenic Bachelor Loop ride with old silver mining town ruins and ghost towns. In 1892, there were 10,000 people living in the town of Bachelor. The downhill into Creede was extremely steep & rocky! Snow prevented us from riding to the Wheeler Geologic Area, a highly eroded outcropping of layers of volcanic ash, in the La Garita Mountains. Dale and I still have this area on our bicycling adventure "to-do" list.



- Taos to Ojo Caliente to Chimayo and back to Taos - Another wonderful Bob & Anne Smith bike ride. We all enjoyed staying overnight at the hot springs lodge, staying at a lovely B&B in Chimayo and eating dinner at the Rancho de *Chimayo* Restaurante (they served the best Mexican food I have eaten).
- TOARV (Tour of the Arkansas River Valley) – Dale and I were told that the first day the ride was uphill and the second day was back downhill. Everyone laughed when Dale and I hauled our air mattress with sheets & pillows into the gym for the overnight. Chris Davenport and friends even placed mints on our pillows when we were enjoying the spaghetti dinner. We were more comfortable than sleeping bags on the gym floor. The next morning offered a big surprise, as we started up Trout Creek Pass. Have you every ridden up Trout Creek Pass to 9,487 feet elevation !?!



- Hardscrabble – just think steep!

These excellent adventures only cover a time period from 1993 for several years. Dale and I continue to enjoy enduring friendships and excellent bike riding adventures into 2016. **Thank you** to the Colorado Springs Cycling Club and the wonderful members.

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## America! The Cyclist Is Not Your Enemy

*Jason Gay, Wall Street Journal*

Believe me, I understand why cyclists can be defensive. Cycling often feels like an act of self-preservation, because it is. People riding bikes die, all the time, and too often it's treated like a blameless accident, when it's not. Even if the greatest hazard on the road is distracted driving, the culture is conditioned to normalize the automobile...

... I suggest a corny old strategy of understanding and love—on all sides. If not love, maybe some empathy. Come on! You can pony up a modicum of empathy. It's cheaper than Netflix.

For cyclists, it means showing some restraint, and respecting rules of the road. It means cycling groups trying to police themselves from within. That idiot on the regular Sunday morning ride who constantly runs red lights, screams at pedestrians and spits at drivers? That idiot needs an intervention. (If the intervention fails, try a strong lock around their bike at the coffee shop stop, and flinging the key into a river.)...

And drivers: recognize that while you're entitled to be on the road, you're not entitled to all of it. Ease up on the aggression, and please—please—put that stupid phone in the glove compartment...

Here's the truth: Bike Lovers and Bike Haters might love to howl at each other, but none of us are going anywhere. Bikes are here to stay, as are pedestrians, runners, skaters, rollers and the guy on the StairMaster that escaped from a rodeo. Cars, too, are staying, though it appears we'll be getting a driverless version of those soon...

...Let's all get home safe."

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## Who Keeps Those Trails Clean, Anyway?

*Dale Campbell: Co-Editor*

**Bent Fork Editor:** *Tim, I think you mentioned the group of volunteers was from the Springs Rescue Mission. Were all the volunteers on Saturday employees at the SRM? Or, a mix of employees and other folks helping the group?*

**Tim Gore:** We had a mix of people involved in the cleanup. About four of us were employees of SRM from the Advancement team. The rest were SRM volunteers that volunteered specifically for this event. Most of those were first time volunteers.

**Editor:** *How often does the group get together to clean up the trail?*

**Tim:** We partner with volunteers from the Urban Singletrack Project about once a month to perform the cleanup. This happens on the first Saturday of the month and starts about 9 am. We meet at Urban Steam, grab a coffee, don our gloves and head on out.



**Editor:** *What section of the trail is the group responsible for maintaining?*

**Tim:** We work on cleaning the part of the trail from the trail head near Urban Steam, all the way south to Tejon and behind the Mission.



**Editor:** How long does it generally take to complete the cleanup work each time the group gets together?

**Tim:** If it's the first cleanup of the season, it takes about three hours. We usually halt the cleanups in the winter months. Depending on the amount of volunteers, monthly maintenance takes about 2 hours. We average about 12 volunteers.

**Editor:** Do you coordinate your work with the Parks Dept (or whoever is responsible for the trail)?

**Tim:** Colorado Springs Utilities is responsible for that part of the trail. We generally don't have to contact them. We do work with the American Medical Response teams to pick up needles and with the CSPD's Homeless Outreach Team (HOT) whenever possible.

**Editor:** Is there anything unusual or humorous that has occurred during one of the cleanup sessions?

**Tim:** Oh yes! Well it was both humorous and sad. This year, the first cleanup was very cold. I had old holy jeans, rumped flannel shirt, Ski cap, nasty gloves and was pushing a shopping cart of trash. I looked at myself, laughed and thought "I look like the homeless one." This was funny until all the cyclists and runners looked at me the same way. Many of them passed me and looked at me with disdain, never uttering a word. This is sad on many levels. Sometimes it is a simple hello that inspires someone to look up instead of down. When someone begins to look up, the Mission can begin building a relationship that leads to transformation. It saddens me because of that and because as a cyclist and a runner myself, I know we can do better.



**Editor:** How did the Springs Rescue Mission initially become involved with the periodic cleanup efforts? Is this another aspect of the "Neighbors Helping Neighbors" approach of the Springs Rescue Mission?

**Tim:** This is the easiest question to answer. Jon Severson, from the Urban Singletrack Project proposed the partnership to me one wintry day last year. I didn't flinch. I said yes that instant without asking anyone at SRM. I figured if I am going to be the Director of Community Relations, I should be making decisions that show the community that SRM is committed to everyone and that we are serious about being good neighbors.

**Editor:** *Is there anything else you'd like to contribute that would add?*

**Tim:** It would be great to have more volunteers every month. We would especially like to see more cyclists and runners at the cleanups. We, after all, are the main users of the trails and I think that we should all play a part in ensuring that it's clean and serviceable. And, you never know who you will meet and whose life you may help turn around.

**Editor:** *Tim, thanks for your time and comments. And, thanks for what you, your cleanup crew and the Springs Rescue Mission does for our community.*

Bent Fork 2016-3 - June/July 2016





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## National Bike Challenge 2016 – CSCC's Efforts Noted

Charlie Czarniecki: Immediate Past President

### Colorado Springs Cycling Club 2014

as of 5/30/16	EoM Points	Month	Cum	Month	CO	Cum CO	CO	Cum CO	Colorado	Cum
		NBC Ranking	National Ranking	CO Ranking	Cum CO Ranking	Ranking in USA				
May	54,231	8th	8th	1st	1st	3rd	3rd	14th	14th	
June										
July										
August										
September										
Running			8th of							
TOTAL	54,231		1,670		1st of ??		of 52		of 3,944	

In the first 26 days of the Challenge we've had 97 people already post their miles! The team has been #9 or #10 in the country for the past 3 weeks. That is #10 of 1,631 teams!! Think where we might be if the other 53 people on the team could post their miles.

Looking through the other files, we see that Colorado is the #3 State in the country. Colorado Springs is the #14 community (Fort Collins #9, Denver is #12, Boulder #41, Pueblo #47, and Littleton #57) among the 3,794 communities represented by the NBC riders. As of May 26th our team had 42,125 points which was 1,800 better than #11 and only 1,500 behind #9. NBC has not listed "teams" at the state level (they eventually will). As I looked through team names it would seem that #57 Wheat Ridge Mighty ATATS are the 2nd team in state with 14,311 points. #73 NPS Riders have 12,502 and have many CO riders.

So we are off to a great start. The weather is finally starting to cooperate. So if you get a chance to take a ride, please do so. You can see that any points that you can contribute will really help in the mix. We are doing this for the ride, but it is really kind of nice to hold National and State attention. Remember you get 20 points each day that you ride your bike and another point for every mile that you ride.

The National Bike Challenge (NBC) site gets a little better every day, but it is still not as functional as it was last year. At this time it still seems that they only update the team data once sometime over night. But they are capturing all the data that we enter. Again this year we are the "Colorado Springs Cycling Club 2014" team – anyone can join us, even people not members of the Club.

Contact me if you need help to navigate through the site (they are having more problems at the start of this year with the "improvements" that they are trying to capture). See you at next Friday's Colorado Springs Bike Summit at UCCS?

Ride safely, have fun, and post often.

Bent Fork 2016-3 - June/July 2016

