



August/September 2016

Volume 9 Issue 4

## Editor's Comments

*Sharon Boyd & Dale Campbell:  
Editors*



Ahh, Summertime! Time for plenty of opportunities to ride... even though it is a bit warm these days and you have to consider the afternoon thunderstorms... Hey, it's Colorado with all the outdoor opportunities our state has to offer. And, by the way, we enjoy a low relative humidity, too. Think about that if you travel to anywhere that has more the 50% humidity!

"What's this?" you may ask. "I'm reading the August/September edition of the Bent Fork in July." Due to scheduling constraints, it worked out best for your Editors to publish this edition a few days early this time. So, enjoy the "Early Edition" of the Bent fork. We'll be back to the normal schedule in October.

As you can see by scanning the Table of Contents, there are a variety of articles in this edition...

[Read More about What's Included in This Edition](#)

**Plan to Attend the Next CSCC Meeting!**

## Table of Contents

To go directly to an article, click on the Article Title

- [Prez Sez:](#)
- [A Retrospective on the Club's Second Decade](#)
- [Do You Know: A New Club Jersey is in the Works!](#)
- [Another 30 Year Fact to Consider](#)
- [Infrastructure Improvements Pave Way for Outdoor Recreation](#)
- [What's Your Meetup IQ?](#)
- [Rider Education: First Round of Ride Leader Training Classes Complete](#)
- [Meet our Newest Sponsor and Long Time Supporter!](#)
- [GOATHEADS - Tribulus Terrestris: Bane of Bowsers and Bicycles](#)
- [Envision Shooks Run!](#)
- [Colorado Springs Legacy Loop - Updates and a Link for More Information](#)
- [Editor's Comments](#)
- [Plan to Attend the Next CSCC Meeting!](#)
- [Cyclists and Art - Here's the Invitation!](#)
- [Take a look at the Club Mileage for 2016](#)
- [NBC Update - CSCC is Still in the Top Ten Nationally!](#)
- [Cycling Advocacy Update](#)
- [Bike Tech: A Look at Another eBike Conversion Option](#)
- [Have You Experienced Interbike?](#)
- [The Broadmoor Pikes Peak Cycling Hill Climb/USA Cycling Hill Climb National Championship](#)
- [Pedal the Plains: A Fall Ride for Your Calendar](#)
- [Lycra versus Leather: Battle in the Downhill Curves](#)
- [Membership Update](#)
- [Special Activities & Rides of Interest!](#)
- [A Cycling Quote to Ponder](#)
- [Penny-farthings to Panniers: 7 Cycling Words](#)

## Prez Sez:

*Janine Hegeman*

*Rich Hostak: Vice President*

Here's a summary of what we're planning as the focus of our Club meetings for the remainder of 2016. As always, if you have any suggestions for speakers or topics at our meetings, please contact me.

2 August: Kevin Dessart, Director of Coaching & Athlete Development for USA Cycling, will be providing an overview of the organization and an update on current cycling talent representing the US. This should be an interesting discussion, given that the Rio Olympics Opening Ceremony is on Friday, 5 August.

6 September: Club member Chris Lieber, who is also the Park Development Manager and TOPS Program Manager for Colorado Springs, will be providing an update regarding construction of trails and the use of the voter approved 2D funds.

4 October: A couple of our Club members will be describing their experiences with cycling in Honolulu and on the island of Kauai in Hawaii.

1 November: Club members are invited to participate in this evening of Arts and Crafts. For information, see the article immediately below.

December: No Club meeting, as we will be having the annual Christmas Party. More details will be forthcoming in the next several months.

## **Cyclists and Art – Here's the Invitation!**

*Bill Gast: Social Director*



*The Prez & The Mayor - Bike to Work Day June 2016*

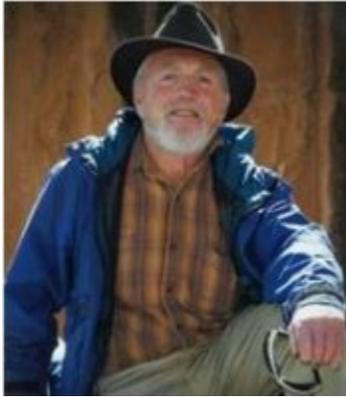
Summer's here, and we're dodging raindrops, or slathering on the sunscreen. We've gone from keeping the rain jacket handy to seeking out and riding through that overspray on the pavement from a sprinkler, just to cool off. It's still great to get out on the bicycle and enjoy the sights, sounds and smells of summer. Beautiful flowers are everywhere, free music festivals fill the parks, the linden trees are perfuming the air, and backyard barbecues tantalize the senses.

Speaking of tantalizing the senses, the CSCC Summer Picnic had it all. Great food, provided in part by all the delicious potluck dishes and also great music provided by our own Rick Rodriguez and of course, great riding through some lovely parts of town. The "Social - Lite" ride was introduced at the picnic. It's a shorter, more relaxed paced ride, and quite a few folks enjoyed that even though it was quite hot.

Many new members joined CSCC, after first seeing us on Meetup, to participate in the picnic. If you are a CSCC member and have not yet signed up on Meetup, please do so soon. We will be abandoning the website calendar August 1; rides and events will no longer be posted on the calendar, and message boards will not be monitored. Our Meetup site is much more interactive! You can register for Meetup here: <http://www.meetup.com/Colorado-Springs-Cycling-Club/>

There's one very new sight on CSCC's horizon - a new logo! 40% of the membership participated in the online voting for the new logo. Dale Campbell's stylish design won, and is now replacing the original logo. He won a new CSCC 30<sup>th</sup> anniversary jersey, which is currently being designed and will be available to club members for purchase soon. Be sure to congratulate Dale the next time you see him!

We've got a new ride that is a sensation, too. The "Santa Fe 'Out and Back' Trail Ride" on Thursdays is FUN. The premise is simple; we meet at the Park 'n' Ride at Woodmen Road and I-25 at 5:15 p.m. sharp for a 5:30 departure. Everyone rides north on the trail at their own pace for an



### **CALL for ARTS & CRAFTS!**

While we are all enthusiastic and perhaps passionate about bicycling, we should remember that cyclists do more than just ride bikes. We also have varying interests and hobbies outside the world of cycling and the Club. To help us realize that and to let others get to know each of us a little better, the Club will be having an arts and crafts show this fall. This will be the primary focus of the November meeting (1 November...Election Day is the 8th) at the El Paso County Citizen Service Center (on Garden of the Gods road).

Anyone and everyone in the Club are invited to display their work. This will not be a juried show. However, at least half of the art or craft that you display must be cycling related. If you wish, this will also be an opportunity to sell your work, just in time to provide some opportunities for Holiday shopping. In recognition of the Club, we are asking that the artists donate to the Club 20% of the price of any items sold. All the donations will be used for Club support.

Club members – aka artists and craft folks – will be responsible for set up, displaying and take down of your art work. Additional details will be available as we get closer to the November meeting. If you want further information, please contact me.

We're making this Call for Art and Crafts three months in advance to get folks working on

hour, then we turn around and head back to the start. We meet for dinner at Old Chicago afterwards. Check the Meetup calendar for more details.

And while you're out riding with us or on your own, be sure to engage your senses. We want all of our members riding safely, and this means being aware of your surroundings, and making choices that ensure your safety and that of those riding with you. Let drivers know of your intentions if turning; use hand signals. If you're at the back of the group, and someone up ahead signals a turn, you should too. Drivers really appreciate our organized efforts to alert them. And if someone yells "clear" at an intersection, please look both ways before proceeding anyway – be responsible for yourself. But DO let fellow riders know about road hazards you see – point and sing out "Glass!" for instance.

From what I've seen, we're a good group that's getting great. Ride Leader Training has resulted in the certification of several ride leaders. Safety education classes and new rides are being developed to better serve our membership. And most of all we're having fun! This 30<sup>th</sup> year of CSCC's existence is turning out to be one of the best ever. So, let's pedal, and **"come along for the ride!"**

Janine Hegeman  
President - CSCC

PS. Thanks to everyone that joined the Bike to Work rides. Click on continuation to see a few more photos from Bike to Work Day.

[Bike to Work Photos](#)

## **A Retrospective on the Club's Second Decade**

*Aaron Rosenthal*



I have powerful memories of CSCC's second decade from 1995-2005. However, before writing about the second

what they would like to display at this artistically focused Bike Club meeting. I know some Club members already have items in mind! What are you going to enter for this show?

## Take a look at the Club Mileage for 2016

*Charlie Czarniecki: Immediate Past President*

It's nice to know that Club members are getting out and joining club rides this summer. The Club mileage total is reflecting an increase this summer, tracking us higher than the running totals for the past two years. Through July 20th the Club has documented 141 rides and amassed 29,600 miles. To see the Mileage Summary Chart showing totals from 2007 through this year, click on the Continuation link for this article. By the way, did you know that the Club has over 400 rides scheduled throughout the year? Take a look at the calendar on Meetup and see if there are a few that you would like to ride!

For further details about the ride totals, look to the CSCC Web Site Ride Info – CSCC Miles Dash Board - [http://www.bikesprings.org/docs/CSCC\\_16-Dashboard.pdf](http://www.bikesprings.org/docs/CSCC_16-Dashboard.pdf) and Detail - [http://www.bikesprings.org/docs/CSCC\\_16-Mileage.pdf](http://www.bikesprings.org/docs/CSCC_16-Mileage.pdf) for latest monthly info.

[Mileager Summary Chart](#)

## NBC Update - CSCC is Still in the Top Ten Nationally!

*Charlie Czarniecki: Immediate Past President*



**NATIONAL BIKE CHALLENGE**

Great news for the "Colorado Springs Cycling Club 2014" team in this year's NBC. So far this year we have been #8 of 1,800 national teams for 3 months. That is the #1 Colorado team. Colorado is the #2 state in the

decade, I have to state that Janet Oliver and I met through CSCC during the first decade. Who knew that within another 10 years we'd be married?!!

CSCC's second decade started as I was in the midst of divorce. One of the best things I did for myself was to go on the 2004 Thanksgiving mountain bike trip to Moab with about 25 Club members (OK, technically that was 5 weeks before the start of CSCC's second decade!). I had only been separated for a month plus, and being with friends on this trip allowed me to get a different perspective of life and how I wanted to address my new future. It was my first time going to Moab and I loved the rides we did including Slickrock and Poison Spider. Moab and its surroundings has forever since been an incredibly special place for me. I went on 1 or 2 more Club Thanksgiving trips before they stopped being organized as a Club event. They were all a great time.

Janet and I started seeing each other following a White Rim trip in Canyonlands in October 2006. Technically it wasn't a Club ride, but I think everyone on that trip was a member. We started doing a lot of tandem riding. Our favorite Club ride has always been the Progressive Dinner Ride. Every year, thanks to Janet's creativity, we would dress in costume as the ride takes place near Halloween which also happens to be Janet's birthday. Wearing costumes for this ride was more commonplace during this decade than it has been the last number of years, but that never stops us from letting out our inner child!



In 1998 Bob and Anne Smith took a 1 year hiatus from running TOARV (**T**our **o**f the **A**rkansas **R**iver **V**alley) as they had put it on for 10 straight years. I had participated in several TOARV's up to that point and wanted to get involved with helping to put on a cycling event, so Bill Bailey and I took over for Bob and Anne. While the event itself went well, we metaphorically and financially speaking "lost our shirts". Bill and I ordered far too many cycling jerseys and when only a small percentage of them sold we not only were left with bunches of jerseys, we cost the Club a fair bit of money! Fortunately the Club was in good enough financial shape to absorb the loss.

nation behind Wisconsin. Nationally Colorado Springs is #11 of 4,300 communities. Fort Collins leads the state at #8 in the country, Pittsburgh PA is #9, Denver is #10, Cleveland OH is #12, Chicago IL is #13 – we are doing very well!!

Our team has 162 members signed up, of which 129 have logged miles (Editor's note: As of 26 July, the team has logged more than 82,800 miles!!). Imagine where we'd be if everyone logged their miles; or if more Club members joined. Look to the National Bike Challenge news article on the Club's home page to see how to join and help.

Go to [http://www.bikesprings.org/docs/NBC\\_Daily\\_Rankings.pdf](http://www.bikesprings.org/docs/NBC_Daily_Rankings.pdf) on the Club website for the latest Team/State/Community info.

### Cycling Advocacy Update

*Allen Beauchamp: Advocacy Committee Chair*



In addition to the City update, Envision Shooks Run information and the update about the Legacy Loop included in this edition of the Bent Fork (see Table of Contents), here are some updates about a few other Advocacy items.

#### Colorado Springs Bicycle Master Plan:

The kickoff meeting happened with stakeholders from across the community. These include governmental organizations, civic entities and other groups that will be tied to the process. During the process, there will be robust public involvement that will include bike clubs. The Toole Design Group is the consultant hired by the City to

[Read More about CSCC's 2nd Decade](#)

### Do You Know: A New Club Jersey is in the Works!

*Dale Campbell: Co-Editor*



Continuing a review of the thirty years of Club history, do you know what the photo above is showing? This is the first official Club jersey and was made available in the late '90s. Note the details on the fabric, playing off the CSCC initials of the Club.



This brings up a good trivia question for Club members. How many official Club jerseys have there been in the 30 years of the Club? What do you think? Seeing the photo above and knowing that many folks wear the 25<sup>th</sup> Anniversary jersey, what's your answer? Two... Four... Higher?

develop the plan. Toole Design Group completed the world class plan for Ft. Collins that rolled out last year.

#### Bike Colorado Springs:

BCS received a large grant from the Colorado Health Foundation (via Kids on Bikes and funding through TOSC) that will be used to create multiple neighborhood ride series, mapping tools, an app and other educational and encouragement activities for the Legacy Loop and all of the bordering neighborhoods. In a bigger sense, BCS will be creating the model on how to engage and activate our neighborhoods all across Colorado Springs. I'm going to step down as the Advocacy Chair position and take over the role as Education and Encouragement Chair within BCS. This better aligns the grant work with the committee most associated with the work. As a result, BCS is searching for a new Advocacy Chair.

**Editor's Note:** *Here's some good news about Allen! As of Monday, August 1<sup>st</sup>, he will be starting a new job here in the Springs, as the newest employee of the Trails and Open Space Coalition. He's being brought on board as the Bike Colorado Springs Coordinator to manage the grant he mentions above from the Colorado Health Foundation, via Kids on Bikes. It's a great story of how it all came about but his activities will be focused on the Legacy Loop and the eight neighborhoods surrounding it.*

### **Bike Tech: A Look at Another eBike Conversion Option**

Ben Coxworth – gizmag.com



Well, there have been three official jerseys for the Club. Click the "See the Second Club Jersey" link below to see a photo of the second one.

Knowing the jersey history over the past 30 years, we should all be excited that a new jersey is in the works. With the selection of a new Club logo by the membership, the design of the jersey is now proceeding.

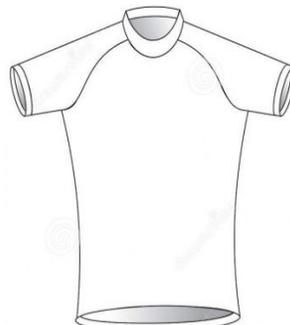
Since 1987

### **Colorado Springs Cycling Club, Inc.**



*Come along for the ride!*

Selection of the vendor is in progress and details of the graphic layout of the jersey are currently the focus of the designers. At the moment, the plans are to have the jerseys designed and ordered in time to be available before the Holidays. Stay tuned for details about cost to members and how you can order yours.



*What will it look like?*

## **Centinel Wheel makes bikes into eBikes**

If you'd like the ease of an electric bicycle but don't want to give up your perfectly good "manual" bike, there is something you can do – you can replace your bike's existing rear wheel with the electrically-powered Copenhagen Wheel or FlyKly, or replace its front wheel with the Omni Wheel. Those three products may soon have to make room for another competitor, however, as the Centinel Wheel enters the marketplace.

Like the Copenhagen Wheel and the FlyKly, the Centinel is swapped with a regular bike's back wheel – plans call for it to first be made in a 26-inch wheel size, with other sizes to follow.

The Centinel contains a microcontroller, two 180-watt motors (for a total of 360 watts) that can be removed for upgrading, and a 24-volt 13-amp lithium-ion battery that can also be taken out for charging.

It also has a Bluetooth 4.0 module, allowing it to communicate with an app on the user's iOS or Android smartphone. That app allows them to select the amount of electrical assistance provided and view the battery charge level, among other functions. Additionally, the Centinel is able to monitor the user's cadence, automatically providing more assistance as needed in order to maintain that pace.

According to Hycore, the Seoul-based designer of the product, the Centinel has an electronically-limited top speed of 16 mph (26 km/h) and a range of approximately 30 miles (48 km). By comparison, both the Copenhagen Wheel and the FlyKly can go up to 20 mph and have a range of about 30 miles.

If you're interested in getting one, the Centinel Wheel is currently the subject of a Kickstarter campaign. Pledges start at US\$899, with shipping scheduled for next April if all

[See the Second Club Jersey](#)

## **Another 30 Year Fact to Consider**

*Dale Campbell: Co-Editor*

Here's another Club trivia question for you. Can you name at least one of the two longest running rides of the Club? For most of our readers, the Frozen Water Bottle Ride probably comes to mind. But, there is another one – the Monday Dinner Ride. Bob and Anne Smith have led this ride since its inception. Unfortunately for their friends and the Club, Anne and Bob are moving permanently to the Tucson area later in August. We thank Bob and Anne for not only their support of the Dinner Ride, but for all of the many other things they did for the Club over the past 30 years! You've laid a solid foundation for the Club to carry on for another 30 years.

For the Monday Dinner Ride Enthusiasts, we will have to pull together to make sure we have a ride leader every week for the remainder of the 2016 season. And, we'll need to start planning for 2017. We definitely want to continue the tradition that Anne and Bob started with the inception of the Club.

Before the start of the Dinner Ride on 25 July, the Club's President presented Bob and Anne with a note of Thanks. The certificate reads as follows:

"The Colorado Springs Cycling Club gratefully celebrates 30 years of the Monday Dinner Ride.  
Great rides, good food, camaraderie.  
Led by Bob and Anne Smith.  
You will be missed!  
Thank you.  
Signed: Janine A Hegeman, President, Colorado Springs Cycling Club"

[See the Certificate](#)

## **Infrastructure Improvements Pave Way for Outdoor Recreation**

*Kim Melchor: Lead Communications Specialist for the City of*



Infrastructure improvements supporting outdoor recreation and tourism are popping up around Colorado Springs, thanks to support of Colorado Springs residents.

goes according to plans. That price is actually less than that of the \$949 Copenhagen Wheel or the \$1,099 FlyKly.

Take a look at this 3 ½ minute [video](#) to learn a little more about the development and potential uses of the Centinel Wheel.

## Have You Experienced Interbike?

*People for Bikes*

# interbike®

Interbike – what in the world is that?

September 21 - 23, 2016 at the Mandalay Bay Convention Center in Las Vegas

The annual Interbike International Bicycle Exposition is where the bicycle industry gathers to celebrate, educate and conduct the business of cycling. Bicycle retailers, media, importers and distributors can discover the latest in bicycle technology, including bicycle demos at the largest 2-day demo event for the trade – OutDoor Demo. Attendees can also meet with hundreds of exhibitors offering everything the bicycle industry has to offer, including: road, mountain, triathlon, electric bikes, nutrition, apparel, safety, accessories, power and more. Boost your cycling business by finding the latest products and trends, attending valuable retailer education sessions and networking with the top retailers and suppliers in the industry. Cycling enthusiasts can attend the show on Friday during our Customer Appreciation Day. For more information, go to <http://www.interbike.com/>

PeopleForBikes supporters can get 50% off the price of admission on Customer Appreciation Day, Friday, September 23. With this \$10 discount you get backstage access to the latest in bikes, technology and gear! To get

Improvements are underway on some of Colorado Springs' most popular trails, thanks to voter approval in November 2015 to retain \$2.1 million in excess revenues from 2014 to be used for trail improvements. Two of the eight trails identified to receive improvements are complete with the remaining trails scheduled to be complete later this summer.

# YES on 2D



\$2.1M for 8 trails, or \$11 back to you?

[www.yesfortrails.com](http://www.yesfortrails.com)

## 2D Trail Work Complete

Skyline Trail: Replaced concrete between Yellowwood Dr. and Research Blvd that had lifted or sunk, creating tripping hazards.

Pikes Peak Greenway Trail: Work is complete from Mark Dabling (south of the Goose Gossage Sports Complex) to Tremont Street. Work included converting the asphalt trail to a 12-foot wide concrete trail, drainage improvements to reduce low lying water collection, improvements to the entrance and exit on and off the small pedestrian bridge (just north of Polk Street), and converting the gravel trail west of Tremont Street to a 12-foot wide concrete trail. The section of the trail that is a temporary shared alley/trail has been asphalted. The ultimate goal will be to pave the permanent trail with concrete, once easements are obtained.

[More Infrastructure Updates](#)

## What's Your Meetup IQ?

*Rick Rodriguez: Ride Committee*



With 397 cyclists registered for the CSCC Meetup, it would seem that a large majority of the Club is now part of the Meetup group. So, we all have some awareness of Meetup functionality to one level or another.

To give folks a little better understanding of some of the Meetup functionality, I've pulled together a couple of tutorials to help improve functionality at an individual member level.

your discounted ticket, use promo code PFB16. Further information is available at <http://www.interbike.com/attendees/customer-appreciation/>

## The Broadmoor Pikes Peak Cycling Hill Climb/USA Cycling Hill Climb National Championship

*Trails & Open Space Coalition*



The Broadmoor Pikes Peak Cycling Hill Climb/USA Cycling Hill Climb National Championship features USA Cycling sanctioned road races and timed non-competitive fun rides that give cyclists of all abilities a truly unique experience on Pikes Peak - America's Mountain.

This race, held on Saturday, August 13, attracts the top cyclists and recreational cyclists from across the nation and around the world who dare to challenge Pikes Peak - America's Mountain!

Visit [pikespeakcyclinghillclimb.org](http://pikespeakcyclinghillclimb.org) for race information and to register.

## Pedal the Plains: A Fall Ride for Your Calendar

*Correspondence Team for Governor John Hickenlooper*



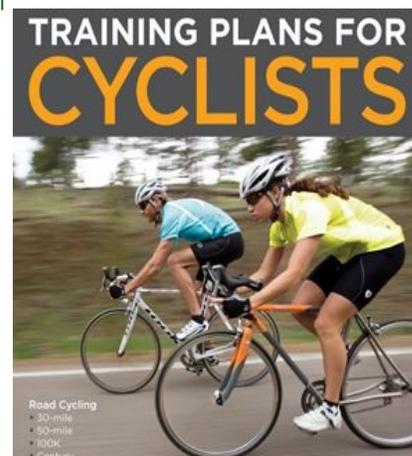
In April 2012, Governor Hickenlooper and The Denver Post launched a one-of-a-kind cycling event celebrating the agricultural roots and frontier heritage of Colorado's Eastern

Both of these are focused on demonstrating how to adjust the Notification and Email settings for Meetup. One covers the Meetup Phone App which includes adjusting Push Notifications and the other is just for the Meetup Web page for adjusting Email settings.

If you would like to have more information on this topic, plan to attend the next Club meeting. I will plan to go over these slides during the August meeting. Additionally, the documentation will be available via the Meetup files site.

## Rider Education: First Round of Ride Leader Training Classes Complete

*Rick Rodriguez: Ride Committee*



The CSCC Ride Committee has completed the first round of the Ride Leader Course offerings that you read about in the last issue of the Bent Fork. This course is based on the League of American Bicyclists Safe Cycling 123 education program which has been adapted to specifically address the needs of ride leaders. There were two parts to the course, a Classroom session and a Road Skills session and each part was offered twice during the months of June and July. We had 19 people complete the Classroom training, 16 people completed the Road Skills training and a total of 12 people completed both training sessions. Feedback on the course was excellent and we want to give a big thanks to Dave Vanderwege and Jean Zeh for pulling this together and making it available to our members.

Going forward, the Ride Committee is already making plans to offer a third Road Skills training session so that some of the folks that took the Classroom training and were not able to attend one of the Road Skills training sessions can complete the entire course. Members are also welcome to attend the additional Road Skills session even if they have not completed the Classroom session. There are plans being formulated to offer the full 9 hour LAB 101 course which includes some Bike Mechanic skills, Classroom training and a Road Skills session all in one day. Dave V. is also planning to put on another of the Bike Skills 123 courses that he created for the club. The 123 session is an abbreviated version of the 101 course and provides excellent information and skills training for our members. Finally, for those of you who wish to do more, there is discussion of running the complete LAB Instructors training later this year. If you are interested in attending that

Plains. Described by the Governor as "a ride for the rest of us," Pedal The Plains seeks to engage riders of all abilities, from seasoned cyclists to first-time riders, in an educational and recreational experience. The 2016 Tour will head to Southeast Colorado and highlight three unique and charming communities: Ordway, the cozy county seat of Crowley County; Fowler, the "community powered" town of the Lower Arkansas River Valley; and La Junta, the former junction of the historical Santa Fe Railroad.

By participating in Pedal The Plains, cyclists will increase their awareness of the Eastern Plains by tasting food grown in the region, learning from local experts, exploring points of interest, meeting local farmers and ranchers and trying their hand at local crafts and farming techniques. Participants will experience the hospitality and charm of a new host community each day and in the evening, trade in their Lycra for Levis in preparation for good eats and libations, homespun entertainment and live music.

The 5th annual Pedal The Plains Bicycle Tour features the open range and star-filled nights of Southeast Colorado; a region steeped in history and bound together by its hometown values! Join us this fall as we roam vast beautiful grasslands and pedal along the Santa Fe Trail Scenic Byway; visit Bent's Old Fort; befriend local farmers and ranchers; and have a boot-stomp'n good ol' time!

A celebration of cycling culture, this landmark event combines great rides, delicious eats and close friends. Registration is now open for the 3-Day Tour (16 - 18 September), Century Ride and Family Fun Ride. More information can be found at <http://www.pedaltheplains.com/>

### Lycra versus Leather: Battle in the Downhill Curves

course, you will need to make plans to attend the 101 course when it is offered as that course is a prerequisite for the Instructors course.

Keep your eye on the Meetup site and watch for Emails coming out about upcoming course offerings.

### Meet our Newest Sponsor and Long Time Supporter!

*Sharon Boyd: Co-Editor*



I'm sure you've either been to the Ted's shop/store or you have seen this logo somewhere around the city, most likely on a bicycle rack in front of a school, business or apartment building.



Since 1986, Tony Hoewisch and his team have placed almost 300 bike racks throughout the city - 236 at businesses, 37 at schools and 23 at apartments. That's enough bike rack space to park over 1500 bikes!

Ted's Bicycles originally opened for business in September of 1971. The shop was established by Ted and Ruth Wilber of Colorado Springs. The shop grew and expanded more than Ted and Ruth ever dreamed, and in 1976, Tony Hoewisch moved from Wisconsin to join the team.



*Dale Campbell: Co-Editor*



As a cyclist, do you enjoy those down hills with their curves and opportunities for a little "wind in your hair" without pedaling? I think that I can safely say that the majority of readers would say "YES!" Interestingly, another group of folks on two wheels - motorcyclists - also enjoy the curves.

This video presents an interesting scenario between two motorcycles and a cyclist on a curvy stretch of downhill road. Unfortunately, I think there are some "respect for the road" issues that become apparent at the end of this [video clip](#) (and perhaps a bit of machismo conflict, too).

Take a [look](#) and see what you think of the situation.

## Membership Update

*Sara Hill: Membership Coordinator*

### WELCOME NEW MEMBERS!

Pam Arnold, Thomas Baesl, Hannah Blick, Dawn Boden, Andrew Burke & Family, Sara Campbell, Linda Cherry, Pat Cruse & Family, Mark Dignam, Ray Eck, Nick & Catherine Ellington, Laurence Hanby & Family, Sharon Irwin, Michael Jones & Family, Theresa Kitazono & Family, Deb Lagle & Family, Douglas Lain, Diana Lankford, Gloria Latimer & Family, Brian Leung, Armando Lucero, Heather MacDonald, Donald McNeil, John Morris, Tami Onstad, Jena Rogers, Eva Rumianowski, Judy Schatzber, Mary Swantek, Chuck Taylor & Family, John Walton, Lynn

In 1986, Tony and his wife Joetta, purchased Ted's Bicycles. Located at 3016 North Hancock Avenue, the shop still operates with the same simple philosophy that Ted and Ruth instilled in 1971, a friendly family atmosphere with dependable service. Ted's Bicycles is the oldest independently owned bike shop in Colorado Springs.



Tony and the business have been a primary supporter of TOSC's Starlight Spectacular, having been associated with the June late night ride since its inception 22 years ago.

Additionally, Ted's has been supporting the Bob Telmosse' Foundation for a decade now. They accept new and gently used bicycles year-round for the Bob Telmosse' Christmas Give-a-Way. If you have or know of anyone who has bikes that could be donated, please encourage them to do so. Visit <http://www.tedsbicycles.com/about/bob-telmoss-christmas-give-a-way-pg65.htm> for more information.

With Ted's as a Club sponsor, Club members can receive a 10% discount, in kind donations, and support for events. Based on experience in shopping at Ted's for more than 20 years, I would encourage Club members to stop by Ted's when next considering any kind of cycling related purchase or maintenance.

## GOATHEADS - Tribulus Terrestris: Bane of Bowsers and Bicycles

*Stan Hill*



Wietharn and Susan Wood.

### RENEWING MEMBERS – THANK YOU!

Susan Apgar, Jay Bailey, Deb Berwick, Kirsten Bilzing, Myra Brooks, Karen Brown, Ed & Suzy Browne, Sandi Buck & Family, John Carrigan, Jannie Cox & Family, David Fussell, Sam Giamarvo, Sandy Greenspoon, Lisa & Richard Hickey, Stan & Karen Hill, John Ingham & Beth Blakney, Michael Mannebach & Family, Javier Mazzetti & Family, Phyllis Minter, David Parris, Steve Pate & Family, Vern & Neddie Pitcher, Carol Runnells, Peggy Seidel, Maurie Shannon, Kevin Shaw & Family, Mike & Luci Stansberry, Char Taylor & Family, Ken Van Antwerp & Family, Vic & Diane Villhard, Larry Watson & Family, and Larry Womack.

[Membership Reminders](#)

### Special Activities & Rides of Interest!

*Rick Rodriguez: Ride Committee*

As you can see in the list access via the "2016 CSCC Special & Activities" link below, there are a variety of activities available for Club members.

I'd like to draw you attention to one event that needs some assistance. We are looking for progressive dinner ride hosts. This is one of the most popular rides CSCC supports! If you would be willing to host a stop (main course, dessert, or appetizers) please contact Bill Gast, 719-332-2890. Don't worry, you don't have to cook; this is a potluck with the dishes delivered ahead of time.

One additional item of note. As of 1 August, the Calendar on the CSCC website will essentially be discontinued. All rides will be posted to Meetup and the CSCC website Calendar will link directly to meetup for calendar information.

*Tribulus terrestris* is a ground-hugging vine with small yellow flowers that develop star-like five seed clusters. The clusters break apart into small hard nutlets with very long sharp spikes—that stand upright to stick into any passing paw, shoe or tire and be carried away until they break from the spikes and are planted in a new spot to grow more vines.



*Tribulus terrestris* is an incredibly invasive plant that has spread throughout all temperate parts of the world. It may have originated around the Mediterranean Sea—certainly early Greeks were familiar with the thorn, using it as a model for anti-personnel weapons—caltrops— which continue in use by present day militaries to puncture boots and disable air-filled tires.

*Tribulus terrestris* is very drought tolerant. Seeds may wait up to twenty years for the right conditions to sprout. From one seed, tendrils up to six feet long radiate out from a central taproot. One plant may yield hundreds of goat head thorns that can propagate to form a dense ground cover of puncture vines.

Some plants require specific insect pollinators, but *tribulus terrestris* is not picky. Flowers can be pollinated by ants, flies, butterflies, moths—or be self-pollinated.

[Read More about Tribulus Terrestris](#)

### Envision Shooks Run!

*Lisa Bachman: bachman pr*



With the June 14, 2016 Public Workshop #4, the Envision Shooks Run project has now completed the Vision and Focus milestones of the study. The "Vision" phase involved confirming the vision for the corridor and surrounding area as previously defined by other community studies and planning processes. The "Focus" phase refined the multiple visions and focused the direction based on community desires for the corridor (the "Transformative" theme has been recommended and confirmed through the public involvement process). The

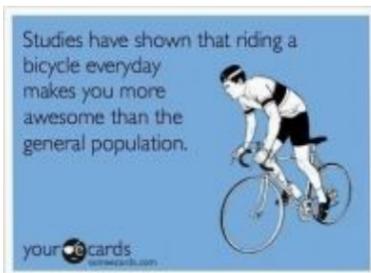
If you're able to participate in some of the listed events, please be sure to let the Newsletter Editors know if you enjoyed a particular ride or activity. They appreciate your input as potential articles for upcoming newsletters!

[2016 CSCC Special Rides & Activities](#)

## A Cycling Quote to Ponder

*Author Unknown*

*Editor's Note: With the ongoing National Bike Challenge, the message here seems very apropos!*

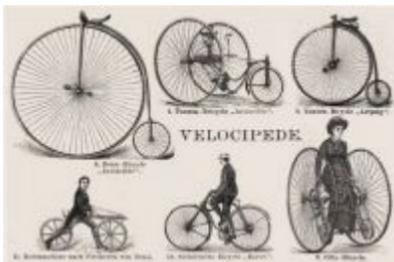


[Read the Quote](#)

## Penny-farthings to Panniers: 7 Cycling Words

*Dan Martin*

*Editor's Note: We all use references to cycling on various occasions. Dan provided these definitions, downloaded from Discionary.com, for our education and interest. He also thought that some of these descriptions might also induce a grin or chuckle).*



### Velocipede

[vuh-los-uh-peed]

The velocipede was an early version of the bicycle. Constructed from iron and wood, this form of transportation

project now moves into the "Planning" phase to determine how to best compliment the corridor vision with specific alternatives, moving toward development of a Facilities Master Plan.

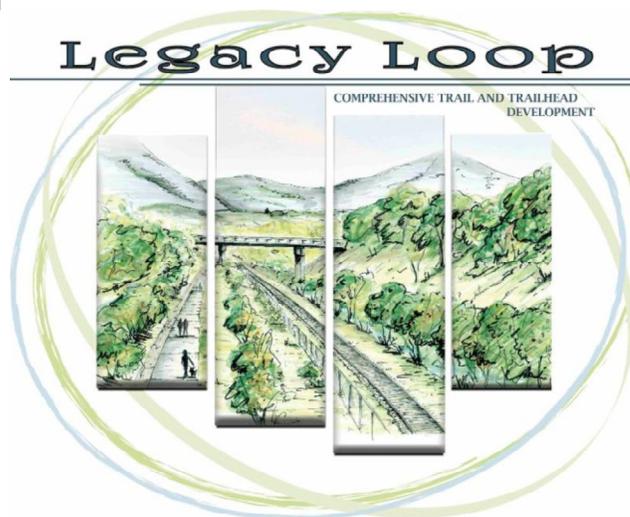
The project schedule was revised in June of 2016 to respond to the community desire for Shooks Run to be greatly improved from what it is today. The key change was the addition of the development of a Facilities Master Plan to the project. The value of this addition is improved guidance to reach the goals for Shooks Run defined in the recommended Transformative Corridor Theme. The City will continue the original project effort after the Facilities Master Plan is developed and presented to City Council in late 2016.

Following several months and hundreds of public comments/suggestions received during the four workshops held to date (an average of 120 individuals attended each workshop), numerous neighborhood and small group meetings, nearly 200 door-to-door visits with property owners, as well as community organization and elected official meetings, the community has directed the City toward a theme focused on using transportation, infrastructure and parks as seeds to encourage economic growth along the Shooks Run corridor.

For more details about the project and next steps, be sure to visit the [project website](#)

## Colorado Springs Legacy Loop – Updates and a Link for More Information

*Lisa Bachman : bachman pr*



To refresh your memory, the Legacy Loop is an approximately 10 mile trail, park and recreation loop around downtown Colorado Springs defined by the Pikes Peak Greenway on the west and south, the Shooks Run trail on the east, and the Rock Island Corridor to the north. It is a way to connect, create, and protect our community value, inspired by the legacy and vision of Colorado Springs' founder General William Jackson Palmer. Palmer's dream was of a vibrant, livable city where the essential functions of mobility and access are linked to our parks, open space and trails.

made for a bumpy enough ride to earn itself the nickname "boneshaker." Velocipede entered English in the first half of the 19th century from the Latin velox + pedem, literally meaning "swift foot." The term first referred to a dandy- or hobby-horse, a two-wheeled vehicle propelled by feet, however, by the 1850s, this sense evolved to mean the pedal-powered early bicycle.

[Curious about More Cycling Word Definitions?](#)

During the June 23 public meeting for the Legacy Loop Phase 1 Comprehensive Trail Development Project (funded through a GOCO Grant), citizens provided input on three theme options for the new plaza/trail head: Sportsmanship, River and Local History.

[See More Information about the Themes](#)



## Editor's Comments

*Sharon Boyd & Dale Campbell: Editors*

As you can see by scanning the Table of Contents, there are a variety of articles in this edition. We're proud to be able to include three articles that provide insight into the 30 years of history of the Club (there's even a little trivia test for you in two articles). We have also included multiple articles that provide updates about advocacy and cycling infrastructure in the City. With the ongoing projects, we've turned to multiple sources for this information. By the way, the Prez has provided a very enjoyable summary for this edition. Be sure to also look at the Bike to Work photos included as a continuation of her article.

And, there is information about upcoming Club rides and events, upcoming rides in Colorado and even about a national bike conference. To provide a smile or two, you may enjoy reading the Cycling quote in this edition, learning more about the definitions of cycling related words or even watching a video about motorcycles versus a cyclist.

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!

By the way, the photo with our Comments column ties in with the October meeting intro in Rich's article below. We'll have more about this Biking in Oahu and Kauai adventure in the October Edition and at the October meeting. Stay tuned!

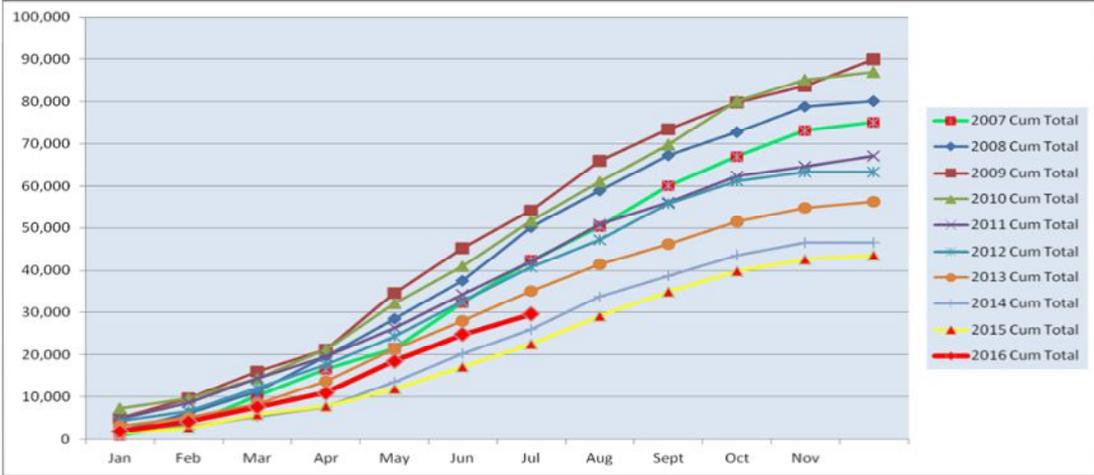
Bent Fork 2016-4 - August/September 2016





**Take a look at the Club Mileage for 2016**

*Charlie Czarniecki: Immediate Past President*



Bent Fork 2016-4 - August/September 2016





## 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).

Sara Hill, CSCC Treasurer & Membership Coordinator

Bent Fork 2016-4 - August/September 2016



Since 1987

**Colorado Springs  
Cycling Club, Inc.**



*The Bent Fork Chronicles*



### Special Activities & Rides of Interest!

*Rick Rodriguez: Ride Committee*

#### 2016 CSCC Special Rides & Activities

Check Meetup for updates

Date	Name
12-13 Aug	Tour of the Valley/Glenwood Springs
18-Aug	August Full Moon Ride
20-Aug	Summit County One Day Tour
Aug TBD	Pool Party?
Sept TBD	Gold Camp Fall Colors Ride
3 or 4-Sep	Balloon Glo Ride
5-Sep	Memorial Balloon Ascent and Breakfast Ride
Sept 9-11	Steamboat Out of Town Trip
10-Sep	5th Annual Mystery Ride
25-Oct	Progressive Dinner Ride
20-Nov	Tour de Turkey
3-Dec	Festival of Lights Parade
Dec TBD	Holiday Party
Dec TBS	Chili and Christmas Light Ride
25-Dec	Candy Cane Ride Social Ride
1-Jan-17	Frozen H <sub>2</sub> O Bottle Ride

Bent Fork 2016-4 - August/September 2016



Since 1987

**Colorado Springs  
Cycling Club, Inc.**



*Come along for the ride!*

*The Bent Fork Chronicles*



### **A Cycling Quote to Ponder**

*Author Unknown*

Studies have shown that riding a  
bicycle everyday  
makes you more  
awesome than the  
general population.



your  cards  
someecards.com

Bent Fork 2016-4 - August/September 2016





## Penny-farthings to Panniers: 7 Cycling Words

Dan Martin

### Penny-farthing

[pen-ee-fahr-thing]

In the late 1800s, bicycle speed was directly related to the size of the front wheel. It follows that during this time, front wheels became increasingly larger and larger until the penny-farthing, also known as the ordinary, entered the market in the 1870s. The penny-farthing got its name from the British currency of the time. It was thought that the large and small wheels next to each other resembled a penny next to the much smaller farthing. Luckily, by the end of the century, bicycle technology improved. Front wheels shrank, and bicycles became easier and safer to use.

### Tour de France

[toor-duh-frans, -frahns]

The Tour de France is a large international cycling race that takes place every year over three weeks in July. While the 2,235-mile race may begin outside of France, it always ends in Paris. Cyclists have been racing in the Tour de France since 1903, when Henri Desgrange created the event in an effort to increase circulation of his newspaper, L'Auto. Competitors vie for the yellow jersey, which is awarded to the cyclist who completes the course in the shortest time. A green jersey, a polka-dotted jersey, and a white jersey are also awarded for various cycling feats.

### Peloton

[pel-uh-ton, pel-uh-ton]

In terms of biking, a peloton is the main group of competitors moving forward together in a cycling race such as the Tour de France. When peloton first entered English around 1700, it referred to a small unit of soldiers. Peloton shares its root with the term platoon; they both come from the French meaning "small ball." The cycling sense of peloton emerged in the 1930s, perhaps in conjunction with rising popularity and international news coverage of the Tour de France.

### Handlebar

[han-dl-bahr]

Which came first: the mustache or the bicycle part? The portmanteau handlebar first entered English in the mid-1800s as a term to describe any sort of bar that was used as handles. The bicycle-specific sense of handlebars unsurprisingly took off in the 1870s as cycling gained more and more popularity. While handlebar mustaches may have existed before the 1920s, this distinctive style of facial hair didn't receive its playful name until then thanks to the increasing popularity of the bicycle.

### Pedal Pushers

Though today it is unlikely for a cyclist to be called a pedal pusher, back in the early 1900s, this was a popular turn of phrase. By the 1940s, the plural pedal pushers could refer to both cyclists and to the cropped pants worn by women or girls while biking. Over the years this style has become such a fixture in the fashion industry that people often will wear what they call pedal pushers even if they don't own a bike.

### Pannier

[pan-yer, -ee-er]

While cyclists know panniers as the useful bags that clip onto their bicycles, this is actually a relatively recent sense of this term. Pannier first entered English around 1300 from the Latin panarium meaning "bread basket." It originally referred to a basket used to carry items such as food, medical supplies, or other provisions, sometimes in a military context. Starting in the 1930s,

people used the term pannier to refer to the bag fastened over a bicycle's rear wheels. This sense is still used (and creatively pronounced) by English-speaking bike enthusiasts.

Bent Fork 2016-4 - August/September 2016



Since 1987

**Colorado Springs  
Cycling Club, Inc.**



*Come along for the ride!*

*The Bent Fork Chronicles*



**Prez Sez:**

*Janine Hegeman*



*Photo by Ryan Jones of The Gazette. The photographer's opportune timing allowed at least five Club members to be included in the photo.*



*Photo by Ryan Jones of The Gazette.*

For more of Ryan's photos, go to <http://gazette.com/gallery/5632/pictures/1130187>



*Getting Ready to ride – at 6am!  
Photo by Dale Campbell*



*Al Brody back in town!  
Photo by Dale Campbell*



*At America the Beautiful Park – the destination for Bike to Work. This is not a bike junkyard!  
Photo by Dale Campbell*

Bent Fork 2016-4 - August/September 2016





## A Retrospective on the Club's Second Decade

*Aaron Rosenthal*

Bob and Anne couldn't stay on the sidelines long (which was great for the Club) and the three of us plus Mark Rowe created BVBF (**B**uena **V**ista **B**ike **F**est) which started in 1999. Many newer Club members may not realize that BVBF, like its TOARV predecessor, was initially a Saturday and Sunday event. We created both road and mountain bike rides. Even though the mountain biking in the Buena Vista area is really good, that part of the ride never took off. After four years of stretching ourselves and the volunteers thin, and making only a marginal profit each year, we changed the BVBF format - gone was the mountain biking. We made BVBF a Saturday only ride with a century route. This was the formula for success. We went from about 200 riders in 2002, to nearly 500 in 2003, approximately 700 in 2004, and by the time CSCC's second decade was ending we sold out at 800 riders in 2005. Obviously credit for the BVBF successes goes out to everyone in the Club who helped to put it on.



A final postscript: At the first three BVBF's we sold the leftover TOARV '99 cycling jerseys, each year at a steeper discount. We finally got rid of all of them and projected that with the revenue from those sales, TOARV '99 likely broke even.

Bent Fork 2016-4 - August/September 2016



Since 1987

**Colorado Springs  
Cycling Club, Inc.**



*The Bent Fork Chronicles*



**Do You Know: A New Club Jersey is in the Works!**

*Dale Campbell: Co-Editor*



By the way, this jersey was designed and sold in the early 2000's

Bent Fork 2016-4 - August/September 2016



Since 1987

**Colorado Springs  
Cycling Club, Inc.**



*The Bent Fork Chronicles*



### Another 30 Year Fact to Consider

*Dale Campbell: Co-Editor*

The Colorado Springs Cycling Club  
*Gratefully Celebrates 30 years of the*

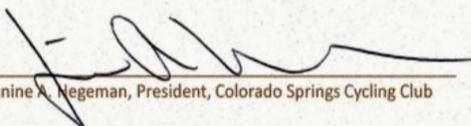
## Monday Dinner Ride

Great rides, good food, camaraderie

*Led By*

## Bob and Anne Smith

You'll be missed!  
**THANK YOU!**



Janine A. Negeman, President, Colorado Springs Cycling Club

Date: July 25, 2016



Bent Fork 2016-4 - August/September 2016





## Infrastructure Improvements Pave Way for Outdoor Recreation

*Kim Melchor: Lead Communications Specialist for the City of*

### **2D Scheduled to Start**

Palmer Mesa Trail: Mesa Road to 30th Street and Stately View to Holmes Middle School. Construction to convert the gravel trail to a 12' wide concrete trail scheduled to begin in early July.

Sinton Trail: From Mark Dabbling Street to Ellston Street. Construction to take place late summer/early fall. Improvements will be made to improve line of sight, primarily under the railroad trusses and Sinton Road, build connection to Sinton Pond, improve drainage under the trail, and convert the asphalt trail into a 12-foot wide concrete trail.

Sand Creek Trail: Airport Road to Hancock Expressway. Work will begin the first part of July to improve concrete that has lifted or sunk, creating tripping hazards.

Rock Island Trail: Circle Road to Academy Blvd and Academy Blvd to Powers Blvd. Work is anticipated to begin mid to late summer to include drainage improvements, improved neighborhood connections and street crossings, and converting the asphalt trail into a 12-foot wide concrete trail.

Homestead Trail: North Carefree to South Carefree. Work to improve pedestrian ramps, neighborhood connections and convert asphalt trail to concrete is anticipated to begin late summer/early fall

Shooks Run Trail: Jackson Street to East Jefferson Street and Fontanero Street to Wahsatch Avenue. Work is anticipated to begin late summer/early fall to convert the asphalt trail into a 12-foot wide concrete trail, and to improve pedestrian ramps for ADA requirements and create neighborhood connections.

### **Dero Fix-It Bicycle Repair Stations Have Arrived!**

The City of Colorado Springs dedicated a portion of a generous Walk and Wheel grant from Kaiser Permanente to purchase five Dero Fixit bicycle repair stations that are being placed at popular bicycle commuting locations around the city.

Three repairs stations have been installed, with two more planned for installation later this summer.

#### Dero FixIt Station Locations:

- PopCycle Bridge on the Legacy Loop- Pikes Peak Greenway Trail near Van Buren
  - Garden of the Gods at 30th and Mesa Road
  - Goose Gossage Park near the dirt ramp area
  - Penrose Library at Cascade- to be installed soon
- El Pomar Youth Sports Center- to be installed by end of summer

The Fixit includes all the tools necessary to perform basic bike repairs and maintenance, including an air pump, Philips and flat head screwdrivers, Allen wrenches, a headset wrench, a pedal wrench, box wrenches and two tire levers. The Fixit also features a QR code that connects cyclists to instructional videos that walk you through basic repairs.

Five 2015 Bike to Work Day corporate challenge winners will have a plaque with their name

placed on one of the Dero Bike Fixit stands around town.

- El Pomar Youth Sports Center- City of Colorado Springs
  - PopCycle Bridge- Avago Technologies
- Penrose Library- Engineering Ministries International
- Garden of Gods Park at 30th and Mesa Rd- Hemogenix
  - Goose Gossage Park- T.Rowe Price

### **City Seeks to Crowd Source Bicycle Parking Map**

In an effort to create a map showing available bicycle parking facilities in Colorado Springs, GoCoSprings ([cosprings.gov/gocosprings](http://cosprings.gov/gocosprings)), the City's mobile app, now has a way for people to document bike parking in their neighborhood. Use the "New Issue" feature and select "Bike Parking" to report bicycle parking locations. The map, which will be shared at [cosprings.gov/bike](http://cosprings.gov/bike) will update weekly with all the new reported bicycle parking locations.

Bike parking is an important type of facility for bicycle transportation that hasn't been tracked until now. This effort is a way for the cycling community to share valuable knowledge and support bicycling infrastructure.

Bent Fork 2016-4 - August/September 2016





## GOATHEADS - Tribulus Terrestris: Bane of Browsers and Bicycles

*Stan Hill*

*Tribulus terrestris* is an annual plant, meaning it grows anew each year from seed. Germination usually begins soon after last frost. Two-to-three weeks after germination, new seeds form and continue to be produced up to first frost. Seeds are relatively heavy in relation to their size, so are not spread by wind but readily catch rides on any passing foot (animal or human) or tire to generate new vines.

While proliferation of *tribulus terrestris* seems limitless and control impossible, it ain't necessarily so!

A dense carpet of puncture vines once lined the sides of a well-used path and draped over the wall like a waterfall. Three large trash bags of vines were removed and left the ground littered with Goat Head thorns. By all logic, real control would be hopeless.

But NO *tribulus terrestris* vines were found in this spot for the next six years, and the few plants found in years seven and eight would barely fill a small grocery sack. It appeared a feasible level of control could be achieved.

To test this puncture vines were removed at various spots and monitored year-to-year—with similar success at each location. To further evaluate effectiveness, vines in an adjacent low traffic area were left undisturbed to compare to the cleared areas. Cleared areas remained free of caltrops, while the untouched area continues to produce numerous vines – demonstrating that removal of puncture vines can significantly impact control of Goat Head thorns.

Knowing what the plant looks like to differentiate it from other plants is primary to getting rid of goat head thorns. While a few gardeners and other folks know what puncture vine looks like, a lot of people do not—including many who are most affected: dog walkers and bicyclists. To recognize *tribulus terrestris*:

- 1) It is a prostrate vine, meaning: tendrils grow very close to the ground. Hence, mowing has little or no effect, other than to help spread the seeds. (However, mowing may still help make the plants easier to find amongst taller growth, even if it spreads the seeds.)
- 2) Tendrils radiate outward from a central taproot, like spokes of a wheel.
- 3) It has small yellow flowers with five petals. Other low growing plants may have yellow flowers, but *tribulus terrestris* also has distinctive leaves.
- 4) Leaves are one to two inches long with a pinnate leaf pattern (small leaflets grow opposite from a central stem, like veins of a feather; pinnate=feather like). Pinnate leaf patterns are common in trees and shrubs, but seen in only a few low-growing plants.

On the rare occasion of another low-growing plant with little yellow flowers and pinnate leaf pattern, the clincher is to look underneath the leaves for clusters of thorns. At first glance it is easy to confuse other low growing plants for *tribulus terrestris*. While they may look similar, they DO NOT produce goat head thorns. Despite the similarities, *tribulus terrestris* is quite distinctive and quickly becomes identifiable, even when growing among other plants.

### **A Pie-in-the-Sky Proposal**

Successful goat head mitigation is achievable. One person can make a significant difference, and many people working together can make a community free from the invasive noxious weed—*tribulus terrestris* Challenge: Each person who walks a dog, rides a bicycle, or has tracked home a thorn and sees a patch of puncture vine in their neighborhood along a public right-of-way — spend just one hour removing those vines (and monitor the same area the following year).



### **PULLING GOAT HEAD VINES**

Puncture vines can be pulled with the root intact, particularly if vines are small and green and soil is loose or damp (some people advocate flooding an area with water before pulling). While effective, pulling vines may present unfortunate encounters between fingers and thorns (which even pierce thick gloves). It is just as effective to cut the taproot and then pick up the vine with a pair of pliers to put in a bag. Bladed tools like knives and hand weeders work well to cut the root, as do trowels, shovels and hoes.

While pulling the vines is a very effective and environmentally friendly way to subdue tribulus terrestris, other methods may also be useful, particularly in very large areas. Goatheads.com (<http://www.goatheads.com/>) has information about herbicide sprays, puncture-vine eating weevils, a propane weed-burner (for loose and dry goat head thorns on the ground), and thorn resistant shoes for dogs.

Bent Fork 2016-4 - August/September 2016





## Colorado Springs Legacy Loop – Updates and a Link for More Information

Lisa Bachman : [bachman pr](#)

Sportsmanship Theme: Good sportsmanship opportunities include etching words of encouragement/inspiration into walking and other permanent surfaces, large athletic themed sculptures, concentric circle geometry, shade trees and a rectangular parking lot configuration with a formal drop-off area. The idea of large sculptures, visible from a distance (particularly from Interstate-25), was well received by the public. Discussions compared the scale of the sculptures to the iconic Blue Bear peering into the window of the Denver Convention Center.

River Theme: Orienting the site toward Monument Creek and echoing its movement through the ground plane presents opportunities for changing the grade (adding a berm buffer to the west side of the site and lowering the trail along the creek), creating amphitheater seating through terraces, permanent shade structures, a trellis over a portion of the trail and a square parking lot configuration with a formal drop-off area and close-in parking. Pervious paving systems were suggested for filtering runoff to the creek and other storm drains. Soft surface trails for runners was discussed with a preference for reducing concrete as much as possible with the use of crusher fines, pavers, and other natural hardscape materials instead of concrete and asphalt.

Local History Theme: A place to display images of local history include opportunities for creating a buffer with a landscape berm and retaining wall on the western edge of the site, a large permanent shade structure, a permanent restroom facility, use of sculpture to emphasize a start/stop race line, and linear/grid geometry and a typical rectangle parking lot.

General comments from the public include the following:

- Grade change for the trail and terraces in the main plaza area
- Gathering space on the east side of the trail, permanent seating and permanent restroom facility, allowable space for event vendors
- Single, permanent shade structure, trees, possible ornamental planting spaces

For additional information, schedule on public meetings and other details about the project, visit the [project website](#)

Bent Fork 2016-4 - August/September 2016

