

COLORADO SPRINGS CYCLING CLUB

Volume 1 / Number 1

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The Colorado Springs Cycling Club Newsletter is the official publication of the Colorado Springs Cycling Club. Opinions and articles contained herein do not necessarily represent official club positions, unless so stated or indicated.

CLUB OFFICERS**PRESIDENT**

Jim Cerrato
(303) 579-8599

VICE PRESIDENT

Bob Coleman
(303) 576-2418

SECRETARY/TREASURER

Bonnie Johnson
(303) 634-4915

596-1106 hm

RIDE CAPTAIN

Jim Hogue
(303) 633-7688

ASSOCIATE RIDE CAPTAIN

Bob Smith
(303) 528-6834 548-4642 wk

APPOINTED POSITIONS**SAG SUPPORT CHAIRMAN**

Pat Cruz
(303) 630-1328

SPECIAL EVENTS CHAIRMAN

Open
(303)

MEMBERSHIP CHAIRMAN

Open
(303)

NEWSLETTER STAFF**EDITOR**

Bob Coleman
(303) 576-2418

ASSOCIATE EDITOR

Open
(303)

ASSOCIATE EDITOR

Open
(303)

OFFICIAL CLUB ADDRESS
Colorado Springs Cycling Club
622 West Colorado Avenue
Colorado Springs, CO 80904

PRESIDENT'S COLUMN

WE'VE MADE IT!!! You hold in your hand the first Colorado Springs Cycling Club Newsletter. CSCC members will tentatively receive six issues of this newsletter, per year. Each issue shall contain a current schedule of rides and events plus articles contributed by members or other interested parties and information from other clubs or sources. Articles will include information about bicycle maintenance, health and fitness, nutrition, the state of club affairs and a profile of a member of the club.

I hope to minimize confusion by publishing a schedule of events. This schedule will include the rides organized and sponsored by the club, including mountain bike events. Also I shall include certain other rides, mostly races and touring events which are to be held along the front range. Including this schedule in the newsletter should prevent overlapping and allow all of the club's members to participate in a varied number of rides as well give notice of cancellations and/or date changes. For up-to-the-minute ride information, please call the CSCC RIDE HOTLINE, (303) 634-4915.

1987 is going to be a year of tremendous growth for recreational cycling along the front range. The Colorado Springs Cycling Club is a perfect indicator of the growth situation. Our membership is increasing with each month.

I feel that this is due to the goal and objectives stated in the club Charter. Of course our events present a cycling opportunity to all who wish to participate in this life-long, life-lengthening sport.

Please watch for our century and double-century rides, our Wednesday bunch-for-lunch rides, Thursday night dinner rides and Sunday afternoon show-and-go rides. Check your newsletter or telephone 634-4915 for details as same become available.

WELCOME and THANK YOU FOR YOUR PARTICIPATION!!!

History and Background of the Colorado Springs Cycling Club

by: Bob Coleman

What we now know as the Colorado Springs Cycling Club was the brainchild of Ed and Carol Stillman and Jim Cerrato. These people decided that the recreational and family-oriented riders were not being served by an agency which could organize events for them and represent their wishes in forums where cycling is discussed, such as the city and county Parks Departments, Planning Divisions and at meetings with elected representatives. Therefore, an organizational ride was held in October, 1986. The ride had a Halloween theme and was attended by over forty persons. From this first ride, other events followed and the club organization was solidified during a meeting held on the first Tuesday in February, 1987.

The Colorado Springs Cycling Club is a non-profit organization. The club's goal is to promote the healthy and safe sport of recreational bicycling for the membership of the club. This membership is comprised of families and individuals alike and all events shall be for fun and enjoyment, of all. To this end, many differing events are being planned. Mountain bike, rode bike and social events are on the schedule. We on the Board of Directors hope to provide you with fun and interesting rides plus some other options for your enjoyment.

The Colorado Springs Cycling Club is comprised of a diverse group of people. We are bound together by our mutual desire to ride bicycles in a safe and satisfying atmosphere. The members of the Colorado Springs Cycling Club number in excess of forty persons, and represent almost every aspect of cycling, ranging from local level racers, tourists, ultra-marathoners, occasional weekend family group riders and the families of many of the above-listed. Members must be 18 years of age, however, children are encouraged to join in club rides with a parent or guardian.

In the spirit of safety, all riders are required to wear hard-shell helmets, carry provisions for fixing flat tires and at least one water bottle to stifle dehydration.

To accomplish the stated admirable objective, we must support the club and one another. Therefore, please do not hesitate to volunteer to assist the ride captains, individual ride organizers, sag chairman or event presenters. This is a club filled with participants but lets not forget that all of us have an obligation to assist or no events can be scheduled. Enough of my philosophizing! I say lets do some riding!!

SPECIAL ANNOUNCEMENT

The Board of Directors is sponsoring a contest for a club logo. Please think creatively and submit your entries to Jim Cerrato or Bob Coleman on or before June 30, 1987. The winner of the contest will receive their choice of a helmet, tires and tubes or racing shoes.

Weight Loss Techniques and Training

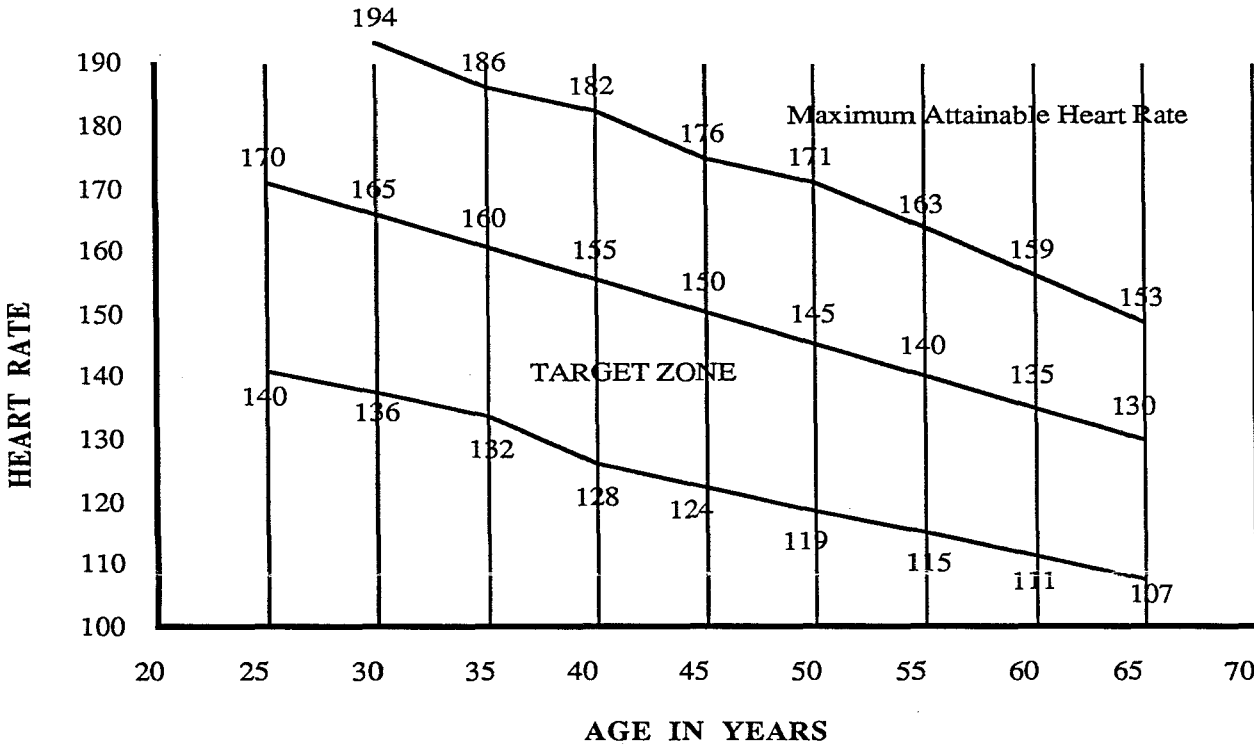
by: Jim and Suzy Cerrato

Most of you are probably familiar with the idea that to lose weight, you must both diet and exercise. But how many of you watch what you eat, ride a bicycle regularly and still find it hard to lose those extra pounds and/or inches which have accumulated around the middle, chest, legs and worse have settled to your bottom? We would like to offer these suggestions.

Instead of training at the highest heart rate you can maintain and "hanging" out there on the bike all the time, take some time and ride your bike at a comfortable heart rate, somewhere close to 60% of your maximum, instead of the usual 85% of maximum. Go out alone for a leisurely ride at least three times a week for about four weeks. This practice will give it the test of time.

You will need to ride at least 30 minutes each time for the fat burning to take effect. The test is bound to succeed if you watch your diet at the same time as you accomplish the riding described. A reliable source, RAAM rider Elaine Mariolle, has been known to train in this fashion to cut down on those extra pounds.

Check the chart below to find your own individual correct heart rate. If you decide to try this method, please pass along your results to me. My telephone number is 579-8599.



* Chart courtesy of the *Orange County Wheelmen Newsletter*, December/January, 1987 issue.

CSCC Member Extra
by: Suzy "Q"

In late May, the Cerrato's will be opening their home to Nelson Freck. Nelson qualified for the '87 RAAM at the John Morino Open Midwest event. Nelson lives in Washington DC and wants to visit Colorado Springs to train in the higher altitude. He is looking forward to meeting other cyclists and hopes to get to ride with many of the CSCC members.

The costs of and the training requirements of an ultra marathon cyclist are more involved than the traditional USCF racing program. A prospective participant living in an eastern or wintry city can not train effectively during the winter and financing a place to live while training in a "warm & sunny" city is often beyond the cyclist's capabilities. Therefore, the Ultra Marathon Cycling Association (UMCA) has developed a novel idea. Apartment swapping or a lower cost place to stay for the night, including a shower, can be very beneficial to serious riders. The UMCA office will act as a liaison between persons who wish to leave home or those willing to have temporary guests.

Of course the UMCA will not be responsible for bike socks on the bread board, granola in the carpet, clogged drains, wet (sometimes smelly) jerseys on the bed or the mysteriously empty refrigerator. If you wish to be the leech or leechee, contact the UMCA office at 1 (714) 836-7856.

Ridesheet

Notice, the times listed below are STARTING TIMES. If you would like to meet friends and socialize, please feel free to do so, but it is suggested that you arrive early enough to do so without delaying the start of the scheduled ride(s). Thank you.

The following list is the schedule for planned rides sponsored by the Colorado Springs Cycling Club. Additional information will be mailed or may be obtained by calling one of the club officers. If no scheduled ride is planned, club members are encouraged to join the Sunday afternoon show-and-go rides which will leave from the parking lot of the Colorado Springs Bike Shop, 622 West Colorado Avenue, at 1:00 pm.

Easter Ride
April 12, Sunday, 1:00 pm.
8, 15 & 50 miles
Meet @ Albertsons on Cheyenne Mtn.
and Highway 115

Memorial Day Ride
May 24, Sunday, 1:00 pm.
To be announced.

Moonlight Ramble Ride
To be announced.
This is a charity fund raising event.
Independence Day Ride
July 5, Sunday, 1:00 pm.
To be announced.

Father's Day Ride
June 21, Sunday, 1:00 pm.
To be announced.
National Sports Day Ride
Celebration of Cycling
August 2, Sunday. To be announced.

Century Ride
September 6, Labor Day, Sunday
1/4, 1/2 & Full Century
To be announced.
Second Tour de Turkey
November 29, Sunday, 1:00 pm
To be announced.

Halloween Ride
October 25, Sunday
To be announced.
Christmas Ride & Club Banquet
December 20, Sunday
To be announced.

Wednesday Ride for Lunch Bunch

Each wednesday, beginning April 8, weather permitting, a lunch ride to include stops at various restaurants will be held. The length of ride will be 20 to 25 miles with lunch one-half way; so bring your lunch money, a lock for your valuable transportation and your appetite. Rides will leave from the east parking lot at Quail Lake Park (Cheyenne Mountain Boulevard and Quail Lake Road) at 10:00 am. For more information, please call Suzy Cerrato at 579-8599.

Thursday Over-the Hill Riders

Not for those who feel over-the-hill; but for those who want to ride over the hill. Meet each Thursday at the Burger King, 8th Street and Cimarron Expressway at 7:25 am. Continues from Burger King to Green Mountain Falls or further if you can. Can you?? Rides may include stops for hot chocolate so be sure to tuck a dollar in your pocket, bag, etc. The ride(s) will be cancelled for one of the following two reasons, only: very severe rain or deep snow. For more information, please call Jim Cerrato, or better yet, call Suzy at 579-8599, but don't call before 6:30 or after 6:50 am.

ATTENTION MOUNTAIN BIKE RIDERS

Give Jim Cerrato or Bob Coleman a call. We want your ideas for rides that compliment your type of bicycle. Where are your favorite trails? We want to know the really good places to ride!!

OTHER RIDES:

Lone Pine hosts the Death Valley to Mt. Whitney Bicycle Race. The 14th annual; Death Valley to Mt. Whitney Bicycle Racer will start May 9 and finish May 10. Riders will meet in Death Valley's Stovepipe Wells Village to participate in the classic 100 mile race.

The course covers two mountain passes, from the lowest elevation of 8 feet below sea level to the highest of 8,290 feet at the Whitney Portal. This is a two day event that will challenge your strength and stamina, among other things. For information contact Jim Cerrato, 579-8599.

Upland Park Circuit Race
Big Wheel Ltd & Denver Wheelmen
USCF Race
Upland Business Park off Smith Rd.
mile East of Chambers Rd.
April 12 (April 26 snow date)

1st Annual Littleton Classic
Many Littleton Sponsors
USCF Race
Old downtown Littleton. South on 1
Santa Fe to Bowles.
April 26

Horsetooth Classic
June 6 & 7
Ft. Collins
Youth Races

Mile High Mini Classic
June 13 - 14
Denver
Youth Races

Red Zinger Mini Classic
June 19 - 28
Boulder & Vail
Youth Races

Golden Bear Mini Classic
June 27 - 28
Vail
Youth Races

Timberline Tours
Contact: Timberline Bicycle Tours
3261 South Oneida Way
Denver, CO 80224

Heart Cycle Tour of Colorado
Contact: Heart Cycle
PO Box 10743
Denver, CO 80210

REI & Timberline Tours
Rides scheduled
5/10, 36 miles, Sedalia to Larkspur
5/17, 45 miles, Denver to Boulder
6/7, 50 miles, Franktown to Black Forest and return
6/27 - 28, Through Rocky Mtn. Nat'l Park
7/25 - 26, Copper Mtn. to Leadville to Vail and return
Contact: REI
2200 West Alameda Avenue
Denver, CO

RACE ACROSS AMERICA (RAAM)

Time Station Volunteers are needed!! Any CSCC members who are interested in managing or manning a time station during the RAAM '87 are asked to contact Jim or Suzy Cerrato, 579-8599.

At least two people must remain at their station from the first to last riders, which involves a commitment of approximately 30 hours in Colorado. As a rider passes, a telephone call is made to race headquarters. All volunteers will be given race souvenirs. If you are interested in assisting with this event, please contact Jim or Suzy at their number. You will receive a complete listing of stations and a detailed job description.

Classified Advertisements

The CSCC Newsletter accepts classified advertising from members and non-members. There is no fee. To have your ad placed in the next issue, the following are required:

Send your ads to the Editor by the 10th of the month preceding publication;

List your item according to the format you see below, to avoid errors typed adds are preferred, if the Editor can not read your ad, it will not be published. You should include all pertinent information, such as manufacturer, frame size, wheel size and type, color, groupo, extras, age, price and when and where you may be contacted;

Ads by businesses are not permitted in the classified section, unless the as is for "Help Wanted" purposes.

Wind Trainer: Supergo Spyder

Fly wheel and fan combo. Less than
60 days old, ridden 10 hours per week.
\$65.00.

Bob Coleman @ 528-6133 or 576-2418

Appearing in the next issue of the Colorado Springs Cycling Club Newsletter:

The CSCC Rider Profile, Mr. Bob Smith

by: Jim Cerrato

The Mini Classic, A Racing Event For Young People

by: Bobby Smith