

COLORADO SPRINGS CYCLING CLUB

Volume 1/Number 2

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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	TREASURER Bonnie Johnson (303) 634-4915
SECRETARY John Roebke (303) 590-9030	RIDE CAPTAIN Jim Hogue (303) 633-7688	ASSOCIATE RIDE CAPTAIN Bob Smith (303) 528-6834

APPOINTED POSITIONS

SAG SUPPORT CHAIRMAN Pat Cruz (303) 630-1328	SPECIAL EVENTS CHAIRMAN Open (303)	MEMBERSHIP CHAIRMAN Open (303)
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PRESIDENT'S COLUMN

The column for this newsletter shall discuss health. In the future I hope to include a specific column which discusses health and nutrition as each relates to cycling and moreover to proper well-being. Today, I will begin by "Getting Down To Bare Bones".

Our whole bodies are in a state of continuous flux. This includes the skeleton, which is continually discarding old cells and replacing as well as adding new cells. Bone remodels itself to remove worn cells and to maintain the proper amount of calcium in the blood. Indeed, bone is the body's storage point or reservoir for calcium. However, certain parts of the bone's shaft, consisting of compact bone may never be remodeled.

Two kinds of bone cells do this work, the osteoblasts, which manufacture new bone tissue and the osteoclasts, which consume of and worn bone matter. But bone gets its full strength and flexibility from the connective tissue which intertwines with it and serves to interface each bone with all other bones.

Vitamin D, which is produced on the skin under sunlight or may be ingested in the diet is widely known to be essential to the deposition of minerals in the bone structure. These minerals are chiefly calcium and phosphorus. Bone absorption, in a constant process of renewing itself, is much dependent on parathyroid hormone, also. Yet the role of Vitamin C, probably most effective with calcium, magnesium, manganese and zinc ascorbates, is too often ignored.

The connective tissues which are absolutely essential to bone strength, flexibility and endurance, can not be formed or maintained without ascorbates, the only forms of Vitamin C stored in the body and the active forms generally circulated.

Such ascorbates are essential in the formulation and maintenance of the connective tissues. To avoid molecular aging or retard the action of aging of the connective tissues, adequate levels of antioxidants such as ascorbate, selenium, chromium and methionine need to be taken daily. Also, a reasonable level of protein intake, including proline, aids in connective tissue health.

Please refer to the enclosed article reprinted from Reader's Digest, October, 1980 edition for more reading about Vitamin C.

Recent developments relating to the Colorado Springs Cycling Club and its membership

by: Bob Coleman

Recently, with the assistance of Mr. Wendell Goodbee, the club's legal advisor, I undertook the process of incorporating the organization as a non-profit entity. This was successfully completed and now I have started to review, refine and structure a more responsive insurance program. This is lengthy work but must be accomplished to protect the club, its members and guests.

Riding a bicycle is fun and healthy. I hope that most of us retain these as the reasons for our commitment to time and energy to this hobby. To achieve a balanced mixing of riding endeavors, we must all assist Jim Hogue and Bob Smith with ideas and promotion of club events. Their's is a very difficult job and the one most likely to affect the image of the organization. I reflect back over the last couple of months and recall the Fourth of July event. It was very nice and well attended. We were able to ride in the splendor of the mountains and enjoy one-another's company by the campfire. As I recall, no one became ill from Cruz's cooking. I know that Jim Hogue is planning another overnight event for the Labor Day weekend and all of us who can should plan to join in the fun.

We've come quite far from our initial beginnings, which were less than one year ago. But to continue, we must support our events and join in planning and promotion of same. I expect to see more of our members back on Sunday rides as the racing season draws to a close and we will continue to attract members of other clubs; and we should support events for other clubs, as well. After all, any excuse to ride is excuse enough.

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.

Remember this from our last newsletter? I've not received any entries; therefore, please continue to think of interesting logo designs and submit same on or before October 1, 1987. Thank you.

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.

Labor Day Ride and Camp-out
Halloween Ride
September 4 & 5
Gore Creek Campground, Vail
Jim Hogue

Progressive Dinner Ride
Date to be announced
Ann Smith and
a host of fine assistants

Second Tour de Turkey
November 29, Sunday, 1:00 pm
To be announced.

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

Wednesday Ride for Lunch Bunch
Each Wednesday, 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!!

No calls yet; where are you ATBer's?

OTHER RIDES:

Strada Bicycling Club, see attached listing. Circle September 20, 1987, on your calendars as that is the date of the Hardscrabble Ride.

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
Contact: REI
2200 West Alameda Avenue
Denver, CO

Racing:

Many of our members are racing this summer which has prevented them from being on Sunday rides. Most of our racing members are associated with the Union Street Road Club which is sponsored by Aquila Cycles. You may have met some of the other racing membership of USRC on our 4th of July camping trip. Well, some of us are doing ok, some better than ok and, in the case of this newsletter editor, barely surviving. But we are certainly having a great time! If you have the chance to come to a race, please do so. You won't find much better entertainment for your money; it doesn't cost anything and we sure like to hear your shouts of encouragement.

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

Rider Profile: Mr. Bob Smith

by Jim Cerrato

Bob Smith is a charter member of the **CSCC** and is serving on th Board of Directors and in the role of Associate Ride Captain. Mr. Smith is forty-one years old, is married to that wonderful lady, Ann Smith. Bob has two sons, the one most identifiable to all of us is Bobby and his more quiet son is Greg who is 21. Bob is employed at Digital Equipment and has a BS in Math and Computer Science for the University of Pittsburg.

You probably remember the Smiths as a team on a very nice blue Santana Tandem. But you may also recognize Bob on a very special John Howard, wearing his Union Street Road Club racing jersey; competing as a weekend warrior. These are not the only distinctive traits for this unique man. He loves pasta in red sauce, cleansing the palate with California Pinot Noir or other good dry red wine; followed by lemon marangne pie. This is after viewing Children of Lesser God or the Big Chill.

Bob has stated that his greatest cycling experience is travelling up Independence Pass on the Bike Tour of Colorado, riding the tandem. He said is quite a sight to have reached the summit of the Continental Divide (12,196 feet) with snow still residing on the mountains. His next most exciting cycling experience was having lunch with Bernard Hinault at the 1986 World Team Time Trials at the USAFA, sharing a bit of the grape.

Bob likes to ride between 125 and 175 miles per week and has been riding the tandem for nearly one year. He enjoys riding two or three century rides per year. Bob states, "I personally get a lot of satisfaction form cycling. I used to get tension headaches but not now. Cycling is a good way to reduce tension and stress." I think he also has a genuinely good time riding a bicycle and chasing down those younger racers.

Bob has some advise for new cyclists in the Rocky Mountain area, "If you can afford only one bike, get a good quality All Terrain Bike."

Please watch for more biographical information on other members of the club in upcoming issues of the newsletter.

ANNOUNCING THE AUGUST GENERAL MEETING OF THE
COLORADO SPRINGS CYCLING CLUB

The next regularly scheduled meeting of the **Colorado Springs Cycling Club** will be held on Tuesday, August 4, 1987, at 7:00 PM in the office of Land Development Consultants, Inc., at 5353 North Union Boulevard, Suite 103. That's right folk's; Bob Coleman has not closed the deal for his new office building so we must crowd into his present space. Let's hope the deal gets done real soon!!