

THE BENT FORK CHRONICLES

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

CLUB OFFICERS

President Bob Smith (719) 528-6834	Vice President Jim Hoge (719) 633-7688	Treasurer Anne Smith (719) 528-6834
Secretary Susan Hoge (719) 633-7688	Ride Captain Efrain Cruz "Cruz" (719) 630-1328	Co-Ride Capt. Ken Pattison (719) 473-5154
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MEMBERSHIP MEETING -- JULY 18, 1988

A Membership meeting will be held on Monday, July 18, at 7:00 p.m. at Giuseppe's Depot Restaurant at 10 South Serria Madre. The meeting will be held in conjunction with the Monday Dinner Ride from Acacia Park at 5:30 p.m. The ride will finish at the restaurant in time for the meeting. Our agenda will be to order dinner from the menu, treasurer's report, Club trip to the Hotter'N Hell Hundred, San Luis Valley Labor Day Tour, newsletter advertisement rate schedule and any new business. RSVP to Anne Smith at 528-6834 by July 15th.

RENAISSANCE FESTIVAL RIDE -- JULY 2ND

Meet at Chapels Hills Mall in the parking lot west of Sears on Saturday, July 2nd, at 9:00 a.m. for the ride to Lark Spur for a day at the Renaissance Festival. Be sure to bring a bike lock. After a few hours at the festival we ride back to Chapel Hills Mall. This ride is the double point for the month of July. Ride leader: Anne Smith at 528-6834.

FOURTH OF JULY PICNIC RIDE

The CSCC Fourth of July Activities are a far cry from last years but promise to be every bit as enjoyable. Activities will be centered around short road and trail ride in beautiful Black Forest. We will be meeting for a picnic, rides and games in Fox Run Park. Fox Run Park is located north of the Springs on Roller Coaster Road. Take Hwy. 83 near Chapel Hills Mall north to Northgate Drive. Turn left. You will see Roller Coaster Road on your right. Turn here. Proceed north until you see the signs for Fox Run Park on your left. Turn in here and look for the CSCC signs. Activities will start around 10:00 a.m. with rides lasting until 1:30 or so. A picnic (bring your own food and drinks) will follow. Games will take place in the park all day for those who prefer not to ride the rolling hills. If you have any questions, suggestions or wish to help, call Jim or Susan @633-7688.

HOTTER'N HELL HUNDRED CLUB TRIP

If you are interested in participating in the largest century ride in the USA, contact Bob Smith at 528-6834. He is making arrangements to rent a 12 passenger van to make the trek to Wichta Falls, Texas. We will leave for Texas early Friday morning August 26th, the ride is on Saturday the 27th. He needs 8 to 10 more interested riders to share the expenses for this trip. Travel expenses will be \$65.00 per person, excluding meals, lodging and entry fees. Bob has registration forms and needs to have the money in hand by July 18th. The registration fee is \$12.00 if received prior to August 1, 1988.

SAN LUIS VALLEY LABOR DAY TOUR ANNOUNCEMENT

The City of Monte Vista and Colorado Springs Cycling Club invite you to participate in the RIDE the VALLEY Labor Day weekend tour. Tenting camping will be provided at Ski Hi Park, which is a 20 acre park that has two softball fields, rodeo grounds, indoor olympic size pool, basketball and volleyball courts and sauna. There will be four road bike tours of distances from 25 to 50 miles through the Wildlife Refuge and the heart of the San Luis Valley. There will also be five tours mountain bike tours of varying distances through the Rio Grande National Forest. The cost of the tour is \$35.00 per person which includes two breakfasts and two dinners, complete use of the facilities at Ski Hi Park, and all the fun you can have cycling, fishing, swimming, camping or just relaxing. There is a price break for families of four or more. See enclosed brochure for details or call Anne or Bob at 528-6834.

THE PREZ SEZ

Congratulations to my son Bobby for a job well done at the Colorado District Track Championships. Bobby finished second in the Points Race, third in the Match Sprints and two fourth places in the Kilometer and the 9000 Meter Pursuit. This earned him the Overall Colorado State Track Championship for 16-17 Juniors. He is now qualified for Junior Nationals in August for the Match Sprint and Points Race.

In the last few months several of our club members have been involved in cycling accidents, myself included. Everyone survived without a serious injury. That is because everyone of these riders were wearing helmets. Last weekend while mountain bike riding with Strada, I lost control descending Mt. Baldy. I landed head first on my left side. If I had not been wearing an approved helmet, I probably would not be able to write this article. I received a compound fracture of the collarbone, bruised ribs, a nasty case of road rash and assorted sore muscles. The helmet saved me from more serious injury. Please wear a helmet, you never know when you will need it.

The double point ride for July will be the July 2nd Renaissance Festival Ride from Chapel Hills Mall at 9:00 a.m. Saturday. The double point ride for August will be the Places North Ride on Saturday, August 13th. See the ride schedule for details about these and other rides.

The following are the TOP TEN point leaders in the Ride Point contest as of Sunday, June 26th:

Bob Smith	1242	Bobby Smith	619
Suzy Shannon	1170	Neil Kovac	579
Anne Smith	1093	Jene Ducharme	568
Paul Bower	798	Efrain Cruz	533
Bill Rewerts	653	Shannon McKeon	527

MEMBERSHIP

The CSCC has continued to grow and would like to say welcome aboard to the following new members: Carol Cannon, Theresa A. Contos, Bob Hyde, and Jim & Elsa Miller. If you know of anyone searching for a great cycling club to join, please pass along one of your membership cards and invite him or her to join THE COLORADO SPRINGS CYCLING CLUB.

THE MECHANICS CORNER by Jim Hoge

The purpose of this column will be an educational one. A column devoted to making the cyclist one with his/her machine and a self contained unit. The opening article will deal with pre-ride inspection - what to look for and what to take note during a check ride.

Tires - Is the pressure sufficient? Are there cuts, slits or worn spots that could rupture?

Wheels - Are they true (do they rub occassionally on the brakes?) Are they loose or broken spokes? Do the rims wobble from side to side?

Frame - Are there any new dents, bends or missing paint spots? Is the paint cracking at or near any joint in the frame?

Brakes - Do the brakes seem to fade, unable to stop quickly? Do the brakes rub one or both sides of the rim? Do the brakes grab any one spot of the rim?

Drive train - Are the derailleurs, chain and freewheel clean and lubricated? Do the derailleurs shift without hesitation, noise or hitting anything? Do the crank arms spin freely or wobble when pulled side to side?

Steering - Does the bike pull to one side? Does the wheel seem to click into a straight forward direction? Do the forks and handlebars wobble when pulled on in a front to back direction? Do the forks turn only with force?

Noises - Are there any clicks, rattles, creaks or squeaks? Can the noises be pinpointed?

A problem in any one of these areas is something to be looked into more thoroughly to insure a safe and trouble-free ride. In future articles, I will isolate these problems and give quick fix remedies.

EDITORS NOTES

Another round of applause is in order for those involved with the success of TOARV-88. I would like to highlight two people and encourage you to say thanks to them individually. Thank you Bob Smith! Thank you Anne Smith! Without your dream and dedication, this event would never have made it beyond the idea stage.

A note on Safety. Helmets. A helmet is not a mandatory item when cycling but a wise. All it takes is once without and you may not have another chance. I can give you testimonies of myself and others who have learned the hard way but instead I'll tell you of one who was thankful. Jene Ducharme was near the end of an enjoyable club ride. As the group approached a stoplight, Jene lost her balance and planted her forehead smack into Colorado Avenue. She was shaken up but completed the ride. A check up revealed a concussion and subsequent loss of work. It is safe to say, had she not been wearing her helmet, she would have received a far worse fate!

A word to those who scoff at the idea of a helmet for one reason or another. A recent study found no higher head temperatures for those who wore helmet as opposed to those who did not. Also, if you show for a club ride without a helmet, you will not be allowed to ride!

A note to prospective/non-paid members. Due to the cost of printing and postage, only two issues of the newsletter will be sent to you. Without membership dues, we can not continue to update you to CSCC news and events.

Attention CSCC is still in need of ride leaders. Here is your chance to earn double points while making others ride where you want to ride. For more info and to sign up, call Bob @528-6834.

TOARV-88 by Anne Smith

In spite of very questionable weather earlier in the week, thirty four brave riders picked up their ride packets in Florence and started the 100 mile ride to Buena Vista. As the riders arrived at Pioneer Park, Anne Smith and Pat Cruz handed out packets while Charity Kovac and Kathee Searles were assembled rest stop supplies. Sag wagon volunteers, Bob Smith, Brian Huth and John Nevill packed their vehicles with the necessary support gear. El Paso County Search and Rescue personnel, Dave and Carol Truitt, Denise Wuger, Tim James and Susan Clifton were ready with first aid equipment and radios. Suzy Shannon strapped a toy broom to her bike denoting the broom bike. We could not afford a broom wagon.

The group began to spread out as they started climbing from Canon City to the Royal Gorge, but all did a great job on the eight mile climb. After the nice downhill into Parkdale, the riders made their way to the rest stop at Five Points with Jerry Roebke being the first to arrive. At the rest stop, Charity and Kathee served the cookies Kathee had made and the brownies contributed by Jene Ducharme. Hence, the rest stop became known as "Cookie Junction" as coined by the EMT's of El Paso County Search and Rescue. According to rest stop personnel, Cruz looked good doing his Carmen Meranda impersonation with bananas and brownies hanging out of his pockets.

Official ride mascot, Ashley, Pat and Cruz's bloodhound, knew just how to beg cookies and bananas. She was really good at it because one doesn't often see cyclists sharing their food.

The next popular stopping place was the Chili Cookoff in Howard. There one could sample dozens of different types of chili and meander through the crafts show and flea market.

Salida seemed to be the most popular lunch stop. Many of the riders took a side trip to Colorado Cyclery to view their innovative mountain bike. According to one observer, Neil Kovac test rode the mountain bike and an ordinary, while his wife, Charity, locked up the checkbook.

After Salida, the wind picked up to a 20 to 25 miles per hour headwind. What troopers those cyclist were! They did not want to give up, even after realizing they were only going five miles an hour. In spite of the wind, many of the riders made it to Buena Vista and four made it all the way to the campground -- Cruz, Jerry Roebke, Paul Bower and Gwendolyn Grover.

After a pasta dinner provided by the Rolling Wheels Skating Club. Cruz and Pat O'Conner gave a presentation using their own dogs, on how best to handle dog attacks.

Awards were given to many deserving riders. Jim Yohn received an award for the oldest rider, John Flory for the youngest, Cruz, Jerry Roebke, Paul Bower and Gwendolyn Grover for being the first riders to reach the campground and Dave Anderson for forgetting his cleats. The remainder of the prizes were given out by a drawing.

When the drawing was over, some of the riders stayed to listen to Neil Kovac play classical music on his guitar and a local country and western band. Others headed for the gameroom and rock music.

The morning dawned bright and beautiful. The well rested riders headed to Buena Vista's Community Center for a pancake breakfast provided by the Optimist Club. The owner of the Trailhead, a local sporting good store gave all the riders a water bottle. With a full stomach and a much appreciated tailwind, the group headed toward Salida.

Even the Florida riders, Bradley Guy and Barbara Fisher, who admitted to a slight attack of panic Friday when they saw snow during their drive from Denver, were out in their brightly flowered skin shorts.

Cruz was the first rider to make it to "Cookie Junction" at Five Points on Sunday, only to have to wait for a replacement front wheel. Following close behind were Biker Bill Rewerts and Paul Bower.

Regardless of a few flats and Cruz's loose spoke, Sunday's ride was uneventful. All the riders were welcomed to Pioneer Park in Florence with soft drinks and juices. The last rider arrived by 4:00 p.m., making it a fast 100 mile day and an end to a very successful first annual Tour of the Arkansas River Valley.

RIDE SCHEDULE

Sunday Afternoon Show & Go Ride Meet at Acacia Park Downtown for a fast paced 30-35 mile ride or a slow to moderate paced ride of varying distances at 1:00 p.m. Ride leaders needed for these rides. We sometimes have special event rides on Sunday that replace this ride. See remainder of ride schedule for special Sunday rides. Contact Bob Smith 528-6834 or Cruz 630-1328.

Monday Dinner Ride from Acacia Park Downtown at 5:30 p.m. Easy to moderate paced ride of 15-20 miles with a dinner stop. Ride leader: Bob Smith 528-6834.

Tuesday Lunch Bunch Ride Moderate paced ride of 20-30 miles. Meet at the Loaf'N Jug at Highway 115 and Star Ranch Road at 11:15 a.m. Ride leader: Suzy Shannon 579-8599.

Thursday Evening USAFA Ride at 5:30 p.m. Moderate to fast paced ride of 20-30 miles. Meet at the T38 Display on the Air Force Academy at 5:30 p.m. Ride Leader: Bob Smith 528-6834.

Saturday Morning Mountain Bike Rides with Bill Rewerts & Company. Bill is interested in doing Saturday morning mountain bike rides. If this interests you, contact Bill 598-1563.

July 2 Renaissance Festival Ride. See newsletter article on page one for details.

July 4 Fourth of July Picnic Ride at Fox Run Park. See newsletter article on page two for details.

July 16th CSCC and Deluxe Check Saturday Morning Ride. Meet at the USAFA T38 Display. at 9:00 a.m. Short and long loops. Ride leaders: Charity and Neil Kovac 630-3554.

July 23 Saturday Morning Ride. For information contact rider leader Doyle Dikes 574-9340.

July 30 Saturday Morning Ride. For information contact rider leader Suzy Shannon 579-8599.

Aug 6&7 CSCC and Strada Joint Mountain Bike Ride. West Creek Area off Highway 67. Two fairly large loops of 25 and 30 miles. Call Neil Kovac for details 630-3554.

Aug 13 Saturday Morning Points North Ride. Meet at Chapel Hills Mall west of Sears at 8:00 a.m. for this 50 plus mile ride lead by Bob Smith 528-6834. This is the double point ride for August.

Aug 20 Saturday Morning Divide to Victor Ride. Meet in Divide at 8:30 a.m. for this 50 mile loop or at 7:45

a.m. at the Donut Mill in Woodland Park for a 65 mile loop. Ride leader: Bob Smith 528-6834.

Aug 26-28 Van Pool to Hotter'n Hell Hundred. See article on page two of the newsletter for details.

Sept 3-5 San Luis Valley Labor Day Tour. See page two details.

OTHER EVENTS OF INTEREST

July 1-4 Cloudcroft Rally. Self-paced ride through scenic and mountainous region of New Mexico. 25 to 80 mile days. Contact Mose Hale (713)292-6132

July 9-10 MS 150 Bike Tour "GO FOR THE GORGE". National Multiple Sclerosis Society Colorado Chapter (303)691-2956.

July 24 Day of the Bicycle, Breckenridge, 32, 44, 54 and 74 miles. Call Knorr House (303)453-2631.

Sept 10-11 Enchanted Circle Tour at Red River, New Mexico. Sponsored by the Red River Chamber of Commerce 1-800-348-6444.

Sept 11 Front Range Century. 25, 50 & 100 loops on rural country roads. Denver Bicycle Touring Club (303)798-3713.

Sept 18 Tour de Hardscrabble Century. Strada Bicycling Club Paul Bower 574-6233.

Sept 25 Pedal Pueblo Century 546-2453.

Sept 23-25 Attention Tandem Teams: Second Annual Colorado Fall Follage Tour Three wonderful days of tandeming through the Aspen area. Enjoy the companionship of riders from Colorado and other parts of the country, see an array of tandem set ups and swaps tandem tales. For more information SASE to Ken Reid, P.O. Box 9694, Aspen, Co. 81612 or contact Bob or Anne Smith 528-6834.

CLUB MEMBERS DISCOUNT

As a member in good standing of CSCC you are entitled to a 10% discount on the purchase of cycling accessories from the following bike shops:

Aquila Cycles	633-9810
Colorado Springs Bike Shop	634-4915
Campus Bike Shop, Denver	(303)698-2811

In order to obtain your discount you must present a valid CSCC membership card. If you have not received your membership card, contact Anne Smith at 528-6834.

RACE LINE

Tuesdays, May 3-Sept 6 Colorado Velodrome Association
Tuesday Night Race Series at the 7-Eleven Velodrome at
7:00 p.m. (719)634-VELO.

Thursday, May 5-Sept 8 Colorado Velodrome Association
Thursday Night Development Series at the 7-Eleven
Velodrome at 7:00 p.m. (719)634-VELO.

Friday, June 30-July 4 Casper Classic Stage Race. Don
Jackson 307-266-6000.

Saturday, July 3-4 Telluride Stage Race. William Gibson
728-3501.

Saturday, July 9 Meridian Bicycle Classic. Rich Ryer
(303)469-5885.

Sunday, July 10 City Park Criterium. Lee Miller
(303)666-7819.

Wednesday, July 13 Criterium Training Race, Memorial Park
at 6:00 p.m. (719)634-VELO.

Saturday, July 16 Mt. Evans/Bob Cook Memorial Hill Climb.
Beth Estes (303)355-5802.

Sunday, July 17 Little Classic Criterium. Lee Waldman
(303)692-9208.

Saturday, July 23 KBCO Criterium Cycle Logic. Bob Scholz
(303)755-8744.

Sunday, July 24 MetLife Maglia Rosa Classic. Larry Pastor
(303)693-6930.

Wednesday, July 27 Criterium Training Race, Memorial Park
at 6:00 p.m. (719)634-VELO.

Saturday, July 30&31 Copper Mountain Criteriums. Greg
Johnson (303)982-2882.

Friday, Aug 5-6 Sundance Grand Prix 7-Eleven Velodrome.

Saturday, Aug 6 Highlands Ranch Classic Circuit Race.
Patty Jones (303)420-6322.

Sunday, Aug 7 Upland Park Circuit Race. Alex Rogh
(303)388-8024.

Monday, Aug 8-21 Coors International Bicycle Classic.

Wednesday, Aug 10 Criterium Training Race, Memorial Park at
6:00 p.m. (719)634-VELO.

Sunday, Aug 14 FlatIron Park Criterium. Mark Coira
(303)939-9752.

Sunday, Aug 21 Briars Folley Cat IV M/W. Bill Ramsey
685-45473.

Wednesday, Aug 24 Criterium Training Race, Memorial Park at
6:00 p.m. (719)634-VELO.

Friday, Aug 26-28 Crested Butte Satge Race. Jack Panek
641-1253, 641-0285.

Saturday Sep 3 University of Colorado Circuit Race. Jack
Adlefang (303)447-1969.

Friday Sep 9 CVA/Dyno Madison Finals. 7-Eleven Velodrome
634-VELO.

Saturday Sep 10 Colorado Velodrome Association Season
Finale 634-VELO.

Saturday Sep 10 Lookout Mountain Hill Climb. Gary Hardy
(303)934-3689 or Steve Titus (303)530-6327.

For information concerning race training rides contact Brian
Dewey. of the Union Street Road Club at Aquila Cycles at
633-9810

CLASSIFIED ADS

The CSCC Newsletter accepts classified advertisements from
both members and non-members. Non-commercial ads are free
to club members. Non-member/commercial rates will be
reviewed at the next club meeting. Please submit typed ads
to club mailing address by the 15th of the month preceeding
publication. You must include all pertinent information and
where you can be contacted. The CSCC newsletter can not be
held responsible for any typographical errors.

For Sale: Wind Trainer fan type in good shape. Asking \$30.
Call Anne 528-6834.

Custom made bicycle shipping crates. Only \$150. Call Nicki
520-5459 or Mark 597-6902.

Vittoria, Superleggero Competiton cycling shoes size 41,
brand new. Only \$25. Call Suzy 579-8599.