

COLORADO SPRINGS CYCLING CLUB

Volume 2/Number 4

June 1988

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
Membership Anne Smith (719) 528-6834	Editor Susan Hoge (719) 633-7688	Co-Editor Bob Smith (719) 528-6834

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MEMBERSHIP MEETING -- JUNE 6, 1988

A Membership meeting will be held on Monday, June 6 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, TOARV report, ride schedule, newsletter advertisement rate schedule and any new business. RSVP to Anne Smith at 528-6834 by June 3rd.

EDITORS NOTES

I would like to thank all of our members who showed at the last membership meeting and voted a name for the newsletter. As you will note, our beloved publication is now the Bent Fork Chronicles. The name was submitted in honor of our President's son, Bobby Smith. It seems that the younger Mr. Smith managed to bend two sets of forks during the 1987 cycling season. He ran into the back of a car near the Olympic Training Center with his two day old racing bike. The second came while training for cyclocross. Only Bobby! Anyway, if you have your own bent fork story to relate, please let one of us know and we'll put it in one of the upcoming issues.

IN SEARCH OF THE TOARV ARTIST

Anne would like to have the person who rode TOARV-88 and mailed in the survey with the suggested TOARV-89 T-shirt artwork to contact her at 528-6834.



THANKS FOR MAKING TOARV A SUCCESS

AQUILA CYCLES
BUENA VISTA CHAMBER OF COMMERCE
COLORADO SPRINGS BIKE SHOP
CRITERIUM BIKE SHOP
EL PASO COUNTY SEARCH AND RESCUE
FLINTRIDGE CHIROPRACTIC
FLORENCE POLICE DEPARTMENT AND CITY MANAGER
FRONT RANGE BIKE
KETU CYCLES
OLD TOWN BIKE SHOP
OPTIMIST OF BUENA VISTA
PHIL LONG FORD
ROLLING WHEELS SKATING CLUB
STRADA BICYCLING CLUB
WORLD CYCLES

CLUB MEMBERS AND FRIENDS WHO DONATED HOURS OF WORK AND TONS OF ENERGY:

JIM CERRATO	SHANNON MCKEON
SUZY CERRATO	TERRI MCKEON
PAT & EFRAIN CRUZ	JOHN NEVILL
JENE DUCHARME	PAT O'CONNOR
JIM & SUSAN HOGE	KATHY SEARLES
BRIAN HUTH	BOB & ANNE SMITH
CHARITY KOVAC	

MEMBERSHIP

The CSCC has continued to grow and would like to say welcome aboard to the following new members: Jim Bauer, Nancy Coxwell, Doyle Dikes, Brian Huth, Will Jefferson, Lotie Kempf, Shannon McKeon, John Nevill, Joe Peck, Ted Peralta, Abbott Schindler and Gabrielle Vink. A big thank you and glad to see you back goes to Ken and Sylvia Pattison. 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.

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.

THE PREZ SEZ

I would like to thank everyone who attended the May membership meeting at Giuseppe's Depot. It was wonderful to have so many of you out. I hope you enjoyed the meeting and will come out again on Monday, June 6th at 7:00PM. The meeting will again be held at Giuseppes.

The double point ride of the month for June will be the June 12th rides. The Sunday morning mountain bike ride around Eleven Mile Reservoir and the Sunday afternoon ride from Acacia Park.

Our club has more than doubled in size in recent months and our rides have been getting larger. There are both experienced and inexperienced riders on our club rides. In order for club members and friends to enjoy fun and safe cycling, I would like you to review the following rules of the road and safety tips:

- State law prohibits bicyclists from impeding traffic. We must ride single file and as far right as practicable on roads without paved shoulders. We must also ride on paved shoulders, if they are free of debris and other hazards.
- Ride no more than two abreast. This can only be done on roadways with safe paved shoulders. It is illegal to ride more than single file on Colorado roadways without safe shoulders.
- Obey all traffic rules and regulations.
- Wear colorful clothing. When riding at night use lights and wear reflective clothing.
- Ride in a straight line - don't weave or wobble.
- Never assume that you have the right-of-way.
- Ride with the flow of traffic, never against it.
- Use hand signals to indicate turning, stopping or changing lanes on the roadway.
- Don't tailgate cars and other cyclists.
- When riding in a group, stay alert at all times and don't overlap wheels.
- Never overtake another cyclist on the right.
- When overtaking another cyclist on the left, state your intentions by saying "passing left" or "on your left".
- Communicate road hazards to fellow cyclists either verbally or with hand signals.
- Always carry identification, money, insurance card and safety equipment (helmet, gloves, proper shoes, water, patch kit, pump, etc.)

Watch out for the following hazards:

- Car doors opening in front of you.
- Dogs - Put your bike between you and the dog.
- Cars to your left that are turning right.
- Railroad tracks - cross at right angles.
- Storm sewer grates.
- Glazed brake pads and overheated rims - pump your brakes on descents and in wet weather.

HELMETS

Is your helmet too hot to bother wearing? The heat is all in your head. A study reported by C. V. Gisolfi in the January 1988 issue of Physician and Sports Medicine showed

that wearing helmets causes no significant changes in thermal balance or cardiovascular stress. It appears that the stress is psychological. So, there goes another excuse not to wear your helmet.

A TOARV POEM by 50/50 Unknown

Two wheels and a century
 The link of 33 people plus
 A variation of
 The butcher
 The baker
 The candlestick maker
 The wind thinks it won
 The Collegiate Peaks of Snow
 Provide the finishing view

Hearts of desire & sweat
 Bananas and brownies
 Guitars of classic
 Bands of Rock'n Roll
 Bungied wind breaks
 And frost covered tents
 Only say tomorrow is theirs

The wind and the snow
 through strong will end
 The two wheels and a century
 Will rise with the dawn again

NEXT ISSUE

The next issue of the Bent Fork Chronicles will have a complete report of the 1988 Tour of the Arkansas River Valley, the recipe for Apricot Bars from TOARV Cookie Corner, details of a 3-day Labor Day bicycle weekend in Monte Vista and ride point standings.

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 preceding 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 \$30.00 contact Anne Smith @528-6834.

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. Contact ride leader Suzy Cerrato @579-8599 for time and location of ride.

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.

Sunday June 12 Eleven Mile Reservoir Mountain Bike Loop. Meet in Lake George on Highway 24 at 8:00 a.m. for this 40 mile mountain ride around Eleven Mile Reservoir. RSVP to ride leader Neil Kovac @630-3554.

July 2-4 Independence Weekend Rides. Road and Mountain Bike Rides of varying distances on all three days. Contact Jim Hoge @633-7688 with your ideas and suggestions.

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 3,4 Colorado District Track Championships. 7-Eleven Velodrome 634-VELO.

Sunday, June 5 Colorado Time Trail Championships. Yvonne Van Gent (303)757-1892.

Wednesday, June 8 Criterium Training Races, Memorial Park at 6:00 p.m. 7-Eleven Velodrome 634-VELO.

Saturday, June 11 Colorado Road Championship. Yvonne Van Gent (303)757-1892.

Sunday, June 12 Rock Mountain News/Bannock Criterium. Len Pettyjohn (303)388-7829.

Saturday, June 18,19 Steamboat Springs SR. John Marrone 388-7829.

Wednesday, June 22 Criterium Training Races, Memorial Park at 6:00 p.m. 7-Eleven Velodrome 634-VELO.

Friday, June 24-26 Fred Cappy Trophy Races, Memorial Park and 7-Eleven Velodrome. Fred Cappy 599-9206.

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.

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

OTHER EVENTS OF INTEREST

June 4 Santa Fe Century. 100 hilly miles. (505)984-2371

June 5 KOPS'n KIDS Bicycle Rides of 60, 16 and 13 miles to benefit the Police Orphans Fund for the Aurora & Denver Police Departments, Colorado State Patrol and Denver Sheriff's Department. Call (303)839-3786 for info.

June 11 Post Grape-Nuts Elephant Rock Century. Rides of 10, 20, 50, 67 & 100 miles, Monument, Colorado. Registration forms available at most area bicycle shops.

June 11-18 Freewheel Across Oklahoma. 2000 riders. 420 or 580 miles in 6 days. Freewheel, Tulsa World, PO Box 1770, Tulsa, Ok. 74102.

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.

Aug 27 Hotter'N'Hell Hundred. 10, 25, 50, 100K & 100 mile loops starting in Wichita Falls, Tx. The country's largest century ride (12,000 riders in 1987). Contact Anne or Bob Smith @528-6834 for details on a possible CSCC van pool to the Hotter'N'Hell Hundred.

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 RT Newman 475-2753.

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.