

## 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

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## MEMBERSHIP MEETING -- September 12, 1988

A Membership meeting will be held on Monday, September 12, 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, newsletter advertisement rate schedule and any new business. RSVP to Anne Smith at 528-6834 by September 10th.

## 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 MECHANICS CORNER by Jim Hoge

In this issue, I will cover the tire and tube. I will not cover the mechanics of changing one but rather the aspects of the tire, tube and tools required for repairing a flat.

As a pre-ride check, look for slits, cracks or bulges in the tire itself. These can signify a tire likely to blowout. Check to see that the tires are not embedded with anything, even rocks can cause a puncture. Check the valve stem to insure it is straight in the rim. A cockeyed stem can lead to a flat. Check to see if there is adequate pressure in the tires. A soft tire will lead to more "snake bite" flats caused by tube pinching and less wheel true. Conversely, an over inflated tire can lead to more blow outs and tire casing ruptures. Note that road tires normally give only one number to inflate to while mountain bike tires give a range of inflation pressures. You are better off riding road tires at the recommended pressure while the pressure in a MTB tire is warranted by riding conditions.

Now, before I deal with the puncture, I will cover some of the tools and supplies that can make it easier. There are several items on the market today that can reduce the frequency of punctures. First of all, tires have the greatest effect. There are many available with various kinds of belting under the tread - polyurethane, kevlar, wire, nylon or combinations. Tubes are available in various weights. The weight denotes the thickness of the tube. Generally, the thicker, the more puncture resistant. Also, there are "thornproof" tubes. Thornproof tubes are very thick on the tire side tapering to a normal thickness on the rim side. If you insist on riding through barbed wire, there is a tube-shaped insert made from closed-cell foam that replaces the tube. It does not need to be inflated thus eliminating punctures. Not highly recommended. There are also tire inserts, commonly known as Mr Tuffys that greatly reduce punctures. They are inserted between tire and tube. Highly recommended. In the way of tools you will need tire levers (never use a screwdriver!), a pump and if you prefer to patch, a patch kit. Tire levers are available in a variety of types, being made of plastic or aluminum. I recommend the "Quickstick" or the Var "Wishbone". Both of these are plastic and work better than the old-fashioned set of 3 levers. There are options on pumps as well. You can opt for a frame pump, collapsible pump or a CO2 cartridge. All work well for roadside infaltion but a floor pump is recommended for home use. Patch kits are pretty much one in the same, an abrader, patches and vulcanizer or glue.

In the next issue, I will go through repair and replacement of tires and tubes.

## OTHER EVENTS OF INTEREST

- Sept 3 United State Association fo Blind Athlete, Western Regional Games 40K Tandem Road Race. All tendem teams invited. Contact Simon Rose 687-3833 or Becky Nelson 520-5185.
- Sept 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.

## MEMBERSHIP

The CSCC has continued to grow and would like to say welcome aboard to the following new members: Diane Segerstedt, Isabel Shirley and Nicole Rosa. 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.

## TOARV-88 Apricot Bars from Cookie Junction

Mix: 1 1/2 cups flour  
1 cup brown sugar  
1 tsp. baking powder  
1 1/2 cups quick oats (oatmeal)  
Pour in: 3/4 cup melted margarine  
(butter will make it too greasy)

When totally blended put 2/3 of mixture into a 9X13 baking pan (ungreased). Spread 8-12 oz. of apricot jam on top of mixture. Top with remaining "dry" mixture and pat down. Bake at 350 degrees for 30 minutes. Then, turn off oven and allow cookies to remain in the oven for 3 more minutes.  
Note: Cookies are easier to cut while warm (not hot).

Enjoy

## 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.
- Thursday Lunch Bunch Ride at 10:00 a.m. from the Hidden Inn in the Garden of the Gods. Ride Leader: Anne Smith 528-6834.
- 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.
- Sept 3 Saturday 8:00 a.m. Acacia Park. 50 to 100 miles. Ride Leader: Bill Rewerts 598-1563 or Bob Smith 528-6834.
- Sept 3-5 CANCELLED San Luis Valley Labor Day Tour. CANCELLED
- Sept 17 Saturday 8:00 a.m. Acacia Park. 50 to 100 miles. Ride Leader: Bill Rewerts 598-1563 or Bob Smith.
- Sept 24 Saturday 8:00 a.m. Acacia Park. 50 to 100 miles. Ride Leader: Bill Rewerts 598-1563 or Bob Smith.
- Oct 1 Saturday 7:00 a.m. Albertsons 115 and Cheyenne Rd. TOARV-89 planning ride with SAG. OCTOBER DOUBLE POINTS RIDE. Ride Leader: Bob Smith 528-6834.
- Oct 8 Saturday 8:00 a.m. Acacia Park. 50 to 100 miles. Ride Leader: Bill Rewerts 598-1563 or Bob Smith.
- Oct 15 Saturday 8:00 a.m. Acacia Park. 50 to 100 miles. Ride Leader: Bill Rewerts 598-1563 or Bob Smith.
- Oct 22 Saturday 8:00 a.m. Peyton, Co. CSCC High Plains Century. Ride Leader: Bob Smith 528-6834 or Bob Smith.
- Oct 29 Saturday 8:00 a.m. Acacia Park. 50 to 100 miles. Ride Leader: Bill Rewerts 598-1563 or Bob Smith.
- Oct 30 Sunday 1:00 p.m. Second Annual Halloween Party. No Acacia Park Ride today. Meet at the Smith's home at 5485 Wilson Rd. Ride first party afterwards. Costume contest with prizes. \$4.00 per person, \$12.00 maximum per family. RSVP to Anne Smith by Oct 28th, 528-6834.

## CHANGING of the GUARD by Anne Smith

I am sorry to see Suzy Cerrato move to Breckenridge but do wish her the very best with her new adventure. Suzy was the ride leader for the Tuesday Lunch Bunch Ride, a regular on other club rides and a club supporter since its inception. We will miss her. I am taking over as the Lunch Bunch Ride Leader. I will be making a few changes. First, I am changing the ride to Thursdays. The ride will begin at the HIDDEN INN in the GARDEN of the GODS at 10:00 a.m. Please call me and let me know if you plan to ride 528-6834.

## THE PREZ SEZ

Thank you, Paul Bower (member of CSCC and president of Strada) for leading the Thursday Air Force Academy Rides while I was recovering from injuries and on vacation. Thank you also go to Efrain Cruz, Bill Rewerts, Doyle Dikes and Suzy Cerrato for leading the Sunday Acacia Park, Monday Dinner and Saturday Rides.

Due to lack of rider registration, I am sorry to announce the cancelation of the Labor Day Weekend San Luis Valley Tour. The people in Monte Vista worked very hard to make this tour as affordable as possible. In order to accomplish this, they had to have a certain number of riders. With so few applications, it was just not feasible for them to offer this event. We will be missing a great weekend.

September is considered by the League of American Wheelmen (LAW) as national century month. Present me with proof that you completed a quarter, half, metric or full century and you will be given double points for your ride. If you choose to participate in more than one century, you will be given double points all events completed. CSCC is not planning a September Century due to other centuries in the area. Refer to the Other Events Column for additional century information. October's double points ride is the TOARV-89 Planning Ride on Saturday, October 1.

Anne and I will be joining the Denver Bicycle Touring Club and the Colorado Tandem Club for the Front Range Century on Sunday, September 11th for a century on the long bike. You can also join us for the Tour de Hardscrabble Pass on Sunday, September 18th, where we will be assisting Strada as volunteers. We will also be in Aspen the last weekend in September for the Colorado Tandem Club's Fall Foliage Tandem Tour.

The following are the TOP TEN point leaders in the Ride Point contest as of Sunday, August 28th:

Anne Smith	1762	Bill Rewerts	1075
Bob Smith	1744	Shannon McKeon	858
Suzy Shannon	1667	Efrain Cruz	748
Doyle Dikes	1269	Jene Ducharme	663
Paul Bower	1223	Bobby Smith	648

## 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.

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.

Sunday Sep 11 U.S. Cycling Sprint Series. Darryl Hogeback  
(303)871-0378.

Sunday Sep 18 Longs Peak Criterium. Jeff Rice  
(303)776-2208

Sat & Sun Sep 24&25 National Collegiate Track  
Championships. 7-Eleven Velodrome.

Sundays Sep 25, Oct 2, 9, 16, 23 Chatfield Cyclocross  
Series. Mark Swofford (303)973-0193.

Sunday Oct 30 Colorado Cyclocross Championships. Mark  
Swofford (303)973-0193.

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

## CLASSIFIED ADS

The CSCC Newsletter accepts classified advertisements from both members and non-members. Non-commercial ads are free to club members. 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.

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

FREE New Sidi mountain bike shoes size 42. Are worth \$75  
but are free to a person with the right size feet. Call  
Terry 599-8687.