

CSCC THE BENT FORK CHRONICLES

COLORADO SPRINGS CYCLING CLUB



P.O. BOX 38534 COLORADO SPRINGS, CO 80937-8534

Volume 3 Number 5
July 1989

Regular Rides

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
528-6834

Vice President
Efrain "Cruz" Cruz
630-1328

Treasurer/Membership
Anne Smith
528-6834

Secretary/Editor
Doyle Dikes
574-9340

Ride Captain
Neil Kovac
630-3554

ATB Ride Captain
Bob Hyde
475-0723

BOARD OF DIRECTORS

Bob Smith
528-6834

Pat Cruz
630-1328

Abbott Schindler
contact by mail

Contacting the ride leader is a good idea if this is your first try at a club ride. Afternoon thunderstorms are likely during this mid-summer month, be prepared.

Saturday Morning Ride. Leave from Wade's Pancake House on Walnut Street at 8:00 am. Ride 30 to 70+ miles with "Bicycle" Bill Rewerts. Join Bill for breakfast and be ready to leave on time for Palmer Lake, Black Forest, Penrose, Castle Rock, Canon City or your suggestion. Actual destination depends on who shows up and the weather. Contact Bob Smith at 528-6834.

Sunday Morning Pass Ride. Meet at Tubby's Turn Around in Manitou at 8:15 am. Ride up Ute pass with "Bicycle" Bill Rewerts. Sometime this summer, Bill wants to fuel up at the LPI Pantry in Green Mountain Falls and ride on up to Wilkerson Pass. Contact Bob Smith 528-6834.

Sunday Afternoon Show & Go Ride. Meet at Bijou Street on the south side of Acacia Park at 1:00 pm. Fast to slow 25 to 40 miles. Special Event Rides may preempt this ride. Contact Ride Captain Neil Kovac 630-3554.

Monday Dinner Ride. Meet at 5:30 pm at Acacia Park. Slow to moderate ride of 10 to 20 miles. Dinner is usually along the route. Bring your suggestions and discount coupons. Bob Smith 528-6834.

Wednesday Evening Ride. Meet at 5:30 pm at the T-38 exhibit at the Air Force Academy for a loop which may include parts of Glen Eagle and Black Forest. Moderate to fast ride of 20 to 30 miles. Bob Smith 528-6834.

Thursday Lunch Bunch Ride. Meet at 10:00 am at the Hidden Inn in the Garden of the Gods for a mid-summer time lunch ride with Anne Smith. This is an easy ride of approximately 20 miles with lunch at a restaurant during or at the end of the ride. Anne asks that you call ahead. 528-6834.

Monday, Wednesday, and Friday Briargate Sunrise Rides. Meet at Rampart High School at 5:45 am for Tour de Tower. Ride 5 to 8 early ATB miles with John Leofsky 594-9123.

Volunteers Needed

Colorado Springs is hosting the Junior National Cycling Championships - Aug 3rd through Aug 14th. Volunteers are needed for track events, time trials, road races and criteriums. Contact the Colorado Amateur Sports Corporation at 634-7333.

PPPOA Benefit Ride

CSCC is sponsoring a Police Charities Ride for the Pikes Peak Peace Officers Association (PPPOA) in conjunction with the Labor Day Balloon Festival on September 3rd. The ride distances are 10, 25, 50 & 100 miles. The ride is a LAW sanctioned September Century and is associated with Bicycling Magazine and AT&Ts' Century Challenge. The ride will be advertised in Bicycling Magazine and Bicycle USA. Jim Miller, 634-0812 is the CSCC Chairperson for this event. Call Jim and give him your support.

The ED SED Doyle Dikes

Here's a few acknowledgements Bob Smith wanted included in this month's newsletter:

A belated thank you to Bob Benjamin for his artful TOARV-89 contribution, Bob's design was on the t-shirts.

A club first happened in June, the marriage of Terry McKeon and Brian Huth was the first between members of the CSCC.

Cruz and Bob Bradler won the national championship for blind tandem teams held in Missouri. They won a trip to the international competition to be held in France in 1990.

July's double points rides are the July 8 Picnic Ride and July 24 Monday Dinner Ride.

Share your CSCC ride experiences by writing an article for the Bent Fork Chronicles. Electronic submissions on floppy diskettes or by modem desired. The deadline is the 15th prior to the month of publication.

Club Picnic

July features a club picnic beginning at 1:00 pm on July 8th. Tentative plans are to use Grandma's Bingo Hall which is located on Las Vegas between Nevada and Tejon. A flyer will be mailed with the final details.

June Chronicle I

by Doyle Dikes

St. Mary's Falls ATB

On June 3, Bob Hyde and Doyle Dikes rode 30 miles on this adventure up Gold Camp Road past Tunnel 4. The 13th Annual Spring Walk was in progress. We paused at the Section 16 Trailhead and talked to Annette Campbell, a walk station volunteer, who asked about easy mountain bike rides for herself and nine year old daughter. I suggested Monument Valley jogging path and the top of Palmer Park and invited her to the 1 o'clock Sunday and 5:30 Monday Dinner rides.

Lower Gold Camp road is currently closed to automobile traffic and is pleasant riding with the views of city below and plains beyond. Once we turned onto the single track trail, we began bike bushwhacking. The trail disappeared for good where it crossed a creek. Next time, a longer route up Gold Camp Road will be used to get to the Buffalo Canyon 4 WD Road which is Bob's plan for access to St. Mary's Falls from the uphill side.

On the way down, we left Gold Camp Road and took the Cheyenne Chutes Trail to the Cheyenne Canyon area. This is some wild roller coaster ride! Bob did an endo and scratched his legs some more. We finished at Rogers Frontier Bar for a late lunch and talked to Pat of the USCF about the possibility of a NORBA sanctioned RAPP (Race Around Pikes Peak).

Rampart Reservoir

On June 10, Dr. Jekyll led Boz, Hulk, Blade, and Rain Man on the CCW 15 mile loop. Dr. Jekyll and Rain Man rode the Kamikaze Hill short cut back to Highway 24. A green chilli lunch at Rogers Frontier Bar followed.

Breckenridge to Vail

On June 11, Anne & Bob Smith, John Leofsky, and Doyle Dikes rode 78 miles under cool and cloudy skys. Lunch in Vail at Pepi's outdoor patio featured the Red Zinger Mini Classic Bicycle Races for entertainment. The return ride up the steep west side of Vail pass followed the Coors Classic time trial route. The names of famous cyclists are still visible on the pavement. This route is more than a simple Sunday ride, the complete round trip is an arduous all-day adventure.

Regular ATB Rides

July offers a full slate of Saturday morning ATB rides. Cool off afterwards with a late lunch at Rogers Frontier Bar. Remember, off-road ATB mileage counts 2 for 1 in the points competition! Bob Hyde 475-0723.

Gold Camp Road Trails

July 1 Saturday. Six Bridges via Camp Nelson. Ride 25 miles with 8 miles of single track.

July 15 Saturday. Captain Jacks via Jones Park. Ride 30 miles with 12 miles of single track.

July 29 Saturday. St. Mary's Falls via Frosty Park. Ride 25 miles with 8 miles of single track.

The rides of the Gold Camp Trails are rated at intermediate to expert difficulty level. Meet at La Baguette near Old Town Bicycle Shop in Old Colorado City at 9:00 am. Carpool and drive to top of Cheyenne Canyon or Multi-Use Trailhead for ride start. Ride up Gold Camp Road to 4 WD Road 379. Then ride 1 to 2 miles on Road 379 to start of the downhill single track. There may be route finding problems. There are short sections where you may want to walk your bike. Two water bottles and snacks are needed. These trails offer terrific scenic vistas and exhilarating experiences on your ATB bike.

Rampart Reservoir

July 8 Saturday. CCW. Ride 12 miles with 11 miles of single track.

July 22 Saturday. CW. Ride 15 miles with 11 miles of single track.

The rides of Rampart Reservoir are rated at novice to intermediate difficulty level. Meet at La Baguette near Old Town Bicycle Shop in Old Colorado City at 9:00 am. Carpool and drive to ride start.

Special Events

July 16 Sunday. Eleven Mile Reservoir Tour. Meet at Duckwalls in the Red Rocks Shopping Center near 31st and Colorado Avenue at 7:00 am. Carpool and drive to starting point. The 44 mile route is a mix of paved and dirt roads best suited for cruising on ATB bikes. Neil Kovac 630-3554

July 23 Sunday. In-Town Path Tour. Meet at 10:00 am on the north side of Twain Park west of Mark Twain Elementary school on Chelton. Ride Palmer Park, Templeton Gap, Monument Valley, and Shooks Run bike paths. The purpose of this ride is to leisurely explore low traffic in-town routes which will appeal to novice riders. Ideally suited for those who want to ride with their children. The slow pace will allow for sharing of cycling tips, etc. A few mild hills are along the way. Intended for ATB and touring bikes capable of riding dirt paths. Contact Doyle Dikes 574-9340.

Possible Rides

Third Annual Great Pueblo Ride, Aug 12, Saturday. Leave at 7:00 am from Omelettes Plus, 23 South Tejon. Ride Highway 115 south to Florence, 67 to Wetmore, and 96 east to Pueblo. Swim and picnic at the Arkansas River Parkway after 85 miles. Lunch will be provided. Optional car return to Springs or continue riding north on Pueblo Boulevard and Highway 50 east. Finally, ride I-25 north to Colorado Springs. 130 miles. R.S.V.P. by Aug 7. Doyle Dikes 574-9430.

Trail Ridge Road, August 20, Sunday. Cycle through Rocky Mountain National Park from Estes Park to Lake Granby, 51 miles. Leave from Stanley Hotel in Estes Park at 9:00 am. R.S.V.P. a must. Bob Smith 528-6834

West Side of Pikes Peak via Horse Thief Park. This ATB ride is planned for August. Bob Hyde 475-0723.

Mount Rosa Summit via Nelson's Trail. ATB ride probably rated at double black diamond, for experts only. Has this trail ever been biked? Finding the route is part of the challenge. Doyle Dikes 574-9340.

14th Annual Pearl Pass Tour, Sept 16, 17. Ride from Crested Butte to Aspen on Saturday, party in Aspen Saturday night, and ride from Aspen to Crested Butte on Sunday. Call (303) 349-6817 and leave a message for more information.

Bicycle Tour of the San Juans, Sept 22-24. Cycle Ouray, the Gem of the Rockies, and discover the magic of Telluride. Contact Steve Parker, Durango, CO (303) 247-5151.

June Chronicle II

by Doyle Dikes

Post Grape-Nuts Elephant Rock Century

On June 4, the dark clouds rode low on the Palmer Divide and a chill wind lashed the CSCC riders as they readied for a "7:00 am sharp" start with Howie Alpern and the Spring to Aspen Riders. They never showed up. Choosing to wait no longer, "Bicycle" Bill rode off alone at 7:20 am and was followed shortly by Jim Donnelly, Bob Hyde, Neil Kovac, and Doyle Dikes. Lastly, Anne & Bob Smith got under way on their tandem followed by "Marathon" Annie (since moved to Lu-o-vulle).

The Elephant Rock started on the outer loop of the Academy up Pine Drive and into the wind, a stiff slow warmup. Forty-five minutes later we left the Academy and rode north to Glen Eagle, on past the namesake Elephant Rock to Palmer Lake and onto the Front Range pave' - the old US 85/87 broken concrete slab highway. Bill rejoined us after his coffee and cigarette break at the Monument 7-Eleven. By this time "Marathon" Annie had apologized six times for drafting along as she spun her red over- booties into a whirling blur. Geno Sanchez of the Spring to Aspen Riders came soloing along and we exchanged high fives. I saw no other Spring to Aspen Riders.

We charged across 85/87 at a high speed, thumping and jumping the potholes, careening along with many other riders in a long pace line. This was great fun until we rode into the misty rain. The pace slowed and everyone began to get soggy and cold.

After the second rest stop, I leapfrogged with Neil Kovac up the Perry Park Highway into the ever increasing rain. Neil and I exchanged long leads as we took turns stopping to put on rain gear and inspect the roadside flora and fauna.

The turn toward Castle Rock led to a first ascent of the infamous Wolfensbarger Hill for most of the CSCC riders. While some cyclists walked this hill, a matched-for-size couple on a black Cannondale tandem climbed out of the saddle all the way to the summit. The descent into Castle Rock was cut short by an easy-to-miss left turn onto Founders Boulevard in the yet-to-be-built suburbs. Water flowed over the new concrete slab parkway and, as the rain poured down, I wished I had headed to the Stone Church Restaurant of Castle Rock where I guessed Bob Hyde probably was since this was our

planned lunch stop before we found out that the route skirted Castle Rock. There were no other riders in view. Neil came along and asked in amazement, "Where are we?"

I checked my map and we followed this unfamiliar road to the third rest stop at the northern most point of the Elephant Rock. This rest stop was well supplied with plenty of meat, cheese, and cracker snack trays. I picked up two and spotted Bob Hyde waving to me from a bike repair van. Bob was inside with several other shivering cyclists. One gal with bare legs looked hypothermic. Teeth chattering, she wedged her hands tightly between her quivering thighs, her whole body shaking, making ju, ju, ju sounds. I was wearing rain pants over wool tights and cycling shorts; overboots over cycling shoes and thick polypropelene socks; wool cycling jersey under a Goretex rain jacket; long fingered cold weather cycling gloves; and a cycling hat under my helmet. I was getting very cold since my hands and feet were soaking wet under my layers. My breath fogged. I got in the van, sat on the floor, and ate my two snack lunches. Jim Donnelly got his rear derailleur cable repaired, Neil bought a pair of gloves, and "Marathon" Annie caught the SAG wagon and abandoned the ride.

The rain gradually stopped as the ride continued south and east. In Franktown, Bob Hyde, Jim Donnelly, Doyle Dikes, Neil Kovac and Anne & Bob Smith stopped at the Stage Coach Restaurant and Bar. We spent an hour getting warm and drying off, eating green chili, and drinking coffee. Hyde talked to other cyclists promoting the Ride Around Pikes Peak (RAPP).

The route back to Colorado Springs was along Highway 83, the key pitch of the April 29 109 mile Kiowa Snow Ride, one of the TOARV-89 training rides.

Fortunately, the Elephant Rock continued cool with with a mild head wind and only a brief sprinkle of rain from the cloudy skys. The fourth rest stop offered Exceed to drink, cookies and bananas to snack on, and lawn chairs to relax in under the cool cloudy sky. This rest stop was relatively nirvana.

We chugged through the rest of the Elephant Rock, tired, riding steadily. Roller Coaster Road seemed steeper than on the Wednesday Night Rides. The finish at the Academy was practically deserted. There were plenty of sandwiches and seltzer.

It was generally agreed to be the toughest century ever - enough to turn avid cyclists into couch potatoes.

Top Ten

Bob Smith	3487	Jim Donnelly	1549
Bill Rewerts	3230	John Leofsky	1489
Anne Smith	2345	Neil Kovac	1285
Bob Hyde	2317	Ken Pattison	833
Doyle Dikes	2295	David Lloyd	807

Membership

Welcome aboard to the following new members: Julie Sap, Bob & Pauline Benjamin, Richard Gordon, and Ann Pinney.

Also, welcome again to these renewal members: Bob Hansen and Will Jefferson.

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.

Please note the expiration date of your membership on your mailing label and mail your membership dues when they are due. A grace period of two months exists before expired memberships are removed from the CSCC mailing list.

Commercial Memberships

In order to provide a fair and equitable program to businesses who wish to advertise in The Bent Fork Chronicles, the CSCC has instituted a Commercial Membership Plan. The Plan entitles a member business to a monthly business card size ad and a yearly full page sale or promotional ad. A Commercial Membership costs \$35. All artwork and ad layout must be provided to the editor of The Bent Fork Chronicles by the 15th of the month preceding publication.

The CSCC welcomes the first Commercial Membership, the Monarch Mountain Lodge.

Monarch Mountain Lodge

"in the Heart of Colorado's Vacationland"

Two Hours West of
Colorado Springs
on Scenic U.S.
Hiway 50.

1-800-332-3668



- *Mountain Bike Rentals and Touring
- *Tour Support Vehicle
- *Lodging
- *River Rafting

Discounts

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

Colorado Springs Bike Shop (719) 634-4915

Pedal Revolution (719) 389-0909

Rustic Hills Bicycle Center (719) 550-1188

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.

Classifieds

Non-commercial advertisements are free to all club members. Commercial advertisements are through Commercial membership in CSCC ONLY. No ads will be published in The Bent Fork Chronicles without membership. 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 cannot be held responsible for any typographical errors.

*Custom Made bicycle shipping crates.
Only \$150.*

Call Nicki 520-5459 or Mark 597-6902

THERAPEUTIC AND SPORT MASSAGE

Student of therapeutic massage seeking cyclists and others to work with. Injury prevention, rehabilitation and relaxation massage available. For consultation, contact THERESA 475-2006.

Bike Clothing

Contact Efrain Cruz for custom cycling apparel. Handmade locally. Choice of fabrics, colors and designs for shirts, shorts, tights, bibs, skin suits, etc. 630-1328