

CSCC THE BENT FORK CHRONICLES

COLORADO SPRINGS CYCLING CLUB



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

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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.

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Regular Rides

During this prime spring month, all rides definitely go. Contacting the ride leader is a good ideal if this is your first try at a club ride.

Saturday Morning Ride. Leave from Wade's Pancake House on Walnut Street at 8:00 am. Ride 30 to 100 miles with "Bicycle" Bill Rewerts. Join Bill for breakfast and be ready to leave on time. 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. Contact Bob Smith 528-6834.

Sunday Afternoon Show & Go Ride. Meet at Bijou Street on the southside 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. Plan on Manitou's Town House Restaurant and Bar, site of the '89 St. Pat's Day ride lunch break, for dinner sometime in '89. Bob Smith 528-6834.

Tuesday Early Bird Ride. Meet at 8:00 am at Acacia Park for a special lark about town with Tom Noonan 471-0525.

Wednesday Evening Ride. Meet at 5:30 pm at McKinzey-White's parking lot near highway 83 and Academy Boulevard. This change is because the AFA is closed to bicyclists due to construction. Moderate to fast ride of 20 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 spring 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 first. 528-6834.

Possible Rides

Ask Doyle Dikes about these:

GRABAAWR - IV. Great Annual Bicycle Adventure Along the Wisconsin River. July 1 thru 8. Begins at the headwaters of the Wisconsin River on the Upper Michigan Border and ends at the junction of the Wisconsin and Mississippi Rivers (Iowa Border). \$110 for camping, transportation, and overnights in seven cities.

Washington State Sampler. Starts and ends at the Seattle Airport, July 1 to July 9. A spectacular and challenging 9 day 650 mile tour, \$175.

The 2nd Annual Post Grape-Nuts Elephant Rock Century. June 4. Mileage options of 10/25/50/67/99.9 miles. Starts and finishes at Monument High School. Last year, this ride was well organized and definitely worth the money. Includes t-shirt, grape-nuts breakfast, fruit, energy drink, submarine sandwich, and soft drinks. Scott Harris (303) 893-6667.

RAW. Ride Around Wyoming. Jun 11 - 16. The Sheridan Bike Club invites you on a demanding circular route of 386 miles through open ranges, lush valleys, and narrow gorges. Crosses the Big Horn Mountains twice. Starts and ends in Ranchester. Limited to 800 riders, \$80.

Spring to Aspen. Jun 23. This ride is on the nearest Friday to the longest day of the year. The distance is 160 miles with 9,368 feet of total climb. Leave Colorado Springs at 4:00 am. Spend one long day riding. Enjoy two nights at the Roaring Fork Condominiums and the early summer weekend in Aspen. Car pool back to Colorado Springs Sunday pm.

Estimated lodging/shuttle support cost - \$60 - includes t-shirt with special graphics. Meals extra. This is a private party ride. I estimated four reservations from the Bent Fork Chronicles readership. If you are interested, RSVP by 15 May to Howard "Howie" Alpern 635-4632.

AFFBRAAM. The Annual Fun-Filled Bicycle Ride Across America. This ride is unique for its twelve consecutive week-long cross-state tours. During one summer, you can bike one, two, or up to twelve tours. Bike America - coast to coast, state by state - in your own time frame. Approximately \$100 per state. Box 29 Northfield MN, 55057 (507) 663-1268.

Trail Ridge Road. Bicycle through Rocky Mountain National Park. Estes Park to Lake Granby, 51 miles. Bob Smith 528-6834

Gore Range. Ride a 124 mile loop through Colorado's most beautiful mountain range. Start from Kremmling and ride over 9,524' Gore pass to Steamboat Springs, 72 miles. Spend the night before returning over 9,426' Rabbit Ears Pass to Kremmling, 52 Miles. Bob Smith 528-6834.

Will Roger's Shrine. Ride beyond the zoo, possibly all the way to the top of Cheyenne Mt. Is the route open to bicycles? Who'll be the first to report on this climber's challenge.

Breckridge to Vail Bike Path. Neil Kovac is planning this excursion for Saturday June 11. Great opportunity to ride this popular paved bike path through the heart of Summit County.

CSCC Century of the Month for June. Squirrel Creek Road and Points East. June 25 Sunday. Neil Kovac is planning this ride on roads east of Colorado Springs.

Go for the Gorge. Jul 8 - 9. Ride from Highlands Ranch south of Denver to the Royal Gorge with an overnight stop at Colorado College in Colorado Springs. Fully catered tour to benefit the Multiple Sclerosis. \$20 entry fee plus \$150 pledge. National MS Society, 1777 South Harrison #1100, Denver, CO 80210.

CSCC Century of the Month for August. Third Annual Great Pueblo Ride.

Aug 12 Saturday. Leave at 7:00 am from Wades Pancake House on Walnut. Ride Highway 115 south to Florence, 67 to Wetmore, and 96 east to Pueblo. Swim stop along the Arkansas River Parkway after 85 miles. Continue north on Pueblo Boulevard and Highway 50 east. Stop at the Royal Fork Buffet for all-ya-can-eat lunch. Finally, ride I-25 north to Colorado Springs. 130 miles. Ride Leader: Doyle Dikes.

High Noon Hundred. Oct 7 Sunday. This fund raiser is sponsored by the Sertoma Club for the Rocky Mountain Rehabilitation Center for the speech and hearing handicapped. A \$25 pledge is the entry fee. This is a bike-a-rama including a century ride in the Briargate area for adults and a 2 kilometer ride of the kids. Groups of four or more will be able to specify 25% of their donation to a charity of their choice. Contact Howard "Howie" Alpern 635-4632

Special Events

May 14 Sunday - Steve Hall's Annual Mother's Day Ride. Meet in Divide at 8:00 am for a 60 round trip ride to Zeke's in Victor. Neil Kovac 630-3554

April 30 - Sunday Morning ATB Ride.
May 7 - Sunday Morning ATB Ride.
Start from Bancroft Park across from Old Town Bicycle Shop in Old Colorado City at 9:00 am. Join the King of the Rats for Tours de West. About 15 miles. ATB mileage counts 2 for 1 in the points competition! Bob Hyde 475-0723.

April 22 Saturday - TOARV Training.
April 29 Saturday - TOARV Training.
May 6 Saturday - TOARV Training.
May 13 Saturday - TOARV Training.
All training rides will begin at 9:00 am at the KMart located at Powers and Palmer Park. The rides will grow progressively longer. For a longer option, start earlier with Bill Rewerts on the Saturday Morning Ride and leave from Wades on the west side at 8:00 am.

TOARV-89

The 2nd Annual Tour of the Arkansas River Valley occurs May 20 & 21. This year's ride begins from the Junior High School in Canon City and follows US 50 to Salida and US 285 to Buena Vista where we spend the night at the Crazy Horse Campground. We return to Canon City via US 24, Colorado Route 9 and US 50 on Sunday. The ride includes SAG, rest stops, two meals, one night's camping and plenty of fun.

PPPOA

The PPPOA organization consists of the Security Police at the Air Force Academy, Falcon Air Force Station, Peterson Field, and Fort Carson; City Police; County Sheriff; and State Highway Patrol. In conjunction with National Police Week, May 14th through 21st, the PPPOA is planning a week long series of events. To raise funds for survivor's benefits and charities, a 24 hour pledge relay run at the AFA, a 10k run, 1 k run, and a bike ride are planned. The bike ride will be on Sunday, May 21st and go from Lewis Palmer High School in Monument to Memorial Park. The ride will start at 7:30 am and finish at 10:30 am simultaneously with the finish of the 10k run. Food and beverage will be available afterwards in Memorial Park. The bike ride costs \$15 and includes a t-shirt. The survivor's fund shares 25% of the proceeds, you designate 75% to a PPPOA charity of your choice.

Since this is the weekend of TOARV, the CSCC asks club members not participating in TOARV to serve as volunteers and help with registration and ride marshaling or to ride in the PPPOA ride. Jim Miller, 634-0812, is the CSCC chairperson for this event. Call Jim if you can support the PPPOA ride.

Club Meeting

There will be a membership meeting on Monday, May 8th at 7:00 pm at the Broadmoorings Condominium Club House. The Broadmoorings is located on Cheyenne Mountain Road, east of Albertsons on Highway 115 and just west of Honeywell near Quail Lake. Please bring your beverage of choice. Pizza will be ordered for delivery as dinner.

The Monday Dinner Ride starts and finishes at the Club House on membership meeting nights.

At the April Club meeting, Gary Ammarell presented a wonderful slide show of his six

week tour of the North and South Islands of New Zealand. A few club members are making plans for a trip to New Zealand in February 1990. We were ready to board flights after Gary's presentation. A big CSCC thank you goes to Gary for his great show.

The PREZ SEZ

Lee Walden's article in the April Issue of the Colorado Racing Express made some excellent points about motorists and cyclists co-existing and willfully sharing the road. We all know that this is not always the case. Lee is president of BRAC, the Bicycle Racing Association of Colorado.

Now that the cycling season is here, we all need to be mindful of what we can do to promote a safe and friendly environment on the road. We are all representatives of our sport. We need to be more courteous and obey the traffic laws. We should not take the whole road and obstruct traffic. When conditions dictate, we are legally required to ride single file. We must all be responsible cyclists.

Instead of cursing or flipping a single finger salute the next time a motorist comes a little too close or harasses you in some way - smile, wave and say "happy motoring." Maybe they will feel a little guiltily and be more courteous to the next rider. At the least, we can hope they will and we won't be quite as angry.

The Double Points Ride for May is TOARV-89 and the PPPOA ride. All riders and volunteers will receive 400 points for participating in TOARV-89. Double points for the PPPOA ride will be around 70 based on an estimate of 35 miles. Remember ride leaders earn double points for all rides they plan and lead.

TOARV VOLUNTEERS NEEDED

We still need volunteers to man rest stops and drive SAG for TOARV-89, May 20th & 21st. If you want to ride and feel you are not up to the entire 200 miles, then share part of the ride with another volunteer. You let us know what you feel you can do and we'll make the arrangements. Full time volunteers will receive the same benefits as the riders including a volunteer T-Shirt. CSCC members will also receive 400 ride points for being a TOARV volunteer or rider/volunteer.

BIKE EXPO

Come by and visit our booth at the Citadel Bike Expo on April 21-23. Get a sneak preview of the TOARV-89 T-Shirts. Better yet, volunteer to man the booth for a few hours. Call Anne Smith at 528-6834 for details.

Classifieds

Times change and some club members have moved on. Paul Bower transferred to West Germany with Texas Instruments. "YUGO" John Neville is out of the Army and back home harassing his parents in Williamsport, PA. Jim Cerrato works at a new counselling job in Gallop, NM. Suzy Cerrato moved to Breckenridge to live as a ski bum and in keeping with the life style, she wrecked her knee about a month ago. CSCC misses you all and wishes good luck to everyone. And Suzy, do try and be a little more careful on those bunny slopes.

Where the boys are . . .

Don't get me wrong - - - I love riding with 10 to 15 guys, the attention and view from the back of the pack is great, but I sometimes miss the company of other girls. So come on girls, lets give these guys some competition and get in shape at the same time! Come on and ride with the me.

Anne Smith

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.

Discounts

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

Colorado Springs Bike Shop (719) 634-4915
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

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

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. Sublimated club jerseys are a possibility. 630-1328

Palmer Park Traffic

Will the Colorado Springs Department of Parks and Recreation please do something about the automobile traffic situation in Palmer Park? Reckless high speed traffic through the park alarms many hikers, joggers, and cyclists who also use the roadway in the park.

The speed limit in Palmer Park is posted at 20 mph. This low speed is unheeded by drivers of automobiles. This is the same speed limit as a school zone. The frequent black skid marks running off the pavement into the gravel are evidence of speeding drivers misjudging the winding narrow road over the crest of Palmer Park.

The Palmer Park roadway must not be used as a short cut from Academy to Union. If the 20 mph speed limit is enforced by police, automobile traffic will not use Palmer Park because it'll be slower.

Progressive cities prevent and discourage traffic through the parks of their cities. Memorial Park roads were changed to prevent through traffic. Why not change Palmer Park also? Ideally, automobile traffic across Palmer Park will be eliminated. Alternately, build a bicycle and hiking path over the crest of Palmer Park somewhat parallel to the existing roadway.

If you feel as I do on this issue, please express your concern by mailing the above editorial to: Regional Parks, 1421 Recreation Way, Colorado Springs, CO 80904.

Doyle Dikes

RIDE & EVENT UPDATE

Several CSCC members went on the Ski Haus Vall Ski Trips and had a great time. It was wonderful not driving and skipping lift lines by sking with a guide.

The club held several fun rides lately. The rides were 15-20 miles in length and the pace slow to moderate. The tour of the west side on the St. Pattie's Day Ride was a great time. The lunch break at the Manitou Town House featured the house special, traditional Irish boiled vegetables with corned beef and cabbage and green beer. The tour also stopped at Roger's Frontier Bar, Bob Hyde's favorite hang out.

The Easter Egg Ride was also lots of fun. There were elaborate, impromptu, and secret methods for carrying the colored raw egg from the Colorado Creamery back to Quail Lake Park. Easter bike baskets were given as prizes. Bob Hyde arrived at the park first but didn't do a very good job of protecting his egg as it was broken. This goes to prove that those fat tubed Cannondales may be fast but they're not the smoothest riding machines.

The Poker Ride on April 16th was a fun change of pace for the club, especially for Doyle Dikes who ended up with the winning hand and collected \$10. Several new riders rode with the club that day. One of the reasons the Sunday Acacia Rides are such a great experience is the opportunity to meet other bicyclists. A record 15 riders showed April 2nd. Seven hardy riders braved the snow and cold on April 9th and their water bottles froze. Everyone warmed up at Poor Richards after the ride.

Bob Hyde's ATB ride on April 16th on the Section 16 trail off Gold Camp Road attracted nine riders. The continual uphill really got every one's heart pumping. The descent was fast and everyone made it back safe.

Combining Bob Hyde's ATB ride or Bill Rewerts' Ute Pass ride on Sunday morning with the Acacia Park Sunday ride is a good way to get in a full day of cycling.

The TOARV training rides have been pretty successful with trips out to Ellicot and down to Fountain. On April 22nd some hill training will be in order with a Black Forest loop. The distances are now in the 40-50 mile range. If you intend to do TOARV or just want to get in shape, these rides are just the ticket. Practice riding in a pace line naturally occurs.

The location and time of Bill's Saturday morning long ride has been changed to Wade's West on Walnut near Colorado Avenue at 8:00 a.m. If you want a longer option for the TOARV training rides, join Bill at 8:00 a.m. for the ride out to the KMart on Powers. This will add 16 miles to the TOARV training rides.

The first Monday Dinner Ride of 1989 went to Nemeth's restaurant on South Tejon.

Ramey and Sebastian turned out from the Strada Bicycling Club for the 18 mile ride.

The last minute change in the location of the Wednesday evening ride was unavoidable due to construction at the Air Force Academy.

I recently received several complaints about rides not starting on time. The following are the club guidelines. Ride leaders are expected to arrive at least 15 minutes before the start time. Riders are expected to be ready to ride five minutes before the start time. All rides will start no later than five minutes after the start time unless mutually agreed to by the riders.

Bob Smith

Top Ten

Bill Rewerts	1681	Nell Kovac	488
Bob Smith	1123	Jim Donnelly	464
Anne Smith	901	Tom Noonan	329
Bob Hyde	671	Harry Rouch	269
Doyle Dikes	646	Efrain Cruz	161

Abbott's Booklet

Abbott Schindler is putting together a Colorado Springs Area Bicycling Route Booklet. He wants to know about your favorite route. Please send your favorite route description to Abbott Schindler, 6311 Galway, Colorado Springs, Co 80907. Include a commentary. Point out killer hills, rest stops, length and difficulty. Abbott plans on making his booklet available to all club members. Each route will be assigned a number. Eventually, we want to use the route numbers to identify ride routes on future rides/schedules. This way all members will know the entire route in advance thus reducing the risk of getting lost. Abbott reports nine responses thus far.

Membership

The CSCC continues to grow. Welcome aboard to the following new members: John Czaja, Connie Lorig, Janet & Bobby Hall, Karen Heflin-Metz, William Seybold, Liz Hunter, and Lori Sanford. Also, welcome again to these renewal members who are all looking forward to a great year of cycling fun: Ed & Bonnie Johnson, Tom Noonan, Terry McKeon & Brian Huth, and Jene Ducharme. 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.