

CSCC THE BENT FORK CHRONICLES

COLORADO SPRINGS CYCLING CLUB



P.O. BOX 49602 COLORADO SPRINGS, CO 80949-9602

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November/December 1989

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
John Leofsky
594-9123

BOARD OF DIRECTORS

Bob Smith
528-6834

Pat Cruz
630-1328

Abbott Schindler
contact by mail

Regular Rides

Contacting the ride leader is a good idea if this is your first try at a club ride. It's likely to be cool and windy during the early winter months, be prepared.

Saturday Morning Ride.
This is not the same old ride! From now on, John Ellis will be leading the regular Saturday morning rides leaving from Quail Lake Park at 10:00 am. John is new to Colorado Springs and has some new route ideas. John likes to ride at a consistent moderate pace. Optionally, join John at 8:30 am for a preride breakfast at Gordons located near the King Soopers at South Circle and Airport.

Special Event rides may preempt this ride. Contact John Ellis 635-2696.

Sunday Morning Pass Ride. Meet at Tubby's Turn Around in Manitou at 9:00 am. Ride up Ute Pass with "Bicycle" Bill Rewerts. 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. Slow to moderate 20 miles. This is a good ride to meet and get acquainted with fellow club members. Special Event Rides may preempt this ride. Contact Ride Captain John Leofsky 594-9123.

Thursday Lunch Bunch Ride. Meet at 10:00 am at the Hidden Inn in the Garden of the Gods for an early winter lunch ride with Anne Smith as conditions permit. 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.

Nominations

Doyle Dikes

The Nominating Committee consists of Ed Kineski, John Leofsky and myself. Our purpose is to nominate candidates for 1990 CSCC offices.

The following states the duties of the officers followed by the names of the nominees. If you have additional nominees, contact Ed 632-1987, John 594-9123, or Doyle 574-9340. Election of officers will be at the annual dinner on December 2.

The President signs checks, presides at meetings, helps ride leaders, organizes activities, and works with other officers.

Bob Smith.

The Vice-President shares duties with the President. He must be willing to help the President and commit to being next year's President. He is CSCC's President in Training.

John Leofsky

The Secretary prepares meeting agendas, coordinates meeting programs, prepares minutes of meetings, prints and mails the newsletter, and checks the mail box.

Anne Smith.

The Editor composes the newsletter.

Doyle Dikes.

The Treasurer signs checks, keeps books, and membership. Membership may become a separate office as the club grows.

Anne Smith.

The Ride Captain prepares an annual ride plan and arranges ride leaders for individual rides. Maintains the score of time trials and points contest.

John Ellis, Tom Noonan, Doug Fogg, Jim Donnelley, Gerry Roebke.

The PREZ Sez

Bob Smith

Thanks to all club members for their efforts in getting acquainted with new riders on club rides. While it is easier and more comfortable to chat with those we already know, it is important to welcome new riders and make them feel comfortable also.

Thanks to John Leofsky and Bill Rewerts for helping Paul Privitera on the October 22 Sunday ride. John rode back to get his car to tote Paul and his broken bike. This turned out to be unnecessary because Bill was able to explain to Paul how to ride with a broken rear derailleur. Thanks also to Doug Barnett for helping Diane Segerstedt on the October 23 Monday Dinner ride with mechanical problems. Doug rode back to the park with Diane after adjusting her rear wheel because he knew they wouldn't be able to safely finish the complete ride before dark.

Club members often stop to help others with the repair of flats and other difficulties and I want you to know that these acts do not go unnoticed, especially by those receiving the aid. Making new riders feel welcome and helping others makes our club grow.

The double points rides for November and December are the fourth annual Tour de Turkey, all rides on Saturday, December 16th and the fourth annual Frozen Waterbottle Ride on January 1.

CSCC Annual Dinner

Our annual awards dinner will be on Saturday, December 2, 1989 at the Broadmoorings Condominium Club House at 7:00 pm. The Broadmoorings is located on Cheyenne Mountain Boulevard east of Highway 115 near Quail Lake Park and Atmel Corporation (Old Honeywell Complex). The dinner will be a smorgasbord of Italian Lasagna, salad, garlic bread and dessert. The cost will be \$8.00 per person for the food and a fun filled evening. If you plan to attend, RSVP with Anne at 528-6834 by Wednesday, November 29th.

Special Events

Wilkerson Pass MegaTour on Saturday, November 4th. This is a long hard distance ride. This event's backup day is November 11th in case of inclement weather. Be on time to leave with Bicycle Bill from Wade's West on Walnut near Colorado Avenue at 8:00 am for a mountain century to the summit of Wilkerson Pass and back. Everyone is welcome on this ride and you may turn around at any point along the route by just letting someone know you are turning back. Contact Bob Smith 528-6834.

Judge Orr Time Trials, the third Saturday of every month. Meet at the KMart at Powers and Palmer Park at 9:00 am for a 11 mile warmup ride to the course or meet on Judge Orr Road near the junction of Highway 24 at 10:00 am. Time trialing is an excellent way to measure your personal level of fitness. A time trial is a race against the clock. Dates for upcoming time trials are November 18, December 16 and January 20.

Tour de Turkey on Sunday, November 19th. The fourth annual tour will start at 1:00 pm from Quail Lake. The ride will consist of three mapped loops of 10, 15 and 25 miles. There will be a small fee of \$3.00 per rider to cover the cost of refreshments after the ride. Optional LAW Thanksgiving Day patches will be available for \$2.00. You may order an optional Tour de Turkey T-shirt the day of the ride. There will also be a drawing for a turkey after the ride. **THERE WILL BE NO ACACIA PARK RIDE ON THIS DATE.**

Top 10 Ride Points Results

| | | | |
|--------------|------|--------------|------|
| Bob Smith | 5594 | John Leofsky | 3058 |
| Bill Rewerts | 4686 | Jim Donnelly | 2819 |
| Anne Smith | 4180 | Neil Kovac | 1480 |
| Bob Hyde | 3396 | David Lloyd | 1207 |
| Doyle Dikes | 3096 | Ken Pattison | 1095 |

Top 10 Bear Creek Canyon Time Trail Results

| | | | |
|--------------|-------|--------------|-------|
| Keith Banner | 17:20 | Tom Noonan | 20:25 |
| Norm Howard | 19:17 | Bob Smith | 21:25 |
| Bill Simmons | 19:21 | Doug Barnett | 23:03 |
| Bobby Smith | 19:43 | Doyle Dikes | 23:04 |
| Jim Donnelly | 19:54 | Mike Duncan | 26:18 |

Top 4 Judge Orr Time Trial Results

| | | | |
|--------------|-------|------------|-------|
| Norm Howard | 29:21 | Bob Smith | 29:51 |
| Jim Donnelly | 29:47 | Anne Smith | 34:35 |

Quinque Centuries Chronicles

by Bob Smith

After spending the months of July and August constructing decks I decided to commit to riding five consecutive weekend centuries in September. It was an insane decision, but I survived.

My first century was CSCC's OYO Centuries on the plains east of Colorado Springs. This was our first attempt at promoting an event with multi-distance centuries. Options included the Quarter (25 miles), Half (50 miles), Metric (100 kilometers is about 62 miles), and Whole (100 miles) Centuries. There were 28 riders including George and Judy Balock from eastern Pennsylvania. Congratulations to Jerry Walter who completed his first century on this hot and dry Sunday.

My second century was The Wheeler Peak Enchanted Circle Tour in Red River, New Mexico on Sunday, September 10th. We arrived in Red River early

Saturday afternoon. Jim, Norm, Bobby and I rode Saturday's Bobcat Pass Time Trial. I finished dead last among CSCC riders. My conditioning was off since hammering nails isn't the same as hammering 6-8% grades. The century was well organized and CSCC was well represented with Bicycle Bill, Doyle Dikes, John Leofsky, Jim Donnelly, Norm Howard, Bob Hansen, David and Andrea Lloyd, and Anne, Bob & Bobby Smith. Congratulations to Norm for completing his first century.

My third century was the Pike's Peak region's famous Hardscrabble Century on the third Sunday in September. After two early centuries I was beginning to feel like I was getting back in shape. I rode the whole ride with Jim Donnelly. We tried to break the six hour barrier and were eight minutes short.

Congratulations to Cathy Pillis for completing her first century on the Hardscrabble ride.

Now I knew I was ready for the following Sunday's Pedal Pueblo Cycling Club's Challenge of the Summits.

My fourth century was the Challenge of the Summits which was a challenge indeed. The ride was uphill for 50 miles followed by 25 miles of downhill followed by 25 miles of flat riding into a 15 mph headwind. The rest stops were terrific and the tacos afterwards at the Gold Dust Saloon were great. Hats off to the Pedal Pueblo Club for a sponsoring a great ride.

My fifth century was CSCC's first annual Lead Triangle. Itching for more biking, we drove to Leadville on Saturday, September 30th for a weekend of riding. We rode 92 miles over Tennessee, Vail and Fremont Passes and back to Leadville. On Sunday we rode with Suzy Shan non, her friend Jerry and his son Jeff on a 23 mile loop around Turquoise Lake. As if five straight weekends of centuries weren't enough, Blade, Anne, and I rode the Sertoma Club's Bike-A-Rama for Rocky Mountain Rehabilitation on October 7th. We quit after a mere 50 miles. We really wanted to ride the whole 100 miles but had to cut it short since we had dinner guests.

After all these centuries I'm ready to join Bicycle Bill on his Sunday morning assaults of Ute Pass. Anne and I never rode this many centuries in one month before and probably won't ride this many again - at least not till September 1990.

(Ed note: March, June, and September of 1990 have five Saturdays while April and July have five Sundays but no month has five Saturdays and five Sundays. September 1989 had five Saturdays but only four Sundays. So Bob, you don't have to wait till September for a Quintessential Century Month opportunity.)

Mountain Tour de Turkey on Friday, November 24th. Shed excess holiday calories. Meet the day after Thanksgiving at Bob Smith's home at 5485 Wilson Road in Mountain Shadows at 10:00 am for some rock bashing in the bluffs between Centennial Boulevard and Digital's facilities in the Rockrimmon area. Call Bob at 528-6834 for details.

Frozen Waterbottle Ride on Monday, January 1st. Meet at 1:00 pm at the 7-Eleven near the KMart at Powers and Palmer Park. This marks the fourth annual occurrence of this event which has become the Colorado Springs New Years Day cycling highlight. There will be optional loops of 10 and 25 miles. Riders can warmup at the Pizza Hut after the ride.

Mt Rosa Chronicle

Doyle Dikes

Bill Rewerts, John Leofsky and I mountain biked to the Summit of Mt Rosa. We drove up Stage Coach Road and the Buffalo Canyon 4WD to the vista point. The truck was driven down by Ann Howard, our sag driver. We started off pushing our mountain bikes up the wide trail which went straight up the fall line. The trail soon veered to the left and we mounted our bikes and rode a short distance. The trail went into dark shadows and filled with snow. We couldn't ride anymore so we pushed along on an upward traverse until we reached an open gravel ridge and the end of the snow. From here we continued pushing and sometimes lifting out bikes over logs as we bush whacked upward through alpine brush. Each person picked their own path, no advantage to a pace line now.

When the summit outcropping of rocks became visible, Blade parked his bike and rushed ahead. Blade made it to the top first. Blade called down that he was on the real top and not on a false summit. Bill and I parked our bikes and scrambled the final short distance to the top.

The view up and down the front range was beautiful, the Indian Summer weather was refreshing. We signed the register and chatted with a couple who hiked up with their dog.

On the descent, we tried a bike glissade in some deep coarse sand and bogged down. We pushed our bikes down to the open ridge and rode a sandy 4WD road to the Buffalo Canyon Road and the beginning of St. Mary's Falls trail.

The ride down Saint Mary's trail is mountain biking come alive! Forested single tracking on uncrowded trails, never ending views to the east, then the coast down Gold Camp Road ending this Colorado experience.

Seasons Greetings



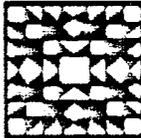
CSCC

you  Invites  to the



Annual



Award  Dinner and Officer Elections.

By RVSP Only

Nov 29 Deadline

ANNE 528-6834

OYO Century Quotes

Bob Smith

John "Coach" Wieting takes his turn at the front of century peloton and races ahead subsequently dropping the entire group. Bicycle Bill Rewerts chases him down and as Bill pulls along side he says to John, "Hey Coach where's your team?"

Resting along side the road after the long open stretch of the very hot and dry Squirrel Creek Road, Jerry Walter said, "Wasn't it great in the shade of that telephone pole back there?"

Membership

The CSCC continues to grow and says welcome aboard to the following new members: Donald L. Amoroso, John Ellis and Gerald J. Roebke. Welcome again to renewing CSCC members: Casey Bouchard, Norm Howard and Diane Segerstedt. 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.

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

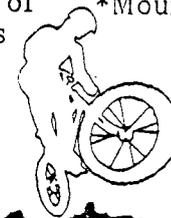
Non-commercial advertisements are free to all club members. Commercial advertisements are through Commercial membership in CSCC ONLY. No ads will be published in The Bent Fork Chronicles without membership. Please submit typed ads to club mailing address by the 15th of the month preceding publication. You must include all pertinent information and where you can be contacted. The CSCC newsletter cannot be held responsible for any typographical errors.

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