

# CSCC THE BENT FORK CHRONICLES

## COLORADO SPRINGS CYCLING CLUB



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

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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

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

ATB Ride Captain  
Bob Hyde  
475-0723

### 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 hot and cold during the early fall months, be prepared.

**Saturday Morning Ride.** Leave from Wade's Pancake House on Walnut Street at 8:00 am. Join "Bicycle" Bill for breakfast and a 30 to 50 mile ride. Route depends on who shows up. No ride on Sept 9 and Sept 24 as Bill will be elsewhere. Contact Bob Smith at 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. The pace will slow in September since the hard core club members probably will be elsewhere riding one of the many September centuries. 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.

**Monday Dinner Ride.** Meet at 5:30 pm at Acacia Park. Moderately slow 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 Thunderbird Overlook (T-38 Exhibit) at the Air Force Academy for a moderately fast ride of 20 plus miles which may include loops through Black Forest and Glen Eagle. If Stadium Boulevard is closed to cyclists due to construction, meet at Air Academy High School on Pine Drive. 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 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.

## The Ed Sed

Doyle Dikes

CSCC has a new address. Bob & Anne Smith moved the mail box to a post office closer to their home.

The regular ATB ride season is over. I plan to do an alpine bike ascent of Mt Rosa via Nelson's Trail in October. The route will go up Gold Camp Road and down St. Mary's Falls Trail. Let me know if you'd like to come along.

**Bear Creek Canyon Time Trials Record.**

22:19

# Special Events

## The PREZ Sez

Bob Smith

September is National Century Month and people are riding more than ever during the September centuries. This is not the time to get careless about bicycling safety.

Look at the case of Karl Hummel, a well known Colorado Springs cyclist. Karl was reportedly struck and killed by an automobile on Highway 24 near Ridge Road last month. It was reported that he was struck from behind by an automobile traveling at 40-50 mph and that he was not wearing a helmet. He eventually died from massive head injuries, it was reported. It is possible he would not have been as seriously injured if he had been wearing a helmet.

Today's helmets are lightweight and well ventilated and come with attractive covers that can be color coordinated with your cycling clothes. Wear a helmet every time you are out on your bike. It can only help. It is much like an insurance policy, you never know when you will need it but it is nice to know its there when you do. Ride safely and enjoy the remainder of the '89 cycling season.

The Double Points Rides for September will be the September 3rd Centuries from Memorial Park and the September 25th Monday Dinner Ride. The October Double Points Rides will be Columbus Day Ride on Sunday, October 8th and Halloween Party Ride on Sunday, October 29th. Check Special Events for times and details of these rides. Ride Leaders remember to turn in the ride sheets for your rides. The Top 10 Rider list is as of August 25th.

## Club Meeting

There will be no club meeting in September. The next meeting will be held either the first or second Monday in October. You will be mailed a reminder notice a week prior to the meeting.

**OYO - On Your Own Century Balloon Ride '89.** Leave from Memorial Park on Sunday, September 3rd at 8:00 am. See enclosed brochure for details.

**Red River Enchanted Circle Century on Sunday, September 10th in Red River, New Mexico.** Several CSCC members will be going to Red River and staying at the Lifts West Condos. We will leave Colorado Springs Saturday morning and return Sunday night. Contact Anne Smith at 528-6834 for more information.

**Front Range Century on Sunday, September 10th in Fort Lupton.** Sponsored by the Denver Bicycle Touring Club.

**Pearl Pass Tour on Saturday, September 16 from Crested Butte to Aspen.** Sponsored by the Mountain Bike Hall of Fame and Museum. 14th Annual. The Pearl Pass tour is for advanced riders only. A self-supported one-way tour will begin at 8 am Saturday, September 16. A sweep is provided to Aspen on this day. Most riders return Sunday, some return Monday. Information on services, including sag support, lodging, and transportation back will be available. Bring your own equipment. Last chance to register is 7:30-8 am Saturday morning. Fun rides Sept 14 & 15, informal tours. 13 includes tour, sweep, and insurance, \$23 includes a limited edition Pearl Pass T-shirt.

**Challenge of the Summits Century on Sunday, September 24th.** Sponsored by Pedal Pueblo Cycling Club.

**Lead Triangle on Saturday, September 30th.** This is Bob Smith's variation on the Copper Triangle. Leave Leadville at 9:00 am from the Delaware Hotel. Ride 80 miles over three major mountain passes; Tennessee - 10,246 ft, Vail - 10,600 ft and Fremont - 11,316 ft. Stop for lunch in Vail. Plans include staying Saturday night in Leadville at the restored Delaware Bed and Breakfast Hotel. Strong riders may also ride to Breckenridge on Sunday. Contact Bob Smith at 528-6834 for more details.

**High Noon Sertoma BIKE-A-RAMA on Saturday, October 7.** Ride through Northern Colorado Springs on courses of 100, 50, and 30 miles or a 2 K kids course. Proceeds go to the Rocky Mountain Rehabilitation Center. Questions? Call 632-4486.

**Columbus Day Ride on Sunday, October 8th at 1:00 pm from Acacia Park.** This is a double point ride. Bring your St. Christopher medals, statues, or Columbus memorabilia to carry with you as John Leofsky leads us along, near, and in Colorado Springs water ways.

**Third Smith's Annual Halloween Ride and Party.** This is a double points ride and will replace the October 29 Sunday Acacia Park Ride. The ride begins from the Smith's home at 5485 Wilson Road at 1:00 pm. This is a costume ride and party with prizes for several costume categories. The party featuring Bob's famous fajitas will begin after the ride. As in years past, there will be 8-10 and 20-30 mile routes. Cost for adults is \$5.00. Cost for children under 12 is \$2.00. Please RSVP to Anne Smith at 528-6834 by Thursday, October 25th.

**Tour de Turkey on Sunday, November 19th.** This will be dedicated as a fund raising benefit ride for the USABA Champion Tandem Team of Efrain Cruz and Bob Bradler. Cruz and Bob earned the privilege of representing the USA in the World Championship for Blind Cyclists in France next year. USABA will be paying part of their expenses but they will need funds for equipment and other expenses. Hopefully, we will be able to raise some funds to help send them to France. This years ride will cost \$15.00 which will include a T-shirt, route maps, drawing for a turkey and a snack after the ride. Please contact Bob Smith if you are interested in assisting with this worthwhile project.

## Great Pueblo Ride 3 Chronicle

Doyle Dikes

Early on Saturday, August 12th, thirteen riders left from Omelettes Plus, 23 South Tejon and took a chance on the August monsoon weather. The early morning riding was cool and fast under cloudy skies on the tail wind aided leg to Penrose and Florence. The riding continued cool and fast from Wetmore to Pueblo.

Everyone arrived at the Pueblo Reservoir by 12:45 am where we enjoyed the picnic hosted by Doyle's parents as the skies turned sunny. We feasted on breaded baked chicken, potatoe salad, cole slaw, Anasazi beans and brown rice, salt-free corn chips and salsa, peanut butter and raspberry perserves, whole wheat bread, fresh celery and carrot stickes, tomatoes, lemonade,

grapeade, and coffee to drink plus a grocery bag full of chocolate chip cookies. Our picnic tables were under two large elm trees. No one took a dip in the river because of the cool comfortable weather.

The riders set off at 2:00 pm for the return leg to Colorado Springs. This began with an easy ride along the Arkansas River Bike Path alongside the river and through the cottonwood groves.

The heat and effort increased as we biked north of Pueblo on I-25. At the rest stop near Pinon, we warily eyed the dark clouds hanging over Colorado Springs after Bob Hyde relayed the radio news of flash flooding in Colorado Springs. A wall of water was reported to be rushing down Ute Pass. We were 100 miles into the ride with 30 to go.

After finishing the watermelon and a gallon of water from the sag pickup truck driven by Cathy Pillis, several riders got in the pickup truck at this point rather than ride into strong headwinds and heavy rain.

Riding I-25 is the crux of the Great Pueblo Ride. Riding the shoulder of I-25 is fast. As the noise of the traffic and the rain urged me on, I didn't back down, rather I took a stand and spun northward. Jim Donnelly and I rode together. It rained for a short time, but not as heavy or as long as expected. We rode all the way to the Nevada exit through a wet glistening world of automobiles, trucks, and road construction.

We finished at Josh and Johns by enjoying an ice cream with Bill Rewerts who shadowed us in the pickup truck to the end of the 3rd Annual Great Pueblo Ride.

### Riders

Cathy Pillis Jim Donnelly Bob & Anne Smith  
Bob Hyde John Leofsky Doyle Dikes  
John Wieting Bill Simmons David Lloyd  
Bob LeCour Kerrie Lyons

### Sag Vehicle Drivers

Marlene Kissinger Anne Howard

### Picnic Hosts

Clinton & Ruth Logsdon

## Anasazi Beans and Rice

1 Cup of Whole Rice  
1 Cup of Anasazi (Adobe, Appolososa,  
Gourmet) Beans  
1/2 Cup of Mild Salsa

Cook rice and beans separately, mix with Salsa, serve with salt free tortilla chips and more Salsa.

## Top Ten

Bob Smith	4389	John Leofsky	2343
Bill Rewerts	3957	Jim Donnelly	2215
Anne Smith	3315	Neil Kovac	1358
Bob Hyde	3037	David Lloyd	1111
Doyle Dikes	2943	Ken Pattison	833

## Membership

The CSCC added one new member this month: Jeri Forbes. 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.

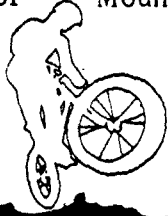
## Bike Clothing

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

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