



THE BENT FORK CHRONICLES

COLORADO SPRINGS CYCLING CLUB

P.O. BOX 49602, COLORADO SPRINGS, CO. 80849-9602

Volume 4 Number 2
March/April 1990

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.

During the winter months ride leaders should be contacted prior to the ride. Rides may be canceled due to weather conditions, lack of interest, or conflict with special events such as the March 10 ski trip to Leadville.

Thursday Lunch Bunch Ride. Meet at 10:00 am at the Hidden Inn in the Garden of the Gods for a 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.

Club Officers

President
Bob Smith
528-6834

Vice President
John Leofsky
594-9123

Treasurer/Membership
Anne Smith
528-6834

Editor
Doyle Dikes
594-9181

Ride Committee

Ken Pattison
473-5154
Cathy Pillis
473-6750
John Leofsky
594-9123

Saturday Morning Ride.

Leave from Quail Lake at 10:00 am for a south easterly loop at a moderately consistent pace. Optionally, meet for the "all you can eat pancake/French toast special breakfast" at Gordon's at 8:30. Gordon's is near the King Sopers at South Circle and Fountain. John Ellis 635-2696 is the ride leader.

Sunday Afternoon Show & Go Ride.

Meet at Bijou Street on the south side of Acacia Park at 1:00 pm for a slow to moderate ride of about 20 miles. This is a good ride to meet fellow club members. Contact Ken Pattison 473-5154.

CSCC Events Calendar.

There are several rides on the calendar not described in detail in the newsletter. These are the Acacia Park Dinner Rides, USAFA Training Rides, TOARV Training Rides, and Judge Orr Time Trials. For further details, feel free to contact any club officer or ride committee member.

The ED Sed

Doyle Dikes

Articles from club members concerning your cycling experiences, tips, or opinions are wanted for this newsletter. Electronic submissions via floppy diskette or modem are preferred.

Special Events

Ski Weekend in Leadville, Saturday and Sunday, March 10 and 11. Make your own reservations at the Delaware Hotel in Leadville for Saturday, March 10, 486-1418. Both Alpine and Nordic Skiers are welcome. Since March 10 is a full moon, CSCC is planning a moonlight cross-country ski trip, weather permitting. We will carpool to Leadville from the King Soopers on West Uintah at 6:00 am on Saturday, March 10.

St Patrick's Day West Pub Tour, Meet at Acacia Park at 11:00 am Saturday, March 17. We will cruise up to Manitou through the Garden of the Gods and stop for lunch at the Townhouse. We will pub hop back to Acacia Park. We are hoping Dr. Jekyll leads this ride. Wear your green and join in this fun ride.

Raw Easter Egg Ride, Sunday, April 8. This ride will start from Acacia Park at 1:00 pm. This will be a mapped 20 mile loop. Somewhere in route you will be given a raw egg that must be returned to Acacia Park in one piece and without any cracks. There will be a \$2.00 entry fee for this ride. There will be prizes given to some riders categories and rules yet to be determined.

Texas Easter Hill Country Ride. Easter is a great time to visit the hill country of Texas. The bluebonnets will be in full bloom and its a great way to get a real taste of spring. Contact Anne or Bob Smith if you are interested in a club trip to Kerrville, Texas for the Easter Hill Country Ride.

The PREZ SEZ

Bob Smith

Thanks to Norm Howard and John Ellis for leading the Cross Country Ski trips and the Saturday Morning Rides respectively. It's been a pleasure for Anne and I to show up for an event as willing

participants and not worry about making any of the plans.

Anne and I enjoy making new friends through CSCC. We meet a wonderful group of people with various interests and backgrounds.

Cycling provides us a means of staying physically fit with the added benefit of an expanding social life. Club rides provide a means to relieve stress from our jobs and life's problems with the added benefit of companionship and sharing the outdoor experience with others.

Through club rides in Texas Anne and I gained the confidence to ride our first centuries. There are many riders who ride alone or in pairs and do not belong to a club. If you see someone riding alone, invite them out on a club ride or any club event. Explain the benefits of riding with a group: conversation makes the miles go by faster; sharing the experience is more fun; meeting new people; getting help from club members when you flat or breakdown; learning great new cycling routes; and there is safety in numbers. Help share this wonderful cycling club experience with others. Invite a friend or acquaintance to join our club.

Top Riders

Rider	Miles	Rides
Bob Smith	309	10
Anne Smith	303	8
John Leofsky	290	10
Tom Noonan	219	7
John Ellis	189	5
Bob Hyde	144	4
Doyle Dikes	97	3
Ed Keneski	96	4
Ken Pearson-Hagen	95	3
Carol Jensen	95	3

Top Ride Leaders

Rider	Miles	Rides
John Ellis	168	4
John Leofsky	112	4
Bob Smith	89	4
Bill Rewerts	12	1

Possible F des

Tour of Rio Grande. Some where in New Mexico, April 22, 1990. The course is supposed to be flat and great for tandems or your first long ride of the 90 season. Contact Together Tandems in Ft Collins for Details.

Mother's Day Ride to Cripple Creek and Victor. This is a joint Strada Bicycling Club and Colorado Mountain Club ride.

Ride the Rockies -- June 17-23. Craig to Boulder. Entry is by lottery, contact the Denver Post.

Frozen Waterbottle Chronicle

Bob Smith

Sorry folks for two consecutive years of warm temperatures and beautiful sunny days for the New Years Day ride. Twenty-five riders came out to begin a new decade by riding their bikes. As usual, Bicycle Bill rode back to make sure no one took the short route. Bill was very supportive and helped everyone to complete the 25 mile course.

Many stayed to visit and eat at Pizza Hut after the ride. I especially enjoyed visiting with new members Anita and John Rasper. The Raspers live in beautiful Woodmoor on Doewood Lane and ride a Santana Arriva Tandem. That makes three members with tandems. Is any one interested in an early summer ride featuring tandems around Woodmoor? How about the First Annual 1990 Tandem Tour de Woodmoor?

TOARV-90

The Third Annual Tour of the Arkansas River Valley promises to be the best yet. Set aside the weekend of May 19th and 20th now and plan to participate as either rider or volunteer. Ride

brochures will be mailed later. We need volunteers for various TOARV committees. Contact Bob or Anne Smith at (719) 528-6834.

Tandem Road Test

Bob Smith

John Crandall of Old Town Bike Shop asked Anne and I if we'd like to road test a brand new Red Cannondale Touring Tandem. We said great and rode after a Saturday morning club ride. John gladly changed the standard pedals to our Shimano/Look style pedals from our road bikes. Bob Hyde rode along with us on his single as he was interested in our comments.

We rode west on Cucharrus to 26th Street, took Gold Camp Road to the High Drive switchback, and descended Lower Gold Camp to 21st Street and headed south to Rio Grand to 8th Street and north to Cucharrus and back to Old Town Bike Shop. This was 8 to 10 miles with climbs, downhill descents, and flat terrain.

We were impressed with the way the bike ascended 26th Street. We climbed in a gear or two higher than we could on the Santana. The bike climbed very well and was every bit as stable descending as our Santana. The braking was excellent with the Araya rear drum and Shimano XT cantilevers. I certainly liked the Modolo brake levers. What impressed us most was how easy the bike was to get moving from a standing start, even uphill. This was mainly because of the longer stoker top tube of the Cannondale. Anne, who is 5' 11" and usually rides stoker, wasn't as cramped as on the Santana.

We rate the Cannondale as excellent all around. The frame is stiff yet the fat aluminum tubes seem to dampen most road bumps well. Just to be sure, we'd like to ride it on a long club ride out east or to Penrose and back prior to adding one to our stable. I'm sure the Cannondale tandem is not for everyone but Anne and I are not a typical tandem team. We ride the same size road frames and most production tandems

including the Santana are too short for Anne.

The tandem we tested was a 23x21 touring model with a full complement of front and rear braze-ons. It also has six sets of water bottle braze-ons, three each for captain and stoker. The indexed shifting was sure fire and made shifting a lot easier for the captain. It was also nice to have bar end shifters. I don't like down tube shifters on a tandem. The Cannondale was everything we expected and we were more than pleasantly surprised. For \$2300 this is one excellent long bike.

BIKE EXPOS

On Saturday, March 3, CSCC will have a table at REI to help kick off the 1990 cycling season.

Chapel Hills Bike Expo, April 20-22. CSCC will again participate in the Colorado Springs area Bike Expo by having a booth. Volunteers are needed for booth duty. This is a great way to promote our club and our upcoming summer events.

Club Meeting Chronicle

Anne Smith

Twenty two members attended the club meeting on Monday, February 12th.

The meeting opened with a presentation of the financial report. Next, Bob gave a brief review of the meeting agenda. He presented 1989 ride leader patches to John Leofsky, Doyle Dikes and Neil Kovac. Other ride leader patches were mailed to Bill Rewerts, John Ellis, Ed Keneski and Bob Hyde.

Next, Alan Shiff of Team Telecycle gave a presentation on cross country ski equipment. Alan brought at least 10 different skis and boots and several accessories. He gave an excellent explanation of how and where to use the different types of equipment. After Alan's presentation we took a 20 minute

refreshment break to which included homemade minestrone soup and fruit punch. During this intermission members visited with Alan and one another. Our club says thank you Alan for the great presentation on cross country ski equipment.

The meeting was reconvened with introductions of new members Diane Chalfant, Laura Colon and John Rasper. We moved through the lengthy agenda in about an hour.

Progress on TOARV-90 was reported, we circulated a sign sheet for TOARV committees. It was decided to offer an optional three pocket cotton/poly cycling T-shirt this year. The TOARV pin was tabled until next year because the minimum purchase is 100 pins and we only had 50 riders last year.

We then discussed the club's participation in the Chapel Hills Bike Expo in April. The discussion was mainly around the \$175.00 entry fee. The vote went about two to one in favor of participating in the EXPO.

Club support of Clean Air Week was discussed and commuter sheets were included with the meetings agenda. If the equivalent of every member commutes to work on a bicycle during the week of Feb. 19-23, then the club will win \$50.00 for the treasury from local Bike Shops supporting Clean Air Week. Several members made pledges to commute everyday.

Norm Howard presented the membership with several ski weekend alternatives and the membership voted on Leadville and to stay at the Delaware Hotel on Saturday, March 10th. Leadville has good access to the 10th Mountain Trail System and Ski Cooper. Everyone is responsible for their own overnight arrangements at the Delaware Hotel 486-1418. We will meet at the King Soopers on West Uintah at 6:00 a.m. on Saturday, March 10th to carpool to Leadville.

Anne Smith, Neil Kovac and John Leofsky volunteered to represent CSCC at REI in Denver on March 3rd.

John Leofsky gave a brief description of House Bill 1139. It is an ill conceived piece of legislation. If

passed, it will require the licensing of all bicycles for a fee of \$50.00 per year and will grant state, county and local governing bodies the right to restrict bicycle access to road they consider unsafe for cycling. Contact John at 594-9123 for information on how to stop this legislation. (Late flash - the bill was defeated in committee.)

Discussion on the statewide bicycle club coalition meeting in Arvada hosted by the Denver Bicycle Touring Club was tabled until next meeting. Bob briefly discussed the Hotter'n'Hell ride scheduled for August 19-26. Plans are to ride from Colorado Springs to Wichita Falls, Texas. to participate in the country's largest century on Saturday, August 25. The trip is approximately 600 miles. We will depart Colorado Springs early Sunday morning August 19. and ride approximately 120 mile per day and arrive in Wichita Falls on Thursday afternoon. After a rest day on Friday we will participate in the Hotter'N'Hell Century on Saturday. We plan to drive back to Colorado Springs on Sunday. We will be taking our own SAG vehicles so you will not be required to ride the entire 600 miles unless you choose to do so. Contact myself or Anne to sign up for this ride no later than March 15.

John Ellis will present a slide show of his three month bicycle tour of Europe at the March 19 meeting at the Broadmoorings Condominiums.

Membership Chronicle

The CSCC members and officers welcome the following new members: Diane Chalfant, Laura Colon, Carol Jensen, Charles & Kathy Klinker, Mountain Tour Cycles, Marilyn Peet, Kay Stowell, Robert Wagstaff and Gerald Walter. Welcome again to returning members: Jay Burns & Family, Jim Donnelly, Jene Ducharme, Steve & Penny Koerner, Neil & Charity Kovac, David Lloyd & Family and Bob & Anne Smith.

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 members are removed from the CSCC mailing list.

Classifieds

WANTED: Burley Trailer. Will pay a fair price based upon condition and age. Contact Neil Kovac evenings at 630-3554.

FOR SALE: Santana Sovereign Touring Tandem. The bike is a 1985 model, 22x21 frame size, dark blue metallic, 21 speed, Stronglight cranks, Look Pedals and Huret 3 function computer. In excellent condition. The bike was purchased new in May of 1986. Contact Bob or Anne Smith at 528-6834. Asking \$2000 or best offer.

FOR SALE: Fisher Compact Stereo. Includes turntable, cassette player/recorder, and FM radio. Includes large smoked plastic turntable cover. Two bookshelf speakers, 10 x 20 inches. Purchased new in 1970. In good condition. \$35 or best offer.
Doyle Dikes 594-4144.

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 with 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.

Bicycling Book Reviews

John Leofsky

We're back in the saddle again. I confess to as much riding as reading lately. Here's two more reviews.

Mountain Bike Rides in the Colorado Front Range, William L. Stoehr. (Boulder: Pruett Publishing, 1988) 147 pages, 9.95

This is an attractive paperback in the format that has become standard for cross-country ski route guidebooks. It offers details for twenty-seven rides: four are rated easy; nine are rated moderate; seven are rated moderate/strenuous; and seven are rated strenuous. Most routes follow dirt roads instead of single-track.

The print quality is really good. I like the crisp copies of topographic maps on the left page for each ride description. The graph showing elevation change is clear and practical without excess information. The ride outline provides rating, skill level, round trip distance, average ride time, starting elevation, highest point, and a cross reference to other maps. The detailed description that follows is typically two pages long and is chatty and easy to read.

I can't compare the authors opinion with my own experience because frankly, I'm unfamiliar with his routes. Only one ride is near the Pikes Peak region - Monument Creek west of Palmer Lake. The others are concentrated in the area between Denver and Dillon. This guide is more relevant for Denver residents. I recommend it to any level of ATB rider who frequents the mountains west of Denver.

I have an obvious and necessary criticism because safety takes a backseat to vanity and appearance in the book's photographs. Only one of the many photos shows riders wearing helmets. That's poor and dangerous role modeling.

Effective Cycling, by John Forester. (Cambridge: MIT Press, 1988. Fourth Printing) 344 pages. \$17.50

This book from a zealous industrial engineer might well be called the "bible of cycling." Indeed, it forms the curriculum core for the League of American Wheelmen (L.A.W.) Effective Cycling training program. The author has two other books in print, including Bicycle Transportation.

There is an intense clarity to the writing style in this essential guide. It not only covers the practical aspects of touring, racing, and club riding but goes into surprising scientific detail on subjects ranging from gear charts to body physiology.

Although first published nearly twenty years ago, this book remains an unparalleled classic. The author offers sound advice for commuting, recreational, and sport riding while maintaining assertiveness on the roads. His philosophy is that bicycles are vehicles and we should have the same rights and responsibilities as the operators of any other vehicles.

I am not going to bore you with a poorly stated summary of this fine work. For cyclists from beginner to expert this book provides much valuable information. Whether it's picking your very first bike or investing in a recumbent, eating while racing, or snacking on double century, you'll find it covered here.

If I had to choose one cookbook, it would be the Joy of Cooking; if I had to select just one cycling book, it is effective cycling. I want to thank Bicycle Bill for lending me his new copy which I thoroughly enjoyed reading. Buy this book and keep it.

Doyle Dikes

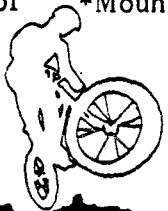
Commercial Memberships

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 cost \$35. All artwork and ad layout must be provided to the editor by the 15th of the month preceding publication.

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*Mountain Bike Rentals and Touring
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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.

On Sunday, December 31, Bill Rewerts, Ken Pearson-Hagen, and I met at Acacia Park for my last ride of the year and the Eighties decade. The weather was clear, sunny, and cold. Bill and I were riding mountain bikes. Ken's road bike was in his car. I suggested riding to the top of Pulpit Rock. Bill was game and Ken offered to go home, get his mountain bike and meet us on the way.

We picked Target on North Academy between Union and Montebello as our rendezvous. Bill and I rode by way of Palmer Park over chattering and jarring sun cups etched by horse hooves in the hard dry crystalline snow atop the sandy roads and trails. Exiting Palmer Park, we crossed Templeton Gap and rode Meadowlark to Ranch to Target.

Bill went in for a drink. I stood outside, a post Christmas apparition wearing black wool tights, neon green and black jacket, white helmet, blue gloves, a red bandanna at my throat, and gold rimmed dark sunglasses. A co-worker recognized me. Ken arrived.

We headed west on Montebello, crossed the dead end barrier and rode on the dirt road. Erindale Heights was to the north and Pikes Peak to the west. At the end of this road was the final ridge to the pinnacle of Pulpit Rock. We bike bushwhacked to the saddle, left our bikes and scrambled to the top of Pulpit Rock. There was no register. The view encompassed Pulpit Rock Park, Erindale Valley, Four Diamond Sport Complex, and a isolated house in the middle of a hidden valley.

On they way back, we rode all the side roads atop this plateau which ended in cul de sacs, already in place for future development.

After a stop at Mckenna's Pub, I rode home through Palmer Park, my fingertips growing numb with the twilight chill. It seemed as if the neon green of my jacket and white logos on my cool weather cycling gloves glowed in the dusk. A chill invigorating end to the last ride of the year and the Eighties decade.