# $\mathsf{cscc}$

### THE BENT FORK CHRONICLES

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

Volume 4 Number 8 Nov/Dec 1990

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. Copyright by CSCC, 1990.

Club Officers

President Bob Smith 528-6834

Vice President John Leofsky (205) 272-8757

Treasurer/Membership
Anne Smith
528-6834

Editor Doyle Dikes 594-9181

Ride Committee

Ken Pearson-Hagen 590-7240 Cathy Pillis 473-6750 John Leofsky (205) 272-8757 Regular Rides

Ride leaders can be contacted prior to the ride for more details. Rides may be canceled due to weather conditions or lack of interest.

Sunday Afternoon 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 David Spiese 635-3240.

Tuesday Lunch Bunch Ride. Meet at 10:00 am at the Hidden Inn in the Garden of the Gods for a summer lunch ride with Anne Smith. This is an easy ride  $\circ f$ approximately 20 miles with lunch at a restaurant during or at the end of the ride. Please call ahead. 528-6834.

CSCC Events Calendar. Check the monthly event calendar for the complete schedule of all CSCC rides. If the event you are interested in is not described in detail in the newsletter, call the number listed on the event calendar for more details.

The ED Sed

Doyle Dikes

This is my last edition the Bent Chronicles and completes second year editor. Having realized some of my desires in dabbling in publishing trade, I turn the job over to Tracey Nyboer who will be your new editor. As always, I encourage you to your cycling share experiences, tips, or opinions in the Fork Chronicles.

#### November and December Events

Halloween Party/Ride, Sunday, October 28. Leave from the Smith's home at 1:00 pm. You don't have to ride to come to the party. Costumes are optional. RSVP to Anne Smith at 528-6834. Five dollars will be charged to cover Bob's famous chicken fajitas and margaritas. NO SUNDAY ACACIA PARK RIDE ON THIS DATE.

Winding Stairs Road, Saturday, November 10. This 30 mile intermediate ATB loop ascends from Monument on Mount Herman Road to a short traverse along Rampart Range Road and descends Winding Stairs Road to return to the start. There are no convenience stores along the way so be prepared for an exhilarating alpine ATB ride with plenty of fresh air and spectacular views of Pikes Peak and the eastern plains. Meet at the Chapel Hills parking lot west of Sears at 8:00 am. Tim Tiefenbach, 574-6406.

Tour de Turkey, Sunday,
November 18. This is CSCC's fifth
annual Turkey Day ride. Leave at
1:00 pm from Quail Lake Park on
Cheyenne Mountain Boulevard, east of
Highway 115 near ATMEL. There will
be options for loops of 10, 15 and 25
miles. The ride entry fee of \$3
covers cookies and hot cider after
the ride and a chance to win a
turkey. NO SUNDAY ACACIA PARK RIDE
ON THIS DATE.

Moab ATB Thanksgiving. Thursday through Sunday, November 22 - 25. Tim is planning this adventure and invites other club members along for some slick rock fun. Tim plans to drive to Moab Wednesday night, stay at the KOA campground in Moab, and return on Sunday. Please RSVP by Sunday, November 18. Tim Tiefenbach 574-6406.

Shelf Road and Phantom Canyon Road Metric ATB Century, Saturday, December 15. Ride through the "Banana Belt" of Fremont Country on the last fall weekend of the year. Leave from the Albertson's parking lot at Highway 115 and Cheyenne Hills

at 6 am. Sop for breakfast at C's in Penrose. C's is restaurant sometimes used as a starting point by the Canon City Cycling Club (CCCC). Meet in Canon City at 8:15 for a 8:30 ride start. Start riding from the "government agency parking lots" near Dozier and the last street light to the east in Canon City. This ride is from Carol Boody's excellent mountain bike tour guide, "A Mountain Bike Touring Guide for Canyon City, Colorado". Doyle Dikes, 591-9181.

Frozen Waterbottle Ride,
Tuesday, January 1. This is CSCC's
fifth annual New Year's day ride.
The Frozen Waterbottle was Bob
Smith's very first ride for CSCC as a
ride leader. Start the New Year
cycling and celebrating with CSCC.
Leave at 1:00 pm from the K-Mart on
Powers and Palmer Park. There will
be options for loops of 10 and 25
miles. Warmup at the Pizza Hut
after the ride. Bob Smith 528-6834.

#### Winter Ski Trips Norm Howard

A great way to diversify your

aerobic exercise is to cross country tour with your friends in the CSCC. Day trips will leave at 8 am from the King Soopers parking lot located at 1750 West Unitah. Dates for December are Saturday 8, Sunday 16, and Sunday 23, weather permitting.

The Ski Committee has booked the Friends Hut near Pearl Pass above Crested Butte for December 28th and 29th. This is an expert ski trip. It is 9.5 miles to the hut from Crested Butte. The cost for one person for sharing the hut for two nights is \$30. For more information and to make your reservation, call Norm Howard, 540-8175.

#### Club Meeting

There will be no club meeting in November. Our next meeting will be our Annual Awards Party on Saturday, December 1st.

#### 1991 Nominations

President Bob Smith

Vice President Ken Pearson-Hagen

Treasurer/Membership Anne Smith

Secretary Volunteer Needed

Editor Tracey Nyboer

Road Bike Ride Committee John Ellis Neil Kovac Cathy Pillis

Mountain Bike Ride Committee Doyle Dikes Tim Tiefenbach

> Ride Statistician Neil Kovac

Ski Trip Committee Doug Barnett Norm Howard Bob LeCour

Refreshments Committee Cathy Pillis Tracey Nybor

Tax Exempt Certificate Committee Volunteers Needed

This need attentions if CSCC does not want to end up like you know who.

#### THE PREZ SEZ

Bob Smith

Thanks Doyle, alias "ED SED", for two years of great newsletters. The Bent Fork Chronicles received numerous compliments and as the editor, you deserve the credit. Doyle Dikes is the volunteer of the month for all those hours spent at the keyboard preparing newsletter.

I hope you will continue to contribute articles to newsletter while the ED the SED

is in retirement.

Anne Smith, Suzy Cerrato, Bobby Smith, Dave Dunda, John Ellis and myself completed a grand total of 3175 miles in six days on the Hotter'N Hell or Bust Ride during the third week of August. John Ellis is the male rider of the month for riding 700 miles of the total 725 miles. Suzy Cerrato is the female rider of month for riding 535 miles on that ride. Suzy, I proclaim you totally cured from your knee surgeries of a year and half ago.

Congratulations to Becky Nichols, Paul Privitera and Diane Segerstedt on completing their first sanctioned centuries.

The ride leader of the month is Ken Pearson-Hagen for leading the Saturday morning rides from Chapel Hills Mall.

A special thanks to Cathy, Tracey, Terry, Neil, Jim, Tom and David for the great send off on the Hotter'N Hell or Bust Ride.

I'd also like thank those of you who have recently joined or renewed your memberships in CSCC. The club is about 120 members and growing

every week. If you have suggestions or ideas for club outings and activities, please contact one of our officers.

We plan to offer bike rides on Saturday and Sunday throughout the winter. We also plan to offer cross country and possibly downhill ski outings a couple time per month from December through March.

Top Riders and Top Ride Leader

Top Riders and Top Ride Leader mileage tabulations are exclusive.

#### Top Riders

Rider	Miles	Rides
Anne Smith Ken Pearson-Hagen John Ellis David Spiese Jim Donnelly Doug Barnett John Leofsky Tim Tiefenbach David Lloyd	M11es  3255 1769 1737 1692 1607 1303 1240 1230 1225	Rides  76 51 20 46 38 26 30 27 22
Gary Papazian Bob Smith Carol Jensen Bob Hyde Doyle Dikes	1111 1092 1054 1024 1000	24 28 19 28 48

#### Membership. Chronicle

The CSCC members officers welcome the following new Suzy Cerrato, Char members: Mary Friedrichs & Family, Mrlt Johnson, Michael V. Pieczarka, Seely, Robert H. Paige Ramsey. Stanley & Family, Aaron Sheila Teeters and Chris Vadala. Welcome again to returning members: Doug Barnett, Doyle Dikes, Norm Howard & Family, Ed Keneski, Jim Miller, Bill Rewerts, Gerald Roebke, Diane Segerstedt.

A special welcome to our newest commercial member, Bill Simmons, New York Life Agent.

Bill L. Simmons Agent



New York Life Insurance Company 5575 Tech Center Drive, Suite 300 Colorado Springs, CO 80919 Bus. 319 590-6300 Res. 719 548-1689

#### Top Ride Leaders

Rider	Miles	Rides
Bob Smith	2675	66
John Ellis	673	13
John Leofsky	537	24
Anne Smith	451	20
Doyle Dikes	419	8
Tom Noonan	200	7
Ken Pearson-Hagen	156	5
Bob Hyde	139	2
Cathy Pillis	66	5
Ed Keneski	43	1
Bob LeCour	35	2
Bill Rewerts	32	2
Marilyn Peet	31	1
Paul Privitera	31	1
Tracey Nyboer	28	. 2
David Lloyd	23	1
Norm Howard	17	1

## Vermont in the Fall Chronicle Dick and Wanda Snell

We dreamed of biking the Vermont countryside for years and 1990 was the year we finally took the plunge. We signed up with Vermont Country Cyclers for their Tour de Vermont during the last full week of

September.

Vermont Country Cyclers offer inn-to-inn tours of varying lengths. The Tour de Vermont is their longest, lasting six days and nights, and goes through approximately two thirds of the state. We rode 435 miles in six days and didn't choose the longest route every day! We rode with 14 other riders and two tour leaders.

The riding was superb, it was worth the long drive to Vermont. Vermont is a rural state with only 500,000 residents. It is the smallest of the states in many

respects, an example less being more. Our routes were mostly on lightly traveled country roads through a variety of dairy farms, wooded hillsides, scenic river valleys, and picturesque New England villages with the classic white steeple church on the village green.

Vermont's natural beauty is enhanced by the state's ban on billboards which reduces visual pollution and a bottle deposit requirement which nearly eliminates road side litter. Bicycle touring is big business in Vermont. Automobile drivers cooperate by being very courteous and giving cyclists plenty of room.

We were surprised by the hills, we did not expect so many. While there are longer hills in the Colorado Springs area, Vermont is quite hilly and very steep in places. Our riding hills at higher altitudes paid dividends in Vermont.

The weather scared us in the beginning. We arrived on a rainy Saturday and the previous week had been wet. We started riding in the rain Sunday morning, but the weather steadily improved and we finished up with two days of gorgeous sunshine. The timing was perfect as the Fall colors reached their peak in those last two days. The hillsides were ablaze with autumn reds, oranges, and yellows - the New England Fall colors are truly stunning.

We heartily recommend cycling in Vermont. The scenery is wonderful and the roads are good. If you like the idea of care free inn-to-inn travel with nice lodging and wonderful meals and someone else taking care of all the details, go with Vermont Country Cyclers, they do a great job.

#### WOWAKAS Chronicle

Doyle Dikes

This column marks the end for this season of the WOWAKAS, a concerted attempt to bring to life the PREZ's dedication of the CSCC 1990 cycling season to women.

The success of the CSCC in fulfilling this theme is measured by the raised awareness of issues

regarding women in cycling which served to focus certain activities and friendships.

"And on some summer's day, When the breeze is on the air, When the sun is a shimmering disc above the alumina clouds, When the road is a ribbon of black along the green roadways, A WOWAKAS may come pedaling -- pedaling -- pedaling --, A WOWAKAS may come pedaling, up to Acacia Park."

#### HHH Chronicle

Bob Smith

Not everyone chooses to ride 625 miles in five days just to be one of 11,535 cyclists to participate in the largest one day cycling event in the USA. HHH stands for Hotter'N Hell Hundred, Texas style.

I'd never ridden five back to back 125 mile days before this adventure. I still haven't. I fell a little short of my goals, not because I was tired, but because my butt was tired. I could hardly sit on the saddle. I did, however, ride 575 miles in 5 days which is only 150 miles short. After one day of rest, Anne and I rode the 100 mile century option of the HHH on our tandem bike.

the HHH on our tandem bike.

When I planned this trip, I thought it was all downhill from Colorado Springs to Wichita Falls. There is over 5000 feet difference in elevation between the two cities. The terrain was relatively flat to rolling with about 350 miles of headwinds. Turning south always meant turning into the wind. So it felt as if we were often riding uphill.

The best time for riding was between the hours of 6 and 10 am before it got real hot, 95 to 100 degrees. The odd numbered days were the best. Day one was cool in the morning and everyone was fresh and anxious to ride. No one wanted to drive the van the first couple days. Everyone completed the 130 miles to Eads, Colorado by 3 pm.

Day three was another great day. We left Boise City, Oklahoma shortly after 7 am and headed for

Perryton, Texas. The m ning was cool and we were headed east through the Oklahoma panhandle. The road was flat as a pancake with a tailwind. The first 70 miles to Guymon, Oklahoma was a breeze. Anne and I finished day three riding our tandem bike.

Days two and four were the worst. We had headwinds nearly all day. We rode south both days from daylight to near dark. Day four was a disappointment for me because when arrived in Wellington, Texas. It was near dark and there were no suitable motels. Suzy, David and Bobby were about to revolt. We all packed into the van and drove 30 miles to Childress, Texas.

My original route as planned crossed the Red River twice and I was really looking forward to that. However, everyone was very tired and I was overruled so we did not back track to the original route. We rode US 287 from Childress to Wichita Falls.

Day five was probably the most moderate day of riding with only 110 miles to travel. It began to rain 10 miles from Wichita Falls. I only rode 85 miles on the last day.

All in all the trip was just great, it was more difficult than I expected. The group held together just fine and everyone is still friends. Probably better friends for having shared this experience. The route was excellent. Except for Colorado 94 and a 10 mile section of highway in Oklahoma, we had shoulder to ride on the entire route.

I might consider doing this ride again some day but will allow six days instead of five. Maybe next time I'll fly to Wichita Falls and ride back.

Hotter'N Hell Hundred is a great ride. Every rider needs to experience it at least once. The whole community is involved. Bill Horne, a professional There are rest stops every 10 miles bicycle tourist and speaker, has to 10 miles until the riders stretch Alaska to Miami, Florida. out.

#### Lead Triangle Weekend Chronicle

Bob Smith

The second annual Lead Triangle Weekend was on the third weekend in September this year. Saturday's weather was a typical fall day in the mountains, cool and great for riding.

The foliage was not quite at its peak. The scenery was beautiful none the less. Everyone enjoyed the route. Of the seven riders, three were women. Anne was pleased to have Andi Lloyd and Paige Seely for company. This route is one of the most beautiful 92 mile loops in the state and can be easily completed in one day on a bicycle.

This year we rode counter clockwise over Fremont, Vail and Tennessee Passes which was opposite direction from last year. We lunched again at the Turnaround Restaurant in Minturn. Everyone was finished by 5:30 pm this year instead of the finish of last year. Anne, Jim Donnelly and myself prefer riding the route counter clockwise.

David Lloyd said he didn't understand why there weren't 20-30 riders out for this ride. I agree with David. I don't understand why more riders aren't out for this ride. It is one of the best rides of the season.

Sunday was very cool, overcast, and drizzly. The 23 mile loop around Turquoise Lake was just what the doctor ordered to loosen up after the previous day's 92 mile ride and the large Mexican dinner afterwards at the Delaware Hotel.

#### Horne Chronicles

by Bob Smith

for the first 70 miles and every toured the perimeter of the USA, a 6 miles from there to the finish. The support is superb. One glitch is the mass start. You have to the October CSCC meeting. Bill is be very careful for the first 8 currently touring from Anchorage,

I met Bill at Acacia Park after the Sunday ri. He joined us for our Monday Dinner Ride. Bill is so interesting that I invited him to our home and the club meeting. Due to prior commitments he choose to stay downtown close to his speaking engagements.

Bill was very happy to come to the club meeting and was very entertaining as he talked about his experiences, values, and lifestyle. He also shared many touring and camping tips with fellow cyclists.

Bill is a very excited and inspirational person who has found himself through cycling. He is very aware of the natural environment. He believes cycling is the best way to travel because it is fast enough to prevent boredom yet slow enough not to miss anything. Bill is one with his custom touring Klein bicycle and nature.

I personally feel privileged for having met Bill and the opportunity to share a few hours with him. I admire his courage and his fortitude. I wish for his journey to be safe and for him to attain his goals. I hope Bill returns to Colorado Springs someday. I wish more CSCC members were at our last meeting. Talk to those who were and I'm sure they will have some wonderful things to say about Bill and his experiences.

#### Dr. Naun Science Answers

Mz. Noe Biz asks:

What do cyclists wear for underwear?

This is a sensitive question wrapped in a lot of historical tradition. Would you believe "All my cyclists wear Jockey(r) or they wear nothing at all?"

It seems biking shorts with chamois or synthetic liners are more comfortable when wearing no underwear because of the seams in traditional street clothing.

The Performance Bicycle Shop Catalog, Holiday 1990, provides this answer:

"For those of you who are not sure what to wear under cycling shorts, try our improved Bicycle Briefs. Constructed of a comfortable blend of 38% cotton/12% Lycra(R), these shorts feature a wide 1 1/4" elastic waistband plus the legs are hemmed with elastic to prevent slippage. Have you ever wanted to wear 'non-cycling' shorts but were concerned about chafing? Our padded version has all of the same features and allows for comfortable riding in non-padded shorts with the addition of a contour cut Wicktec (tm) fleece liner. This liner will keep you dry and comfortable due to its excellent wicking properties. Available in White. Sizes XS(24-26), S(28-30), M(32-34), L(36-38), XL(40-42). Made in USA.

17-1905 Bicycle Briefs, \$9.95 17-1907 Two Pair \$17.95 17-1915 Padded Briefs \$11.95 17-1917 Two Pair Padded \$21.95

Perhaps you've noticed that the Performance Bicycle Shop Catalog mailing label includes CSCC's name and telephone number on mailing labels in the Colorado Springs area. However, returning the favor with this plug for one of their products is not the only reason for this answer. I've personally tried Performance Padded Briefs and find them much more comfortable under tights than cycling shorts as they are less bulky. Unless you are planning on riding 16,482 miles in six seconds, I recommend these briefs as a light and inexpensive way to expand your cycling comfort fashion possibilities.

#### Commercial Memberships

In order to provide a fair and equitable program to businesses who which 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 A Commercial Membership costs \$35. All artwork and ad layout must be provided to the editor by the 15th of the month preceding publication.



Pre-Owned Cycles classics, customs consignments

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Dick & Olga Anson Colorado Springs (719) 593-7804 Jerry Bunting Boulder/Nederland (303) 443-6247

#### Classifieds

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

BIKE REPAIRS: Overhauls including bearing repacking and wheel truing. Eight years experience. Reasonable rates. Call Ken Pearson-Hagen at 590-7384.

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

#### CSCC Map Booklet

If you have map booklets or money outstanding, please turn it in as soon as possible.

#### 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 Shops (719) 634-4915. Now at two locations.

Pedal Revolution (719) 389-0909

Rustic Hills Bicycle Center (719) 550-1188

Bike Pedal, discounts on used bikes, 595-7804.

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.

#### Annual Award Party

Saturday, December 1

7 pm

Broadmooorings Condominiums
International Pot Luck
Awards Ceremony