

# THE BENT FORK CHRONICLES

COLORADO

SPRINGS CYCLING CLUB

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

Volume 5

Number 1

January/February 1991

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 1991.

## CLUB OFFICERS

### President

Bob Smith  
528-6834

### Vice President

Bill Baughman  
591-6414

### Treasurer/Membership

Anne Smith  
528-6834

### Secretary

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634-6062

## ROAD RIDE COMMITTEE

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637-8473  
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473-6750

## ATB RIDE COMMITTEE

Bill Baughman  
591-6414  
Doyle Dikes  
594-9181  
Tim Tiefenbach  
574-6406

## 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.

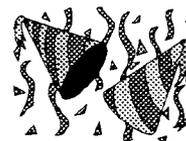
**SUNDAY AFTERNOON RIDE** - Meet at Bijou Street on the south side of Acacia Park at 1:00 PM for a slow to moderate ride of about 20 miles. This is a good ride to meet fellow club members. Contact David Spiese 635-3240.

**TUESDAY LUNCH BUNCH RIDE** - Meet at 10:00 AM at the Hidden Inn in the Garden of the Gods for a lunch ride with Anne Smith. This is an easy ride of about 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.

## HENRIETTA SPEAKS!

HAPPY NEW YEAR!

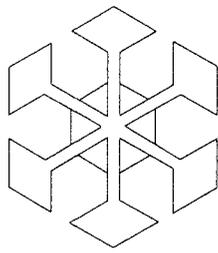


This is an exciting issue of THE BENT FORK CHRONICLES, with its new format and new editor, alias Henrietta. And it's full of lots of interesting information, thanks to fellow members' literary donations (also Henrietta's threats of death).

Although baby it's cold outside, you can't just sit around and (???) all day. Take the John Ellis Challenge (fitness article herein)! Yours truly has been on this program since the first of November, and except for a brief respite around the holidays, has been religiously sweating and lifting those weights 3-4 times per week, in addition to an occasional ride. It is WORKING!!!! Watch out this spring, you guys!!!

Also, everyone has done some fun or special rides - let's hear about them! And what about those ski trips? I welcome your cycling related tips, tricks, comments, editorials, and stories. Don't worry if you don't remember if "i" goes before "e" and you still have nightmares about your grammar teacher! That's why you have an editor! Submissions on disk should be in ASCII or WordPerfect format. Handwritten submissions also welcome.

## January and February Events



Penrose Lunch Ride, Super Bowl Saturday, January 26. Warm up for the Super Bowl on this winter jaunt to Penrose for lunch with members of The Cañon City Cycling Club. Leave from Quail Lake at 9:30 am to arrive at the Gooseberry Inn at noon. In the event of inclement weather, make the trip by automobile. Colorado Springs riders should plan to ride 70 fast paced miles. Your leaders are Carol Crane 275-6830 (Cañon City) and Doyle Dikes 594-9181 (Colorado Springs).

Special Edition Monday Dinner Ride, December 31st - Meet at Palmer Center near the Antlers Hotel at 3:00 p.m. for a short 10 to 15 mile ride about town. Warm up with some handcrafted beer or coffee at the Antler's Brew Pub after the ride. Dinner is optional.

5th Annual Frozen Waterbottle Ride, Tuesday, Jan 1st at 1:00 p.m. from K-Mart on Powers and Palmer Park. Mapped loops of 10 and 25 miles. Warm up at the Pizza Hut after the ride. This is our annual New Year's Day Ride.

Annual Sweethearts Ride, February 10th. Meet at Acacia Park at 1:00 p.m. (bring your sweetheart!) Warmup with sweets and hot chocolate at Michelle's after a ride of 15 to 20 miles.

### UPCOMING EVENTS

3rd Annual St. Patrick's Day Pub Tour. Starts from Acacia Park on Saturday at 10:00 a.m. on March 16th. After a 15 to 20 mile ride we will frequent a few popular Manitou and West Side Irish Pubs for some green brew and corn beef and cabbage. This year we will add Beckett's and the Pub at the Antlers to the beer tour.

3rd Annual Raw Easter Egg Ride. Sunday, March 24th at 1:00 p.m. from Acacia Park. There will be a \$3.00 person fee (\$7.00 per family). Light refreshments after the ride.

4th Annual TOARV, Tour of the Arkansas River Valley, May 18-19. Two-day 185 mile loop through the Arkansas River Canyon from Cañon City to Buena Vista and back to Cañon City.

### Ski Dates

Cross Country Ski trip dates are:

Saturday - January 5th  
Sunday - January 13th  
Sunday - January 27th



Saturday - February 9th  
Sunday - February 17th  
Saturday February 23rd

Enhance your aerobic workout with your CSCC friends on our one-day cross country ski trips. Leave 7 am from King Soopers parking lot at 1750 West Uintah.

For more information, contact Norm Howard 540-8175.

### MEMBERSHIP NEWS

The CSCC members and officers welcome the following new members: Susan Ault, Kevin J. Brauer, J.B.(Jay) Davis, Kim Kitchen, Al Lucero & Family, Rick Pearcy, and Harold & Margaret Shaw. Welcome again to returning members: Jim Donnelly, John Ellis, John & Anita Rasper and Richard Stratton. Welcome commerical member Al Joseph Photography.

### CLUB MEETING

Wednesday, January 16th at 7:00 p.m. Broadmoorings Club House on Cheyenne Mountain Blvd east of Highway 115 (south Nevada). Bring your own beverage; the club will furnish a light snack.

## THE PREZ SEZ

Bob Smith

Christmas has come and gone, I hope some of you received bicycle goodies this year. This time of year is always great for reflecting on the past year and contemplating what's around the corner in 1991. I have been reflecting on the club's successes in 1990. What pleased me the most was growth of the club and the enthusiasm of the new members. Our new vice president (Bill Baughman) has been a member about six months. In recent months he has become one of the most active ride participants, and he will also be taking an active roll in the mountain bike ride committee.

In addition to Bill, several members have become very active like Tracey Nyboer, John Ellis, Doyle Dikes, Tim Tiefenbach, Norm Howard, Cathy Pillis, Ken Pearson-Hagen and Becky Nichols. We recently had 20-36 riders on Sunday rides in November. Thank you everyone.

Next year we hope to add some roller blade activities, expand our ski program and add more hiking/climbing. If you have an interest and don't see it on the calendar, then volunteer to lead it, and I'm sure there will be a few followers. Don't get discouraged if you lead an outing and only one or two people come out. I have led many a ride of 2 or 3. The advantage of a small turn out is that it's easier to keep track of everyone.

Also, we want to continue to encourage more women to participate in club outings. We hope to extend this participation to include children. We currently have two boys - Lance Lloyd and Blaine Baughman - who have been out on several rides.

The January club meeting will be a planning session for the '91 calendar. Bring your ideas and we'll put them on the calendar. We will have the preliminary TOARV brochure for this meeting. We need TOARV volunteers to work on committees, sponsors, etc.

I'm looking forward to '91 and working with the officers and committee members. I think '91 will be another prosperous year for CSCC. I'm excited about the new programs and events that are being added to the calendar. We are not just a cycling club any longer. If you have varied interests, so do our members. Many of us share a love for the great outdoors and nature. We are also interested in preserving the environment for everyone to enjoy.

Happy New Year to everyone. Be safe in all your endeavors in the coming year and the years beyond.

## Banana Belt Chronicle I

Doyle Dikes

On October 27, Bill Baughman, Sheila Teeters, and I drove south to meet the Cañon City Cycling Club (CCCC) for a breakfast ride and club meeting at Mr. C's in Penrose. The sun was rising on a cool, clear day. The bright white vapor trails of westward bound jetliners streaked the reddened dawn horizon. I went on this ride to check out Mr. C's restaurant. Plus, as a member of the CCCC, I wanted to attend a meeting.

Leaving from the Cañon Inn at 8 am, we rode with the Boody family, Carol Crane, Josh White, and others, along Highway 50 to Penrose. The highway shoulder was wide and the pace comfortable as we biked into the rising sun. The cool morning ride whetted my appetite. Mr. C's serves ample portions at reasonable prices. The Breakfast Burrito was terrific, the pancakes are more than one can eat.

The club meeting focused on participation and club directions. Carol Crane and I agreed to sponsor a joint lunch ride between CCCC and CSCC. Riders from both clubs will meet at the Gooseberry Inn, a highly recommended Penrose restaurant. Carol's vision for biking in Cañon City includes supporting development of trails. Via the Quick Release (the official publication of the Canon City Cycling Club), Carol is soliciting support from bicycle shops and other cycling clubs in conjunction with the Fremont Trails Task Force, by sponsoring a write-in campaign to save the bridges of Tunnel Drive. Fellow CSCC club members can participate by sending a note similar to that contained in the related article to the Cañon City Council (also, CCCC?).....

After breakfast and the club meeting, Mickey, Minnie and Pluto headed off alone to ride Brush Hollow Reservoir and Fremont County Road 123 on the way back to Cañon City. Looking for adventure, we soon came to a overlook point from which a brief steep downhill portage was necessary to reach the road along the shoreline. While completing the circuit of the reservoir, we enjoyed the Indian Summer day, laughed about the huge patches of cockleburs; carefully skirted the mud flats, and wove in and out of leaf covered fishing roads among the trees along the northern shoreline. A technical pitch along the south western shoreline led to a steep shale covered road.

We returned to CR 123 and continued our return ride to Cañon City where we headed down McKenzie Avenue to add the Arkansas River Pathway to our ride. This is an abandoned Santa Fe railroad converted for public use. The leaves crunched under our tires as we passed through Spook Lane, a section of the trail decorated especially for Halloween. We rode all the way to Ninth Street before returning to the Cañon Inn to finish 35 miles of mixed ATB biking on this beautiful Fremont County Banana Belt bike tour.

## **Tunnel Drive Closed - Travel At Your Own Risk**

*Carol Boody*

While travel on the Tunnel Drive bridges has long required extra care because of deteriorating timbers, the route has never had the gate locked before. The city's insurance agent has recommended to city council that the road be closed and to travel at your own risk (mountain biking assumes this, anyway). Several years ago, Council voted to have the city engineer survey the bridges and get estimates to repair them. Whether the repairs were for auto or hiking/bicycling traffic makes a big difference in cost. This scenic route is not now closed for hikers/cyclists since we have knowledge in dealing with gates and fences; however, visitors to the city who want to hike or ride this route may be intimidated and therefore excluded from an excellent beginners level family type ride.

Please take the time to write to the city to ask that the bridges be repaired for hiking/cycling use only, giving hikers and riders a year round trail. Perhaps we could have a SAVE TUNNEL DRIVE ride to help promote this.

Below is a suggested form to send to:

Cañon City Council  
612 Royal Gorge Blvd.  
Cañon City, CO 81212

Dear Councilpersons:

I have been recently made aware of the closing of the Tunnel Drive by the city in response to your insurance agent's request. As a local area resident, taxpayer, voter and bicyclist, I request that you vote for funds to fix the bridges so that they are safe for hiking and bicycling but remain closed to automobile traffic.

Since Cañon City is embarking on the planned Riverfront Development with trails connecting to the Riverwalk, I feel it is an oversight to not spend a few dollars to repair these bridges now so visitors and locals alike can enjoy this historical and scenic route.

Sincerely yours,



## **Tour of the Valley Century 1990**

*Mike Monferdini*

On September 9, I made the trip to Grand Junction to ride in the Tour of the Valley Century. Riders were welcomed at the Grand Junction Hilton Hotel with special room rates. In addition, all the pre- and post-ride activities were held there.

Approximately 750 riders started the day with a breakfast of yogurt, fresh fruit and muffins. We then picked up our packets and started on a pleasant ride through some beautiful country. There were 3 different routes - 25, 50 and 100 miles. The 100 mile tour began with a meander through the downtown area, then headed out of town past beautiful orchards into Palisade, Colorado. Rest stops were at the 13 and 29 mile markers.

We then headed back to the Hilton, which was the 50 mile rest stop. Those of us riding the full century got back on our bikes and headed toward the Colorado National Monument where we rode along the base of some gorgeous rock formations. Then on to the town of Fruita and eventually to the last rest stop at Highline Lake. This was the 78 mile rest stop with shade trees to cool off and a chance to rest those muscles.

After returning to the Hilton, we enjoyed a much-deserved pasta dinner with all the beer and pop we wanted. A live band was playing music from the 60's and 70's. We also enjoyed the pool, hot tub and volley ball courts which were all open to all riders.

This ride was well sponsored, well organized and well worth the trip!

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*Take the John Ellis Challenge*

## **Fitness and Training Tips**

*John Ellis*

Winter is here, and many of you have put your bikes away for the season. For some, this could mean several months of inactivity, unless you plan another form of exercise. Weight training is a good form of exercise whether you want to maintain fitness for the next season or if you want to improve performance.

Start a training plan that fits your personal fitness level and performance goals. Whether you are training for exercise and fitness or for a competitive season, establish a plan that will help you achieve the level you desire.

Determine your purpose for training. Do you plan to compete? Do you want to ride more miles next season, be a little faster or climb hills better? Or would you just like to look good sitting on your bike in your brand new lycra outfit? (C'mon, why are you really doing this??) Once you have determined your purpose, start developing your training phases. Base them on

both short and long term goals which are both realistic and will bring the results you desire. Each phase has a specific purpose, whether it be for general fitness, speed or power. Your purpose for training will determine the number of phases and the intensity of each. For example, someone training for overall fitness won't need to train the same as a person who competes.

If you are a beginner, schedule time to do your exercises three to four times per week but not on consecutive days. Your muscles need time to recover from activities they aren't used to doing. The purpose for exercising is to make you feel fit and enjoy what you are doing. Over-exerting yourself will only cause you to be sore and perhaps irritable, and you won't look forward to your next workout.

I am presenting this training plan to give you ideas on setting up your own personal program, whether at home or at a gym. I have used variations of the workout program listed below to achieve such goals as: riding a metric century in less than 3 hours; becoming very strong in the hills, riding from Washington, DC to Parsons, KS (1500 miles) in 15 days; riding a 100 mile (century) ride in less than 5 hours, surviving the race to the top of Mount Evans, and the ride from Colorado Springs to Wichita Falls, TX for the Hotter n Hell Hundred.

As with any fitness program, get a physical before you start! Discuss your goals and ideas with someone experienced to assist you in setting up a program. Proper diet and rest is important, too.

☐ **PHASE I - GENERAL FITNESS** - Your focus here is on overall health, cardiovascular conditioning, muscle balance and flexibility. Strength and endurance are included in later phases. In Phase I, seek to gradually increase the amount of exercise. Suggested activities include stretching, body and aerobic conditioning through aerobic classes, weight training, cross country skiing, jogging, swimming, cycling, etc. Exercises shouldn't be intense, but rather at a level with adequate resistance to be beneficial. I use Phase I as a recovery period from bicycling. It gives me time to get off the bike for a while so I don't get burnt out.

☐ **PHASE II - INCREASE TIME, WEIGHT, REPETITIONS** - Here you pick up the pace. You work out at an aerobic pace, using medium weights and repetitions. Exercises should be done in moderation. Remember, you are only in the second phase here, and you want to keep enjoying exercising in the other phases (you ARE enjoying exercising, aren't you???) During Phase II exercises may be added or changed (but not drastically) to keep it from becoming boring. Changing or adding an exercise also helps work other areas of the body. YOU determine what changes are necessary based on your purpose for training.

☐ **PHASE III - INCREASE STRENGTH** - You do this by increasing weight, number of sets, the workout intensity and decreasing repetitions during your workout session. During this phase, train with emphasis on specific areas (upper body, lower body). It begins to get hard during this phase. You will sweat and feel soreness in places you thought were in shape. Your

short and long term goals play a bid role in Phase III, as you must concentrate on the area you are working and envision yourself at the end of this phase. This may be your longest phase, depending on what you want out of it. Aerobic conditioning is also important, so don't forget to ride your wind trainer!

In January I will be having a meeting to demonstrate the movements and specifics of these phases. You don't have to be a member of an expensive club to be in shape! If you are interested, please call me for details. John Ellis 637-8473.



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## **CSCC CHRISTMAS PARTY AN INTERNATIONAL INTRIGUE...**

December 1st was the CSCC 3rd annual Christmas party and awards banquet, with an international theme. Everyone brought a favorite ethnic dish to share (and how about that heartburn in 5 languages?). About 60 people attended, making this our biggest indoor event yet!

Bob Smith presented 1990 awards for club miles and for appreciation to those who have helped make CSCC a growing, active organization. After the awards, musical entertainment was performed by the Cycle-Ettes. The song, a take off from the Beach Boys old hit, was called "Bob-Bob-Bob, Bob-Bob-&-Anne," a group effort written to review the cycling year!

Afterwards, non-gender-specific white elephant gifts were exchanged. These gifts included such items as spoke nipples ("Hundreds of 'em!"), a banana warmer, spokey dokeys, cycling art, barettes, and dog tupperware.

Thanks to Lori Martin and the Christmas Party Committee for the beautiful decorations and preparations!

(By the way, who WAS that funny shaped woman in the red bikini who silently stood in the corner all evening...?)

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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 Shops (719) 634-4915 - now at 2 locations.

Pedal Revolution (719) 389-0909

Rustic Hills Bicycle Center (719) 550-1188

Bike Pedal (719) 595-7804 - discounts on used bikes.

In order to receive your discount, you must present a valid CSCC membership card. If you have not received your membership card, contact Anne Smith at 528-6834.

**New Club Discount** Bob Reynolds of Mountain Tour Cycles has presented the club with a very interesting discount offer. Bob hopes this program will benefit both riders and the club.

All members will receive a 5% discount when shopping at Mountain Tours by just mentioning that you are a member of Colorado Springs Cycling Club. Then give your receipt to our treasurer (Anne Smith) and at the end of the month. She will present the receipts to Bob, who will reimburse to the treasury an additional 5%. Be sure to mention that you are member of CSCC prior to making your transaction.

This is an excellent program, and it can benefit cycling in many ways. Thank you, Bob, for presenting this wonderful offer to our club and membership. Remember, Mountain Tour Cycles is now located at 3365 N. Academy or by phone at 596-8804.

Maybe other Bike Shops would be interested in this program. Talk to your bike shop owners and suggest it to them.

## 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. A Commercial Membership costs \$35. All artwork and ad layout must be provided to the Editor by the 15th of the month preceding publication.

## CLASSIFIED ADS

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 the Club mailing address by the 15th of the month preceding publication. You must include all pertinent information, including where you can be contacted. The CSCC newsletter cannot be held responsible for any typographical errors.

**BROADMOORINGS CONDO** - \$4,000 to assume 9% loan. 2 master bedrooms, 2 full baths, 2 car garage. Contact Norm Howard 540-8175.

**FOR SALE** - 1985 Santana Sovereign Touring Tandem (22x21 frame size) in excellent condition. Dark blue metallic, 21 speed, Strong light cranks, Look pedals and Huret 3 function computer. The bike was purchased new in May of 1986. Contact Bob or Anne Smith at 528-6834. Asking \$1900 or best offer.



**MOUNTAIN TOUR CYCLES**  
3365 N. ACADEMY BLVD.  
COLORADO SPRINGS, CO 80917  
719/596-8804

- BICYCLE SALES
- MOUNTAIN BIKE RENTALS
- SERVICE AND REPAIRS
- ACCESSORIES

**GT ALL-TERRA**

**UNIVEGA** **GIANT**

**BOB REYNOLDS**

**Al Joseph**  
PHOTOGRAPHY

76 SOUTH SIERRA MADRE  
COLORADO SPRINGS, CO 80903

TELEPHONE 632-3158

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