

THE BENT FORK CHRONICLES
COLORADO SPRINGS CYCLING CLUB
P.O. BOX 49602; COLORADO SPRINGS, CO 80849-9602

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Number 5

July, 1991

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528-6834

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473-6750

Neil Kovak
630-3554

ATB RIDE COMMITTEE

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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. 473-6750.

MONDAY EVENING DINNER RIDE - Meet at Bijou Street on the south side of Acacia Park at 5:30 PM for a leisurely ride and dinner afterwards. This is also a good ride to meet fellow club members and socialize afterwards. 574-4637.

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.

THURSDAY EVENING AFA SPEEDING BULLET RIDE - Meet at 5:30 PM at the AFA Thunderbird Overlook for a fast-pace ride throughout the Air Force Academy and beyond... Contact Bob Smith 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.

CLUB MEETING - July 2, 1991 7:00 PM U.S. Olympic Complex, 1750 East Boulder. Agenda items will be Junior Worlds activities. Bring your own beverage. The club will provide a light snack.

HENRIETTA SPEAKS:

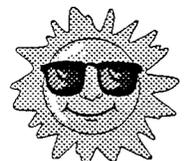
Henrietta needs your help! I need someone (or several someones) to submit concise cycling tips (maintenance, riding tips, etc.), to wax or not to wax thine chain, anything you may have discovered in your own experience. What kind of gloves do you prefer? Women, have you tried the anatomically correct cycling shorts? Do you like them? Why? What brands have you tried? What is your favorite/least favorite sports drink? Why do you think they don't make a tandem for Barbie & Ken? What is the best excuse you have ever heard (or said) for lagging behind (or for pounding forward on a leisure ride...)? Is it true you will get a flat tire if you just got a manicure? Have you had an unusual experience? Do you have any political opinions? Is it possible to talk into your mobil phone with one hand and shift with the other?

We need to hear from you. You don't have to write a novel, in fact please don't! Short, concisely worded tips and tricks are the best.

We could also use someone to do book reviews now that Blade is gone.

Also, I want to start a CSCC photo album for all the camera buffs and ham-its-ups. If you want to submit copies of your cycling experience pictures to me, c/o Bentfork Chronicles, I will start one. Photos should be from the current cycling year and please mark on the back who and what. This is strictly a volunteer thing, that is, you will not be reimbursed. Each business meeting I will bring the photo album so we can all share each other's experiences.

THANKS!!!!



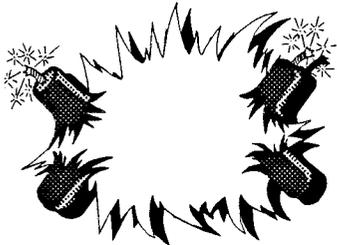
CSCC HOT LINE!!!

Call our new Hot Line 594-6354 to obtain the current weeks Ride Schedule. You will also be able to leave a message and someone will get back with you shortly.



SPECIAL EVENTS

July 4th - 2s-GO-4th on Our second annual 4th of July Tandem Bicycle Ride. Last year we had 18 tandems several of them towing trailers and at least 10 singles out for this great ride. Loops of 25 and 40 miles starting at 9:30 am from the old Dos Grecos parking lot in Gleneagle.



July 13 - "BYOP" (Bring Your Own Picnic) - Meet at Team Telecycle at 8:00 AM for mountain bike ride around Rampart Reservoir or road ride to Deckers. Meet back at Manitou Lake picnic ground for lunch after the ride. Transportation of lunches, coolers, etc., will be provided. Call Tim at 574-6406.

July 26 - Tour de Tomb (a/k/a Bob's Full Moon Ride). Meet at Acacia Park at 8PM LIGHTS REQUIRED! Reservations only, call Bob 528-6834

July 27 - Hawaiian Luau and Bike Ride - Meet at Quail Lake 10:00 AM for a ride then get your grass skirts and get leied! Luau will be at Broadmoorings Club House, former location of CSCC business meetings. Details will be discussed at the July meeting.

July 20-21 - Mt. Elbert Weekend:

- Saturday climb Mt. Elbert, Colorado's highest peak, with members of the "High Pointers" club. Spend the night at Twin Lakes campground or at a hotel in Leadville.

- Sunday ride over 12,095 ft., Independence Pass to Aspen. Contact Tim Tiefenbach for more information - 574-6406 (H) or 380-3716 (W).

Singles Night Out (see calendar for dates) - Hey, are you looking for love in all the wrong places? Well, look no more. All you singles on the prowl meet at Acacia Park at 6PM for a leisurely ride then meet at Old Chicago for brews. Who knows? You may get lucky! (Formerly the WOWAKAS) 473-6750.

UPCOMING EVENTS

Three Day Self-Contained Tour Woodland Park, Deckers, Pine, Bailey, Kenosha Pass, Red Hill Pass, Fairplay, Hartsel and back to Woodland Park. Two overnights in motels or camping (your choice), totally self-contained NO SAG. Tentative dates Aug 3-5 or Aug 24-26. This is a Sat-Mon tour returning to Woodland Park on Monday from Fairplay. Distance is about 180 miles. Call Bob Smith for more details at 528-6834. He will provide maps, start times and suggestions for overnight accommodations, otherwise you are on your own.

Colorado State Games RACE TO THE SUMMIT

Citizens and NORBA competition, Saturday July 27, 1991. Race will start at ski area parking lot past the 11-mile mark up Pikes Peak Hwy (Cascade, CO) and finish at the summit, about 8 miles.

To enter, pick up an application at Gart Brothers or Colorado State Games office, 12 E. Boulder, Colorado Springs.

Commissioner of the race is our own Jay Davis, who is looking for volunteers to help out during registration and the race. For more information, call Jay 550-0000 (days).

the PREZ SEZ...

The WORLD Returns to Colorado Springs

Colorado Springs in hosting the 1991 Junior World Cycling Championships in July. We are very fortunate to have the Worlds back in the Springs just five years after the '86 Worlds.

The events schedule is as follows:

Road Events:

Team Time Trial, 70Km 9:00 a.m. July 11, Ellicott, CO
Womens Road Race, 55Km 8:00 a.m. July 14, Garden of the Gods
Mens Road Race, 123.5Km 9:45 a.m. July 14, Garden of the Gods

Track Events -- Seven-Eleven Velodrome in Memorial Park:

Pursuit Qualifications, 9:00-12:00 a.m. July 16
Opening Ceremonies, 6:00 p.m. July 16
Pursuit and Kilometer Time Trial, 7:00 p.m. July 16
Pursuit Semi-Finals/Men Sprint Qualifications, 9:00 a.m. July 17
Men Sprints, Men & Women Pursuit Finals, 7:00 p.m., July 17
Women Sprint Qualifications & Men Team Pursuit, 9:00 a.m., July 18
Women & Men Sprints & Men Team Pursuit, 7:00 p.m., July 18
Women & Men Sprint Finals/Men Team Pursuit Finals, 7:00 pm July 19
Men Qualification Points Race Heats, 9:00 a.m., July 20
Women/Men Points Race Finals & Closing Ceremony, 7:00 pm, July 20

July 21 Rain Day (for any make-up events if necessary)

Volunteers are needed to assist with the World Championships. All types of jobs are available. Call 578-4716/4581 to volunteer. Make a contribution to cycling by giving a little of your time. The road events are free. If you can't volunteer, go out and be a spectator and cheer on these fine, young athletes. Ticket sales for the track events begin June 21st at local bike shops and the Olympic Training Center.

CSCC is a Worlds Host!

That's right, we are hosting the Swiss Junior Cycling Team for the upcoming Junior World Championships July 11-20 in Colorado Springs. The team has 15 members including coaches. Hosting involves meeting the team at the airport, helping them get around town, sightseeing, introducing them to American customs, recommending training routes, hosting a barbeque/party after the road race on Sunday, July 14th and anything else we might want to do for them. If you can help out during the day while they are in town, let us know. Please call 528-6834 to volunteer.

It would be great to have a large welcoming committee at the airport to greet our young guests. This is a great opportunity for our club to show off our community and our American Hospitality.

TOARV THANKS

Planning & Brochure Distribution - Bob & Anne Smith, Norm Howard

Bike Shop Contributions - Bike Habit, Criterium, Mountain Tours, Old Town, Ted's, Tour de France

Food & Drink Contributions - Albertson's, King Soopers, Safeway, Doug Barnett

Food & Drink Solicitation & Pickup - Cathy Pillis, Lori Martin, Milt Johnson, Gary Papazian

Registration - Doyle Dikes, Michael Heymann, Anne Smith, Tim Tiefenbach

Rest Stop Support - Alivia & Heidi Howard, Ann Howard, Marlene Kissinger, Victoria McCulloch, Melody Pearson-Hagen, Nancy Reilly, Anne Smith

Baggage Transportation - Neil Kovac, Industrial Gas Products & Supply, Jack Dammann, Tom Stewart, Erin & Tammy Bach

Sag Support - John Cunningham, Ann Howard, Marlene Kissinger, Bob Smith, Tracey Turner/John Ellis

Medical Support - El Paso Search & Rescue, Dave & Carol Truitt

Camping & Meals - Crazy Horse Campground, Young Life, Optimists, First Street Cafe, Mountain Muffin Cafe

Special Thanks To: - Lori Martin and all those who made hundreds of cookies and goodies for the rest stops

Participants - The TOARV riders who made the ride a great success!

NOTICE!

Next month the Bentfork Chronicles will combine the August/September issue. If you have any rides, articles or ads to submit, please keep this in mind. Also, Ride Committee, make sure to submit your combined ride schedules by July 15. Thanks!

Be RAAM Time Station Monitor

This year's RAAM, Race Across America will again be crossing Colorado. Time Station Monitors are needed in Cortez, Durango, Pagosa Springs, Del Norte, Fort Garland, Cuchara and Trinidad. Time station monitors will call in riders times as they check in to an 800 number. If you are available July 29-Aug 1 and are interested in supporting RAAM, then leave message on the CSCC Hot-Line or come to the June meeting. Jim Cerrato wants to do the time station in Durango. Any one interested in helping him out call 505-863-5594.

CORRECTION:

The address for the Women's Cycling Coalition has changed. Please make a note that the correct address is:

P.O. Box 281
Louisville, CO 80027
(303) 666-0500

If you are interested in having an active voice in women participating in cycling, contact the WCC for more information.

Top Ten Riders:

Bob Smith	1148
Gary Papazian	1079
Bill Baughman	1075
Anne Smith	1015
Tim Tiefenbach	975
Ken P-H	824
Doyle Dikes	781
Tracey Turner	718
Milt Johnson	715
Cathy Pillis	686

Sand Miles

John Ellis 2000+???

Top Ride Leaders

Bob Smith	33	763
Cathy Pillis	8	142
Doyle Dikes	5	265
John Ellis	4	139
John Rasper	3	87
Ken P-H	3	80
Bill Baughman	3	75
Anne Smith	3	48
Neil Kovac	2	44
Lori Martin	2	40

Commuter Days:

Neil Kovac	97
Tim Tiefenbach	35
John Cunningham	32
Kevin Brauer	30
Bob Smith	21
Michael Heymann	20
Lori Martin	2

MEMBERSHIP NEWS

The CSCC members and officers welcome the following new members: Peggy M. Espinoza, Paul Malek, Jan McRae, Richard & Caroline Parrill, Diane Pugh, Aaron & Phyllis Rosenthal, Brad Taylor, Diane Wenninger, Jerry & Cathy White and Steve Young. Welcome again to returning members: Bill Baughman, Will & Jeanette Jefferson, Rebecca Nichols, Dave & Sue Seeley, D.R. Niehans and Dick & Wanda Snell.

Helmet Testimonial

J.P. Neuteboom

You'd think it would be startling, even frightening, to wake up in the intensive care unit of St. Francis Hospital. But somehow it made perfect sense.

"You've had an accident on your bicycle," the nurse said. "Your wife will be in shortly to explain it to you."

Well, of course it was a bicycle accident. I remember going riding. I don't hang glide or roller blade, and ski season is over. So that leaves bicycling, and if I have had an accident that requires this much attention, bicycling makes sense. I was flat on my back looking up at the ceiling. My peripheral vision took in the heart monitor, I.V. and television. The TV was on, but I didn't recognize the program. I couldn't tell if it was day but there was an odd sensation of it being very late at night, some bewitching hour when you shouldn't be awake. I began to take inventory. There was a distinct and sharp pain in my left shoulder, no headache but definitely some left side road rash. I was naked except for the ubiquitous patient gown. No real reason to be here, so let's go home, I thought. The nurse was back with some more information. "You've had a head injury," she explained.

"The caretaker at Palmer Park found you and called the paramedics. You requested to be brought to St. Francis. We will evaluate you for another twenty four hours, and if you're still ok, you can be moved out of ICU." She seemed unsympathetic, definitely not a cyclist, I reasoned. Still for some damaged reason, I decided to ask the whereabouts of my prized bike and its condition. "I have no idea," she responded. "Your wife will be in to see you shortly and she can give you more details." Connie was there at the next visiting time and in the short time permitted, began to fill in the missing day. I had gone riding alone in Palmer Park. I had crashed with enough force that the caretaker heard me and called the paramedics. I had my wallet with me so they knew who I was and could track down my wife to inform her of the accident. My helmet was broken in three places and may have saved my life, certainly prevented more severe injury. The bike was fine and in the good care of the park superintendent.

All I could remember was going for a ride, starting out and then nothing. Now I'm here in the hospital trying to get things back together and not really needing this experience, thank you.

The rest of the day was filled with a number of different specialists concerning my head injury and what to expect concerning recovery. I had a terrible time trying to remember things; in fact, short term memory was all but gone. I couldn't remember starting school the previous week or what I was studying. Fortunately, the older memories were still intact, and according to the specialists, I would gradually recover my memory. If not, I would always be making new friends, and at Easter I could hide my own eggs.

After a day in ICU, I was moved to a regular room, then dismissed to home care. It is still early after my injury but I am

optimistic about a complete recovery and look forward to riding again. I want to share this story with you for two reasons: First, always wear your helmet. Second, never go off-road riding alone. I was lucky. If it hadn't been for the caretaker I might still be lying out there in Palmer Park.

(It was great seeing you leading a recent Sunday ride, J.P.! We are all happy to see you back with us!)

And from Our Foreign Correspondent...

Jonathan of Arabia

It's hard to believe we're already into July. July has always been my favorite month, and I always think of picnics, fireworks, iced tea and having a good time during this month.

CSCC has some exciting events this month. On July 4th is the 2's Go 4th, the second annual tandem bicycle ride. This is not just for tandem bicycles; singles are encouraged to participate. You won't want to miss the Luau or the BYOP ride. If you can't make any of these events, be sure to check the calendar for other rides scheduled throughout the month.

I will have my own ride for July 4th, a 100km in the desert. I'll call it the "Firecracker 100" to commemorate the day, distance and temperature. Given the conditions of the ride, I don't think there will be a big turn-out.

Riding in the desert has been an interesting experience. Although I have ridden 2000 miles since arriving here, I do not recommend the Middle East desert for your next summer bicycling vacation, unless you're into scorching temperatures, relentless winds and sand. Lots of sand.

I can't think of anything to compare to riding in the desert. I have never experienced anything like it before (and hopefully never again). My riding is limited to loops of 6.5 to 12 miles within an area surrounded by land mines and barbed wire fence. Sounds exciting, huh? I could make it more exciting by riding through the mine fields. And when the wild dogs take chase, my heart beats a little faster. That's my interval training.

There isn't much to look at other than sand. The terrain is flat, and there are no trees or grass. On extremely hot days you can watch heatwaves or the illusionary effects of mirages. Oh, there is a camel here. I go look at her on my "Trip to the Zoo" ride. After having ridden the loops over 200 times, I'm getting tired of seeing the same things over and over. While riding, I envision the plush, green, rolling hills of Germany, a totally extreme opposite of this place. If I didn't enjoy riding so much, I'd give it up until I return to Colorado Springs.

Desert conditions leave a lot to be desired. The best time to ride is early morning. I begin riding at 5:30, before going to work, when it's the coolest and calmest. By 10:00 AM, the temperature can be well over 100 degrees, and it can be very windy as well. Already I have seen the temperature over 140 degrees (while you still had frost in Colorado). I don't ride

when it's over 120 or between 11:00 AM and 4:00 PM, the hottest part of the day.

The steady wind is something else I could do without. It blows constantly, making a steady howl while blowing sand all over. Dust devils are a common sight. Those suckers get really big coming out of nowhere and blowing me off the road, leaving me covered with sand. The ferocious winds coupled with the heat really take it out of you. It draws your skin taut and pulls the moisture from it. Imagine standing too close to a bonfire and you'll have an idea of what it's like.

There are some positive things about desert riding. For one, I don't have to worry about taking rain gear. Also, this would be excellent training for the Hotter-N-Hell Hundred in Wichita Falls, TX (or for the Stupider-N-S--- ride going there). But I'll pass if anyone thinks I'm interested in doing it again this year.

This place has also given me the opportunity to test some new equipment and acquire different attitudes over other equipment. I have been most impressed with the water bottle coolers Tracey mailed me. These coolers make a big difference. Without them, the water in my water bottles was like drinking bath water. Yuck! Now I never ride without them. Out of curiosity and for something to do, I ran a test and sent the results to Tracey (see article herein). I never would have thought of getting these coolers, and I'll have to pay Tracey back for her thoughtfulness. How much do I owe you, Tracey? *(Lots, John. You can pay me when you get home, but I'm not interested in the money...)*

Bike stuff isn't the only thing I have tried out here. I have found that sunblock factor 39 is quite effective in preventing sunburn. I have tried a whole myriad of skin lotions for dry skin, as I've no desire to leave here looking like a dried out prune. Also, since I drink a lot of liquids, I've experimented with different drinks and mixes. As far as I'm concerned, plain water is still the best.

The heat, sun and dry air play havoc on anything vinyl. The bike seat has dried and cracked. The handlebar grips are turning to powder. The brake cables are fading. Even the new tires are showing signs of drying out. The tires have performed impressively. They are Avocet slicks (26 x 1.5) and work well on these rough roads and in the sand.

Vinyl isn't the only thing affected by the heat. I constantly lubricate the chain and cables, after first cleaning the sand out. When it gets really hot, oil and grease have the viscosity of water and flow over everything, collecting sand. My Cannondale is due for a major overhaul come September.

Riding under the searing sun requires paying attention to your vital signs. You can't do interval training here, unless you enjoy heat strokes. In this arid climate, you don't realize how much you perspire, so you must drink constantly. On a day when I rode 70 miles, I drank about 3 gallons of liquids during a 4-hour period, and my clothes were caked with salt. Then I drank a bunch more later on.

This will be my last full month here. At the end of July, I'll pack up my bike and everything else to send home. Early in August I'll return to the States in time to enjoy the few remaining weeks of summer, plenty of time to enjoy a few picnics, iced tea, and having a good time.

Wishing everyone a happy and safe 4th of July.

John Ellis



Jonathan of Arabia smiles for our American cameras before making Heiroglyphic hand gesture.

Keeping it Cool, Man

John Ellis

When I first used the LifeLink Sahara Cool Covers (ordered from Performance catalog), I thought they would help to maintain a cooler water temperature for a longer period of time. But they actually cool the water. The extreme dryness of the desert here is the major factor for the cooling effect, because water quickly evaporates. As the water in the covers evaporates, it draws heat away from the bottles. These would work well in Colorado where the relative humidity is quite low. In a more humid climate, the water will not evaporate as quickly. I was quite surprised at how much the water was cooled. I don't ride without them anymore.

I conducted a test during the first week of May, before it got too hot to ride. I recorded the outside temperature at the start and finish of my ride. The starting temperature was 116 degrees (F) and the finish was 120 degrees (F). Normally I wouldn't ride when it is this hot, but felt I'd get best results taking water temperature readings as the outside temperature increased.

I used 4 water bottles: 2 clear, 1 white and 1 black. I put the two clear bottles in the LifeLink covers. One was for collecting test data; the other was to drink from during my ride. I filled all 4 bottles with tap water, which is the same temperature as the outside: hot. I used black and white bottles to see what affect the color would have on water temperature. I ran the test for the amount of time it took me to drink the 28 oz. bottle of water.

Before riding, I measured the temperature of the bottles, using 2 different thermometers to ensure the temperature was the same for all bottles. During the ride, I measured the temperature of the test bottle at 15 minute intervals. During 1 hour and 42 minutes time I took six readings (allowing 2 minutes for each interval to measure and record the water temperature).

I was impressed by the results. The water temperature in the bottle with the LifeLink cover was actually 32 degrees cooler than water in the bottles without covers:

The number to the left of the slash represents the LDI thermometer reading; the number to the right of the slash represents the Stortz thermometer reading.

Bottles:	Temperature Before:	After:
A. Clear Plastic w/LifeLink (20 oz)	115°LDI*/118°Stortz	92°LDI/88°Stortz
B. Black Plastic No cover (28 oz)	115° / 118°	125° / 130°
C. White Plastic No cover (20 oz.)	115° / 118°	117° / 120°

* LDI (Lube Device, Inc.) - 0 to 350 degree (F) scale 5 degree increments

** Stortz - 0 to 200 degree (F) scale 2 degree increments

Outside temperature start: 116° Finish: 120°

To dispel the possibility of wind playing a major factor in cooling the water I emptied the water from Bottle A and replaced it with contents of Bottle B, using the remaining water to soak the LifeLink cover. After letting it stand outside for 1 1/2 hours alongside Bottle C, the water in A was 32 degrees cooler than the water in C (88° versus 120°), even though it was 10 degrees warmer at the beginning of the 1 1/2 hour period.

Below is the data on the bottle with the LifeLink cover (water measured at 15 minute intervals):

Minutes	Degrees (F)	Remarks
0	115	Tap water temperature. Start test
15	93	22 degree decrease in temperature!
30	87	
45	84	
60	85	Cover is 2/3 dry
75	86	Cover almost completely dry
90	88	Cover dry, liner damp

Pros: These covers really work to cool the water and keep it cool for an extended period of time. The larger bottle stays cooler longer than the smaller bottle. They also stay on well and are durable.

Cons: It is difficult to insert and remove from the cage. I needed to bend the cages a little to make them fit properly.

Recommendations: DON'T ride when it's so hot. If you do ride when it's hot, get some of these covers and take lots of water!

(After all this heat, I am looking forward to the next Frozen Water Bottle Ride....)

The Bike Pedal

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UNIVEK GIANT

BOB REYNOLDS

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.

Bike Habit (719) 550-1188

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

Pedal Revolution (719) 389-0909

Mountain Tour Cycles offers all members a 5% discount by mentioning you are a member of Colorado Springs Cycling Club. Give your receipt to our treasurer (Anne Smith). At the end of the month she will give the receipts to Bob, who will reimburse the treasury an additional 5%. *Be sure to mention that you are member of CSCC prior to making your transaction.*

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.

Al Joseph Photography, a commerical club member, offers a 10% discount to all club members. Be sure to notify them of your membership prior to making a purchase.

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.*

NEWSLETTER SUBMISSIONS

Please submit your newsletter articles, ads and the like to Tracey Turner, c/o CSCC P.O. Box 49602, CSCC 80849-9602. Submissions may be typed, handwritten or on disk (DOS text or WordPerfect 5.1 format). You may also fax your submissions to Tracey c/o Business Machines, Inc. 550-0044.

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.

CLASSIFIEDS

FOR SALE: 1985 Santana Sovereign Touring Tandem (22x21 frame size) in excellent condition. Dark blue metallic, 21 speed, Stronglight Cranks, Look Pedals and many other extras. The bike was purchased new in May of 1986. Contact Bob or Anne Smith at 528-6834. Asking \$1900 or best offer.

WANTED: Blind Co-Captain needs a sighted experienced tandem captain. Bob Bradler wants to ride and train on a regular basis. He has his own Santana Sovereign S racing tandem. Bob is accepting applications @471-7579.

FOR SALE: Burley Mountain Bike Tandem (21 x 18 frame) in excellent condition. Red, 18 speed, drum brake, Profile & Bullhorn handlebar, gel saddles, extended seat post. Purchased new in April 1990. Call Garth or Vicki Jarvis at 481-4387. Asking \$900 or best offer.

FOR SALE: Vetta Turbo Gel Seat \$20.00, Blackburn Lowrider \$50.00, Scott AT4 Mtn Bike Bars \$50.00 - Neil 530-3554 before 8PM.

AL Joseph
PORTRAITURE

632-3158

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Family Portraits
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