



THE BENT FORK CHRONICLES

COLORADO SPRINGS CYCLING CLUB

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

"The Colorado Springs Cycling Club is a recreational bicycling club which promotes safe and fun cycling for all ages and abilities."

Volume 6

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The BENT FORK CHRONICLES is the official publication of the Colorado Springs Cycling Club (CSCC). Opinions and articles contained herein do not necessarily represent official club positions, unless so stated or indicated. Copyright © by CSCC 1992.

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637-8473

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Warren Barta
632-3602

ATB RIDE COMMITTEE

Tim Tiefenbach
574-6406

Cindy Silvis
635-3281

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. 637-8473.

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.

Saturday Morning Show & Go - On alternating Saturdays, meet at Loaf N Jug on Peterson Road or Chapel Hills parking lot (near Sears), at 9:00 for a fast ride of about 30 miles. One Saturday per month meets at Quail Lake for moderate ride of about 37 mi. See calendar. Call 637-8473.

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 - April 7 & May 5
U.S. Olympic Complex, 1750 East Boulder. See inside for details. Bring your own beverage. The club will provide a light snack.

HENRIETTA SPEAKS:

Why Henrietta prefers chain rings to diamond rings....

Henrietta doesn't wear a lot of baubles, bangles and beads. Some of her well-intended co-workers do not understand this. The women in her office come in flashing their rubies and diamonds on all fingers and would like Henrietta to "get with it" in the jewelry department.

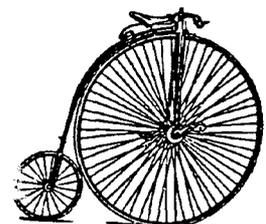
Ok, so I finally gave in and visited a favorite jewelry counter and saw all the gold, silver, diamonds and pearls. Looking in all the display cases is "supposed" to make a woman swoon and fantasize. What I see in the jewelry cases are pieces of vanity with no practical value. In fact, gazing at all the rings, necklaces and pendants, I realized my bicycle is worth more than any one piece of jewelry I saw. Well, I agree, you can't wear a bicycle on your finger and flash it in front of your friends... And while I love these ladies dearly, I suppose I don't expect them to swoon at my Reynolds 531 frame! However, you can do a lot with a bicycle you can't with a diamond.

Like clip in and ride into the wind... Smell the smells and hear the meadowlarks... Make your body do things it didn't think it could do. Like a century ride. Or climb a mountain pass.

A diamond ring doesn't make your muscles hard. It doesn't improve your cardio-vascular or your stamina. It doesn't make you thin. Whenever I am feeling stressed out from life's pressures, a good, hard bike ride puts everything back into perspective and all those poisons come pouring out in the sweat. A diamond ring just sits there. Haughty. Insolent. Buy me, buy me, but the payback is zero.

Some of my non-cycling friends whine about their weight and make excuses (lots of them - some of them are very creative!) as to why they don't exercise. Some of them even say things like "I hate you" when I wear short skirts. Or eat anything I want.

They wonder why I prefer chain rings to diamond rings.



CSCC HOT LINE!!!

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



SPECIAL EVENTS

Sunday Brunch Rides - April 12 & 26, May 3 & 31 at 10:00 a.m. from Acacia Park. Ride Leader: Gary Papazian, 473-5373.

Sunday Acacia Park Optional ATB - Sunday April 5 & 19 - Neil has new maps of all the places we can go and ride our Mountain Bikes. This will be on a twice a month schedule to see how it goes for the first month. If you are a novice and never actually tried your mountain bike off road, let Neil know at the beginning of the ride. He will tailor the ride so you can learn some handling techniques. These rides might be longer in time than that of the road rides, please be prepared. 630-3554 (before 8PM).

Sunday Morning Unknown Places (SMUP) - April 5 & 19, May 3 & 31 10:00 a.m. meet at the KMart parking lot, Palmer Pk & Powers for a moderate pace ride of about 30 miles. Ride Leader: Lori Martin 574-4737.

Annual Raw Easter Egg Ride - April 12th at 1:00 p.m. from Acacia Park. Ride of 20 miles with a raw egg. A prize for everyone who completes the ride with their egg unbroken or cracked. Fun ride for the whole family. There is a small ride fee of \$3 or \$7 for family. Ride Leader: Anne Smith, 528-6834.

Mark Dabling Interval Training - April 14 & 28, May 12 & 26 at 5:30 p.m. from City Impound Lot on Mark Dabling Road just south of Garden of the Gods Road. Ride Leader: Bob Smith, 528-6834.

AFA Speeding Bullet - Every Wednesday starting April 15th at 5:30 p.m. from the T-Bird Overlook on the Air Force Academy. Ride Leader: Bill Baughman, 591-6414.

Judge Orr Time Trial - Saturday April 4 & May 23 at 9:00 a.m. Meet at Loaf & Jug on Peterson Road. Ride 11 miles to Hwy 24 & Judge Orr Rd. 10-mile Time Trial starts at 10:00. Ride back to Loaf & Jug or optional mileage loop for a total of 30/45 miles. Ride Leader: John Ellis 637-8473.

26th Street Time Trial - April 21, May 19 at 5:30 p.m. from 26th Street near the Cemetery. This is 4.25 mile uphill time trial. Ride Leader: Bob Smith, 528-6834.

Monday Dinner Ride - Every Monday starting April 27th at 5:30 p.m. from Acacia Park. See calendar for dinner locations. Ride Leader: Bob Smith, 528-6834.

Pre-TOARV Century - Saturday, May 2 at 8:00 a.m. from Monument Park & Ride near the Village Inn in Monument.

Mapped loops of 30, and 100 miles. Ride Leader: Bob Smith, 528-6834.

Mothers Day Ride - Sunday, May 10 at 9:00 a.m. meet at the Elementary School in Woodland Park on Rampart Range Road. Ride from Woodland to Deckers and back 46 miles or to Pine and back for 90 miles. Ride Leaders: Tim Tiefenbach & Lori Martin, 574-4637.

Friday Evening ATB Ride - Starting Friday, May 1 at 5:30 p.m., meet at the Safeway parking lot at Rockrimmon & Vindicator. See Calendar for additional dates. Ride Leaders: Tim Tiefenbach & Lori Martin, 574-4637.

TOARV - Saturday & Sunday, May 16-17, Canon City to Buena Vista and back. See TOARV NEWS for more details.

Elephant Rock Century - Sunday, June 7th. Rob Miskowitch, 548-8667, is coordinating CSCC's effort to win the Elephant Rock Trophy.

Team Evergreen's 4th Annual Triple Bypass - Saturday, July 25th, 108 miles from Evergreen to Vail over three major passes (Squaw, Loveland, Vail). Includes 10,000 ft. elevation gain. Team Evergreen Bicycling Club, P.O. Box 3804; Evergreen, CO 80439; (303) 674-6048.

Team Evergreen's Peak Challenge - Sunday, August 16, 64 miles from Bergen Park to 14,260-ft. Mount Evans Summit & return. Team Evergreen Bicycling Club, P.O. Box 3804; Evergreen, CO 80439; (303) 674-6048.

Team Evergreen's 5th Annual Rocky Mountain Century - Saturday, August 29, 50 & 100 miles with start/finish in Breckenridge. Fabulous finish line amenities including hot tub, pool and massage. Team Evergreen Bicycling Club, P.O. Box 3804; Evergreen, CO 80439; (303) 674-6048.

The Prez Sez

Bob Smith

Recently, there has been considerable controversy in the newsletter about the speed/distance of the rides. We receive monthly about 10 newsletters from other clubs and many of those clubs have the same types of articles. We are not unique in this area, and it is not something that is easily solved. One option is to have more rides. The problem is typically 5 or 6 people lead the majority of our rides. If you want a particular type of ride, then volunteer to lead it.

Few people show up for the short/easy rides. In the past two months I have lead a biweekly **Sunday Morning Brunch Ride**. The average attendance has about six including Anne and myself. I'm used to leading rides of this size. Back a few years ago when the club first formed, most of our rides had a small following. I didn't give up, and I hope other ride leaders won't throw in the towel either. Gary Papazian is going to take over

the Sunday Brunch Rides in April and May. I hope you'll support him and come out.

Towards the end of April, I will resume the weekly **Monday Dinner Ride**. This ride is purely a social ride at a slow pace with little or no hills. Dinner locations are on the calendar, so if you want to have friends or family meet us they can. The dinner location is often on the ride route. Plan on arriving at the restaurant about 6:30 p.m. For downtown locations, dinner is after the ride at about 7:30 p.m. See ride schedule and calendar for details.

If you are in doubt of the rating for a particular ride, please call the ride contact. There is a phone number on the calendar for every ride. Choose rides that suit your mood and fitness level. Please don't come to a Monday Dinner Ride expecting to hammer. Also if you are only capable of 15 or 20 miles, don't expect the rider leader or riders to wait for you on any of the fitness level rides.

Starting in April all the **Saturday morning rides** will have an on your own 30 mile option. Ride leaders will have maps prepared for a 30 mile loop. Sometimes these routes will be on some of the same roads with the longer/faster ride and will often stop at the same convenient stores. Beginning on the first Saturday April we will start the TOARV training series with 30 and 45 mile routes that get progressively longer and more difficult for the six Saturdays preceding TOARV. The shorter 30 mile option will continue even during the TOARV training series.

Starting mid April, the **Speeding Bullet Ride** returns to the Air Force Academy on Wednesdays at 5:30 p.m. This year Bill Baughman will be leading this ride. Thanks Bill for giving me a rest this year. I got tired of chasing you guys last year. I will still be out for most of these rides, but don't look for me at the front.

Also starting in April on the second and fourth Tuesdays of the month at 5:30 p.m. on Mark Dabling Road just south of Garden of the Gods Road in front of the City Impound Lot, we will do **interval training**. This is a training method to help you improve both speed and stamina. On the third Tuesday we will have the **26th Street Time Trial**, also at 5:30.

Refer to the calendar for after work short **Friday evening mountain bike rides** starting in May.

We want our members to ride and participate in our activities. Several women in the club would like to see more participation from you ladies. You have been mailed questionnaires and for the most part the results have been pretty positive. If you haven't returned yours, please do. In a later edition of the newsletter, you will see results from the survey and programs for you ladies. Please try to make these programs a success. Remember, the people organizing these activities already know how to do many of these things. They are doing it to help others to enjoy the sport as much as they do.

As you can see, we have expanded all areas of our riding program starting in April and May. On March 1st more than 15

people participated in the **Judge Orr Road Time Trial**. Everyone enjoyed themselves very much. Time Trialing is a race with yourself. You can go as hard as you want. The time is yours and it is method to see if your fitness level is improving. Everyone supported one another no matter what their times were. We plan to hold this time trial monthly.

MEMBERSHIP NEWS

The CSCC members and officers welcome the following new members: Doug Barnett, Owen Bittner & Karen Smith, Arnie & Vivian Berger, Carol Brynes & Curt Schreur, Charles Greenbaum, Daniel & Dianne Hagmaier Max & Sharon Henne, Donna Keen, Bill & Gretchen Lloyd, Lucy & Mo Michel, Dick Timberlake & Family and Dan Thompson.

Welcome again to returning members: Larry & Jeanette Augenstein, John Czaja, Carol Jensen, Steve & Penny Koerner, Garth & Vicki Jarvis, Neil & Charity Kovac, Bud Nott, Bob & Anne Smith and Charles Walker.

Anyone can be a Ride Leader

Bob Smith

After being a member of the Greater Dallas Bicyclist for about two years, I decided it was time to pay my dues for following others around. Besides the club never held rides near my house and I thought it was about time for everyone to visit new territory, including me.

If you have ever complained about rides led by others, then it is time to create the ride of your dreams. Being new to town and not knowing all the streets or "I don't know anyone in the club yet" are not very good excuses. The best way to get familiar with a new city or area is to ride a bike. You will quickly learn what streets and intersections to avoid. Participating in club rides is an excellent way to make new friends.

First, I suggest you get a street map and lay out a tentative route. Try to avoid a lot of left hand turns. Then once you have a route, get on your bike and ride the route during the approximate time of day you plan to lead the ride. Now you are ready to make adjustments to your route with these considerations:

Is the distance right? Are there any any unsafe intersections? Is the terrain what you want? Is there a good location near the midpoint in ride your for a rest stop?

Now get your ride on the calendar and in the newsletter. Write up a brief description of the ride and get it to the ride chairman or editor.

For my first ride I prepared a street map and a route description with mileage points at every left and righthand turn. I was about 15 minutes early for the ride and very nervous. I even had one or two of the turns wrong on the map. We had a light turn out as I remember but everyone enjoyed riding a new route. The

only thing to be truly afraid is that someday you may be leading an entire cycling club.

TOP 5 RIDERS

MEN

Bob Smith - 729
 Gary Papazian - 668
 John Ellis - 461
 Tom Henkel - 460
 George Dilly - 359

WOMEN

Anne Smith - 675
 Tracey Turner - 378
 Diane Edmonds - 297
 Judy Roberson - 222
 Lori Martin - 210

TOP 5 RIDE LEADERS

	Rides	Miles
John Ellis	10	323
Bob Smith	13	274
Lori Martin	4	81
Tom Henkel	2	78
Ken Pearson-Hagen	1	40
Mike Heymann	2	40

Judge Orr Time Trial Results

(10 miles - windy)

Tandem Time
 Bob & Anne Smith -- 28:26

Women Time
 Diane Edmonds ----- 31:11
 Tracey Turner ----- 31:42
 Andi Lloyd ----- 33:59

Men Time
 John Ellis ----- 25:55
 Bernard Duhon ----- 26:33
 John Wieting ----- 26:55
 John Rasper ----- 27:45
 George Dilly ----- 28:04
 Jim Grippin ----- 28:13
 David Lloyd ----- 28:13
 Charles Greenbaum - 29:05
 Ray Edmonds ----- 29:41
 Tom Henkel ----- 29:50
 John Cunningham --- 30:31

REMINDER:

Attention Ride Leaders:

You can mail in your ride sign-in sheets to Jerry Roebke, 3296 Bell Mountain Dr, Colorado Springs, CO 80918.

Attention Elephant Rockers:

This year Rob Miskowitch has volunteered to head up our effort to win the Elephant Rock Trophy. A few of years ago Strada Bicycling Club was able to win the trophy. The past two years

the trophy has gone to the Denver Bicycle Touring Club. Rob thinks that it is time to bring the trophy back to the Springs. It will take a lot of effort since our club is about a tenth the size of DBTC. What it will take is everyone making sure their miles get counted towards CSCC. In order for that to happen make sure you put CSCC on your entry form. Also make sure your mileage gets certified along the route and that you check in after the ride. The details of the Elephant Rock Centuries are not yet available but the ride is on Sunday, June 7th. That is one week prior to Pedal the Peaks and two weeks prior to Ride the Rockies. Rob will have details as soon as they are available. He can be reached evenings and weekends at 548-8667.

TOARV-92 NEWS

TOARV brochures have been mailed to members and past TOARV participants. If you didn't receive yours or need extras for friends, call the HOT-LINE and leave a message and we will get them out you.

There is a new first day option to ride over the Royal Gorge Bridge. Post ride sports massages will be available on Saturday at the High School in Buena Vista. Be sure to sign up for Royal Gorge and/or a massage at pre-ride check-in. There may also be a surprise or two this year.

Registrations have been coming in early and as of March 18th over 50 have been received. We should easily reach the 200 limit by mid April. So don't think you can wait until the last minute this year. The majority of the early registrations are not club members. Remember that no one receives a jersey the April 25th deadline.

The Fifth Annual TOARV will be the third weekend in May (May 16-17). Starting again from Canon City using the same route as the past three years. The ride fees will be the same \$45 for club members and \$50 for non-members. Pre-registered riders will receive a 3-pocket short sleeve cycling jersey. All riders will receive transport of overnight gear, SAG, rest stops, overnight camping, showers and two meals.

If you can't ride the full 175 miles, then consider being a rider/volunteer. To volunteer or for details, contact Bob or Anne, 528-6834.

Harassment while Cycling in the County

Bob Smith

A few weeks ago we were harassed four times by drivers in Gleneagle and Black Forest areas. With the recent shooting off I-25 on Nevada Avenue where one driver shot and killed another, I believe we all became aware that many drivers carry guns in their cars, and some are very angry people. It takes very little to set some people off these days. So when out there riding on narrow county roads, please observe Colorado's single file law. Also, if you are harassed, try to get a license plate number.

Don't make obscene gestures or behave as ignorantly as the driver who harassed you. We know that you are more intelligent. Practice reading license numbers as you ride and make sure you report all incidents to the sheriff or police. Also let Tracey Turner know; we will track all incidents. Remember without a license number and description of the vehicle and occupants there isn't much that can be done. Ride safely and whatever you do: **do not provoke an incident.** My friend in Texas waves when harassed, and says "happy motoring."

Bad Doggy!

Gary Papazian

As another cycling season approaches, we have to remember the ever present hazard to our craft... Dogs! Over the years I've experimented with different methods of fending off dogs which I'll describe, but first, let me say I've learned not to argue with owners of vicious dogs. They're less intelligent than their dogs and don't have the capacity to understand the problem.

With that proviso, here are some methods to deal with dogs...

If there's any doubt at all, I don't try to outrun the dog. Depending on how angry he appears, I point to him and with a firm, angry tone shout, "STAY!". Once they determine I may not be an easy kill, they usually back off. If that doesn't work, I get off my bike (putting it between me and the dog), and bend down as if to pick up a rock or stick. For reasons I don't understand, this is a miracle cure! I've never had a dog that didn't take off at that gesture. Don't forget this one... it really works! (Now that I think about it, it may have something to do with their primal or ancestral memory of cave men throwing sticks and stones at them)

Variations on this are (1) actually pick up a rock and fling it at the mutt (they'll take off), (2) take your tire pump and tap it on the ground (they'll get the idea and back off). See, I told you they're smarter than their owners.

Another good method is to squirt water at them. Again, for reasons I don't understand, this frightens them. I ride with the nipple of my water bottle "enabled".

And finally, if you're "occupied" by two or more dogs, use your tire pump as your first line of defense, and all the above methods where possible. Let them know you're not an easy kill, and intend to be the dominant one by shouting and growling at them. It may look odd, but it helps save the situation!

Have a safe and happy cycling season!

Clipless Pedal Product Update:

Barbara Kontny is a bit bashful, but she did give me an update on her Time TWT pedals and shoes. She said that she loves them and will never go back to walking like a duck. **Judy Roberson** has recently upgraded to the new Shimano Road

version of SPD, both pedals and the SP100 shoe. I heard that she is happy to strapless and clipless. Look for both Judy and Barbara on FOARV training rides because they are both registered. I'm sure they'll be near the front of the pack.

IN BRIEF . . .

The Penrose-St. Francis Healthcare System is paying its employees \$1.00 a day if they commute to work on a bicycle. This is a step in the right direction for the local environment.

CSCC now has Non-Profit status - 501C(4). Thanks to Cathy Pillis and all others involved in this! We don't have to pay Uncle Sam for \$\$ we earn from all our hard work! YAY! There are other considerations, too. How 'bout an article for the Bentfork Chronicles clarifying all the rules, hmmm?

Annual Springs Bike Swap will be Saturday April 25, 10AM-5PM at the Jr. Achievement Bldg (Bijou & Weber). Benefits the Center for the Prevention of Domestic Violence. 20% goes to the Center as a tax-deductible contribution. 80% goes back to the seller. For more information call any of the Criterium bike shop locations.

St. Patty's Jerseys - If you weren't able to make it to the St. Patty's day parade and you paid for a jersey, please come to the April business meeting and pick it up there! See John Ellis or Tracey Turner for your jersey.

Gentle Reminder - Newsletter deadline is the 15th of the month. It *REALLY IS!* A lot has to happen between the time we receive your articles and the time the newsletter actually gets mailed! Tracey can scan a clean, typewritten page. You can send it over on disk, also. If you fax or write by hand, that's cool, she can type it for you. If you write long articles long-hand, please get them to her sooner, as sometimes she doesn't have time to sit and type! Your articles and comments are welcomed and appreciated! We can work something out! We have had requests for articles on the ski trips, and the Rainbow Racing rides, to mention a few!

HARDSCRABBLE Helpers Wanted: Looking for volunteers to organize rest stops and coordinate getting water to the stops. This is a **BIG EVENT!** This is CSCC's "test" year for Tour de Hardscrabble. Let's **ALL** work hard to make it a success!

WANTED: Mountain Bike Rides/Leaders for June schedule. Call any Ride Committee member. Ride committee will meet in May, date TBA.

CSCC LOGO: Thanks to **Dan Hagmaier**, our CSCC logo looks fresh and new! Thanks, **Dan**, and thanks to **Corel Draw**, too!

Colorado Heart Cycle has the tour for you in 1992! Ride the colorful Colorado Rockies through the mountain towns of Aspen, Ouray, Durango, Mesa Verde and many more. Join us for the out of state road tours in the scenic Banff to Jasper tour in Canada; the Tour de France starting and ending in Geneva, Switzerland; the Grand Tetons and Yellowstone, staying at the Old Faithful Lodge; and ride the Grand Canyon Rim to Rim and hike with camping at the famous Phantom

Ranch. ATB tour in the back country of Aspen, Taylor Park, Crested Butte, and the 10th Mountain Division Hut trail system will challenge to anyone. Reasonable rates. For more information write to Colorado Heart Cycle, P.O. Box 100743; Denver, CO 80210. Or call Mike Case at (303) 744-0229.

American Red Cross 2nd Annual Fat Tire Classic

Mountain bike enthusiasts, mark your calendars! Summer is just around the corner, and so is Colorado's biggest and best mountain bike ride. The Mile High Chapter of the American Red Cross is proud to present its 2nd Annual Fat Tire Classic, June 27 & 28 in Winter Park, Colorado. Winter Park is located 75 miles west of Denver on US Highway 40.

The base route offers just the right combination of distance and difficulty for the intermediate rider. For riders who welcome additional challenges, there are nine optional loops available that offer more mileage and difficulty.

Camping is free and meals are provided at no cost during the event. Throughout the two-day, 52 mile tour, riders will receive the finest in support and services. Mechanical assistance, sag wagons, medical support, trained guides, course marshals, and entertainment are all included in the \$35 entry fee. Riders are required to collect a minimum of \$125 in pledges.

Add to the fun. Ride the challenging trails with a team of friends or co-workers. In addition to the support and camaraderie, there are plenty of reasons to ride as a team. Each team member will receive a water bottle and special color t-shirt prior to the ride. Teams will also receive special recognition in the Fat Tire newsletter as well as on-site recognition. It doesn't end there! Teams can compete for several special awards. A team must have at least four members.

All funds raised from the event will support the ongoing efforts of the Red Cross. For more information and a brochure, please call the Mile High Chapter of the American Red Cross at (303) 722-7474.

CYCLING GOURMET

Dear Henrietta,

Alas, I cannot take credit for the meatless chili recipe in the last issue of our newsletter. It belongs to our fearless leader, Bob Smith. However, I can say I tried it (half recipe), and it's excellent. Thanks, Bob!

Gary Papazian

Spinach and Rice
by Gary Papazian

Here's a recipe that may not sound interesting, but give it a try. I'm sure you'll enjoy it. It's very quick, very easy, and very tasty.

Ingredients:

garlic onion, sliced 2 cups water
1 tsp salt 1 cup white rice
1 can stewed tomatoes, chopped
1 bunch spinach with stems, cleaned and cut
sliced mushrooms (optional)

Saute garlic and onions to taste. Add water, salt and rice. Mix in the stewed tomatoes and spinach. Optionally, add sliced mushrooms. Cover, bring to a boil, and simmer for about 1/2 hour.

I like this dish because it can be served hot as a main dish, or cold as an appetizer or snack with a sprinkling of lemon juice.

You're in for a treat. Enjoy!

St. Patty's Day Parade

Neil Kovac

I want to thank Ted's Bicycles and the members of the Club who participated in the St. Patrick's Day Parade. For those who were involved, you know that Ted's went all-out with his support of the club's involvement. I would also like to thank Paul Russ and his High Wheelers group for joining us in the parade. *(Hope you caught their high wheeling acrobatics! What a great group! - Ed.)* Paul had originally told me he wasn't going to do the parade, but changed his mind when he received our invitation!

Again, thanks for your involvement in this fun community event!

P.S. Ted's Bicycles is also interested in the Apple Blossom Parade down in Canon City in May. Any takers?

Editor's Note: We all appreciate the efforts Ted's Bicycles put forth, right down to the shamrock buttons! The pub tour was fun, too! It was interesting riding to Manitou on those 50-lb Schwinn coaster bikes! No wonder cycling wasn't so popular at one time! (ouch!) The best part was the green pig, and maybe next year we'll take the Edmonds Driveway Challenge on the Schwinn!

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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.

Bike Habit (719) 550-1188

Pedal Revolution (719) 389-0909

	BICYCLES	ACCESSORIES
	MIYATA CANNONDALE DIAMONDBACK GARY FISHER	Avocet Bell Bellwether Blackburn Boile Continental Decente Diadora Giordana Giro Look Marzocchi Nike Oakley Pearl Izumi Rockshox Specialized Thule Tunturi
475-8589 2409 W. Colo. Av. In OLD COLO. CITY	Road & Track Frames: MERCX, LITESPEED DEROSA, VITUS, CANNONDALE, GARY FISHER	
	EXPERT REPAIR SINCE 1976	

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, CSCO 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.

NEED TIME TO TRAIN? Lessen your burden - let us do your taxes! Tax and accounting services - 10% discount to members. Mark Rowe, CPA 633-5073 Lori Martin, CPA 574-4637

FOR SALE - Raichle RES Ski Boots Size 42, Head Hot XTR 185cm skis, Salomon 647 Bindings, Rossignol 120cm poles. \$250 OBO. John Ellis 637-8473.

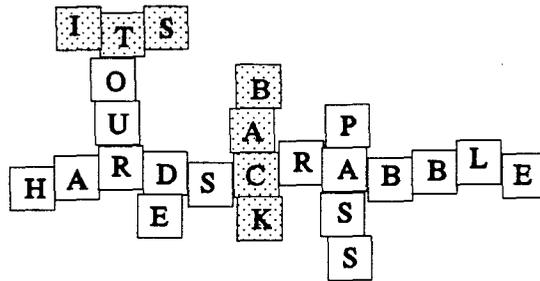
FOR YOUR HEALTH - Shaklee PERFORMANCE and nutritional products. Discounts available. Tracey Turner 637-8473.

FOR RENT - Bicycle Travel Bag. Club Members, \$5 per day or \$25 per week. Non-members, \$10 per day or \$50 per week. Longer periods negotiable. Call the CSCC Hot Line to reserve the bag. 594-6354.

WANTED - Companions wanted for tour, June 30-July 5, from Spokane, WA to Missoula, MT. Experienced touring cyclist, motels, no sag, 50-65 miles per day. Call Jeanette for more info. 598-4124.

WANTED - Used ATB, 21" frame, \$200 range. Call Pat, 590-2585 weekdays 9-5.

RIDING PARTNER WANTED (Female) - Evenings & Saturday CSCC rides. Moderate-fast pace. Tracey 637-8473.



SEPTEMBER 20, 1992
 COLORADO SPRINGS CYCLING CLUB

TourFinder '92 is on its way! On March 1, the 1992 edition of *TourFinder*, BICYCLE USA's annual publication featuring the most complete list of bicycle tour operators, will be available. For this edition we have contacted more than 220 bicycle tours operators and asked them to tell us about their tours—where they are located, how long (and how rugged!) the rides are, how much the tours cost, and what special features they offer.

TourFinder '92

Check enclosed Bill my VISA/MasterCard, exp. _____ Acct. # _____

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 Address _____
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Return this form and payment of \$5 to:
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