

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

Number 5

August, 1992

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CLUB OFFICERS

President

Bob Smith
528-6834

Vice President

John Ellis
637-8473

Treasurer/Membership

Anne Smith
528-6834

Secretary

Lori Martin
574-4637

Editor

Tracey Turner
637-8473

ROAD RIDE COMMITTEE

John Ellis &
Tracey Turner
637-8473

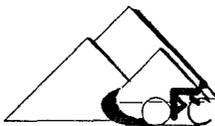
Lori Martin
574-4637

Warren Barta
632-3602

ATB RIDE COMMITTEE

Mark Rowe
633-5073

Tim Tiefenbach
685-1398



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. 528-6834.

TUESDAY LUNCH BUNCH RIDE - Meet at 10:00 AM 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 for location. 528-6834.

WOMEN'S TRAINING RIDE - Meet at 6:00 at Acacia Park on Thursdays for a moderate-fast ride of 20-25 miles. This ride is for women only. Call Tracey 637-8473 or Lori 574-4637 for details.

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 30+ miles. One Saturday per month meets at Quail Lake for moderate ride of about 40 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 calendar for more details.

CLUB MEETING - August 4, 1992
U.S. Olympic Complex, 1750 East Boulder, Building 30. Mountain Bike Police. Bring your own beverage. The club will provide a light snack.

HENRIETTA SPEAKS: ♪

♪ Happy days are here again...♪ Yes, Henrietta is smiling because her delicate, girlish tush has finally found happiness and contentment in Fieldsensor shorts by Pearl Izumi. I could ride forever in them! And I would, except for an irritant called work that so naggingly interferes with my riding time!

Anyway, I bought them at Old Town for \$69.99 (+ tax). Criterium carries them, also, for about \$5.00 more. These shorts come in men's and women's sizing, and ingeniously engineered to accommodate differences in anatomies. Some bike shops have a display of the Fieldsensor fabric, which is smooth on the outside with a looser weave on the inside. You spritz water on the inside and feel as the water quickly wicks to the outside, leaving the inside completely dry!

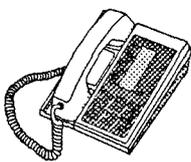
What can I say except these shorts are wonderful! Every girl's dream! They are long enough in the legs so the dollop of you-know-what doesn't hang out, leaving us tugging and pulling at our shorts. The shorts are cut high in the back so when you are all tucked in the aero position you don't have 2 more cheeks to powder! The baseball design padding (no center seam) is made of three layers - the top is ultrasuede chamois, the middle is an open-cell foam and the third is a cotton terry. This combination protects against both moisture and friction. They washed up nicely, too. I always hang them to dry.

Two days after I got them, I rode a century with minimal discomfort. One hundred miles in the saddle will always be somewhat miserable, but with Fieldsensors, I knew I would live.

This is not a brand-name, yuppie ploy! These shorts represent one of the best investments I've ever made to my cycling fashion wardrobe! They are worth every penny.

CSCC HOT LINE!!!

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



SPECIAL EVENTS

When in doubt about the length or difficulty of an activity call the leader well in advance of the activity.

ROAD RIDES

Special Lunch Bunch to Penrose - Aug 11 & 25, 10AM, call Anne Smith for details 528-6834.

Tuesday Evening Short & Sharp - Meet 6PM at Acacia Park on 8/18 for a fitness level, quick & dirty ride of about 15 miles. Call Warren Barta for details 632-3602.

Women's Training Ride - Every Thursday 6:00 PM from Acacia Park. This is a 20-25 mile, moderate/fast fitness ride for women only! (Average speed 15-18 MPH). Road bikes strongly recommended. Contact Tracey Turner 637-8473 or Lori Martin 574-4637. If you are interested in a slower paced women's ride, contact Anne Smith 528-6834.

Tour de Hardscrabble - Sunday September 20 6:30 AM from Florence, CO, during Pioneer Days. This 100 mile CSCC-sponsored event loops through the San Isabel National Forest over Hardscrabble Pass (9500') at the foot of the beautiful Sangre de Cristo mountains! Registration is \$18 for members, \$20 non-members and includes SAG, rest stop snacks, post ride dinner and activities, and a REALLY COOL T-SHIRT!!! You won't want to miss this one! Call John or Tracey 637-8473 for information.

MS Biketoberfest - Sunday, Sept. 27 - Highways and biways of Boulder County beneath the Flatirons. 25k, 50k & 100k options. Contact Gordon Dixon 579-7053 if you are interested in a CSCC team for this events that benefits local MS chapters.

ATB RIDES:

Thursday Night ATB Rides - Meet at 26th Street Cemetery 5:30 PM. See calendar for dates.

Mosquito & Wesson Passes - August 15-16. Meet at Manitou Pancake House 6AM 8/15. Carpool to Fairplay. Make reservations at the Delaware Hotel in Leadville. Strenuous ride of about 20 miles, lots of climbing. RSVP to Tim 685-1398.

WEEKEND TOURS:

Glenwood Springs - August 1 & 2. This will be a laid back trip, 40-50 miles each day. We'll begin from my friend's house in New Castle, CO. Either camp on their lawn or motel it in Glenwood Springs Friday and/or Saturday night(s). Bring

something for lunch. You can fix spaghetti or go to Glenwood for dinner, followed by a soak in the Hot Springs. Call for directions. RSVP 632-4112.

Rocky Mountain National Park - Arrive at Moraine Park campground Tuesday evening Aug 6. Leave 8 AM Friday, Aug 7, east on 34 over Trailridge High Point (12,183') through Grand Lake and Granby to Winter Park, 74 miles. Camp or hotel, sag provided (gas donation). Saturday over Berthound Pass 11,315') to I-70, east 13 miles to 119. North on 119 & 72 to Nederland. 65 miles. Sunday north on 72 to 7 (Peak to Peak Highway) to departure point, 46 miles. Total 185 miles. RSVP 632-4112.

The Lead Triangle - Sept 26-27. We will be staying at the Leadville Bed & Breakfast this year. There will be a limited number of rooms available. Please contact the B&B (800)748-2354 and make your own reservations BEFORE AUGUST 1st. If we reserve the whole inn, we can obtain a better a room rate. If we want, they can prepare dinner for us on Saturday evening. Saturday's ride will leave at 8:30 a.m. from the Leadville B&B and proceed north over Freemont Pass to Copper Mtn, then west over Vail Pass to Vail, lunch in Vail; continue west to Minturn, over Battle Mtn and Tennessee Passes and return to Leadville. Distance is about 90 miles with lots of elevation gain. Sunday's ride is a mere 23 mile loop of Turquoise Lake. It will leave from the B&B at 9:00 a.m. Leader: Bob Smith 528-6834.

READY-2-RIDE EVENTS:

1992 Arvada Century, Sunday, August 2nd, loops of 25, 50 & 100 miles, (303)424-7733.

Mt. Evans Bicycle Challenge, Peak Challenge '92, August 23, Bergen Park to Mt. Evans Summit and back, Team Evergreen, (303)674-6048.

Rocky Mountain Century, August 29, Team Evergreen, (303)674-6048.

Tour of the Valley, August 30, Grand Junction, 25-50-100 mile routes. Post ride Mexican Fiesta. Call Becky Jessen 1-800-621-0926.

DBTC, Front Range Century, Sunday, September 12th, Fort Lupton.

Red River Century, Sunday, September 12th, Red River, New Mexico Chamber of Commerce.

ATTENTION RIDE LEADERS:

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

PREZ SEZ

Bob Smith

CSCC has a rather large tandem constituency. Five of the 10 tendems on Pedal the Peaks were members of CSCC. Being a tandem enthusiast myself, I propose a tandem sub group within the club.

The Colorado Tandem Club but it doesn't meet the needs of our part of the state. Anne and I have belonged to CTC for more than five years. The newsletter comes out on an irregular basis with a very limited ride calendar, although the tech tips are often very helpful. CTC seems to support tandeming in the northern part of the state around Fort Collins and Boulder.

I suggest SCOTs (Springs Couples On Tandems) for CSCC members who want to see regular tandem rides in this area as part of CSCC. You could submit our tandem ride calendar to CTC to stimulate more interest.

We currently have regular ATB and road rides of all levels; let's just add some tandem rides and see what develops. Tandeming is one of the few still-growing areas of cycling. The proof that tandeming is growing, several bicycle manufactures such as TREK, Specialized, Fisher, Miyata and others have recently begun offering tandems. If you are interested let's see you at the next club meeting on Aug 4th.

If we have enough interest, then we could consider expanding our annual 2's go 4th ride into a small July 4th tandem rally.

MEMBERSHIP NEWS

The CSCC members and officers welcome the following new members: Randy Auld & Family, William N. Barker, Carrie Burris & Family, Allen T. Carey, Richard Cleveland, Tom & Lisa Dailey, Lynn Flowers, Carol Gibson, Bob Gluss, Louis Gottlieb, Janet Goyzueta, Kelly Iniquez & Family, Loren Jenkins, Brian McCarthy, Heidi McClure, Joan Muir & Joseph Sisca, Robert Northrop, Kathleen Rand, Steve Sears & Family, Leesa Smith, Bob & Lois Thar, Vic & Diane Villhard, Anita Waller and Barry Wick.

Welcome again to returning members: Robert Hansen & Family, Jack & Loralee Hettinger, Becky Nichols, Cindy Silvis, Dick & Wanda Snell, Brad Taylor and David Whitney.

TOP 5 RIDERS

MEN

Gary Papazian - 2169
Bob Smith - 2011
Ray Edmonds - 1200
Robert Miskowitch - 1163
John Ellis - 1071

WOMEN

Anne Smith - 2036
Lori Martin - 1387
Tracey Turner - 1311
Diane Edmonds - 1212
Judy Shaposky - 975

TOP 5 RIDE LEADERS

	Rides	Miles
Bob Smith	35	1030
Lori Martin	19	475
John Ellis	15	475
Anne Smith	9	333
John Rasper	6	183

26th Street Time Trial Results:

JUNE 3

Jim Moore	18:08
Matt O'Donnell	18:26
Bill Baughman	19:06
Fred Vietch	19:22
Barry Rifkin	19:13
Cindy Harker-O'Neill	20:23
John Rasper	21:27
Bob Smith	23:35
Bill Young	24:52

JUNE 17

Matt O'Donnell	18:04
Rob Miskowitch	19:47
Al Beckman	20:06
Jeff Talus	21:11

JULY 14

Bill Simmons	17:54
John Ellis	18:43
Warren Barta	19:09
Norm Howard	19:29
John Rasper	20:44
Bill Young	23:35

PEDAL THE PEAKS PARTICIPANTS

Warren Barta	Cindy Harker & John O'Neill
Bill Baughman	Gary Papazian
Chris Davenport	John & Anita Rasper
Doyle Dikes	Aaron Rosenthal
Ray & Diane Edmond	Bob & Anne Smith
Vicki & Garth Jarvis	Butch & Peggy Shaw
Milt Johnson	Tim Tiefenbach
Lori Martin	

RIDE THE ROCKIES PARTICIPANTS

Mike Heymann
Milt Johnson
Rob Miskowitch
John Weiting

Congratulations to all of you!!!

**An extra special congratulations to
MILT JOHNSON for riding in both of
these challenging events!!!!
Way to go, Milt!**

Secretary's Report

BEHIND THE SCENES

Lori Martin

The June, 1992 CSCC meeting had 23 members, which has been about the average attendance for some time. All the officers were present. The treasury balance has grown by leaps and bounds due to the profits realized from TOARV. Because of this, the Club will provide provide meat and drinks for the July picnic. It is our way of returning benefits to our club members.

The new club brochures have generated a lot of new members. The brochures are located in a number of different bike shops, health clubs and sporting goods stores around town. Our thanks goes out to Anne, Tracey, Doyle, Warren, John, Lori, Gary, Diane, Bob, Milt - and everyone involved in the design of the brochures and the design and assembly of the info stations.

Hardscrabble is drawing near! The T-shirt has been designed (prototype in the July, 1992 BFC). We are still in need of sag support and various volunteers (see article within this newsletter). Since this is a Club-sponsored ride, we should give thought to showing our support by volunteering in some capacity. In keeping with Tour de Hardscrabble tradition, all volunteers are encouraged to ride the course the day before the actual event.

Members of the ride committee gave updates on ATB rides, road rides, weekend rides and progressive dinner ride.

Henrietta Speaks - Why Henrietta Prefers Chain Rings to Diamond Rings received national publication in *Bicycle USA*, the official publication of the LAW. By the way, I concur - it was a great article.

David Rice, the organizer for "Pedal the Peaks" spoke to us about the tour and sketched out the route for each day. He also spoke about changes and support of the tour.

Refreshments were provided by our one and only Cycling Gourmet, Gary Papazian, who provided muffins and fresh fruit.

WANTED: Cycling Activists

Here is your chance to get involved with city budget and planning!

Craig Blewitt, Senior Planner with the City of Colorado Springs, will speak concerning the city's Capital Improvement Programs at the monthly meeting of the Pikes Peak Trails Coalition.

A portion of the budget for this 5-year program will support trails, bike paths, bikeways and parks. He wants input from avid recreational cyclists.

The meeting is August 27th at 7PM at the Acacia Community Center, 104 E. Platte, just north of Acacia Park.

Just a (sour) Note

Lori Martin

For some time now, members are often slow to respond in the appropriate time requested to RSVP for special events. These events take additional preparation and planning, and involve volunteers' time and energy. Calls come in way after the deadline, causing chaos to those who have to call and make the appropriate adjustments to accommodate these late callers. Very recently there was a member who RSVP'd for the progressive dinner ride on the last day. Another member called 3 days after the deadline. By that time, the progressive dinner ride had been cancelled due to lack of response. The late caller was surprised by this, but understood after it was explained to him.

The point of the story is this: When an event is planned that requires time, energy, preparation and commitment, could you all please be so kind and courteous to respond to the RSVP within the time allowed so we can plan accordingly, not have to cancel events and everyone can have a great time.

Thanks!

**TOUR DE HARDSCRABBLE
UPDATE**

Tracey Turner

Last September, when the rumblings of a Hardscrabble resurrection were first heard, a few of us got together and drafted a plan to not only revive this ride, but breathe new and better life into it.

You - members of the CSCC - unanimously approved of this plan and enthusiastically agreed that the Club as a whole would support this ride.

When John and I agreed to become the point of contact for Tour de Hardscrabble, we didn't realize (how naive!) that the meaning of "point of contact" meant to plan, execute, implement and deliver nearly every facet of this event! To plan an event, most of the work is done long before the event ever happens! (Of course, losing part of the planning committee from the onset because they found dates didn't help, either!)

So far, press releases were sent to all national and local sports & cycling publications, newspapers and magazines. Letters were written to potential sponsors, with follow up phone calls (many of them!) to win community support for this event. We also met with the Florence Chamber and the Westcliffe Chamber to coordinate efforts. We drove the route with Ray & Diane Edmonds to determine placement of rest stops and to capture elevations for the neat map Ray is designing! (Thanks, Ray -

sorry I got car sick in Wally!) We designed, printed and distributed all 3,000 registration forms with the help of many of you, including Warren's infamous poster design and brochure holders you now see in all the bike shops!

In addition, we found a design artist, Alan Flinn, by a stroke of fabulous luck, and a print shop that will print a nice multi-color on white t-shirt for a very reasonable price. Now that the registrations are coming in, we're keeping track of the riders on a database and will be sending a confirmation letter (soon). This database will also be used to keep track of the various options on the registration forms.

We appreciate all the input and valuable volunteer service we've gotten thus far. We also appreciate all of you who have volunteered to work on the day of the ride - trust us, we WILL be calling you! However, we need some managers in some key areas, to work in the planning stages to help make this ride a great success:

1. Rest stop coordinator: plan the rest stops, equipment, workers and setup. The rest stop locations have already been determined.
2. Food coordinator: contact local food stores and distributors for best pricing or donations. Determine amounts needed based on TOARV figures.
3. SAG manager: organize SAG staff, vehicles, routes, & equipment.
4. Publicity chairperson: contact all radio & TV stations in the Colorado Springs-Pueblo-Cañon City area for possible media coverage.

These areas have already been outlined and in most instances, contacts have been made and workers have signed up for ride day - it's just a matter of getting in there and taking responsibility to make it all happen. Of course, there's never a dispute over salary - it's all for free! If you want to see CSCC shine in May AND September, want or have some experience in planning an event and are interested in any of the above positions, please call John or me at 637-8473, and plan to be at the next club meeting!

CYCLING GOURMET

Gary Papazian

Our man of leisure, the cycling gourmet, is currently cycling in the Canadian Rockies. Can't wait to hear his tales!

CABBAGE SALAD

Here's a salad that's easy and quick to prepare that I really like. As with my other recipes, it's free-form so you can modify it to taste - as you can see, with the ingredients below:

Sliced cabbage (red or white)
Chicken or turkey chunks
Salad dressing (your favorite)
Mustard (optional)
Minced garlic (optional)

Sesame seeds (optional)

Seasoned bread cubes (optional)

Mix the above together in quantities and proportions to taste. I like oil and vinegar dressing mixed with Dijon mustard and minced garlic - and I sprinkle sesame seeds over the salad before serving. I find it best to let it marinate overnight. ENJOY!

The German Inn

John Ellis

(from my Bicycle Tour of Europe diary)

"Are you by yourself?" asked the German lady innkeeper. "We don't open until 10:00 on Sundays, but come in, anyway. It's cold out, and you don't look too well. Would you like some breakfast?"

It was 7:00, and I had spent a cold, wet, and sleepless night under a highway bridge along the Mosel River. Rain poured down the entire night while I huddled under the bridge with my sleeping bag wrapped around me under my poncho to keep warm. Shortly before sunrise, the rain finally stopped, and I rode my bike into the village of Treis in search of a warm cafe and some strong coffee.

The previous day had been a beautiful German summer day that showed no sign of the torrential rainstorm which caught me in the countryside far from any hostel or gasthaus. I didn't notice the thick, ominous rain clouds that had slowly gathered on the horizon in the late afternoon. I had occupied myself with drinking wine and eating bratwurst while enjoying the carnival atmosphere of the many winefests in villages along this winding river. I was on a bicycle tour and was exploring castles along the Mosel. Earlier, I visited the ancient Eltz castle near the town of Muenstermaifeld. The Eltz castle is a charming castle that was built on a knoll in a densely wooded valley. This castle, dating back to 1157 A.D., is one of the few castles not ravaged by war.

"Here's a pot of hot coffee," she said emerging from kitchen. "I'll bring you some food in a minute. Stay here until you feel well enough to continue. By the way, where are you going?"

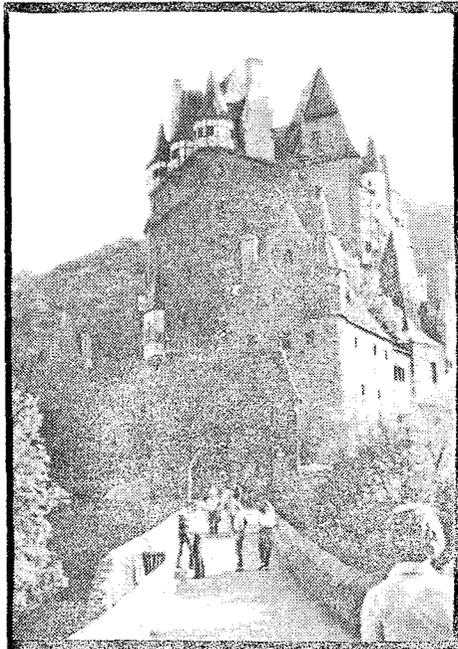
That was a frequently asked question during my bicycle tour of Europe. My goal the previous day was to reach the city of Cochem by evening and spend the night in the youth hostel there. Cochem is a beautiful old city on the shores of the Mosel. This area is also a popular wine district, well-known for Kabinett, Spatlese, and Auslese wines. Cochem, with its castle overlooking the city and the grapevines clinging to the steep hills on both sides of the river, is very picturesque. I have a fascination for castles and wanted to see the Cochem castle that had been destroyed in the Orleans war in 1689 A.D. but later rebuilt in 14th century style. I had only seen pictures of this city and made it a point to visit it during my travels.

"Where are you from?", asked the woman as she placed a platter of various breads, sausages, cheeses, and jellies on the table. "Where did you stay last night?" When I told her of my wet and miserable night under the bridge and how I didn't find a

room in the other villages, she replied "So bad you didn't make it here. We had an open room."

Such is the irony of bicycle touring. But to me, a bicycle tour is an adventure full of unexpected discoveries and possible misfortunes, such as getting caught in a rainstorm. However, when things seemed to go bad, something else would happen to make the misfortune trivial and the adventure that much greater.

When I started my tour, I didn't know what to expect along the way. I had some ideas and a few planned destinations and dates, but more than once, my plans were changed either because of weather, mechanical reasons, or from the advice of strangers and other travellers.



The Eltz Castle

The sun radiated warmly through the window. I finished the last of the coffee and prepared to continue on my way to Cochem. "Here's a sandwich and some cake for you to take in case you get hungry.", said the innkeeper, handing me a bundle wrapped in foil. "Good luck, and I hope you enjoy Cochem. By the way, if you like castles, there are two at Beilstein. It's not far from Cochem."

NEXT MONTH: TALES FROM PEDAL THE PEAKS

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.

● ● ● **NEW DISCOUNT!!!** ● ● ●

Pikes Peak Massage Therapy 20% discount for CSCC members. Normally rates are \$30/hour, \$20/half-hour. Club discounts reduces it to \$24/hour, \$16 for 30 minutes. Call Roger Patrizio, LMT, 684-0181.

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, CSCO 80949-9602. Submissions may be typed, handwritten or on disk (DOS text or WordPerfect 5.1 format).

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 pertinent information, including where you can be contacted. The CSCC newsletter cannot be held responsible for any typographical errors.

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

POST TOUR TUNE-UPS Call John Ellis 637-8473.

FOR SALE: 54 cm Centurion LeMans RS, Green & White, Tange #2 tubing, Shimano componentry, Araya Rims, very good condition. \$300. Call David Stump, 597-0255 after 7PM.

FOR SALE:

Bob Jackson frame w/Ultegra headset \$435.
Trek 460 22 1/2" \$250 OBO
Trek 1100 55 cm, excellent condition \$300 OBO
Profile I Aero bars \$20.00

Call John Ellis 637-8473.



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

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- SERVICE AND REPAIRS
- ACCESSORIES



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BOB REYNOLDS



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<p>475-8589 2409 W. Colo. Av. In OLD COLO. CITY</p>	<p>EXPERT REPAIR SINCE 1976</p>

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