

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

Volume 8

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Issue 6

## Silver Thread 1994

We met a dog the first day that was just an 8 month old pup. Sparky was a friendly gentle gray, wiry little guy that wanted to join our pack. We would have been a little more vain about it, had not the fact been that Sparky lived only a mile from

S a g u a c h e .  
Sparky had tried to join other packs, a group of runners, an odd assortment of bicyclists, and who knows what else. After running Sparky a few miles down the road

**The single woman occupant, who gleefully offered a ride, as far as the tightly lycra clad rider .....**

on the second morning of the trip, Jim C., who admitted, no proclaimed, that he thought more of the dog than any of the humans on the ride, had returned to the motel and roused Sparky's owners who came and gathered him up in an automobile. Trust me, you won't see any more highlights about Sauguache in this report.

Touring with the club members:

The riders could be classified essentially into two groups, the Hammerheads and the Soakers. The modus operandi for both groups was exceedingly different. The Hammerheads arose early, ate lightly in their rooms, and prepared for a high intensity sprint to the day's destination.

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## Club Meeting Manitou Room

**CLUB MEETING -- Olympic Training Center, Manitou Room, Tuesday, August 2 at 7:00 p.m.**

No Announced Program

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### Peyton Hour.

When you see something like that in the news letter you have to ask yourself, what is a Peyton Hour? Is it like a New York minute? Is it a show on the radio that you just keep missing? Is it a ride that starts at the Dragon Man Automatic Weapons sign on Hwy. 94 and goes east as far as you can in 60 Minutes? Is it a group victim thing where we all feel bad about the ride leader showing up in more bandages than you own, and taking off and dropping a lot of people? Is it a ride where tandems definitely have the advantage?

It's a lot of these things, and more. The Dragon Man thing is right on, but we all have to wonder why a guy who sells automatic weapons for a living has to lock his trailer to a tree? The hour part is right on. Set your bike computer to 0 hours, and stop when it says 1 hour. Turn around and ride back to the car. What could be easier? Got a problem with directions? No problem on this ride! Got a problem with giant hills? No problem on this ride. Got a problem attaining your aerobic max and holding it for an hour? That is a big problem on this ride. Pretty interesting concept however. First hardly anybody goes that far east of Colorado Springs. There is hardly any traffic. Get this, locals in big old trucks and cowboy hats pulled way over and then waved at us when they passed. Only an occasional Pioneer Sand truck would go by close enough to remind you that you were still on the planet, and then it was back to planet Peyton for a great ride.

John, pizza leg, roadmeat, giant scab, recumbant rash Cunningham led this ride and makes it a regular part of his training schedule when he is not changing bandages. John says that his injury is best treated with exercise, "The only time that it doesn't hurt is when I'm riding the bike." John showed us that he was feeling no pain by taking off and riding with a

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After arriving as early as possible, they grabbed a quick shower, and then a meal. Preferably a large meal. Then back to the motel for a well deserved nap.

The Soakers on the other had arose only when the Hammerheads had made a suitable amount of noise to arouse them. Forced from their slumber, they were off to find a real breakfast, preferably one with some green chilis. Then they set out at a leisurely pace for who knows where. Often, they stopped along the way in the heat of the afternoon to soak their tired feet in a mountain stream. Several of them wished aloud they could soak more than just their feet, mentioning that the real hot and burning part of their body was located slightly more centrally. Arriving late in the afternoon, many were forced to hurry their lunch to have time to shower and get to dinner. Notice that we all got to dinner.

Dinner was the real glue of the trip. Everyone would gather round a table and see just who could consume the most food. I personally was amazed. (No I wasn't. I have watched cyclists eat for years.). Dinner conversations were the normal touring fare, the next day's route, highlights from this day's ride, and of course butt pain conversations. Training for the ride was discussed and many different plans were evident. Perhaps the most telling was John and Anita Rasper pointing out that any single segment of the tour was a lot further than they had gone on a ride this year. They breezed through the tour, at least from my point of view.

The route:

We left Gunnison heading back towards Monarch Pass on 50. After about 10 miles you hang a right and head for Saguache. Between you and Saguache is a two lane road, with ranches on both sides. You ascend for about 30 miles. The climb is very gentle in the beginning. How gentle, you ask. Several of us managed over 20 m.p.h. averages up the first 30 miles. Then as you approach 9000 ft. the state of Colorado engineers decided to get this pass thing over with in a hurry. Bingo. Summit 2 miles and you owe the climb about 700 ft. I calculate between 6-7% grades when I see numbers like that. Then an equally quick downhill followed by an essentially flat roll into Saguache. We picked up a little tail wind. Actually

we picked up a tail wind of the proportions of a normal T.O.A.R.V. headwind. Average speeds crept back towards the numbers seen earlier in the day. Bob and Anne Smith pulled alongside on the tandem and chatted for a while at 30 m.p.h. Then Bob, seeing the the Saguache 2 miles sign, poured the power to the cranks and so did Anne. I started to follow suit, and then realized that my little legs might just fall off. I also realized that Bob wanted to kill me, and laugh about it later in the day. I dropped back realizing they would enjoy laughing at an alive person more than a dead one.

After Sparky was returned, the hammerhead goal was Creede Co. The soakers were in hot pursuit of Del Norte, and a big breakfast. Riding from Saguache to Del Norte involves making one 90 degree turn. You happen to switch roads at the 90 degree turn. This is the only reason that you turn at all. Straight, flat, flat and straight are the four adjectives I can come up with to describe this section of road. You ride through Del Norte, and on to South Fork.. There you turn right. You turn right because that is the way the tour goes, and because if you didn't you would have to ride over Wolf Creek Pass. The ride from South Fork to Creede is breathtaking. Not because of the grade, you follow a railroad the whole way to Creede, but because of the scenery. The San Juans put on a show of huge mountains, monstrous cliffs, and wide open valleys. The Soakers got into multiple soaking events on this 22 mile stretch. I'm surprised we saw them at all for the rest of the trip. The Hammerheads were of course in Creede in time for a shower, big lunch, and the essential nap long before the Soakers arrived.

Creede to Lake City. Well, it had to happen. Yep it was time for Slumgullion. The Soakers and the Hammerheads had converged around topo maps, and all of us had determined that we only had to climb to 11,300 feet. Being at 8700 ft. already, just how hard could it be? Well the road leaves Creede, and has about seventy-three million expansion joints. Sort of a twilight zone experience,

making you think that you just left Westcliffe on the Hardscrabble. It's uphill of course, but not so much that it overcomes the bumping sensation. Then the road smooths and the shoulders widen, and up you go. Then down you go, and back up you go, and down and up. A personal highlight for me was the summit of Slumgullion sign. Ha it's not at the summit! You can stand in front of the sign and have your picture taken, and see the road rising behind you. Special, huh? Oh and that 11,300 was replaced with something more like 11,560, and that wasn't the real summit. One rider, having seen enough climbing for the day, stopped and juantly stuck out his thumb. As luck would have it the first car to pass was a truck. The single woman occupant gleefully offered a ride as far as the tightly lycra clad rider wanted. The rider, Jim, accepted and said that he didn't even wave at the rest of us as he passed by. I suspect that he laughed a lot. I wanted to catch Larry Schorr and point out he should have brought his Litespeed, the bike that's so fast that he claims to have to brake going uphill.

Lake City to Gunnison. The last day! Norm wanted to get back early so that he could fix his car and drive to Oregon. No problem Norm, it's all down hill and only 50 miles. A relaxing cruise down the Lake Fork of the Gunnison river. NOT! True to form the Army core of engineers had done a slight realignment of the road when they built the Blue Mesa dam. You leave Lake City in the prettiest of valleys gently descending for many miles along the river. Then an abrupt turn to the right and you ascend. Then you ascend some more finally reaching a summit a little higher than Lake City where you started. Then a thrilling and rapid descent to....nowhere. Better climb back out of here. Climb we did. This time reaching the highest point of the day. 300 ft. higher than Lake City and 900 ft. higher than the little valley we descended into. Then we were rewarded with a long descent of 1200 ft. or so. The kind of descent where you have to get out of your tuck and stretch because you have been in it soooo long. Then we cruised back to Gunnison along the Blue Mesa reservoir with a monster tailwind. I just love to pedal along at 25-

30 mph and pretend that I am that strong. Just so that you know, this easy last day has over 1000 ft. vertical. More climbing than the day that you ride from Saguache to Creede.

#### Lowlights:

Every tour has to have a couple, doesn't it? This year's 1994 road rash poster child John Cunningham was born on the first day of the tour. Actually at the first big downhill of the tour. Sporting his new 63 speed, incredibly fast recumbant, John started down North Pass after a couple of guys hampered by their lowly 24 speed 2.8 Cannondale frames. To hear John tell it "I heard this bonking noise coming from the back of the bike, but when you have two other bikes' chainstays in sight at 40 m.p.h. you don't stop to think about little noises". The next thing he knew he was facing backwards going down the road at high speed. At least he was already close to the ground, a real benefit when you consider his next move. Realizing he was next to a cliff and about to go over he dumped the bike onto the pavement. Proving that he had a level head about him he screamed real loudly so that Diane, who was somewhere behind him, might hear and stop to see where he had gone. It was a pretty big cliff! "Luckily" he ground to a halt right at the edge of the road. Used up a whole first aid kit all by himself too! To his credit and the amazement of all, John not only finished that day's ride, but the next 3 days of the tour. Jim Grippin had cleverly thought to bring along a regular bike that was the perfect size for John to ride. Jim then got to ride the recumbant. Nice trade, John.

#### Off the bike time:

Weather: Sunshine and blue skies. We enjoyed great weather. The towns down on the front range were getting to experience record setting temperatures for all time. For us, it was warm in the afternoon, but it didn't get in the way of my nap.

Creede the town: What a place Creede has become. There are stores everywhere you turn, and restaurants that you want to eat in. There was a civic theater group that we attended. There is also mining town history everywhere you

go. Name another town with an underground fire station! There is a nice tour of about 17 miles on dirt that runs through the old mining area. This tour would be a nice one day mountain bike ride for those of us who remembered to take our mountain bikes. I sure forgot to pack mine. Creede was one of the largest silver veins ever struck in the United States, and there is a tremendous amount of the mines left in place. This tour is self guided, and looks to only have maybe 4-5 thousand verticle feet of climbing in it.

Lake City: Memorialized forever by the acts of one individual, Alfred E. Packer, Lake City has a charm all its own. We stayed in a motel that was directly across the road from a very old cemetery. We had lots of fun looking at tombstones. Jim's personal favorite was "Here lies somebody, shot to death by another guy". Pretty great tombstone don't you think? We also had a waitress that could remember the 700 breeds in her puppy that had joined us for dinner on the porch, but couldn't remember even the simplest order.

Saguache: Less than 70 miles from Creede or Gunnison. Sparky. Bob insists that Saguache exists only "because it has to", being 70 miles from Gunnison, and the only place to stop for the night.

#### KUDOS:

John Cunningham for thoughtfully crashing behind us and not causing any others to be in competition for Road Rash 94' poster child.

Memory Schorr for SAG support. Memory took too good care of us, and delivered our luggage everyday before we got to the hotel. Well at least if we didn't thumb a ride in a truck. She would shout encouragement to riders as we rode along. Thanks Memory.

We would all like to thank Bob and Anne for all of the work, making hotel reservations, planning the route, fighting with one obstenant hotel manager, and getting us play tickets. Until you do one of these tours yourself, you may never fully appreciate the effort that goes into making a ride like this a success.

Gary Papazian knows what SAG means. Gary wants to know if you know. Hint the answer is on page 8.

Hour from page 1

pack at 30 m.p.h. for ten minutes only to discover that he was in the little chainring. He commented "Those pain pills are great." I on the other hand was riding along cursing my bike for having only a 53x12 while I was following Hagen and Bradler on a tandem.

My group actually cruised all the way to this little town 25 miles from the start in our hour. Easy name to remember after you ride there full out: Rush CO. There was one rider that rode further than we did, but damn if his name doesn't slip my mind. Rensho something or other, and I'm sure he was wearing a yellow jersey.

Think this is a once in a life time experience? Think again, check out Aug. 14th on your calendar, and get a watch with an hour hand.

#### Two Bikes and a Fly.

by Gary Papazian

Solutions: If the two cyclists travel towards each other at 10 m.p.h. each and start 100 miles apart, their combined speed is 20 m.p.h. Their time to impact is 5 hours. Since the fly is traveling 20 m.p.h. also his distance covered is also 100 miles.

We had two members write in the correct answer, Al Beckman and Garth Jarvis. Just to prove that they were both total bit heads they also attempted the second part of the question, ie: how many times does the fly go back and forth? Well that depends on how big you think the fly is, how elastic you believe the collisions to be, and how willing you are to disregard mass. And the most important assumption of all is how big is the fly. 1/4 of an inch proved a popular assumption and I received two answers that were in fact a multiple of 2 for that answer, which meant somebody either didn't divide by two or forgot to multiply by two. I sure am looking forward to doing the work myself to find out. I assumed the fly was dimensionless, as in a point, so that I would not have to worry about mass, elastic collisions, and accelerations and such. If you do this the fly makes an infinite number of transitions between the bars before getting smashed. It still takes 5 hours mind you. My real problem with this solution is that if the fly is dimensionless how can you smash it? I think the only thing to do is to have Gary choose a friend and a fly and perform the experiment at the next picnic. Any volunteers for the second rider in this important experiment? Readers?

## PREZ SEZ

by Robert Smith

Bob didn't have an article by press time this month. He has been busy slicing up turkeys for the picnic, cleaning up after the picnic, and his main helper Anne has been out of town. Instead a substitute feature, the BASH Bob Column, will appear. Watch for this feature anytime Bob's column is late! This month we pick on Bob's map making skills. At least the survivors do. Lastly I want you all to know Bob suggested the column and the name. I'm sure he was serious at the time. Ed.

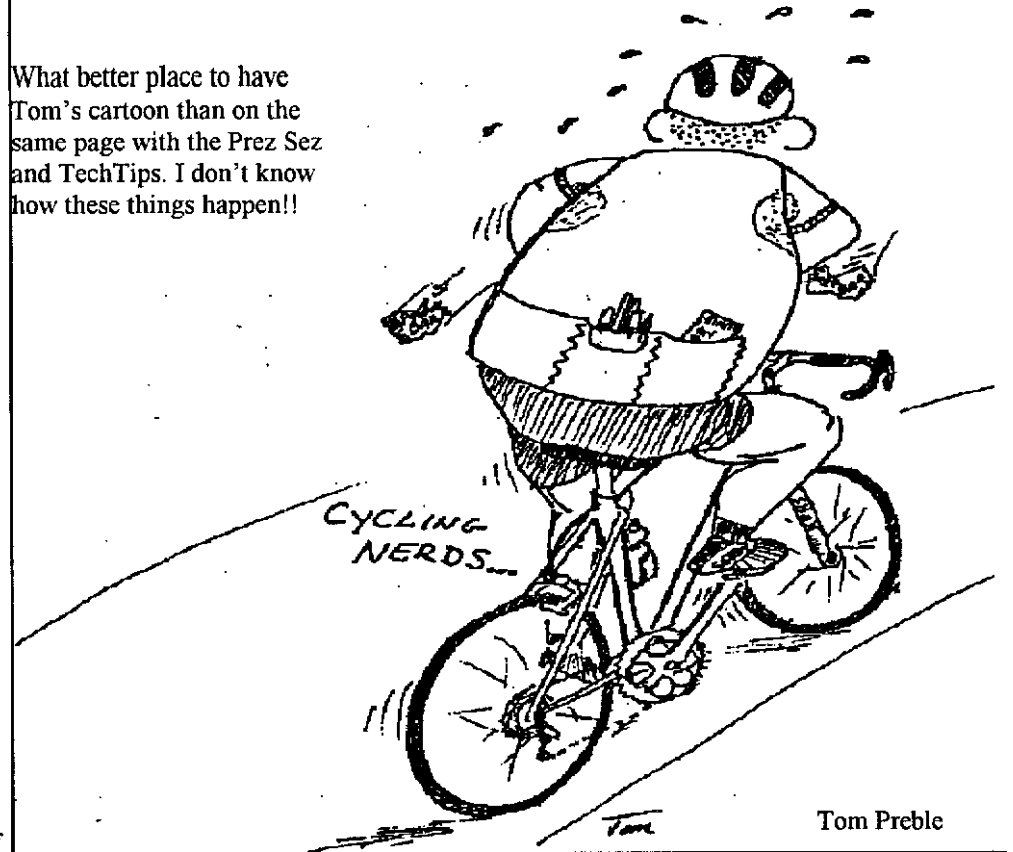
## BASH Bob

Picnics. There were two of them last month, the official club picnic, and the less well publicized DBTC/CSCC picnic. This picnic was held at the Santa Fe trailhead in Palmer Lake. Being your typical biker kinda social gathering, Bob recruited a couple of unsuspecting souls to lead the long and the short road rides, and he led the mountain bike ride on his new mountain tandem. Gee Bob a guy with two new bikes has to be really torn over which one to ride, aren't you? Bob handed out these little maps and Gary, unsuspecting soul number 1, and myself unsuspecting soul number 2 looked at the routes and sort of wondered aloud, "Gee Bob, do you really think this is a 25/40 mile ride?" Bob assured us that the mileages were correct, and I was a little concerned about the approximately 3000 ft. of climbing I saw in the ride I was leading. Bob assured me that it was less than 2000 ft.

Off we go, down to Monument, and a quick left up to County Line, that road right on the other side of Monument Hill, then up County Line to Furrow... you know the basic ride that is up hill if there is a choice. Now I know that you will find this hard to believe but everytime we turned the wind blew in our face. I wouldn't expect you to believe this, I didn't want to believe it at the time, but I have corroborating evidence. Lucy Michel, another club

See BASH Bob page 6

What better place to have Tom's cartoon than on the same page with the Prez Sez and TechTips. I don't know how these things happen!!



## Tech Tips:

A lot of people have noticed that tech tips are not really as advertised, but essentially they are things that you want to make sure that you don't do. The classic being the first involving a car a bike and a garage. Now I'm faced with a dilemma. A number of members have asked that the following be included as a tech tip, but to me the tip has actual merit, and I might participate in the very activity myself.

After a long arduous 4 day ride, stop at a convenience store and buy one of those handy 10 pound bags of ice. Put it on a picnic table, and straddle that puppy. Cooling soothing cold waves immediately enter the affected area and reduce swelling. Thanks for a demonstration of this valuable technique to Jim C.

Rules for pointing out big things in the road. When a rider has been following "on your wheel" for 25 miles and always been off to the left, and you pass a big ugly looking sharp piece of metal off to your right you should: a) Point it out anyway; or b) Blow it off. Well happy turning two big flat tires to Tom P. from

Ken H. assuming the answer is just blow it off. Special praise to Norm for being smart enough to not even be on the ride this time.

It's the dinner ride: It's going towards Cheyenne Canyon. You a) go up the canyon; b) realize it's the dinner ride and we don't do 800 ft. climbs before dinner; or c) go up the canyon, show up late to dinner, and sit there in front of the newsletter editor saying "I sure hope Gary P. doesn't turn me in to the tech tip guy." Thanks and one free "turn yourself in" card to Susan R.

Best question/answer of the month goes to the person who said "Hey does this fork look bent?" after noticing that his flick stand was all but pinned between the downtube and the front tire after a crash. And for answering if he got a flat during the wreck, "No I got lucky." A turn of better fortune to Gary P.

## Wally Wonders

Paint! Why is everyone so revved about paint? Sure a lot of bikes these days come with paint on them, you might even call it a trend. Some bikes are painted so nicely that you can spend a lot more for them. Take a Tommasini for instance. Some bikes have bad paint jobs that get worse with a little wear, some bikes don't even have paint jobs. Look around the club. See if you don't see some bikes that missed that operation in the production line! Whoa buddy better take that little pony back to the stable and get a coat of paint on her. There seems to be an obsession with paint. Am I affected? Of course I'm not. I am normal. Just ask me.

Around Memorial Day I was working on my bike. Having had a member of the club refer to my bike as the noise that the scrap conveyer at Western Junk makes, I had to delve into the problem in a serious way. I check the rear derailleur alignment. Uhoh! it is bent. I of course reach into the tool box and pull out a derailleur hanger alignment tool. This little gem is really nothing more than a derailleur bolt

through a big round washer with a 15 inch handle welded onto it. How do I know this? Well that is exactly how I made mine. I remove the derailleur and mount my tool. After a little rotation I see that the hanger is indeed bent. The way you fix this is to give a stout pull in the appropriate direction until the hanger once again is straight and true. You may have to repeat the procedure several times to be sure that you have the hanger aligned in all directions. A stout pull is administered. A sharp report is heard in the garage as the whole rear hanger attached with an old derailleur bolt welded to a big washer and 15 inch handle fly away

from the frame where it is supposed to be attached. Immediate panic rushes over me. Smooth move buddy, ripped the hanger off your bike. It is history, time to see Western Junk after all. But wait! It's a Cannondale with a replaceable derailleur hanger. Turns out they don't advertise this easy to remove feature but trust me, it's there. A quick trip to Olde Town, and a replacement is soon attached. The shifting problems that have plagued my bike for months are gone. So is that nagging rattle that is coming from nowhere. So is the paint on the new hanger. It appears in stock NAKED, no BARE metal. I stare in wonderment. What to do?

A quick trip to the hardware store for paint stripper, and I have the essentials to remove the ugly paint from my bike, polish it up and make it match the

drill on the planet. I did not ask him which bike he was going to work on but I assume with a tool that large it was Cindy's.

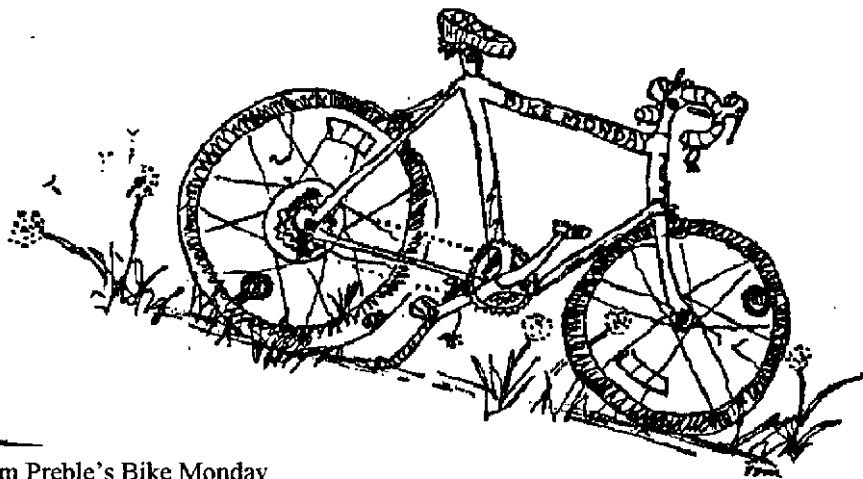
Back to the bike and in less than 8 hours total I had stripped all the paint from my bike, polished it up, completely overhauled it, and put it back together. Not to mention that I had generated some uniquely colored clothes that I had been wearing during the procedure.

Now my bike is pure aluminum. The color of the inside of a beer can. It weighs less, is real hard to scratch, and if I do scratch it, I can always just buff that puppy out. It is easy to clean. It weighs less than when I bought it. I threw away my bottle of touch up paint. It looks exactly like my mountain bike. So when am I going to paint my bike? NEVER! The finish is just fine O.K. !!!!!

Being the ever inquisitive type, I have to wonder about the beautiful finish that must be obscured by paint on other bikes. I have seen bare steel, and it is not a suitable material for exposure to the elements. There is titanium, but almost all of those bikes don't have paint to begin with. At most they put clear coat on them to protect the decals,

and chip away later so that you think that you need to get your lifetime frame refinished. The bikes that I am really curious about are the carbon fiber ones. Just how much sanding is required to remove the paint and get down to the beautiful lustrous finish that we all know is hiding down there. I see big shiny Treks. Big shiny Kestrels.

And about Tom's Bike Monday pictured above. Tom I'm sorry to say that no amount of sanding is going to restore a beautiful luster to your newly found dumpster bike.



Tom Preble's Bike Monday

derailleur hanger. All it takes is a willingness to remove every part from your bike, including a couple that you were sure didn't even come off, and spend a little time with steel wool, paint stripper, and a rag with polishing compound. You get this real neat mess on the garage floor that I'm sure will qualify my garage as a superfund clean-up site in a couple of years. Then a little polishing with a rag, which you throw away almost immediately. You blow back down to the auto parts store and buy a buffing adapter for a drill. I was trying to buy this in the hardware store when John O'Neil pointed out that I should go to the auto parts store for stuff to shine metal with. John had rented a Milwaukee Hole Hog, the biggest

member, was relating to us at the other picnic the wonderful ride she had had with Mo on the tandem with the wind at their back for the whole ride. It is not rocket science to know that they had chosen the correct directions and times to ride that day. We on the other hand were following Bob's map into the wind. Gary early on figured out that Bob's map was a little short on truthfulness, and turned his ride early. Not the long riders however. No we came to the picnic for a ride, and we were gonna get the whole ride. So we rode around the Air Force Academy back loop and up Stadium Blvd. I rode up Stadium Blvd at a whole 13-15 m.p.h. and would have felt bad about it but I was passing other people, not on this ride mind you, but other riders none the less. We all gathered at the Loaf'n' Jug on Glen Eagle. Surprise surprise, everyone had a mile or so more than the ride was supposed to be long showing on their computers. Gee we only had about another 12-15 miles to go uphill into a headwind back to Palmer Lake. We all made it, eventually. We were greeted with the normal supportive comments from the mountain bike riders: "What happened? get lost? We already ate all the food...!" We stumbled to the pleasant gathering around the lake and ate our food. We all claimed to have had a great time. We actually did have a great time but the CSCCers were dead tired from the Peyton Hour the day before. We all thought it would be a great idea to do this again next year! It was a lot of fun to ride with another club. Even more fun to watch an unsuspecting DBTC rider look at the map and say "Gosh only 40 miles, maybe I'll do the Air Force loop twice". He didn't, but he did actually return and act sociable at the picnic. Riders continued to straggle in, and I had already walked right into Bob Bradler twice, realized that I was used up. I have no idea how much longer people stayed there at the lake, but I have to compliment the members of both clubs for not letting Bob become one with the lake. Several members were overheard to say, "Gee I'm glad there is a 5 day waiting period". Whoops Bob BASHing time has ended for this newsletter. Bet Bob has an article next month.

### Time Trails:

What is the time trial: Depends on which Tuesday it is, but it a race against the clock for a know distance. CSCC tries to run several of these each summer, over the same course. The real purpose of the time trial is that a individual gets some idea of what kind of shape they are in vs. the last time they ran the course. This actually is pretty valuable information to have. Humans are the kind of things that remember the immediate and forget the past pretty quickly. So its getting to be time for that big tour, and you think you are in o.k. shape. You don't really know of course unless you measure it somehow. This is where a time trial comes in. You ride the same course that you did 2 maybe three years ago and find out. If it takes you twice as long maybe you had better plan a different vacation, but on the other hand you may find that your level of basic fitness has increased to the point over the years that even though you haven't had the chance to train a lot this year you are as fast or faster than you used to be. Good things to know before any event where your physical fitness might get tested.

The two Routes: The oldest course for the club is the 26th street hill climb. A hill climb is exactly what it is to. You leave from the cemetery on 26th street and go over the hill to Bear Creek Canyon to Gold Camp Road. Turn left and ride until the pavement ends. Its only 4 miles but you gain a touch of altitude. The other route is an out and back on Judge Orr Road. You meet near the airport at Hwy. 24 and Judge Orr, and take off for 5 miles, turn around and come back. A good test of how you will do in relatively flat terrain.

What if I don't want to go out and get beaten senseless and have everybody laugh at me? While the atmosphere is competitive at these rides, everyone is there for their own personnel record. I've seen the well dones and way to go comments go to riders that finished eight or nine minutes behind the fastest riders in the group, but finally got that elusive time THEY wanted to have. So check the calendar Tuesday nights, and give Dave Schlichtig a call if you have questions. He would love to have more riders out there.

If you don't want your time published in the newsletter, we won't ..

## New Ride Leaders :

Just how hard is it to be a ride leader? This month Jane Heroux led a ride, and fixed her first flat. On the rear wheel no less. Way to go Jane.

Mo and Lucy Michel led the July 4th ride on their tandem. Thanks Mo and Lucy.

## Club Miles

### Female

|                 |      |
|-----------------|------|
| Anne Smith      | 1322 |
| Diane Edmonds   | 1214 |
| Sharon Boyd     | 722  |
| Victoria Card   | 601  |
| Chris Davenport | 595  |

### Male

|                |      |
|----------------|------|
| Bob Smith      | 1593 |
| Rob Miskowitch | 1565 |
| Ray Edmonds    | 1274 |
| Gary Papazian  | 1203 |
| John McLain    | 1150 |

### Ride Leader

|                |     |
|----------------|-----|
| Rob Miskowitch | 956 |
| Bob Smith      | 483 |
| Mike Heymann   | 321 |
| Ray Edmonds    | 285 |

Rob Miskowitch, you have all seen his chainstays I'm sure, suggested now that Bob Smith has a brand new Serotta Colorado TI in pure 24 ct. Titanium, that his ride miles be divided by two. Rob, all I do is report the information that is given to me, and some that I make up. If by some unlucky chance a mysterious computer error were to occur where this phenomone just happened... Rob, all I do is report the information given to me. I thought you must have been multiplying them by two for him to have more miles than Anne.

Futher evidence of how easy Bob's new bike is to ride came on the dinner ride. After dropping 2/3 of the group and sending Susan up Cheyenne Canyon on a dinner ride, Bob comments: "Wow there are a lot more people on this ride than I thought. I wasn't even trying to go fast and I lost them all." Proves two things. Ti bikes can be fast. Ti owners can't count.

## Club Minutes

Colorado Springs Cycling Club Monthly Meeting  
5 JUL 1994

Bob Smith, President, opened the meeting by requesting a financial report from Anne Smith. The Treasurer's report was read and accepted by the attending members. Diane Edmonds circulated the August ride calendar. Bob discussed upcoming activities as follows:

- o Suzie Ward is leading a women's mountain bike ride at Lovell Gulch on Saturday, 9 JUL.

- o Sunday, 10 JUL, CSCC and DBTC are planning a picnic at Palmer Park. CSCC is providing ride leaders for the 25 mile and 40 mile road bike rides. Two mountain bike rides are planned for Mount Herman Road and the Sante Fe Trail. CSCC is providing beverages and DBTC is providing utensils and plates. Bring your own sack lunch.

- o CSCC Picnic at Fox Run Park on 17 JUL. Pot Luck picnic with each member bringing an item. Appetizers, entrees, and desserts are assigned to a range of letters in the alphabet. Take the first letter of your last name and bring the appropriate item. CSCC will provide Smoked Turkey. There will be a long ride beginning at 9AM and additional rides throughout the day.

- o Tim Tiefenbach's Hut-to-Hut Mountain Bike trip is full. Five spots were taken. No more additional reservations can be made, since 30-days notice was required.

- o Kebler Pass/Crested Butte with Warren Barta; spaces available.

- o San Juan is full.

- o Cuchara Pass, road bike ride has space available.

- o Leadville Triangle 24 SEP has space available.

- o Cumbres & Toltec is full.

- o Michael Heymann reports on Hardscrabble 18 SEP. The t-shirt graphics are similar to the graphic on the brochure. He has plenty of brochures. 40 riders are signed up. Mike has preliminary approval from the

State Highway Patrol to provide 2 patrolmen for \$740.00; charge to have an organized event on the highway. CSCC has paid a \$25 deposit. An action item was taken to check on the fee. The Captain of the local division of the Highway Patrol is requested for the next meeting's speaker. Mike will report Hardscrabble expenses, too. He needs volunteers and riders. Ray Edmonds will be the ride leader for the volunteer ride on 17 SEP. Sharon Boyd and Dale Campbell volunteered to drive sag. Cathy Pillis is co-chairing w/Mike.

- o 1994 UCI World Cup Finals 20-22 JUL.

Suggestion for future meeting to be a "show & tell" rather than a business meeting.

Congratulations was extended to John Ellis for completing a transcontinental bike ride JUL 94.

Ray Edmonds requested volunteers to write articles on upcoming events. Volunteers for specific events are as follows:

Dale Campbell Crested Butte

Jim Card Club Picnic

John McLain suggested a CSCC t-shirt and jersey. Dale Campbell will check in Motion jerseys at Shaver Sport. Mike Heymann took an action item for the design.

Speaker: Jim Snyder, Sports Nutrition

He distributed a brochure "Nutrition Update" to members. The following books were recommended:

Exercise Physiology by William D. McArdle

Eating For Endurance by Ellen Coleman

Sports Nutrition by Jackie Burning (Class at UCCS)

Bob Smith asked for a motion to adjourn. Mark Rowe made the motion, Dale Campbell seconded the motion.

Sharon Boyd  
15 JUL 1994

## Colorado Springs Cycling Club Upcoming Events

**Kebler Pass** is July 30 - Aug. 1 Contact Warren Barta 632-3604

**Cuchara Pass Tour**, August 27-28. Contact Mike and Fawn Remington, 391-0742.

**Lead Triangle** September 24-25. We will be staying at the Delaware Hotel in Leadville. Make your own reservations for this tour 1-800-748-2004. Reserve early, another large tour uses the hotel this weekend. For ride details contact Bob Smith at 719-528-6834.

**Tour de Hardscrabble Pass**. September 18, 1994. 100 miles. Starts in Florence, CO, and loops through the San Isabel National Forest, over Hardscrabble Pass. Fee includes sag support and T-shirt. SASE to Colorado Springs Cycling Club, P.O. Box 49602, Colorado Springs, CO 80949-9602. 719-594-6354.

**Moab**: November 23-27th. Thanksgiving in Moab. Road and Mountain Bike rides every day. We will stay at the Ron Tez. Contact Ray or Diane Edmonds 685-9600 for reservations. We will require a deposit this year to hold your spot.

### Other Notables

**Colorado State Fair Century**, August 20, 1994, Contact El Pueblo Boys' Ranch, 1591 Taos Road, Pueblo, CO 81006.

**Hotter 'N Hell Hundred**, August 27, Wichita Falls, TX, HHH Hotline 817-692-2925. We have a few brochures so call the club Hotline and we will get them out to you.

**Rocky Mountain Century** - August 27, Team Evergreen, PO Box 3804, Evergreen, CO 80439

**Cripple Creek Cruise**, Saturday, August 27th, Ride starts at 8:00 a.m. sharp from Beckett's Patio. Ride from the Springs to Cripple Creek on Gold Camp Road. Advance registration is \$25 or day of registration is \$30. Questions? Call 577-4373.

## MEMBERSHIP NEWS

The officers and committee persons try to have activities they think will interest our membership. Often every ones' needs are not met, so let us know or better yet get involved.

The CSCC members and officers welcome the following new members: Lynn Allan; Majorie Brewer; Jana Burr; Lauren Bynum; John Carraway; John Hallauer; Mary Johnston; Robert Krick; Rick & Debby Levinson; Tony Meza; Rex F. Nipper Jr; Peter Osterroth, Thomas & Ilse Ramsey, James Rhee; Tod & Sara Spencer; Patti Thorn; Bonnie Turnbull; Julie Van Horn, La Mar E. Wayne;

Welcome again to returning members: Dale Campbell & Sharon Boyd; Robert Gussin; Doug James; Ingrid McCarty & Mark Fleming; Michael Moursi; Kay Parker; Ken & Susan Thompson; Barry Wick; Nancetta Williams; Oscar & Barbara Wilde; Marie M. Working

### Membership Renewal Reminder:

Often members call and say they haven't received their newsletter. We check the club data base and lo and behold their membership has expired or they have moved. Look at your newsletter label each month. If your membership is expired the first line on the label states "*Final Issue - Renew Now*". Our computer program is unforgiving, you will not receive another newsletter unless your dues are received by the 15th of the month. If your newsletter label is marked with the renewal notice, then pop the check in the mail ASAP. Don't put it off you will forget. If you've moved, then drop us a postcard or leave your change of address on the hotline.

### What does SAG mean?

by Gary Papazian

We've all heard the term, but few actually know what the letters stand for. SAG stands for support and gear.

Notice it says nothing about a ride to the day's destination!! Ed.

## CLUB OFFICERS

President

Bob Smith  
528-6834

5695298@mcimail.com

Vice President

Michael Heymann  
632-4112

Treasurer/ Membership

Anne Smith  
528-6834

5695298@mcimail.com

Secretary

Sharon Boyd  
6096335@mcimail.com

Road Ride Committee

Warren Barta  
632-3602

Rob Miskowitch

548-8667

5837843@mcimail.com

ATB Ride Committee

Mark Rowe  
633-5073

Tim Tiefenbach

685-1398

Touring Chairman

Michael Heymann  
632-4112

Ride Calendar Coordinator

Diane Edmonds  
685-9600

edmonds@peaks.enet.dec.com

Newsletter Editor

Ray Edmonds  
685-9600

Raymond\_Edmonds@ccm.hf.intel.com

Dear Vice President Al Gore, you aspiring info nerd. Please notice that a majority of the CSCC officers already have ridden their bicycles onto the "Information Super Highway" years before you were elected. Please concentrate your efforts on paving real highways, and making better bike access to less metaphorical forms of bicycle highways.

## Club Stuff

As a CSCC member, you are entitled to a 10% discount on the purchase of cycling accessories from the following bike shops:

Bike Stores:

Colorado Springs Bike Shops (719) 634-4915. Two Colorado Springs Locations.

The Bike Habit (719) 599-0707

Pedal Revolution (719) 389-0909

Ted's Bicycles (719) 473-6915

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.

## Time Trial Results:

July 12 Judge Orr Road

|                  |       |
|------------------|-------|
| Sharon Greenbaum | 27:03 |
| Dave Schlichtig  | 27:24 |
| Jeff Talus       | 27:50 |

26th Street Hill Climb July 19th

|                  |       |
|------------------|-------|
| Tom Preble       | 17:59 |
| Keith Hofreiter  | 18:11 |
| Dave Schlichtig  | 19:54 |
| Sharon Greenbaum | 19:55 |

## Newsletter Submissions

Items for the newsletter should be submitted by the 15th of the month preceding publication. Physical items may be sent to: Newsletter, CSCC P.O.Box 49602, Colo, Springs, CO. 80949. Email: Internet address Raymond\_Edmonds@ccm.hf.intel.com or Redmonds@inside.intel.com Fax: (719) 685-1023

## Rideleaders

Mail your ride sheets to Rob Miskowitch 5140 Saddle Drive Colorado Springs CO. 80918. Rob is the club statistician.





# August 1994



## Colorado Springs Cycling Club's Calendar of Events

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday                                    | Saturday  |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
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|   | <b>1</b><br>5:30 PM Dinner<br>Ride Howard's<br>BBQ 528-6834<br><br><b>Kebler Pass</b> | <b>2</b><br>10:00 AM Lunch<br>Bunch Ride 528-6834<br>6:00 PM 26th St.<br>Time Trial 260-6925<br>7:00 PM Club<br>Meeting Olympic<br>Training Center<br>Manitou Room | <b>3</b><br>5:30 PM Speeding<br>Bullet Ride, AFA<br>Thunderbird Over-<br>look 531-7759  | <b>4</b><br>6:00 PM MTB Ride<br>26th St. Ceme-<br>tery 685-1398<br>6:00 PM Speeding<br>BB Ride, AFA<br>Thunderbird Over-<br>look 593-7887   | <b>5</b>                                  | <b>6</b><br>9:00 AM Saturday<br>Road Ride K-<br>Mart Powers<br>548-8667<br>9:00 AM Women's<br>MTB Ride Mule<br>Creek, 687-8065                        |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| <b>7</b><br>8:30 AM Show'n'Go<br>Brunch, Palmer Park<br>Ball Diamond<br>9:00 AM MTB<br>Rampart Reser-<br>voir 634-4970<br>1:00 PM Social<br>Ride Acacia Park<br>528-6834  | <b>8</b><br>5:30 PM Dinner<br>Ride Chili's 528-6834                                   | <b>9</b><br>10:00 AM Lunch<br>Bunch Ride 528-6834<br>6:00 PM Judge Orr<br>Time Trail Hwy<br>24 PDQ 260-6925  | <b>10</b><br>5:30 PM Speeding<br>Bullet Ride, AFA<br>Thunderbird Over-<br>look 531-7759 | <b>11</b><br>6:00 PM Ouray<br>MTB Ride 633-5073<br>6:00 PM Speeding<br>BB Ride, AFA<br>Thunderbird Over-<br>look 535-1515   | <b>12</b><br><br><b>San Juan MTB Tour</b> | <b>13</b><br>9:00 AM Saturday<br>Road Ride<br>Chapel Hills<br>Walmart 548-8667  |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| <b>Pedal the Peaks Colorado Tour</b>  |   |  |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| <b>14</b><br>8:00 AM MTB Ride,<br>Hancock Pass &<br>Alpine Tunnel 719-372-0114<br>9:00 AM Peyton Hour<br>Road Ride 94 &<br>Curtis 693-2713<br>1:00 PM Social Ride<br>Acacia Park 593-7687<br><br><b>San Juan MTB Tour</b> | <b>15</b><br>5:30 PM Dinner<br>Ride Pepperinos<br>528-6834                            | <b>16</b><br>10:00 AM Lunch<br>Bunch Ride 528-6834<br>6:00 PM 26th St.<br>Time Trial 260-6925  | <b>17</b><br>5:30 PM Speeding<br>Bullet Ride, AFA<br>Thunderbird Over-<br>look 531-7759 | <b>18</b><br>6:00 PM MTB Ride<br>26th St. Ceme-<br>tery 685-1398<br>6:00 PM Speeding<br>BB Ride, AFA<br>Thunderbird Over-<br>look 593-7398  | <b>19</b>                                 | <b>20</b><br>8:00 AM 100K<br>Bullet Train<br>Road Ride K-<br>Mart Powers<br>637-9351<br>9:00 AM Ken<br>Hagen's Ride &<br>Farewell Picnic,<br>531-0290 |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| <b>21</b><br>8:30 AM<br>Show'n'Go<br>Brunch, Palmer<br>Park Ball<br>Diamond<br>1:00 PM Social<br>Ride Acacia Park<br>685-9600<br><br>Full Moon<br><b>Moonlight Classic</b>  | <b>22</b><br>5:30 PM Dinner<br>Ride China<br>China 528-6834                           | <b>23</b><br>10:00 AM Lunch<br>Bunch Ride 528-6834<br>6:00 PM Judge Orr<br>Time Trail Hwy<br>24 PDQ 260-6925   | <b>24</b><br>5:30 PM Speeding<br>Bullet Ride, AFA<br>Thunderbird Over-<br>look 531-7759 | <b>25</b><br>6:00 PM Speeding<br>BB Ride, AFA<br>Thunderbird Over-<br>look 593-7687   | <b>26</b>                                 | <b>27</b><br>9:00 AM Saturday<br>Road Ride<br>Chapel Hills<br>Walmart 548-8667<br><br><b>Cuchara Pass Tour</b>  |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| <b>28</b><br>1:00 PM Dome<br>Rock Hike &<br>Bike MTB Social<br>Ride 634-4970<br>1:00 PM Social<br>Ride Acacia Park<br>481-8388<br><br><b>Tour/Valley Century</b><br><b>Cuchara Pass Tour</b>                              | <b>29</b><br>5:30 PM Dinner<br>Ride Navajo<br>Hogan 528-6834                          | <b>30</b><br>10:00 AM Lunch<br>Bunch Ride 528-6834<br>6:00 PM 26th St.<br>Time Trial 260-6925  | <b>31</b><br>5:30 PM Speeding<br>Bullet Ride, AFA<br>Thunderbird Over-<br>look 531-7759 | <table border="1"> <thead> <tr> <th colspan="7">July</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> </tr> <tr> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> </tr> <tr> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> </tr> <tr> <td>31</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1"> <thead> <tr> <th colspan="7">September</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> </tr> <tr> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> </tr> <tr> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> </tr> </tbody> </table> |   | July  |  |  |  |  |  |  | S | M | T | W | T | F | S |  |  |  |  |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |  |  |  |  |  |  | September |  |  |  |  |  |  | S | M | T | W | T | F | S |  |  |  |  |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| July  |   |  |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
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| 3   | 4   | 5  | 6   | 7   | 8   | 9   |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 10  | 11  | 12   | 13  | 14  | 15  | 16  |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 17  | 18  | 19   | 20  | 21  | 22  | 23  |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 24  | 25  | 26   | 27  | 28  | 29  | 30  |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 31  |   |  |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| September   |   |  |   |   |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| S   | M   | T  | W   | T   | F   | S   |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|   |   |  |   |   | 1   | 2   |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 3   | 4   | 5  | 6   | 7   | 8   | 9   |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 10  | 11  | 12   | 13  | 14  | 15  | 16  |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 17  | 18  | 19   | 20  | 21  | 22  | 23  |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 24  | 25  | 26   | 27  | 28  | 29  | 30  |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |           |  |  |  |  |  |  |   |   |   |   |   |   |   |  |  |  |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |

See reverse side for event details or call the number listed above or the Hotline 594-6354.

## August 1994--- Colorado Springs Cycling Club's Events Schedule

*When in doubt about the length or difficulty of an activity call the leader well in advance of that activity. Rides may be cancelled due to weather conditions such as rain or extreme cold.*

### Regularly Scheduled Rides:

**Sunday Show'n'Go Brunch Ride:** Leaves from the Palmer Park ball diamond at 8:30 a.m. Slow-to-moderate paced ride to a restaurant or bakery. No scheduled ride leader, just show up and see who else is there and decide where you want to ride.

**Sunday Afternoon Social Ride:** Leaves from Acacia Park at 1:00 p.m. Distances are typically 15-25 miles, at a slow-to-moderate pace. There will be two ride leaders, one to lead the longer moderate ride and one to lead a "truly social" slower ride. See calendar for ride leader's phone number.

**Monday Dinner Ride:** Leaves from Acacia Park at 5:30 p.m. This is a very casual friendly ride of 15 miles with dinner en route or after the ride. Great opportunity to meet folks. Ride leader is Bob Smith, 528-6834.

**Tuesday Lunch Bunch Ride:** Anne Smith leads a lunch ride every Tuesday at 10:00 a.m. This ride is by RSVP only, at which time you find out where the ride starts. This is a very social ride with lunch en route, and the pace is geared to the ability of the slowest rider. It's a good way to meet other club members and have time to talk. Call Anne with questions or to RSVP, at 528-6834, the night before or early the morning of the ride.

**26th St. Time Trial:** August 2, 16, and 30 at 6:00 p.m. Meet at the 26th St. Cemetery, the course runs approximately 4 miles up 26th St. and Gold Camp Rd. Results are published in the next newsletter. Ride leader is Dave Schlichtig, 260-6925.

**Judge Orr Time Trial:** August 9 and 23 at 6:00 p.m. Meet at the PDQ on Highway 24, the course is 5 miles out Judge Orr Road and 5 miles back. Results are published in the next newsletter. Ride leader is Dave Schlichtig, 260-6925.

**Wednesday Speeding Bullet Ride:** Leaves the Air Force Academy Thunderbird Overlook at 5:30 sharp. This is a very aggressive fast and hilly ride of 20 to 30 miles. Riders who come on this need to be prepared to ride fast and keep up with the group or ride alone. Average speed is 18 to 24 mph. Ride leader is John Rasper, 531-7759.

**Thursday Speeding BB Ride:** Leaves the Air Force Academy Thunderbird Overlook at 6:00 p.m. sharp. Not as aggressive as the Wednesday ride, but distances will be 20 to 40 miles. Ride leaders are John McLain, Judy Shaposky, and Phil Smith. See calendar for ride leader's phone number.

**Thursday Mountain Bike Ride:** August 4 and 18 at 6:00 p.m. at the 26th St. Cemetery. Ride leader is Tim Tiefenbach, 685-1398.

**Saturday Road Ride:** Except for August 20, starts at 9:00 a.m. at various locations. Distance is approximately 45-60

miles, with a 30-mile map-led option that intersects the main ride as often as possible. See calendar for start locations. Ride leader is Rob Miskowitch, 548-8667.

### Special Events:

**August 6 Women's MTB Ride at Mule Creek:** Meet at 9:00 a.m. at Mule Creek. Men are also welcome but they must ride in the back, pass no women, and no cross-dressing this time. Ride leader is Suzie Ward, 687-8065.

**August 7 Rampart Reservoir MTB Ride:** Moderate ride of approximately 12 miles. Leaves from the cross-country ski trailhead of Rampart Reservoir at 9:00 am. Ride leader is Vicki Card, 634-4970.

**August 11 Ouray MTB Ride:** For those in Ouray on that day, Mark Rowe is leading a mountain bike ride starting at 6:00 pm. 633-5073.

**August 14 Alpine Tunnel MTB Ride:** Ride over Hancock Pass and up the Palisades to the Alpine Tunnel and back. A strenuous mountain bike ride of approximately 20 miles. Meet at 8:00 pm at the east side of the parking lot of the Walmart in Canon City. Ride leader is Nard Claar, 719-372-0114 evenings. (Nard lives in Canon City).

**August 14 Peyton Hour Road Ride:** Meet at Highway 94 and Curtis, be ready to ride at 9:00 a.m. Ride east for one hour! At the end of an hour, turn around, wherever you are, and ride back. Back by popular demand (many enjoyed this ride in July). Ride leader is John Cunningham, 683-2713.

**August 20 100K Bullet Train Road Ride:** Go for a personal best in a 62-mile cooperative team time trial. Relatively flat route. We'll match up in groups of 3+ riders, depending on who shows up. Not just for hammerheads... recruit a friend or prospective CSCC member with a similar pace. Ride leader is Lynn Allan, 637-9351.

**August 20 Farewell Ride and Picnic for Ken Hagen:** Ken will be leading a ride starting at Fox Run Park at 9:00 a.m. A potluck picnic will follow, with meal-time being between noon and 1:00 p.m. Come on out and wish Ken good luck in Phoenix. Bullet Train riders come on over! Bring a covered dish, drinks will be provided. For information call Butch and Peggy Shaw, 531-0290.

**August 21 Turkey Rock MTB Ride:** Meet at the Bagel Stop in Woodland Park at 8:00 a.m. to carpool to the ride's starting point. Anne and Bob Smith will lead this ride on their mountain tandem. Ride is about 35 miles of dirt roads with a lot of climbing. Ride is not very technical but is strenuous. Beautiful scenery, bring plenty of water and a lunch. We will stop along the route for a picnic lunch. Call 528-6834.

**August 28 Dome Rock MTB Social Ride:** A hike & bike social ride. Meet at the Dome Rock Trailhead in Mueller State Park at 1:00 pm. Small fee for park entrance. Ride leader is Vicki Card, 634-4970.

## Classified ADS

**Club Policy:** Non-commercial advertisements are free to all club members. Ads will run for one month unless renewed. Commercial advertisements are \$10/month for a 2"x 3" ad. Three month minimum, send check and ad copy to: Classified ads, CSCC, PO Box 49602, Colo Springs, CO. Ad deadline is the 15th of the month prior to publication. The Bent Fork Chronicles is published eight times per year.

**FOR SALE:** 57 cm TREK 620 Touring Bike. New brakeset, new round triple chain rings, 7 speed bar-end indexed shifting, new Shimano LX rear derailleur, Mavic MA40 rims with Dura-Ace hubs \$350.

Two 56 cm Miyata Alumicros hybrid bikes, 700c wheels, triple cranks, full Shimano DX components. Great touring, commuter and cyclo-cross bikes. Both bikes well maintained and in very good condition \$450 each.

1-Race ready tubular wheel set including rubber. Mavic GL330 rims with Dura-Ace 7-speed cassette hubs with 12x24 cog set, Vittoria CX front and CG rear., Like new asking \$200.

2-700c Tandem wheel sets, 40 hole Wheelsmith Sun Chinook rims with Suzue Hubs, 48 hole Wobler rims with Sansin Hubs, several Dura-Ace freewheels, rear wheels threaded for a drum or disc brake. To make an offer call Bob Smith at 719-528-6834.

**FOR SALE:** Ride the Rockies on this Trek 1000, 60 cm Aluminum triple chain ring 18 speed road bike. All Shimano, recent derailleurs and tires, excellent condition

\$350 OBO, call Hal Church at 636-9369.

TOARV 94 RIDE JERESYS--EXTRA LARGE ONLY - \$15.00

TOARV 94 RIDE PINS--\$2.50

TOARV 93 RIDE JERSEYS--1 small & 2 mediums - \$7.50

TOARV 93 T-SHIRTS--1 small - \$5.00

92 & 93 RIDE PINS--\$1.00

Anne Smith - 528-6834

For Sale: Trek road bike, 54 cm., carbon frame, yellow and black, #2300 series, near new condition. Asking \$600.00 or best offer. Call 576-6977 please leave message.

For Sale 55cm c-c Bianchi track bike. New wheels with superbe Hi-Flange hubs and Continental tires. \$550.00 OBO. Time sport pedals w/adaptor for look shoes \$20.00 Call Ken 590-7384

For Sale: 91 Fisher Pro Calibur, 19" Manitou Fork Suntour XC PRO Components Greaseguard. \$600.00, 87 Nishiki Mtn Bike 20" 6 speed Deore components. \$200.00 OBO, a true collector's item. Call Dave Schlichtig 260-6925



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|-------------|-------------|
| Avocet      | Look        |
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| Bellweather | Nike        |
| Blackburn   | Oakley      |
| Bolle'      | Pearl Izumi |
| Continental | Rockshox    |
| Descente    | Specialized |
| Diadora     | Thule       |
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