



The Bent Fork Chronicles

COLORADO SPRINGS CYCLING CLUB



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

Volume 8

July 1994

Issue 5

Club Picnic

How do you know it's summer? Your company, or your social group is having a picnic. The CSCC is having your annual picnic too. Come one come all Sunday, July 17 at Fox Run Regional Park. (Detailed information is available on page 3). What other group of people invite you to ride 60, 40, 20, or even 0 miles and then hang around in close proximity with each other and socialize? What other group will then have a number of members get on beater bikes, mountain bikes, stolen bikes, anything that rolls and engage in BICYCLE POLO. While the official rules are listed on page 3, perhaps the unstated rules are more important to know. Special mallets: Past club events have used croquet, and brooms. There were mixed reviews on both. This year a rule we can live with: your mallet may be no taller, nor may your mallet be heavier than you. Wanna use a 40 pound sledge, come on down. The ball: we have used a rubber ball the size of a baseball, and a volleyball. The volleyball gives you the chance to gain a lot of air, in my personal recollection. This year which ball will it be? I don't know!! Only the club's official polo coordinator knows, and Jim is not telling.

Jim Card is a health care professional, and views bike polo as a natural marketing effort of the emergency room workers, managers, and operators association. I still have the DNR sticker on my helmet for last winter's polo fest. (Do Not Resuscitate). You should bring a camera for this one, and a lawn chair.

Club Meeting Manitou Room

July 5

7:00 P.M.

CLUB MEETING -- Olympic Training Center, Manitou Room, Tuesday, July, 5 at 7:00 p.m.

Speaker: Mr Synder

Sports Nutrition!!!

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T.O.A.R.V. Kudos

The CSCC receives many TOARV thank you notes from riders. So the many volunteers know how much they are appreciated, we thought we would publish some excerpts from them.

"Just a note to let you know I enjoyed the TOARV again this year. The quality and quantity of the food, especially the home made goodies makes this tour a "step above" other organized tours. It was also nice to see all of the SAG vehicles." Sherri Durman, Littleton.

"Thank-you for the very best TOARV. It was outstanding. A special thank-you to John Rasper for his SAG loan of a tire and tube. Both were his own. TOARV has become friends and family." Robert Manbeck, Ft. Collins.

"We wanted to thank you both and everyone else involved in the TOARV for making it the most enjoyable ride Steve and I have ever been on! Even the weather couldn't have been better. We were glad not to need SAG support this year, but it sure was nice to see everyone driving by and waving so often. The rest stops were superb (as they were last year). The dinner and breakfast were great! But most of all we loved seeing everyone's smiling faces and we are so proud to be a part of a great bike club! Thanks for everything." Steve and Dona Johnson, Littleton.

"Thanks for another great TOARV! We especially appreciated the perfect weather you ordered -- we wouldn't have made it with a head wind!" Butch and Peggy Shaw, Colorado Springs.

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T O A R V

Thanks To:

Coordinators

Bob & Anne Smith

Prizes & Support

Old Town Bike Shop - Bike Habit - Citadel Cycle & Ski - Ted's Bicycles
Shaver Sport - Otero Cycles - Team Telecycle

Buena Vista High School - Buena Vista High School Booster Club - Buena Vista Optimists
Canon City Sunrise Lions Club - El Paso County Search & Rescue
Pikes Peak Massage Therapy - Wall-Mart

Route Maps

Ray & Diane Edmonds

Rest Stops

Vicki Card - Chris Davenport - Jane Herou - Michael Heymann - Charity Kovac - Gary Papazian
Cathy Pillis - Phyllis Sargent - Alan Severn - Anne Smith - Tim Tiefenbach - Rick Ward - Barbara Wilde

Registration

Diane Edmonds - John Ellis - Chris Davenport - Neil Kovac
Bob Moore - Janet Oliver - Gary Papazian - Anita Rasper - Anne Smith - Suzy Ward

Baggage

Neil Kovac - Suzy Ward

Traffic

Gary Papazian - Mark Rowe

Rest Stop Supplies & Food

Anne Smith - Mike & Fawn Remington

Information Booth

Anne Smith

SAG & Tech Support

Ray Edmonds - Ken Hagen - J. P. Nuetboom
John & Anita Rasper - Mike & Fawn Remington - Steve Sewell - Bob Smith

Prizes

Neil Kovac - Lori Martin - Anne Smith - Suzy Ward

VRAOT Coordinators

Ray & Diane Edmonds

VRAOT SAG

Norm Howard - John McLain - Fawn Remington and her Mother Judy Nicholzen

A special thanks to everyone who baked dozens and dozens of cookies and goodies for the riders. Also, to those who stuffed ride packets. A very special thanks to **John Crandall** for his generous support.

C S C C

Summer 1994 Picnic

Date:
Sunday, July 17

Location:

Fox Run Regional Park. From Interstate 25 exit 156A to Northgate Road; east on Northgate for 3.5 miles; north on Rollercoaster Road for 1.5 miles to Stella Drive; west on Stella; right into park and follow signs.

What to bring to eat:

A side dish (appetizer, salad or side dish, desert etc.). CSCC will provide smoked turkey, drinks and eating utensils. First initial last name please bring (A-G appetizer), (H-M salad or side), and (N-Z dessert).

Rides:

Long:	60 miles	Start: 9:00 A.M.
Medium:	40 miles	Start: 10:00 A.M.
Short:	20 miles	Start: 11:00 A.M.
Off road trails		On you own in park

What to bring for bike polo after picnic:

Mountain, cross or beater bike, broom? and no brains.

RSVP

We would appreciate it if you would RSVP so we know how many turkeys to smoke. If you forget or find you are able to come at the last minute, don't worry about it --just show up with your covered dish.

Anne Smith 528-6834

Special Rides This Month

JULY 4th Ride. Lucy & Mo Michel are leading a combination tandem and single road ride on Monday, July 4. They have mapped loops of 25, 35 and 60 miles east and south of Colorado Springs. The ride will start at 9:00 a.m. at Falcon Middle School which is half a mile past the Falcon PDQ on Hwy. 24. Even though there will be several water stops, you may want to bring large water bottles especially if it is a warm day.

Picnic with DBTC:

On Sunday, July 10th CSCC and DBTC (Denver Bicycle Touring Club) will be hosting a joint picnic ride from the Palmer Lake Trailhead of the Santa Fe Trail beginning at 10:00 a.m. CSCC will be providing routes and ride leaders for two road and two mountain bike rides. Road rides will be 25 and 40 miles. Mountain bikes rides will be out and backs on the Santa Fe Trail and Mt. Herman Road. Rides begin at 10:00 a.m.

from the Palmer Lake Trailhead. Lunch is bring your own picnic. CSCC will be providing beverages and DBTC will provide plates and utensils. This will be the first time CSCC has hosted a ride with another club. Let's make this a good turn out. For details contact Bob at 528-6834.

Lunch Rides

Anne Smith will be leading a lunch ride every Tuesday at 10:00 a.m. This ride will be by RSVP only, at which time you will find out where the ride starts. A hint--it will usually start in the northwest area of town. This will be a **VERY SOCIAL RIDE** with lunch en route. The pace will be geared to the riding ability of the slowest rider. The ride will be good way to meet other club members and have time to talk. If you have any questions or want to RSVP, call Anne Smith at 528-6834 the night before the ride or early the morning of.

About July's Calendar...

Each month at the club meeting I pass around a preliminary copy of the calendar of events for the next month. It's usually fairly filled in from the ride committee meeting, but with a few blank spaces for people to volunteer to lead a ride.

At the June 7 meeting I started the calendar around the room as usual. The meeting was a long one and I had to sneak out early. I was hoping the calendar & I would meet up again later. But so far it hasn't turned up.

So if you were at that meeting and signed up to lead some kind of ride in July, I'm very sorry to say that I have no record of it and so you didn't make it onto the calendar. Please try again next month! And I'll try to track of the calendar.

... Diane Edmonds

PREZ SEZ

by Robert Smith

Two hundred sixty-eight riders arrived in Cañon City early Saturday morning on May 21 for final check-in for TOARV'94. Many were fully prepared for the two day journey along the Arkansas River to Buena Vista and back over Trout Creek and Current Creek Passes to Cañon City. They had trained and their bikes were in excellent mechanical condition. There were a few riders who were obviously not quite as prepared. Their bikes still had dust on them that had accumulated in the basement or garage since that September century last fall.

I have always considered TOARV a development ride for that full week tour in June or July. CSCC has a six week training series on Saturdays prior to TOARV to help riders build the strength and endurance to make TOARV more enjoyable. These rides not only develop the rider but also help shake out the kinks in the equipment.

Roger Young was our June meeting speaker. He is track coach for the United States Cycling Federation. Roger spoke on how to train for that big ride. He presented a five to six week development plan with the goal of making that big ride comfortable. If you missed the last meeting, much of Roger's zone training program is discussed in the July '94 issue of *Bicycling Magazine* on page 59. The *Bicycling* article discussing zone training is at the end of the "Training with Lance" article. Additionally, Roger spoke of using Zone 0 to improve technique such as pedaling style.

Develop a training plan for that next big ride and you will enjoy it more and feel less tired on Monday following the big ride. You can use some of our club rides for zone training. The Sunday afternoon ride is Zone 1, Monday Dinner ride is Zone 0, Wednesday Speeding Bullet is Zone 3, Thursday Speeding BB and Saturday Rides are Zone 2, and you can throw in Zone 4 & 5 whenever you like.

World Cup Track Finals:

The USCF is hosting the World Cup Track Finals at the 7-Eleven Velodrome on July 20-22. World Cup Track events are geared toward spectators. Most of the events are mass start. They are fast and exciting. There will be both day and evening events on July 20 & 21. The finals will be Friday evening July 22. There will be 18 countries sending teams to participate in the Finals. Every country races as a team and the team receives points based on finish, the team with most overall points wins. Currently, the US team is 7th in overall World Cup Competition.

The 7-Eleven Velodrome is considered one of the fastest tracks in the world. New world records are expected to be set during these events. In '86 Colorado Springs hosted the World Cycling Championships; not since '86 have we had an event with this caliber of riders.

The USCF's goal is to pack the Velodrome with spectators. They are not particularly interested in making money on the event, as a result they have given CSCC 600 tickets to the World Cup Finals. The face value of each ticket is \$3.00. We can sell the tickets as a fundraiser for our club. The tickets are open seating and can be used for any session. At this time we do not have details regarding session times. This information will be available in the *Gazette Telegraph* and on local TV.

If you would like to have some of these tickets to sell or use please call the club Hotline at 719-594-6354 to reserve your tickets. We will mail them out to you.

Cartoons on the way...

Next month in this very space we will have some really humorous cartoons drawn by the club humor expert, an individual in charge of getting even with (ahead of) the newsletter editor in delivering cheap shots, Mr Tom Preble.

We would have had them this month, but .. my computer broke...., I was real short on time and space...., I didn't have enough paper bags to wear over my head at club functions! Yeah that's it!

Tech Tips.

While the usual award in Tech Tipdom is to assign the "turn o" something to somebody for an act of questionable value, it has come to the attention of many in the bike club that one member has forgotten how to turn, period. Cases in point: Marland Rd, a quick descent from the zoo which ends in a t-bone of another road. A right or left turn is pretty much mandatory if we don't want to explore the creek and the stop sign thing at the intersection. Then on another social ride on the Santa Fe Trail, we saw yet another example of "overcooking" a corner. Into the weeds yet again. A turn, any kind of turn, to Jim C.

A tip for the tandem riders among us. When the stoker claims to see a peacock while you're ascending the Shelf Road and asks you to turn around so that you can go back and look at it, DO NOT FALL DOWN while turning around. The noise will scare the bird which will take flight and leave captain and the stoker struggling on the ground trying to get up. Thanks and a turn upside down to Fawn and Mike R.

Tech Tip Revision. Last month Bob S. demonstrated that when you hit something hard enough to bend the back wheel and you hit it with both tires you should check to see if you have one flat or two. This month we learned that the order of this inspection is not important as long as it is completed for both wheels before we get back on the bike. As when on the Speeding Bullet Marilyn cruises a rock and snake bites the front tire. Bummer. The flat is repaired and we all remount our bikes to continue. All I hear from the back of the pack is "Quick come here! Tech Tip, Tech Tip...." Sure enough it was a tech tip, while the ink is still barely cold on the last issue too.

It's late spring, Saturday morning training rides are starting to be fun and not torture, you are moving fast and feeling good. After a good workout on the bike you are naturally hungry for some of the best carbohydrates that mother nature has to offer up, jalapenos. Gobs of them! Start with a few for lunch and have a handful

See Turn o' page 7

Gary's Black Bean Salad

Black Bean Salad with Chiles

by Angie Adams & Gary Papazian

Here's a bean salad recipe that's a hit at potlucks that I obtained from Angie Adams at one of the progressive dinner rides. With her kind permission it appears below.

In a large bowl, combine the following:

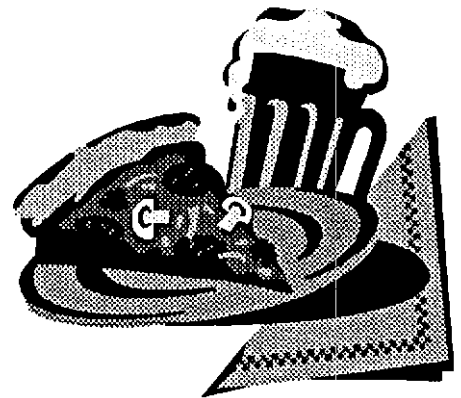
- 2-15 oz. cans black beans, drained & rinsed
- 6 scallions, green part only, thinly sliced
- 1 cup cherry tomatoes, stemmed & quartered

- 1 small yellow or red bell pepper, seeded & finely diced
- 2 jalapeno peppers, seeded & finely chopped
- 1/4 cup finely chopped fresh cilantro
- 1 serrano chile pepper, seeded & finely chopped

In a small bowl, whisk together the following:

- 1/4 cup sherry vinegar
- 2 Tbl. vegetable oil
- 2 Tbl. chicken stock
- 1 tsp. Dijon mustard
- 1 tsp. ground cumin
- 1/2 tsp. dried oregano
- salt & freshly ground black pepper to taste

Pour the dressing over the bean mixture and toss until all ingredients are coated. Season with salt and pepper. Serves six as a side dish. Also great as a dip. Enjoy!



Two Bikes and a Fly

by Gary Papazian

Here's an interesting brain teaser I came across some time ago that I submit for your enjoyment.

There are two cyclists 100 miles apart. They each begin riding towards each other at a constant speed of 10 mph. They are on flat, level land. No wind, potholes or traffic. At the instant they start, a fly which had been sitting on the handlebar of one of the bikes flies to the other bicycle at a constant speed of 20 mpg.

As soon as it reaches the other bike, it immediately turns around and flies to the first bike. The fly repeats this back & forth flight until the bikes collide and the fly is squashed -- it wasn't wearing a helmet. (The cyclists aren't too happy either).

The Big Question is this: At the moment of collision, how many miles has the fly flown?

The solution and answer will appear in the next newsletter. Have fun!

Gee, thanks for the brain teaser Gary. While not having the official Mensa endorsement as being hard, this is of the same caliber as the previous Mensa Puzzler. At all times when you do these puzzles remember that they are based on an incredibly simple concept, that has of course been hidden by adding unnecessary facts and complexity to the problem to make you suffer. Why do you think they call them word problems? The problem is with the words not the math. Trust me the math is a no brainer. Send in your creative answer to

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

Hey Bob, Why doesn't the club have its own internet address? Stuck in the past?

Farewell to Lori:

by Bob Smith

Lori Martin will be leaving us soon for Portland, OR. Lori has been the club secretary for nearly three years. Lori has been much more than a club secretary. She has been one of the prime movers of our activities committee. Lori has helped organize nearly every social activity for CSCC during the past three years. Lori has arranged and organized refreshments for most of our club meetings. Lori has always been ready with her club directory to make numerous phone calls to remind club members of commitments they have made to the club. Lori has baked TOARV cookies and worked rest stops for both Hardscrabble and TOARV. We will miss your hugs at club rides and other gatherings. Keep the rubber side down and join a Portland club. Every club needs people with your energy. Lori and Michael we will miss you both and be glad to welcome back with hugs and kisses should you return to the Springs.

Wally Wonders

Tools, nobody every writes good articles on tools anymore, and this one will probably be no exception. It would be nice if we could carry enough tools with us that we could repair, or at least tighten, anything that comes loose on a ride. I know I just hate it when some insignificant little thing gets loose on a ride and I really just can't continue. Having been the driver of the SAG wagon, I have seen a lot of little things come loose on a ride that really slow riders down. On my bike I carry sufficient tools to tighten my cleats, change my tire, pull the crankarms, tighten the pedals, remove and reinstall the bottom bracket, tighten the rear cogset, put the brakes back on, tighten the headset and fix a loose wire. Sounds like a lot, doesn't it? Perhaps it is not. Judicious selection of parts for your bike can result in being able to do all of this with very little weight or space. And judging from the things that I have had happen to me, or seen happen to other riders, it is really worth the effort. Being in the middle of a century and waiting for somebody with a pin wrench to show up to tighten the fixed cup on your BB is no fun. So what do you need to carry to be self sufficient?

The first trick is to select the proper bottom bracket. In the era of modern bikes you can choose a cartridge bottom bracket. These BBs are nice in the fact that they require a special tool to insert or remove them. Nice, you say? Well, if you have a Phil Woods or a Campy the little tools are very light. Sorry Shimano guys, the tool to remove the Shimano sealed BB is like way huge, and way heavy. If you have the Campy BB you get the bonus of being able to tighten or remove your cogset. Shucks I've never had to do this to my own cluster, but the tool in a pinch will fit a Shimano cogset retaining ring also. I have to be a little more honest here. When I first got my Campy Cart BB there were no tools to be had. The boys at the Colorado Cyclist said no problem, just use your Shimano cogset tool. Some drilling required. Drilling on the Shimano tool, not the cogset. I used my drilled out one for a couple of years,

and made a couple for friends. In any event even the Shimano tool is a bunch lighter and smaller than a locking tool and a pin wrench. The next question is how would you use the tool on the BB because the cranks are in the way. Duh. Well no problem for me. Campy cleverly includes the crank extractor in the fastener for the crank. One 7mm allen wrench does the trick. There are after-market solutions that you can add to other cranks, and they operate with a 6 mm allen wrench. Maybe a better solution for the road in particular because I have to carry a 7mm for the Campy cranks. On the other hand I carry a chain pup for my chain breaker and a 4,5,6 allen solution. It's got an Italian and Japanese spoke wrench in the bundle too. The tool is not strong enough to remove and replace cranks, so you would have to carry a mondo 6 mm allen wrench..

So we already have a pretty good look into my tool bag. A 7 mm wrench and a chain pup. Barely enough to rattle. I carry a 3 mm allen in the little plastic box that carries my patch kit. I use this for the allen cap screws that I use to hold my cleats on and for of all things the damn water bottle cage screws on my bike. These screws are a real gotcha on a lot of bikes. If your bike is not made of steal or maybe Ti, chances are that you have the little pop-in pemnuts to attach your bottle cages to. These use the next size smaller screw and have that damn 3 mm drive. Try doing the last 50 miles of a century with your back bottle cage loose slapping between your legs and you will know why this wrench is a must carry item. There is the other solution, a small roll of electrical tape, and the guts to tape things back onto your bike. I can remember trips in MOAB where we taped a fourth waterbottle to our bikes. Cool no, smart very.

Oh yea I carry one tire lever. I used to carry two, but I lost one.

What you carry on your bike pretty much depends on what tools it takes to fix your bike, and what you feel capable of doing. If you can't fix anything on your bike, you should ask another member to show you some basic emergency road repair. My minimum list of requirements would be: repair a broken chain, fix a flat, boot a tire, adjust your derailleurs, tighten your seat post. Straighten your handlebars,

tighten your pedals (probably with a 5 mm or 6mm allen wrench), remove a broken spoke and get the wheel straight enough to limp home. Loosen or tighten the brakes so that they work with a loaner/bent wheel, and make them quit squeaking. Jane. Change the bearings in your headset from retainer cages to free balls, mill and ring the BB shell. The last two items may be slightly out of the realm of road repairs, but I have walked down the road finding bearings from a bottom bracket race to put back in a bike. Hey the guy had already changed from retainer cages to loose balls, because his fixed cup kept coming loose.

If you ride a bike that has a lot of bolt-on aftermarket stuff, racks, fenders, KICKSTAND, you know who you are, you need to carry several ty-wraps with you. Those damn bolts always have a way of falling out when you least want them to.

But what if you don't know how to do road repair of your bike? Well be sure to carry a cell phone and a credit card for the taxi. You could be sure to ride within walking distance of your car/home. Ride with somebody who can do these repairs on the road for you. Be sure to have the correct weird tools for your bike, because the other person may not have them. And of course be sure to ride fast enough to stay ahead of the person you expect to fix your bike. Otherwise you may be walking home while they are sitting at a restaurant having a nice warm tasty meal and lovely cool refreshing water. Better take a lot of bug spray if you have to walk because if you move too slowly the bugs will get you.

In any event I have shouldered my bike for a walk home, in my happy cleats. They were happy little nubs when I got home. What kind of repair stopped me cold in the middle of a ride? When you potato chip your front wheel, bash your face into the ground, and are bleeding, see if you want to follow that advice of Jobst Brandt, (Master Wheel Designer/Builder) and beat the rim straight and then true the little puppy up. This method works but I recommend that you have a couple of fresh sag drivers to get some hammers and stand on the wheel, and big guys at that, say Ken H. and Me.....

Community Line: MEDICINE WHEEL

Get involved with Mountain Cyclists Protecting Our Trails

1. Become a member of Medicine Wheel. Your \$15 donation covers 1994 dues and will help us keep you informed of mountain bike news and Medicine Wheel activities. Even if you have no time to get more deeply involved, your dues will help us keep you informed of current events and show our community that there are many like us interested in what happens to mountain bike trails.
2. Sign up for work projects. For your convenience, we've scheduled them for different weekend days and evenings. Don't be intimidated if you haven't worked trails before--we will provide tools and know-how.
3. Come to our meetings. If you can't tell a Pulaski from a McCleod and/or getting dirty does not interest you, we still need you. There is always much to be done and your talents and interests will be valued. Meetings are scheduled for the following dates: July 18 and Sept. 19. They will be held at the Pepsi-Cola Bottling Plant, 3605 N. Stone. All meetings will begin at 7 PM.

1994 Work Days

8 June	Wednesday	Palmer Park	6 PM	North Canyon Restrooms
21 July	Thursday	Garden of the Gods	6 PM	High Point Parking Lot
13 August	Saturday	Rampart Reservoir	AM	Southwest (Bike in) Entrance
12 Sept.	Monday	Santa Fe Trail	6 PM	TBD

Medicine Wheel will provide tools and instructions

IF YOU PLAN TO ATTEND

Please bring: Work gloves, 1-2 quarts of water, a lunch (weekend workdays), your enthusiasm.

Please let us know! Call the Medicine Wheel Hotline at 473-8963 and leave your name, phone number and the date(s) you plan to work. This way we can be prepared with enough equipment and leadership and you will be informed if meeting places or times change.

Plan to have fun and meet new friends!

Turn o' from page 5

later in the evening. Practice stretching the next morning as you roll around with various internal pains while screaming, "I thought when you got older and couldn't eat some things, you lost your taste for them." Well you do, but not until you go through the screaming phase. Thanks and a turn o' the stomach to the WU.

Gee I'm not real sure what to do with this tech tip, I personally won't wear underwear in conjunction with lycra bike shorts at any time, but here goes. On centuries, do not wear underwear with tight elastic bands around the legs. Two large thigh rings are the likely result of such activity along with some real pain. Thanks and a turn o' the linament bottle to Sharon B.

Tire Tip. After your first experience, while inflating your tire, of having it just "Blow off the rim. by golly", it is a prudent time to reinvest in a new tire perhaps. Invest in a tire that did not come with your bike that you bought in the early 70's? The first instance of such an event is usually attended to with deep concern and support from members of the bike club, but alas the second is attended to with scorn and derision and lots of laughs. This is particularly true if you manage to "Pop that Baby" just as everyone is mounting up to leave on the social ride. Thanks and a turn o' a brighter shade of red to Joe and Mary K.

Colorado Springs Cycling Club Upcoming Events

Hut-to-Hut Mountain Bike Trip, July 22-24. Contact Tim Tiefenbach, 685-1398.

Kebler Pass is July 30 - Aug. 1 Contact Warren Barta 632-3602

San Juan Mountain Bike Tour, August 12-15. Contact Mark Rowe, 633-5073.

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.

Cumbres & Toltec Bike & Train Tour, October 1-2. Contact Bob & Anne Smith, 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.

Other Notables

Triple ByPass - July 16, Team Evergreen, PO Box 3804, Evergreen, CO 80439.

Bike for Beginnings, July 8,9 & 10. Partners in Housing, Inc., 7 East Bijou Street, Suite 211, Colorado Springs, CO 80903, 719-473-8890

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

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.

Kudos for Club Member

Congratulations to CSCC member Neil Kovac for being selected volunteer of the month by The Pikes Peak Area Trails Coalition. Neil was National Trails Day Coordinator organizing the Garden of the Gods bike tour on June 4 and the bicycle route in Bear Creek Park in conjunction with the Trails Day celebration on June 5. Neil is very active in CSCC. He and his wife, Charity and their twin boys, Ian and Austin were all volunteers on TOARV. Good job Neil!

(If you think Neil worked hard here, you should see him lift luggage on the T.O.A.R.V. ed.)

CLUB OFFICERS

President

Bob Smith
528-6834

Vice President

Michael Heymann
632-4112

Treasurer/ Membership

Anne Smith
528-6834
Secretary
Sharon Boyd

Road Ride Committee

Warren Barta
632-3602

Rob Miskowitch
548-8667

ATB Ride Committee

Mark Rowe
633-5073

Tim Tiefenbach
685-1398

Touring Chairman
Michael Heymann
632-4112

Ride Calendar Editor

Diane Edmonds
685-9600

Newsletter Editor
Ray Edmonds
685-9600

MEMBERSHIP NEWS

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

The CSCC members and officers welcome the following new members: Bill Climo; Gil Eaton; Rose Ann Golobic & Family; Eileen Hunt; Michael Jerger; Charles Jurgensen; Beth A. Meyers; Bo & Roberta Oliver; Thomas Roemer; Tim & Sue Uttormark.

Welcome again to returning members: Warren Barta & Family; Ray & Diane Edmonds; John Ellis; Joe Keith & Mary Henry; Steve & Dona Johnson; Paul Malek; Bill Simmons; Brad Taylor.

An apology to Ray & Diane Edmonds for failing to list their names in the returning members column last month. I could say it was a computer malfunction, but it was probably a brain malfunction from TOARV overload. Sorry, Anne Smith (Oops myself, I thought I was picking on Bob! Sorry Anne. Ed)

On page 5 you will see a puzzler. I really suggest that you try it. It is fun and easy once you see through the trick. Now if you want to do a hard puzzler take the same information and see how many times the fly goes back and forth between the two handle bars. How do I come up with sick and obviously demented puzzlers that require the use of summations and determining if a series converges and where? Well real easy, Gary walked up to me on a social ride and said "Hey Ray, did you get the puzzler I sent you?" Gee no Gary. So he proceeded to tell me the puzzler verbally, but instead of asking me the question how far does the fly travel, he says, "So Ray, how many times does the fly go back and forth?"

Try to do that one in your head!

Gary 1 Ray 0

How many times *does* the fly go back and forth, Gary?

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 (This is a new address!)

Fax: (719) 685-1023

Rideleaders

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



July 1994



Colorado Springs Cycling Club's Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																	
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3 8:30 AM Show'n'Go Brunch, Palmer Park Ball Diamond 1:00 PM Social Ride Acacia Park 685-9600, 473-5373	4 9:00 AM July 4 Tandem/Single Ride, Falcon Mdl Schl 495-3735 5:30 PM Dinner Ride Mission Bell Inn 528-6834 Independence Day	5 10:00 AM Lunch Bunch Ride 528-6834 5:30 PM 26th St. Time Trial 260-6925 7:00 PM Club Meeting Olympic Training Center Manitou Room	6 5:30 PM Speeding Bullet Ride, AFA Thunderbird Overlook 531-7759	7 6:00 PM Speeding BB Ride, AFA Thunderbird Overlook 593-7398	8 New Moon	9 9:00 AM Peyton Hour Road Ride 94 & Curtis 683-2713																																																																																																	
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See reverse side for event details or call the number listed above or the Hotline 594-6354.

July 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 will be leading a lunch ride every Tuesday at 10:00 a.m. This ride will be by RSVP only, at which time you will find out where the ride starts. A hint: it will usually start in the northwest area of town. This will be a **very social ride** with lunch en route. The pace will be 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: July 5 and 19 at 5:30 p.m. Meet at the 26th St. Cemetery, the course runs approximately 4 miles up 26th St. and Gold Camp Rd. Ride leader is Dave Schlichtig, 260-6925.

Judge Orr Time Trial: July 12 and 26 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. 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 still be 20 to 30 miles. Ride leaders are John McLain, Judy Shaposky, and Phil Smith. See

Thursday Mountain Bike Ride: July 14 and 28 at 6:00 p.m. at the 26th St. Cemetery. Ride leader is Mark Rowe, 633-5073.

Saturday Road Ride: 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:

July 4 Tandems/Singles Road Ride, July 4. Mapped loops of 25, 35, and 60 miles. Rides start at Falcon Middle School, half a mile past the Falcon PDQ on Highway 24. See newsletter for more details. Ride leaders are Mo & Lucy Michel, 495-3735.

July 9 Peyton Hour Road Ride. Meet at Highway 94 and Curtis, be ready to ride at 9:00 a.m. Ride toward Peyton for one hour! At the end of an hour, turn around, wherever you are, and ride back. Ride leader is John Cunningham, 683-2713.

Joint Rides & Picnic with the Denver Bicycle Touring Club, July 10. Meet at the Santa Fe Trailhead in Palmer Lake. Mapped road rides of 25 and 40 miles. Mountain bike rides on Santa Fe Trail and Mt. Herman Road. Rides start at 10:00 a.m. Picnic afterwards, bring your own picnic lunch. See newsletter for more details.

Tarryall Reservoir Loop, July 16. Mike and Fawn have scouted out a 50-mile loop on paved and gravel roads, suitable for cross bikes, starting at Tarryall Reservoir. If you want, come up the night before and camp. If you want, bring fishing gear and licenses. RSVP to Mike and Fawn Remington to find out the exact starting location, 391-0742.

CSCC Annual Club Picnic! July 17. See newsletter for more details. Long ride starts at 9:00 a.m., medium ride at 10:00 a.m., short ride at 11:00 a.m. Bicycle polo after lunch. RSVP to Anne Smith, 528-6834.

Moonlight Ride & Jazz at Rosie's BBQ & Grill, July 22. Full moon! Meet at Rosie's for an evening of listening to jazz at Rosie's and riding your bikes by moonlight (not sure in what order!). For more details contact Alan Severn, 471-8035.

Hut-to-Hut MTB Trip, July 22-24. Space still available for this three-day mountain bike tour. Contact Tim Tiefenbach, 685-1398.

Kebler Pass Tour, July 30-August 1. Limited space still available for this cross-bike tour. Contact Warren Barta, 632-3602.

Hardscrabble Sunday, September 18, 1994 Registration

Registration is \$25, and includes a pre-ride breakfast and full SAG and rest stop support. The first 500 registered riders will also receive a Hardscrabble Ride T-shirt.

Name: _____
 Address: _____
 City: _____
 State & Zip: _____
 Phone #: _____ Age: _____
 Emergency Phone #: _____

Registration Fee: \$25.00
 CSCC Member Fee: \$23.00

(First 500 registered receive a T-shirt)

T-shirt size: Small Medium Large X-Large

Check here if interested in a massage

Please make your check payable to the Colorado Springs Cycling Club and mail to:

Tour de Hardscrabble
 Colorado Springs Cycling Club
 P.O. Box 49602
 Colorado Springs, CO 80949-9602

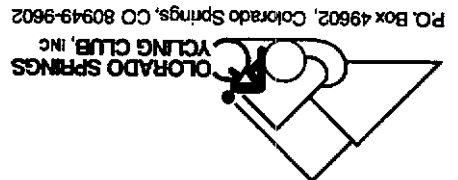
Signature above implies you have read, understood and agree to the Release & Waiver Agreement on the reverse side.

Signature above of parent or guardian, if rider is a minor under 18 years of age.

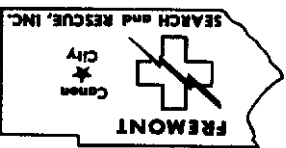
One rider per registration form
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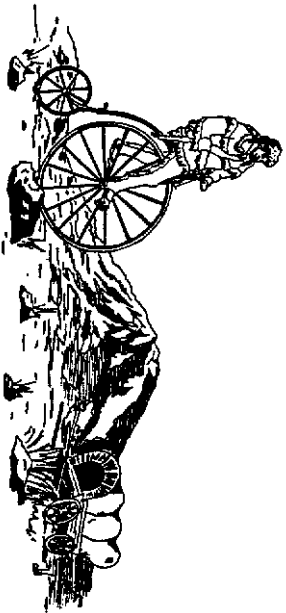
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 1994

Tour de Hardscrabble Century Ride

Sunday, September 18, 1994

Sponsored by the Colorado Springs Cycling Club, Inc.

Starting in Florence, CO during the town's Pioneer Days celebration, this 100 mile, one day event loops through the San Isabel National Forest over Hardscrabble Pass (9500') at the foot of the beautiful Sangre de Cristo Mountains. Enjoy breathtaking Colorado scenery at its finest during early autumn as the aspens begin to turn.

Registration:

\$25.00 fee entitles you to a pre-ride pancake breakfast, detailed route maps, all rest stops, SAG support and post ride activities. The first 500 registered riders will receive a ride T-shirt. If your registration is received prior to **August 31st** you will also receive a confirmation packet with information regarding parking, accommodations, and activities available in Florence and surrounding communities.

There will be a \$10.00 cancellation fee prior to August 31st, and **No Refunds** after that date.

In true cycling tradition this ride will go regardless of weather conditions.

Make a Weekend of It!

C'mon to Florence for the weekend! On Saturday, September 17th, enjoy all the festivities of Pioneer Days and carbo up at the barbeque the day before the ride! You may camp at any one of the four city parks, or stay in nearby hotels! Detailed information will be provided in your confirmation packet.

Early Packet Pickup:

Early ride check in will be held Saturday afternoon, September 17th from 1:00-5:00 p.m. at Hardees Restaurant.

Pre-Ride Pancake Breakfast:

Will be served from 6:00-8:30 a.m. at Pioneer Park, Florence CO. Your ride ID bracelet entitles you to breakfast served by the Florence Lions Club. Others may have breakfast for \$3.50 per person.

Late Registration & Packet Pickup:

Will be from 6:00-8:30 a.m. at Pioneer Park, Florence, CO. No ride packets will be mailed. There will be no mass start; you may begin the ride any time after 6:30 a.m., but you are expected to finish by 5:00 p.m.

You may park at the Florence High School on Maple Avenue, four blocks from Pioneer Park, or the elementary school on 5th Street. Please do not park on private property or in front of driveways!

Rest Stops & Support:

For your comfort, there will be four rest stops along the route. Refuel and restart! Although SAG vehicles will be available to assist you, be prepared for Colorado's sudden weather changes. Plan on bringing the following with you:

- ☛ Spare tubes, frame pump, tools & patch kit
- ☛ Adequate clothing for cold, wind & rain
- ☛ Money for lunch and shopping

Post Ride Activities:

Back at Pioneer Park after the ride, enjoy a light snack. Massages will be available for a small fee. If interested in a post ride massage please check the box provided on the application.

Safety Tips:

- ✓ Please adhere to all traffic laws. The Colorado State Patrol will be patrolling the course and issuing tickets for traffic violations.
- ✓ **Helmets are Required**

LEAGUE OF AMERICAN WHEELMAN ("LAW") RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY

IN CONSIDERATION of being permitted to participate in any way in Colorado Springs Cycling Club, Inc. ("Club") sponsored bicycling activities ("activity") I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS THE Club, the LAW, their respective administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity take place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Sign Here: _____



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: Cannondale Tandem - Ridden only 200 miles in perfect condition. Size 25"-23", Color Blue, call 488-3053.

FOR SALE: Fat Chance Mountain Bike, 21", all XT components and many extras. Specialized Future Shock front suspension. \$900 with suspension fork or \$800 with rigid fork. Excellent condition. Shimano 105 component set, complete with wheels and tires. Everything to build up a frame \$150. Call Lee Rivers at 719-598-5084

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 Alumicross 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. A 48 spoke 700C tandem wheel set, Wolber M58 rims, Sansin sealed bearing high flange hubs with rear threading for a drum or disk brake, DT spokes and 7 speed Dura Ace freewheel 12x30 \$225. Rear wheel just rebuilt with a new rim. Call Bob Smith at 719-528-6834.

FOR SALE: Almost new Shimano SH-M100 cycling shoes. Cleat compatible. Size 44.5 (10

1/2US) but slightly too small for me. \$60 a year ago but used little. \$35 obo Steve Johnson H(303)979-2569 or O(800)888-6823 X621.

FOR SALE: '92 Santana VISA Tandem 56/53. Repainted turquoise with pink, LX, bar cons, Bruce Gordon front & rear racks, bottle cages. \$1,300. Winchester trailer - good condition, but faded \$195. Kiddie cranks for tandem, no pedals. Your choice of used Burley \$130 or almost new Santana \$170. Homemade BMX size tandem as per instructions in Tandem Club of America's newsletter, bright orange, 5-speed, new handlebars and wheels, used cranks. Needs two kids close in size. Lots of neighborhood fun! \$225 We need to sell the above to finance a new tandem. Can deliver to CS. Jacinto or Kelly (719)336-3534

FOR SALE: Cannondale SR-800 58 cm. Ultegra \$650.00. Bridgestone MB0 20 in. Mavic \$750.00. Miyata AX 56cm Deore DX 21 speed \$400.00. Nishiki Linear Time Trial

Bike 24" front wheel \$250.00. Counter Point Presto CL-63 Custom Paint XTR/Dura Ace 63 Speeds Sweet!!! \$Call.

Allsop Beam suspension system \$150.00. Silca Track Pump, floor \$20.00. Blackburn Track Stand \$90.00. Look Pedals \$30.00. Call Fast John Cunningham H(719)683-2713 W(719)574-0600.

FOR SALE:
TOARV 94 RIDE JERSEYS-- EXTRA LARGE ONLY - \$15.00
TOARV 94 T-SHIRTS--EXTRA LARGE ONLY - \$8.00
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



Avocet	Look
Bell	Marzocchi
Bellweather	Nike
Blackburn	Oakley
Bolle'	Pearl Izumi
Continental	Rockshox
Descente	Specialized
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Giordana	Tunturi
Giro	

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