

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

Volume 11 May/June 1997 Issue 3

CHAMOIS TIME ON THE PRO CIRCUIT

by Susan Michael

If you're considering a career change, think about bicycling for a living. Imagine cycling 20 to 23,000 miles per year. Schedule your laundry time so that you have enough cycling shorts to accommodate your daily 60 mile stints. What? You don't believe me!

This is no exaggeration of the miles necessary to being a professional cyclist. Team captain Saturn cyclist, Norm Alvis, demystified some aspects of professional racing when he spoke to a group of cyclists at the Garden Ranch YMCA on January 16, 1997.

Within five minutes into his presentation, Norm had most of the audience in his back 'cycling' pocket. He accomplished this with his easy-going speaking manner and his realistic biking stories. It was not long before he had the entire audience mesmerized. Spellbound cyclists swayed their heads and clutched imaginary brakes as they unwittingly synchronized and became ONE with Norm as his cycling adventures unfolded.

Here are some of Norm's suggestions:

- * Go out of the ordinary to find the extraordinary
- * Try new things
- * If you spin at high rpm's, try a lower, constant rpm
- * Mix Strength, Distance and Power for training
- * Strength training is gradual, increasing weight lifting
- * Distance training is, well, lots of miles

Club Meetings

Tuesday, May 20@7:00pm

Gail Snyder of Friends of the Peak will speak to us on the activities of this environmental organization. Lots of new and exciting things have occurred with her organization since she spoke to us in 1995.

Tuesday, June 17@7:00pm

Sharon Boyd, Dale Campbell, and Lou Gottlieb will speak on their recent mountain bike tour of New Zealand. Come hear about a great trip!

meetings are held @ the Police Headquarters, Nevada and Rio Grande, Colorado Springs

Club Hotline (719) 594-6354

>>>stories/articles in this issue...

Chamois Time on the Pro Circuit...	p1
Special Notice: CSCC meeting...	p1
Santa Fe Trail Extension...	p1
Tandem Cycling: Techniques ...	p2
Senate Bill 37; Abandoned Rail...	p2
Name The Domain Contest...	p3
Upcoming Tour Details...	p4
Hardscrabble Update....	p4
1997 Bicycle Tours; CORRECTED...	p6
Shred or Pinhead.....	p7
Farewell....	p10
TOARV Trivia Quiz;ANSWERS...	p11
National Recognition...	p11

>>>Departments...

Prez Sez	p3
Heartbeat	p5
Meeting Minutes	p8
Club Mileage	p9
Wally Wonders	p9
E-mail Directory	p10
Classified ADS	p13
CSCC items	p14

The BENT FORK CHRONICLES is the official publication of the Colorado Springs Cycling Club (CSCC) and the articles contained herein do not necessarily represent official club positions unless so stated or indicated. Copyright © by C.S.C.C. Inc. 1997

in the saddle

* Power training is faster weight lifting with lighter weights

* VO2 training--Norm's workout is peddling straight out for 3 minutes, then 3 minutes of low rpm's and alternating these 3 minute switches for an entire hour. His favorite ... not!

This event ended with a raffle of Jerseys, socks and Saturn calendars. Donations of \$61.00 were given to the Rails to Trails Coalition.

*****SPECIAL NOTICE*****

Because of internal conflicts with the Police Headquarters Community Room, our 1997 general club meeting day will change to **THE THIRD TUESDAY OF EACH MONTH** at 7:00 pm. The new dates will be **Mar 18, Apr 15, May 20, Jun 17, Aug 19, Sept 16, Oct 21, Nov 18 and Dec, no meeting**

*****SPECIAL NOTICE*****

Santa Fe Trail Extension by Dave Munns

I called the Pikes Peak Trails Coalition, 633-6884, and got an update on the status of the segment that connects the trail from the AFA to Woodmen Rd.

The city has been in negotiations with the Tudor family for a year on the last remaining parcel of land that will permit the trail extension. Money is available to both purchase this land AND complete the trail work, with an asphalt surface.

A groundbreaking in June is hoped for with the trail opening soon after.

Tandem Cycling: Techniques for a Tethered Twosome

by Janet Rose

Daisy, Daisy, give me your answer true. I'm half crazy all for the love of you. It won't be a stylish marriage; I can't afford a carriage. But you'll look sweet upon the seat of a bicycle built for two.

Those of you who get a mental picture of two people pedaling in pairs with smiles as big as a doublemint commercial should think twice about purchasing a "Twicer". I saw Daisy in a frilly white gown painlessly pedaling her way to matrimony, not a drop of sweat on her brow. The groom sat upright in the front, confidently taking her to the church. Those of us who have had experience riding these two-seated contraptions, however, know it takes concentration and coordination.

Many people think riding a tandem would be twice as easy with twice the power, but there are also twice as many problems. For one thing the additional length of the tandem results in much greater distortion. That combined with the additional weight causes the bike to pitch and roll with any unexpected movements. In addition, stress on brakes and tires is proportionately greater. You have half as many tires to change (but with double the weight, twice as many go flat). On the plus side the added weight of two people can cause a tandem to speed down hill faster than a single cycle, but great caution is needed when braking so the brakes don't overheat.

A tandem even has its own vocabulary. The front person is the pilot or captain who does the steering, braking and shifting. The person on the back is the stoker, who provides the additional power for long distances and steep hills.

Riding in the back you are pretty much at the whim of the pilot. (Maybe that's why Daisy was on the back seat.) If he/she stops pedaling, you stop pedaling. If he/she turns right, you follow. If he/she switches gears, you comply and pedal harder or faster as the case may be. And if he/she stops, you had better re-

lease your foot and step down on the pavement. On the positive side: you don't have to worry about traffic or getting lost. You're just along for the ride. Enjoy the scenery, at least to the right and left. Front vision is blocked, unless that person has a great body worth staring at (but how many people look great in bike shorts?). Also your hands are free to pull out munchies to feed the pilot or if you don't like where you're headed, maybe pinch the rear that's right at your fingertips. Wanting to have more control, one blind man I knew put the gear shift on the back handlebars. He changed gears while his son steered. Fortunately he left the brakes on the front.

Piloting is the challenge. First of all the caliper brakes are on the lowest part of the handle bars so you ride with your face level with your butt. (Not exactly the best shot for the wedding photographer.) If you want to do a left turn and pull out in front of traffic, you have to look around not only your own rear, but the broad shoulders of the stoker. Also, any unexpected shifting of weight on the part of the stoker can throw the whole bike out of equilibrium. This might happen when your partner needs a butt break and readjusts his/her position on the seat. My biggest problem was attempting a 180 degree turn on a side street. There simply wasn't enough room. As we were finishing the turn and headed into the curb, I yelled, "Whoa" in a long drawn-out wail, but the stoker kept pumping. Maybe she thought I was saying, "GO", as we crashed in a heap on the sidewalk.

Getting on and off present their own problems. Coordinated riders start with one foot in the toe clips and both simultaneously start and add the second foot in one smooth, fluid motion. If you are coming directly from a one-seater, give yourself the whole road to wobble around on and adjust to the added weight. Dismounting must also be synchronized or the person in the back may somersault over the pilot landing unceremoniously by the front wheel. Both parties must be ready to release their toe clips and stand. Hopefully they agreed prior to the stop which foot to release.

Riding a tandem does have some advantages. Cycling can become a family affair with mothers or fathers piloting their children. The parent is usually strong enough to handle the added weight even though the child does not contribute much power. An inexperienced child can learn the fundamentals of cycling and proper riding habits on a tandem before owning his/her own bike. For safety, be sure the youngster has a properly fitting helmet. Young lovers (or even old ones) will never be far apart on a tandem. The stoker can whisper sweet nothings in the pilot's ear and massage the pilot's sore muscles even while riding, but you wouldn't want to distract him/her too much from concentrating on the hazards of the road.

On a tandem your partner will never ride away from you and you will always have someone to talk with: "I think we should turn left here." "No, right," your partner answers. "I said left. . ." and so on for a great start to a successful marriage.

Colorado Senate Bill 37 -- Abandoned Rail Roads

When rail roads are abandoned an effort is made to "rail bank" (hold in escrow) the established right-of-ways with the hopes of reviving the rail road in the future or possibly using the land for an alternate form of transportation. While the rail line is banked, a viable and temporary use for the land is to use the rail line for recreational purposes.

Colorado Senate Bill 37 initially had provisions which would allow adjacent land owners to veto recreational facilities when rail roads are abandoned. FORTUNATELY, the Colorado State Senate removed this option from the Senate Bill 37. UNFORTUNATELY, the House is currently in favor of allowing the adjacent owners the right to veto. Once the veto passes, it will be nearly impossible to recover the right-of-ways for recreational use or future transportation needs.

(Continued on page 3)

SB37.... cont'd

Studies estimate the financial benefit to the local communities would be great and would offset the cost of converting the rail line for recreational use. Additional state sales tax will be generated due to the usage. Bottom line... more dollars to the local communities and a better place to live. Which is why it is hard to understand that 40% of the land owners are still against having the land converted for recreational use.

On Wednesday April 23rd, Senate Bill 37 goes to the House (and at this time, the Bill is not in favor of recreational use). Please take a few minutes to call Representatives Ron May (Colorado Springs) (719)591-9620 and Andy McElhany (Colorado Springs) (719)473-9400 to let them know how you feel.

Prez Sez:

It is finally spring. It is time to put away the skis and get out on the bike. In a few weeks the tenth annual TOARV will be here. If you haven't registered yet, there are still jerseys available. If you haven't begun training for TOARV and think you will not be in shape in time, then send in your volunteer form from the last newsletter or call the hot line and leave message. We still need SAG drivers and rest stop workers.

We have made several changes for the 10th Anniversary route for TOARV. The day one route will be a bit more difficult with more elevation gain. The distance is about six miles shorter and the ride begins about 1300 feet higher than Cañon City. To ease the additional climbing on day one we have added a rest stop between the Royal Gorge and Guffey and a water stop between Guffey and Hartsel. The Trout Creek rest stop has been relocated a mile past the summit to eliminate any traffic congestion at the summit. The Day One route ends with a great descent into Johnson Village where the route turns onto county roads for a short two mile spin to the high school.

The Day Two route is a cruise follow-

ing the Arkansas River to Salida to rest stop one at Riverside Park. The route continues to Howard where one can visit the Howard Chili Cookoff and rest stop two in Cotopaxi. From Cotopaxi the ride continues the easterly decline to Parkdale where the route leaves US 50 and turns south onto Fremont CR 3. Rest stop three will on the left just after the turn onto CR 3. Shortly after a left turn onto CR 3A the road pitches up for a steep two mile climb to the south entrance of the Royal Gorge. The ride concludes after entering the park with a ride across the scenic Royal Gorge Bridge. We have added lunch and free admission to all the attractions at the Royal Gorge at the conclusion of the ride.

TOARVers are special and we have never had the opportunity to celebrate at the end of the ride. We hope that riders and volunteers alike will enjoy the changes for TOARV-97.

The changes described above will require more volunteers especially on day one. We would like to have marshals at the turn from the Royal Gorge onto US 50 and CO 9. We have two additional rest stops on day one. We may also need an extra SAG or two to help riders with the additional climbing on day one. We can really use a little extra help on Saturday, May 17. So come down and enjoy the fun.

Elsewhere in the newsletter you will find the answers to the TOARV Trivia Test. I'm sorry to announce that there was no winner. I guess I get to keep the entry fee, since no one even attempted the test! Bill Bailey please prepare a check for \$75 made out to Robert R. Smith.

TOARV Volunteer Meetings:

Packet stuffing will be Tuesday, May 13 6:30 p.m. and the volunteer meeting will be Thursday, May 15 6:30 p.m. at Bob & Anne Smith's home at 5505 Darien Way, 719-528-6834.

Annual Picnic:

Sunday, July 20th at Fox Run Park. This is a potluck picnic. The club will provide beverages and table wares. Rides begin from the park at 9:30 a.m. and lunch will be from 12:30 until the food is gone. Bike polo in the park after lunch.

Name the Domain Contest. by Doyle Dikes

This article is a follow up to the proposal to establish a CSCC presence on the World Wide Web as discussed at the last club meeting. While there appears to be general willingness to consider the concept by the membership, there are a few details remaining to be worked out. One of these concerns the CSCC domain name. The domain name will be part of the club's Web address and will appear as: <http://www.clubname.org>, the URL format familiar to Web surfers. The clubname part of the URL is subject to our selection with the major restriction being that it cannot already be registered. The second restriction is the suffix must be org since CSCC is a non-profit organization. At the last meeting, a club contest was suggested as the method to select the Web domain name. This is in keeping with the process that was used long ago to select "The Bent Fork Chronicles" as the club's newsletter name.

Following the meeting, I became concerned about how to avoid a potential chaotic and non-productive club meeting if the nominations were not pre-validated and solicited from the floor at the meeting. To ensure an orderly process, I presented a plan for conducting preliminary selection to Bob Smith and he approved. To that end, my proposal is to conduct the preliminary domain name selection process in the following manner.

1. I will establish a mailing list using one of my e-mail accounts at Web Communications. The address will be CSCC@baltoro.com. The initial subscription will be as published in the last news letter. The mailing list will be used to nominate names for the contest. One nomination per member will be accepted. This way everyone will know what everyone else submitted and when. Folks who don't wish to participate can unsubscribe.

(Continued on page 4)

Domain Contest.... cont'd

2. Two weeks prior to the next meeting, I will compile the proposed names into a ballot form on one of my Web pages dedicated to the CSCC Name the Domain Contest and notify the mailing list of the voting process. Voting will be open for one week. Folks can vote for three choices.

3. The top three vote getters will be presented at the next meeting for final voting along with my pro-forma outline of Web benefits and costs for the club.

4. The contest winner will receive a 6 month e-mail account on our domain.

That's my basic plan. I plan to set up a temporary CSCC Web page at <http://www.baltoro.com/csc> which will contain the contest rules, status, and current nominations as part of a prototype CSCC club page. To perform domain name validation, use the URL <http://www.webcom.com>. This is the Web Hosting service that I use and recommend for the club. Contact me if you wish to participate but don't have e-mail, Web access, or don't know how to get on the mailing list. Current nominations are:

cyclingclub.org, Doyle Dikes
cs-cycling.org, Bob Smith
bclubatcs.org, Henry Towne

C. U., Dol Man
Doyle.Dikes@mci2000.com
<http://www.baltoro.com>

(imagine.... pulling a copy of the newsletter from the Web. ed.)

Upcoming Tour Details....

by Jana Burr

FAT TIRE CLASSIC IN WINTER PARK - The Fat Tire Classic is a two-day mountain bike pledge ride on June 28 & 29 to benefit the Mile High Chapter of the American Red Cross. Exciting trails, breathtaking views, delicious food and great mountain air! Get away to

beautiful Winter Park, Colorado and support the Red Cross while you ride! They don't call this Colorado's premiere mountain bike event for nothing!

Customize your riding experience at the Fat Tire Classic. Choose from three separate routes and several options geared to different riding abilities, including some of the best single track Colorado has to offer. Registration is \$55 per rider which includes:

- a. Five gourmet meals
- b. Free camping with hot showers (There is lodging available in Winter Park if desired)
- c. Well-stocked aid station
- d. Expert mechanical support
- e. Rider seminars and tips

Saturday Night Celebration with free Fat Tire Ale. There is a minimum \$175 pledge requirement for each rider.

Join the CSCC team by contacting Jana Burr at 598-1448 before the June 6 deadline.

STARLIGHT SPECTACULAR

A fund raising event for The Pikes Peak Area Trails Coalition will be held Sunday, June 29 with registration starting at 12 AM with the ride leaving at 2:30 AM, arriving back for breakfast at about 5 AM. This 3rd Annual Telephone Express Starlight Spectacular is a nighttime, recreational bicycle ride. This year they will be taking a twenty mile circular route starting and ending at the Garden of the Gods Visitor Center as well as passing through down town Colorado Springs and Old Colorado City. The final leg of the ride takes the riders through the spectacular landscape of Garden of the Gods just at dawn. A bagel breakfast is served at the Visitor Center as the sun rises on the Garden.

The entry fee is \$20 in advance (\$60/family), \$25 night of ride. This includes a T-shirt, pre-ride entertainment, drawings, refreshments at rest stops, and breakfast. Call 633-6884 or get a registration form at your local bike shop.

Hardscrabble Update:

by Ray Edmonds

It's May and everyone's thoughts turn to TOARV. Wrong, I try to not think about TOARV all that much. Here at Hardscrabble World Headquarters, that just doesn't seem to come up that much, go figure. Hey, but speaking of up and the Hardscrabble, have you every had the sinking feeling as you are doing the ride that you might not quite make it to 5280 ft. of climbing on your altimeter? Well you must have because you don't climb that much. Just not possible unless you get lost say in Westcliff and head back to the top of the pass and don't turn around until the Smith Creek rest stop. That would do it for sure, but kinda silly. Then there is that nagging 98 actual miles thing, but there is a fix for that.

What if, what if there were a place that you could get in that extra 1000 ft. of climbing on the way to Westcliff? What if you could visit a castle? What if somebody would take your shoes up there so you didn't have to try and clank around on your cleats 50 ft. above the ground, with little bitty hand rails? What if you could climb like Rob, or Miguel? If I could get all of these things done, I would know that life and cycling doesn't get any better than this.

At Hardscrabble World Headquarters we were wracking our brains, OK it wasn't much of a wracking because they are so small, to try and determine how to make the Hardscrabble better. That's pretty hard to do. After all our surveys said we have the best ride, best food, best rest stop workers, best SAG drivers, best registration people, etc., etc. So here we have the almost perfect ride, with absolutely perfect volunteers to bring it to you. Improvement might be difficult.

Wrack Wrack Wrack, Brain Brain Brain. Still not much but we are slow. What could we do? On the surveys if you look closely you can find some input that suggests that it would be possible to improve the ride. After subtracting out

(Continued on page 5)

Hardscrabble Update...cont'd

the 400 "more porta potties!" comments, there were a few other suggestions. First, never have that SAG guy that keeps saying, "gee if you rode this as fast as I did you would have been back 3 hours already when you had this flat!" Just kidding Tom, we didn't get a single comment like that. We did get some comments about our personal taste, specifically about the T-shirt for the ride. Hey man, it's ART! We got some comments about the traffic on Hwy 50. Hwy 50 is less than pleasant. Some comments about there being too many cars on Hwy 50. A comment that Hwy 50 sucks!!! And of course the comments about the turn sign not being there in Canon City. So it was windy, it blew away, it was so flimsy you couldn't see it anyway! I'll do better next year.

How do we address all of these issues? Easy, we add the new Hardscrabble Castle Cruise option. This is a 12.5 mile excursion from the junction of Hwy 96 and Hwy 165. Just turn up 165 and climb another 1000 ft., go down a few hundred, up a few hundred, down a few hundred and up a lot, and bingo, a castle, Bishop Castle to be precise. Mr. Jim Bishop has graciously told us that we are welcome to bring sweaty lycra clad cyclists to his castle by the hundreds. And why not? It is a perfectly beautiful ride there and back. We have ridden it several times now, and even took the bikes a couple of times. The castle gives you a nice destination, and we will have somebody there with your shoes, that is of course provided that you brought your shoes to the park pavillion before the specified time and loaded them into Mongo. Mongo is Wally's older brother. It also provides you a way to avoid Hwy 50.

This allows us to officially offer three routes on the Hardscrabble this year. (Four because we wimped out and offered the just go to the first reststop and back option but we won't officially admit that until the brochure). The first will be the 100 Mile Hardscrabble Classic Century Ride. If you don't remember the route,

cut back on the ibuprophens. The second will be the 74 Mile Castle Cruise route, which is an out and back from Florence to the castle. (This ride is probably harder than the Classic, and it sure has a lot more climbing. Cruise ha ha, who would suspect the climb from hell!! HaHa). The third is the 123 Mile Century and a Snick ride.

Some interesting notes. While the Castle Cruise ride is definitely shorter than the Classic Century, well duh! 74 is less than 100, it uuuhhh climbs a little more, say like 2750 feet for the little castle diversion. Since you don't even bother to turn left until 8667 Ft. you gain 5200 Ft. on the ride. We will find that other 80 feet of climbing so you get the full mile of vertical. This ride has more climbing than the Classic, and it all happens in one huge ugly, knee breaking, thigh busting stretch, pretty much. You have to love roads like this. It will be a quick ride because you get to ride DOWN Hardscrabble Pass. I've done this a couple of times on the volunteer rides. Once 'cause I didn't have time to do the whole ride, and the other because I snapped a derailleur. It is not necessary to turn the pedals on the way down this pass. Not even a little. If you do the Snick option, you get this climb, and then you get to turn left, and blast out the rest of the Classic. Imagine the pride of accomplishment you will have when other lesser riders refer to you as Mister Mui Loco, and Sir Double Way Stupid at the Westcliff rest stop! We are looking for helmet stickers that say Duh! on them right now. You will get a total of 123 miles, and a total climb of 6290 Ft. Gone are the feelings of inadequacy for not getting a mile vertical in your century. Gone are the feelings of getting only 98 miles in your century. Gone is any feeling from your groin area. Just perfect.

So those are the official options. There are of course the un-official options. We have a task force of Henry and Barry set up to determine those. Barry wants to add the departure at 12:00 A.M. and ride it twice in one day, and Henry, well we put that little receiver around his

neck and just give him the map, then follow. There are lots of hills so it would be an N-P complete problem to try and predict his route. If anyone wants to follow Henry in his bear tracking collar please give us a call. Map skills a must. (actually, i'll be using this transponder i got from this A-10 pilot down in Aspen..... the E.L.T. (Emergency Locating Transmitter) looks better on my Stealth Bike frame anyway...ed.)

Watch the newsletter for exciting new VOLUNTEER POSITIONS coming next month. There will be one where you get to use a baseball bat! On the riders!!! What could be more fun than that? Selling their cycling shoes back to them at 9700 ft. and 37 miles from the start of the ride? Or maybe just hosing them down with the super soaker while they try to put their shoes back on. The brain is wracking, wracking, wracking.

HEARTBEAT

by Barry Wick
Vice President

"Only a heartbeat away from the Presidency"

SOME GREAT VOLUNTEER OPPORTUNITIES!

Here are a couple of great volunteer opportunities with the club. Please let us know if you're interested in either of these.

1. Community Action Committee

Currently headed up by John McLain, the CAC is involved with public relations, community relations, and bicycle advocacy activities. We're looking for people who like to work with the media, like to do occasional public speaking on behalf of the club, and are interested in promoting bicycle interests in the community. This can be fun and doesn't require prior experience, only the willingness to be a representative for the club.

continued on page 8

1997 BICYCLE TOURS

- May 10-11 VRAOT - TOARV Volunteer Ride - Only for volunteers who are working the two day TOARV - Contact Ray or Diane Edmonds 685-9600
- May 17 & 18 TOARV - Two day tour from the Royal Gorge to Buena Vista and return. See ride brochure in newsletter - Contact Bob or Anne Smith 528-6834
- May 18 SANTA FE CENTURY - Contact New Mexico Touring Society 1-505-982-1282
- May 24 NORTHERN NEW MEXICO TOUR - Loop from Antonito, CO - Contact Bob & Anne Smith 528-6834
- June 1 ELEPHANT ROCK CENTURY - Contact Scott Harris at 1-303-440-5111 or 1-303-733-8775
- June 7 200 MILE DECLINE - Double century starting at the top of Fremont Pass and ending in Ordway - down hill all the way! Contact Doug Luttrell at 339-7398
- June 14-15 BUENA VISTA TOUR - Road & mountain bike rides around Buena Vista - Contact Mike & Fawn Remington 391-0742
- June 15-21 DENVER POST RIDE THE ROCKIES - Contact Paul Balaguer 1-303-820-1338 or 1-303-820-1602
- June 20-22 SLUMGULLION PASS TOUR - Loop from Gunnison, Saguache, Creed, Lake City returning to Gunnison - Contact Kelvin Clark at 687-7475
- June 28-29 FAT TIRE CLASSIC AT WINTER PARK - Red Cross benefit with mountain bike rides geared to all abilities - Contact Jana Burr at 598-1448 for details
- June 29 STARLIGHT SPECTACULAR - night ride in Colorado Springs benefiting the Pikes Peak Trails Coalition - Contact 633-6884
- July 11-12 TARRYALL RIDE - Some pavement and dirt - Friday night camping an option - Contact Mike & Fawn Remington 391-0742
- July 12 **TRIPLE BYPASS - Contact Team Evergreen Bicycle Club at 1-303-674-6048
- July 18-20 COURAGE CLASSIC - Benefit for The Children's Hospital, Leadville to Copper Mtn. Contact 1-303-764-8482
- July 26 **DENVER-ASPEN CLASSIC - 200 miles from Denver, 155 miles from Conifer, a killer double century for cycling die-hards - Contact Rocky Mountain Cycling Club PO Box 101473, Denver, CO 80250 or Joe Lookingbill at 1-303-452-1071
- July 26-28 BLUE MESA - BLACK CANYON TOUR - Sapinero, Crested Butte, Hotchkiss to Sapinero - Ride leader needed!!!!
Contact Bob & Anne Smith to volunteer 528-6834
- August 10 **PEAK PASS OUT - Unique six stage event beginning & ending in Frisco, Contact - Colorado HeartCycle 1-303-267-1112 or PO Box 100743, Denver, CO 80210
- August 16-17 WOODLAND PARK LOOP - Woodland Park to Fairplay returning Pine, Deckers to Woodland - Ride Leader needed!!!!
Contact Bob & Anne Smith to volunteer 528-6834
- August 23-24 DISCOVER NORTHERN NEW MEXICO - Discover the area around Raton, NM, including the Capulin Volcano, mostly road rides, but also possible mtn bike rides, Contact Mike & Fawn Remington 391-0742

**** denotes TRIPLE CROWN EVENTS**

(Continued on page 7)

1997 BICYCLE TOURS... cont'd

August 30-31 MINING DISTRICT TOUR - Colorado Springs, Canon City, Victor, Cripple Creek,
Sept 1 Contact Bob & Anne Smith 528-6834

Sept 7 RED RIVER CENTURY - Red River New Mexico - Contact Red River Chamber of
Commerce 1-800-348-6444

Sept 7 **FRONT RANGE CENTURY - Contact - Denver Bicycle Touring Club
call 1-303-756-7240

Sept 13-14 CRESTED BUTTE MOUNTAIN BIKE OVERNIGHT - Ride leader needed!!!
Contact Bob & Anne Smith to volunteer 528-6834

Sept 20 TOUR DE HARDSCRABBLE VOLUNTEER RIDE -
Contact Rob Miskowitch 548-8667

Sept 21 **TOUR DE HARDSCRABBLE - Century loop from Florence, Wetmore,
Hardscrabble - Contact Rob Miskowitch 548-8667

Sept 27-28 LEAD TRIANGLE - Leadville, Vail, Copper Mountain loop Ride Leader needed!!!!
Call Bob & Anne Smith to volunteer 528-6834

** denotes TRIPLE CROWN EVENTS

Shred or Pinhead?

by Janet Rose

As I wait for the weather to warm up and get back on the bike, this past season I was exposed to two diametrically opposed sports--telemark skiing and snowboarding. Two boyfriends tried to convince me their sport was the best. (Were they really trying to get me to choose the sport or the man?)

Although both run on snow and work best floating on powder, the equipment, clothes, attitude, and language are different. The shredder (alias snowboarder) is an anarchist who rebels against the establishment but conforms to a shredder's code of body piercing and dull, oversized clothes. A telemark skier (alias tele or pinhead) is a non-conformist, ecologically-minded individualist who tends to be somewhat of an elitist and above the norm. The shredder has limited intelligence, may have finished high school, and has a two word vocabulary--"Dude" and "Way cool, Dude." The pinhead has a graduate degree and can talk intelligently on a variety of topics from world politics to high-tech gear.

The shredder dresses in grungy clothing usually a dull brown or black and several sizes too big. The bottoms of the baggy pants wrinkle at the ankles like

elephant skin and the waist often drops below the crotch. The tele skier wears the best, expensive, brand-name, high-tech, state-of-the-art clothing. Each layer has a specific use to keep the skier dry, clean, and at the optimum performance level.

A shredder's equipment consists of a board, bindings, and boots. He either rides the board regular (left foot forward) or goofy (right foot forward). The feet are angled in the same direction or "duck-

Duct tape is good....

footed." You can ride the board toe side or heel side, or carve turns by blasting down the hill going from toe to heel and back again. With a subtle shift of weight the boarder goes from one edge to the other. The next step is to ride the half-pipe doing jumps, 180s and 360s.

The pinhead uses tele skis with a single camber and metal edges. The boots are not as heavy and restrictive as down-hill boots and the heel is not attached, but they are still sturdy enough to execute the turns by bending both the back and front knees. The pinhead, being ever so practical, can also use the equipment to ski in the back country from hut to hut or on remote trails. A pinhead needs strong thighs to ski a full day. The shredder, on the other hand, needs no brains or brawn.

Shredders go anywhere they want and run over anyone in their way. They have a death wish for themselves as well as anything they encounter whether it is skiers or trees, picnic tables or picnickers. The pinhead skis with finesse and style with powerful, knee-bending turns while the shredder just crashes and burns down the mountain at neck-breaking speeds. Pinheads like to get away from the crowds; shredders just eliminate them.

Even though these standards fit the norm, my two friends don't exactly fit the stereotype. My pinhead friend is a late riser, against the establishment kind of guy. Tele skiing definitely takes a lot of work and he's definitely into being laid back and using as little energy as possible. His clothing and equipment is high-tech, but used, and duct tape is a necessary emergency item. My shredder friend doesn't wear baggy clothes, but does have a death wish. Both are intelligent with graduate degrees, have strong legs, and have no body parts pierced (that I'm aware of).

So, who do I pick--the death-defying shredder and be able to jump and flip and shred my way down the mountain, or the laid-back pinhead and develop thunder thighs by skiing with grace and finesse? Of course, I did just meet a skydiver . . .

Heartbeat....cont'd

(ed note. To volunteer for this position please call the club hotline 594-6354 or come to the next meeting and volunteer in person. You will be the sole person representing the club.)

2. Celebrate Pikes Peak

This is another opportunity for community involvement. The Friends of the Peak organization will be sponsoring a Pikes Peak festival this summer to include a number of cultural and recreational activities related to our favorite mountain. They are seeking a ride leader for a mountain bike ride on Saturday, July 26, 1997. The route and difficulty can be established by the ride leader. Please contact Gail Snyder, 481-4962, for more details.

CCSCC March Meeting Agenda

Secretary, Janet Rose

Colorado Springs Cycling Club, Inc.
Membership Meeting - March 18, 1997
Colorado Police Headquarters
705 South Nevada Ave.
Colorado Springs, Colorado

Financial Report - Bill Bailey: Ending balance of checking account on 3-18-97 was \$6763.96, the CD was \$5,155.55 for a total balance of \$11,919.51. Anne moved to accept the report and Aaron seconded it.

The CSCC Annual Financial Summary for 1996 showed total receipts of \$44,174.57 and total expenditures of \$43,379.66 for a balance of \$11,910.74 on Dec. 31, 1996.

Old Business:

Ride Committee

- >Touring Committee - '97 Tour List appeared in the Mar/Apr newsletter
- >Saturday Morning MTB Rides - Grand West Outfitters, 10:00 a.m.
- >Sunday Morning MTB Rides - Jana Burr, 598-1448
- >Sunday Morning Road Rides - Larry

DeWitt, Kmart on Powers @ 10:00 a.m.
>Ride Committee Meeting - Larry DeWitt's home at 848 Allegheny Drive, Phone 536-0032 on March 31st @ 7:00 p.m.

>Picket Wire Canyon mountain bike ride near La Junta - Paulette Varn, 577-9188, April 12, leaving the church by the YMCA at 7 am

Social Activities Committee

>Raw Egg Ride, Sunday, March 23rd
Jersey Committee - Jersey orders and pick up with Jane Heroux

Newsletter: JP Nueteboom will be taking over as publisher

Articles for the May/June newsletter due April 15

Community Action Committee

>CBAB - Barry Wick: next meeting in April

CBAB - John McLain: ISTEAs provides funding for transportation and is reinstating the funds now, some of which are earmarked for pedestrians and bicyclists. CDOT (Colorado Dept. of Transportation) supports funding for this intermodal transportation plan but wants no mandates but maximum flexibility. CBAB rejected this and wants CDOT to assure that some of the funds will be used for pedestrians and cyclists. Barry Wick: Bicycle Summit being held in Snowmass, August 18-23; Barry recommended that the club send two people

>Pikes Peak Council of Governments Report - Alan Severn: no report

>TOARV Update - More volunteers are needed. 90 registered riders as of 3-18

>Triple Crown Update - Barry Wick: fliers are out, Rocky Mountain Sports will have ads and articles on TOARV and Triple Crown

New Business:

>Senate Bill 37--gives CDOT the power to acquire railroad corridors. There was one clause that said the corridor would not be used for recreational purposes if any adjacent property owner had concerns. Bicycle Colorado hired

lobbyists to get it amended.

> Letter from Arkansas Headwaters Recreation Area

>Letter & Map of Section 4 of the Great Divide Mtn Bike Route-->Adventure Cycling sent a letter thanking CSCC for the \$250 and a map showing the 3 (*ed. should read 2...*) miles of trail that our money supports (miles 1677-1679). Barry moved to donate \$250 more for another 2-3 miles of trail; Diane seconded, and the motion carried.

>Adventure Cycling - Letter requesting popular bicycling routes to be published in the Adventure Cycling Series Books--Bob will submit TOARV, Rob will submit Hardscrabble, John was coerced into submitting the Leadville Triangle.

>The December holiday party may have to move to another location unless an Air Force alumnus can attend.

>Barry Wick spoke at the Heart Cycle club meeting.

>Bob Smith spoke at the Synergy meeting.

>Ray Edmonds helped the organizers of the Ride for Hope.

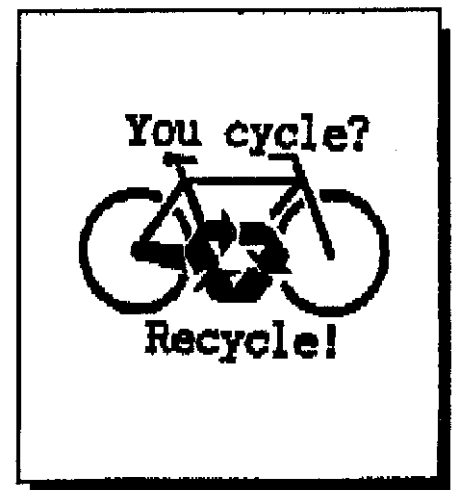
Ray moved to adjourn the meeting and Rob seconded.

Guest Speaker: Martha Roskowski - Bicycle Colorado

CSCC April Meeting Agenda

Secretary, Janet Rose

(the minutes for this meeting were not available for this issue's publication....)



CLUB MILEAGE FOR MARCH 1997

Wally Wonders...

by Ray Edmonds

name..	ROAD	MTN	LDR
Craig Alexander		93	
Brenda Anderson		43	
Tim Anderson		43	
Mike Ballmes			
William Bailey		88	
Jana Burr		80	356
Barb Butler		23	
Hal Church		60	
John Cunningham		68	
Chris Davenport		93	
Jay Davis		25	
Chris Demarest		68	
Kathleen Desmond		43	
Larry DeWitt		194	1679
Doyle Dykes		20	
Sharon Hamilton		118	
Tom Henkel		20	
Mike Heymann		69	
Kathy Heymann			
Norm Howard		20	
Lou Gottlieb			
Bill Keating		45	
Doug Lutfrell		68	1200
Sue Martin		63	460
Susan Michael		80	
Corrie Miller			
Rob Mskowitch		160	1380
Bob Moore		97	
JP Nuteboone		65	
Peter Osteroth		50	
Doug Pender			
John Rasper			
Neal Reinitz		43	
Fawn Remington		20	180
Mike Remington		40	
Brian Roder		80	
John Rodwick		120	
Mark Rowe		63	
Greg Sandras		50	
Larry Schorr		100	
Alan Severn		115	360
Anne Smith		68	
Bob Smith		68	
Michael Smith		50	
Tim Tiefenback			
Henry Towne		48	
Tim Uttomark		20	
Joe Vaccaro		50	
Paulette Varn		20	
Barry Wick			
Steve Willis		65	
Sue Willis		20	
Bill Young		147	

Remember the old days? Maybe you do maybe you don't. I sure do. The old days when bicycles had 10 speeds forward, and none reverse. Back when your toughest decision was about 27" or 700C wheels. Then we moved into the era of mountain biking. We didn't know what was going on, but somehow they became MTBers and Roadies. A lot of us had never worked the stage crew on a traveling rock band but roadies we were. Still it was the good old days. Now you had to decide between 700c and 26" wheels, but all you had to do was think about bikes, and riding them. All was good in little bike clubs all over the country.

We existed in this blissful state having to only think about maybe two or sometimes even three things at a time. Wheel size, friction or click shifters. Carbo load or drink beers before a big ride. Then the 6, 7 and 8 speed stuff, STI and Ergo shifters, but still bikes they were and bike stuff it was. Many a thoughtful hour was spent. Not too much got accomplished intellectually but a lot of riding took place.

Enter the mid 90's. Go to a club meeting these days and the last thing that gets mentioned is bikes, riding bikes, your superior gruppo, and fitness. Nope. Now we go to meetings and get endless dissertations on raising taxes for bike paths and railroad beds. Save the environment, write your congressman. Do it for bikes. It's very clear the CSCC is no longer a bicycle club so much as it is a political organization. You seek some solace from this barrage of wrong headed direction. You pick up a Bicycling Magazine and find out the whole issue is dedicated to "Bicycle Advocacy". At some point this meant making the roads safe for bicycles, now it is a code word for support certain candidates. A code word for assault the political affiliation of other members. What is the "advocacy" that is profiled as leadership? How about a ride where a large group of cyclists deliberately blocks city streets during a rush hour? Certainly "advocated" in the current issue of Bicycling. Why would any cyclist deliberately irritate thousands of motorists who have a 40 to 1 weight advantage when they meet on the road? Get this, I bet a vast majority of them aren't cyclists. Or perhaps we learn that we should all write and get our congresspersons to set aside 1% of the gas tax for "alternate transportation". Learn how they will build bike paths that don't get cleaned, maintained, or plowed, but you have to stay off the roads because bikes belong on the bike path. Learn that you now have an espresso bar in L.A., because you are paying more gas tax and have less roads for cars. Figure out that bicycle advocacy is all about a small group of people who really don't care much about bikes, but do care a lot about power and money. Their power and your money. See them count on government largess for their jobs. See them get you moved from highways to bike paths with roller bladers, walkers, strollers, and 10 or 15 m.p.h. speed limits with an accident rate 10 times higher than the street. See them tell you how lucky you are that they have done this for you.

I rebel at this liberal thinking. I can take care of myself. I

(Continued on page 10)

Wally Wonders.....cont'd

can operate my vehicle (bicycle) on the street and I don't need some advocacy group to tell me how to do it. I sure don't want them telling me to take my time at my bike club meeting to write a letter to my congressman to support a bill I oppose. I want to hear about nutrition, new bikes, old touring trips that I might get to do. I want to see new clothes and equipment. I want to see the guy nuts enough to ride across the country in 5 days on a bicycle. He didn't use a single bike path either! I don't ever want to hear about the ISTEA bill and using money to build espresso bars, and buy vans to take welfare people to work. To paraphrase their hero, "It's a bike club stupid". Even the most cursory examination of the CSCC will reveal that the only thing we have in common is bicycles. If it's a bicycle club, then that is what it should be. If others want to start a political organization, they have every right to do so, just don't take the existing bike club. My parents pointed out to me that you just don't discuss religion and politics if you want to keep your friends. Looks like they were right about that one.

Farewell - We will miss you!!!

Michael & Cathy Heymann have moved to Portland. They met each other in the cycling club and have always supported and been very active in it. Along with leading many rides, Michael was our newsletter publisher, Cathy was instrumental each year in obtaining the Air Force Alumni Association building for our Holiday and Awards Dinner and they both coordinated Hardscrabble in 1994. These were only a few of the many activities for which they volunteered. We wish you two the best of luck with your exciting new adventure. Just prior to the newsletter going out we received a letter from Michael. Their new address is 3808 NE Breeze, Portland OR 97212 and the their phone number is 503-288-2731. Michael and Cathy have purchased a home and are settling in in Portland. Ring them up or drop them a line. They will enjoy hearing from you.

E-mail addresses for the membership (as far as we know...)

- | | |
|----------------------------------|--------------------------------|
| robert.r.smith@mci.com | ! Bob Smith - president |
| wick@ssdevo.enet.dec.com | ! Barry Wick - vice president |
| wmbailey@sprynet.com | ! Bill Bailey - treasurer |
| janeth@pcisys.net | ! Janet Rose - secretary |
| towne@ssdevo.enet.dec.com | ! Henry Towne - newsletter |
| mheyman@market1.com | ! Michael Heymann - newsletter |
| larryd@usa.net | ! Larry Dewitt - calendar |
| raymond_edmonds@ccm.hf.intel.com | ! Ray Edmonds |
| edmonds@ssdevo.enet.dec.com | ! Diane Edmonds |
| sharon.boyd@mci.com | ! Sharon Boyd |
| dale.campbell@mci.com | ! Dale Campbell |
| robert.a.miskowitch@mci.com | ! Rob Miskowitch |
| smichael@ja.org | ! Susan Michael |
| jmcclain@kktv.com | ! John McLain - CAT chair |
| bobcycles1@aol.com | ! Bob Moore |
| 72062.2466@compuserve.com | ! Kristal Kraft |
| janeto@cssd11.usa.net | ! Janet Oliver |
| aaronr@kktv.com | ! Aaron Rosenthal |
| arosen@harrison.k12.co.us | ! Aaron Rosenthal |
| smartin@ccs.lmco.com | ! Susan Martin |
| warrenb@rmii.com | ! Warren Barta |
| brownbul@peaka.net | ! Scott Brown, Bonnie Turnbull |
| Judy.Bildman@mci.com | ! Judy Bildman |
| phillip_smith@compuserve.com | ! Phil Smith |
| Phil.Smith@mci.com | ! Phil Smith |
| judy.smith@sybios.com | ! Judy Smith |
| Tom.Haynes@mci.com | ! Tom Haynes |
| Louis.Gottlieb@mci.com | ! Lou Gottlieb |
| Cindy.Oneill@mci.com | ! Cindy O'Neill |
| khealy@ford.com | ! Kevin Healy |
| gljarvis@ccgate.hac.com | ! Garth Jarvis |
| timtief@aol.com | ! Tim Tiefenbach |
| jbd@col.hp.com | ! Jim Donnelly |
| johnr@col.hp.com | ! John Rasper -- ??? I think |
| Doyle_Dikes@MCI2000.COM | ! Doyle Dikes |

Let us know if you want to be added to OR removed from the directory...

excerpt from page 40 of the April edition of LAB...



Ray and Diane Edmonds (facing each other, right) ride Colorado's mountains.

The Colorado Springs Cycling Club of Colorado Springs, Colorado, honors Ray and Diane Edmonds, noting that the couple is "one of the club's most valuable assets year after year." Ray and Diane always help out with the club's

annual sponsored tours. The two of them lead numerous rides and weekend club tours, and help club members maintain their bikes. Ray has served as the editor of the club's newsletter, with Diane as his assistant.

J.M.C. Enterprises
d.b.a



(719) 475-8589
Fax (719) 475-8592
426 S. Tejon St, Colo. Springs, CO 80904

Answers to the TOARV Trivia Test

1. What famous two day AYH ride in Ohio on Mother's Day weekend was the inspiration for TOARV? **TOSRV (TOUR OF THE SCIOTO RIVER VALLEY)** TOSRV is an out and back ride from Columbus, OH to Portsmouth, OH and back.
2. The first TOARV was an out and back. What were the day one starting and ending locations? **STARTING IN FLORENCE & ENDING AT THE CRAZY HORSE CAMPGROUND NORTH OF BUENA VISTA.**
3. How many riders rode the first TOARV? **38.**
4. What were the first TOARV T-shirt colors? (circle one)
 - a) **Magenta with hot pink printing**
 - b) Teal with hot pink printing
 - c) Blue with white printing
 - d) Yellow with blue printing
5. What was the first year for the TOARV loop? **1989.**
6. Which year did the 3-pocket jersey become the standard ride jersey? (circle one)
 - a) 1989
 - b) 1990
 - c) **1991**
 - d) 1992
7. What was the final year we camped at the Crazy Horse? **1991.**
8. Who was the club member who wanted to break out the window of the luggage truck? (circle one)
 - a) Efrain Cruz
 - b) BobSmith
 - c) Suzy Cerrato
 - d) **John Leofsky**
9. Name one of the two years there was a noticeable tailwind on US 285: **1990 & 1994**
10. Where were TOARV breakfasts held prior to the BV High School? **BUENA VISTA COMMUNITY CENTER**
11. Including this year and Royal Gorge Option how many times has the TOARV route been changed? (circle one)
 - a) Twice
 - b) Three
 - c) **Four**
 - d) Five
12. What was the year for the first Royal Gorge option? (circle one)
 - a) 1989
 - b) 1990
 - c) 1991
 - d) **1992**
13. What is the name of the community service organization that has been a sponsor of every TOARV? (circle one)
 - a) El Paso County SAR
 - b) **Buena Vista Optimists Club**
 - c) Buena Vista Young Life
 - d) Buena Vista Boosters Club
14. Did TOARV ever have a long sleeve shirt option (true or false)? **TRUE**
15. What was the first year TOARV camped at the Buena Vista High School? (circle one)
 - a) 1989
 - b) 1990
 - c) 1991
 - d) **1992**
16. Who was the club member who submitted the twin peaks jersey design? (circle one)
 - a) **Bob Benjamin**
 - b) Anne Smith
 - c) Neil Kovac
 - d) Doyle Dikes

TOARV is definitely RICH in HISTORY !!!



turn to the Classifieds.....

sell some of those things you've got that you don't use so that you can buy some other stuff that you will use.

Go to page 13....



The oldest
bike shop in town . . .
check it out!

Ted's
BICYCLES



JUST NORTH OF FILLMORE AT 3016 NORTH HANCOCK AVENUE : 473-6915

FIVE PERCENT OF ALL TUNEUPS ARE DONATED TO THE TRAILS COALITION

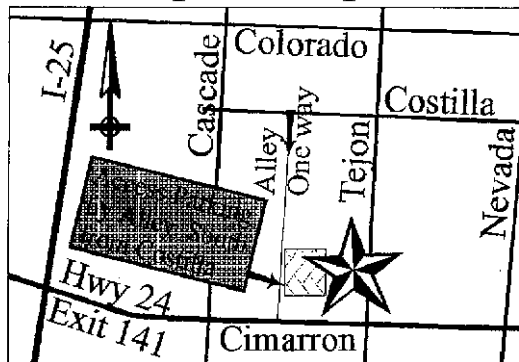


Cannondale
Diamondback
Mongoose
Kestrel
Merlin
Serotta

Road
Mountain
Track

Expert Repair

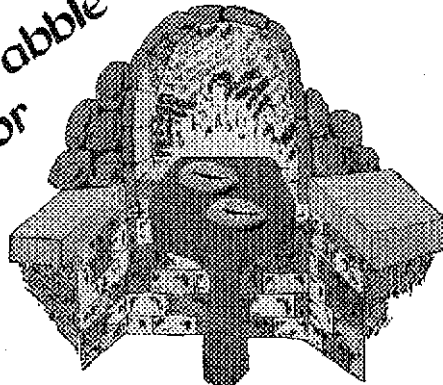
Since 1976
475-8589
426 S. Tejon



BRUEGGER'S BAGELS
BAKED FRESH

Hardscrabble
Sponsor

Locations:
132 N Tejon St
The Market at Chapel Hills
on North Academy



OUCH!

KNEE STRAIN COMES FROM
HAVING YOUR FOOT CLIPPED
FLAT TO THE PEDAL.
BIG MEAT POWER WEDGES
AAAHLLIVATES THE PAIN.

For most people, the
foot has a natural tilt
— slightly upward to
the inside. But with
all conventional pedal
systems your foot is
forced flat. This
can cause not only
injury, but also loss
of power and
endurance. BIG MEAT
Power Wedges
corrects this problem
by connecting the
foot to the pedal in a
natural position.



BIG MEAT
THE PEDAL'S WEDGES

—AAAHH!

Used by Mary North-Cam, Steve Hogg, Paul Smith, Maria Strup and Leah Danovant
Call now for relief! 1-888-338-GEAR

Thomas J. Lynch, D.D.S.
Diplomate, American Board of Periodontology

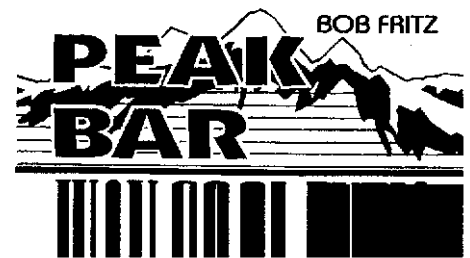
Practice Limited To Periodontics
And Dental Implants

Chapel Hills Professional Park
1675 Briargate Boulevard • Colorado Springs, CO 80920
(719) 598-7797

Sales • Service • Repairs • Parts • Accessories
Trade-In Welcome
Mountain Bikes • Recreational • BMX
COLORADO SPRINGS BIKE SHOPS
"For The Good Times"

East Established 1973 West
3940 Palmer Park Blvd. 622 W. Colorado Ave.
Colo. Spgs., CO 80909 Colo. Spgs., CO 80908
(719) 597-8782 (719) 634-4915

Owners:
Ed & Bonnie Johnson



Classified Ads;
Read'em and Weep...

You could have bought that bicycle
'thing' USED and saved some of
the money you spent on the NEW
'thing' for some OTHER bicycle
'thing'

Classified ADS

Club Policy: Non-commercial advertisements are free to all club members. Ads will run for one month unless renewed. Commercial advertisement for Quarter page ads or business cards:

1. Enclose two good copies of card or ad.
2. Include a check for one of the following:
 - a. Quarter page ad: 3 issues for \$75
 - b. Business card: 3 issues for \$30
3. Mail ad or card and check to:
CCSC Advertising
Attn: Treasurer, PO Box 49602, CS
CO 80949

Classifieds will run for one issue unless renewed. Ads must arrive at the Club P.O. Box or to the Editor on or before the 15th of the month preceding the newsletter.

FOR SALE:

Custom CSCC Waterbottles - \$3.00 each or 2 for \$5.
Custom CSCC "I'd Rather Be Cycling" License Plate Frame - \$3.
Custom CSCC Sweat bands which match club jerseys - \$1.50
TOARV 96 Ride Jerseys- Shaver Sport short sleeve - all sizes \$15.
TOARV ride pins \$.50
Call Anne Smith @ (719)528-6834

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

FOR SALE - YAKIMA GETAWAY BIKE RACK & LOCKS

for receiver hitch (2 bikes) \$90 call Steve 572-9503(h) or 594-5818(w)

FOR SALE: MARUSHI 49 cm Road Bike, high quality, great for the vertically challenged rider! Tom - 749-2776

SERVICE: Alan K. Severn, CPA
(719) 471-8035

For Sale: Trek 2120

48 cm, purchased new in April 96, less than 1000 miles, mint condition. Originally \$1,400, asking \$950. Call Pam @ (719) 685-1840

For Sale:

1. **Trek 2300** - 52cm. Carbon & AL frame with Shimano Ultegra 7 sp. \$600
 2. **Giant Cadex** - 55cm. Carbon fiber frame with Campagnolo Chorus/Urgopower parts. Like new, responsive, comfy. \$1250
 3. **Sew-up wheels** - Mavic 330 rims, Shimano Ultegra hubs, 7sp. freewheel \$75
 4. **Graber roof rack** for 3 bikes \$75
 5. **Shimano Ultegra Cranks**, 165mm or 170mm \$10 pair.
 6. **Cinelli H-bar** (44cm) & **Stem** (100mm) \$10 ea.
- If you need any or all of the above, Call Kevin @ 535-6848 (days).

WANTED MT. BIKE TANDEM - Captain 6'; Stoker 5'6"

CAR POOL - American Red Cross Fat Tire Classic. This is fund raiser in Winter Park. Registration \$55 - must raise \$175 in donation. Great trail, food. Planning on camping. Leave 6-27-97, ride is 6-28 & 29. (see info in newsletter on the Fat Tire Classic from Jana Burr)

Also would like to car pool to Elephant Rock on June 1

Planning a tour June 7-15 of some of the Great Divide Mountain Bike Route thru Colorado. May do sections of Colorado Trail. Call Nard 719-372-0114

NOTE ERROR IN 1997 BICYCLE TOUR INFORMATION:

(the error has been corrected in this issue's tour list on page 6 and 7..., the editor) The contact number for the Starlight Spectacular should be 633-6884 also Fat Tire Classic is in Winter Park **not** Steamboat as indicated in the last issue. See more information on this ride elsewhere in newsletter.
(put the new Tour list on the fridge...)

VOLUNTEERS NEEDED!!!! Our Tour of the Arkansas River Valley Tour on May 17 & 18 is still in need of volunteers for rest stop and sag duties. This is a great opportunity to get involved, meet club members and just have a great time. There is a volunteer sign up sheet enclosed in the newsletter or if you have any questions call Anne Smith at 528-6834.

FOR SALE: Klein Quantum Road Bike 54cm, classic aluminum 'fat' tube frame, 105 groupo except 600 crankset, mavic/wheelsmith ma-40 wheels, cateye computer, shimano cliplless pedals, high mileage but well maintained.... \$500
Call Henry for details @ (719) 633-9391

FOR SALE: Rosignol Freestyle board 'Recycler', 162cm, twin-tip with K2 freestyle bindings, extra straps, used 7 times, xlnt cond...\$200, **Burton Work Boots**, size 9 to 10 with adjustable bladder for stiffness and fit, xlnt condition...\$65. *I like Freeride better....*
Call Henry for details @ 633-9391

Words from the Editor...

IT'S YOUR NEWSLETTER; I merely attempt to assemble it. You know where to send stuff, you know what format I prefer to receive it. If you need help or facilities to get your stuff in that format, call me at 633-9391. You know when it is due for publication. I NEED YOUR ARTICLES.....

Sell some, buy some....

turn to the Classifieds !!!!!

Membership News:

Membership News:

New members: Bill Allen & Family; Howard & Kari Alpern; Davdi M. Barrs; Dale Boisselle; Glenn DeRussy; Lynn Dexter & Patrick Gibbons; Mark Gaul; John Edward Hawk & Family; Bart & Mary Kathryn Jones; Matt Lohrentz; Rob Lynch; Bill & Marilee MacQuarrie; Lisa Maytag; Heidi McKenna; Timothy Miller; Dave Mills; Roger & Shannon Patrizio; David Patterson; Ronald & Carol Reel; Dave Rowe & Family; Bill Ryan; Larry & Renee Varys; Pattye & David Volz; Bruce Wilkes; David Wilson

Welcome again to returning members:

Darryl Beachy; Don & Marilyn Bosenbecker; Sean & Cindy Bryan; Jay Burns; Hal Church; Leslie Daigle; Theresa Dent; Kenneth & Candace Dixon; John & Ruth Donovan; Andy Dungan; Mark Forbes; Garth & Vicki Jarvis; Doug Luttrell; Jim Miller; Patrick O'Connor; Vern & Neddie Pitcher; Tom Preble & Family; Mike & Fawn Remington; Janet Rose; Harry Rouch; Butch & Peggy Shaw; Fred Sindt; Reggie & Dorise Slavens; Barry Wick; Steve Willis

Rideleaders:

Mail your ride sheets to Mike Remington, 150 Grinnell St., Widefield CO. 80911. Mike is the 1997 club statistician .. thanks, Mike!!!



P.O. Box 49602, Colorado Springs, CO 80949-9602

CLUB OFFICERS

President

Bob Smith

528-6834

Robert.R.Smith@mci.com

Vice President

Barry Wick

594-9119

Wick@ssdevo.enet.dec.com

Treasurer

Bill Bailey

685-3899

wmbailey@sprynet.com

Secretary

Janet Rose

597-1596

janeth@pcisys.net

Road Ride Committee

Rob Miskowitch

548-8667

5837843@mcimail.com

ATB Ride Committee

Mark Rowe

633-5073

Tim Tiefenbach

685-1398

Community Action Committee

John McLain

598-5162

jmclain@kktv.com

Ride Calendar Coordinator

Larry DeWitt

536-9932

larryd@usa.net

Newsletter Editor

Henry Towne

Towne@ssdevo.enet.dec.com

633-9391

Club Hotline (719) 594-6354

Club Staff

As a CSCC member, you are entitled to a 10% discount on the purchase of cycling accessories from the following bike shops. In order to get your club discount at bike shops, you must take your newsletter with the mailing label attached. Your label will indicate your new or renewal membership is up to date.

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

The Bike Habit (719) 599-0707

Ted's Bicycles (719) 473-6915

LOOK AT YOUR NEWSLETTER MAILING LABEL -- DOES IT SAY "Final Issue - Renew Now"? Renew before you miss one of our wonderful newsletters - Also, send changes of address and phone number to the club P.O. Box or call the Hot Line at 594-6354

DOES IT HAVE YOUR OLD ADDRESS?

When your newsletter has to be forwarded, it is an additional expense for the club treasury. **Please get those changes in as soon as possible.**

Remember, the newsletters are usually mailed the last week of the month, so try to get changes and renewals in early. Also, if you have a new phone number, let us know so we can keep our roster up to date. You can leave any address or phone changes on the hot line @594-6354 or call Anne Smith @528-6834

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:
Towne@ssdevo.enet.dec.com.