



# 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 14

November/December 2000

Issue 6

## Prez Sez:

By: Joe Vaccaro

Well, this is my final Prez Sez article! We don't know yet who is going to replace me, but I have high hopes that one or more people will step up to accept this responsibility for a year. It really isn't a hard job (heck, I did it!) and it is not intensely time consuming, depending on how you define your goals as President. It is rewarding in regard to the people with whom you interact, both in and out of the club, and in the act of promoting bicycling. So, if you want to take that little extra step from being a club member to an being "involved" in the workings of the club, please be at the November 7th general membership meeting.

Do you know what the duties of the Club President? Most club members assume that it's very time consuming and overly demanding. But it's not! The President is the contact person for the club (although even much of that is handled via the club hotline, in the person of Ann Smith), he replies to correspondence when necessary, answers email, writes this column every two months, and, and and ... Damn! I can't think of anything else I do! There must be something, but it probably doesn't happen too often. The only way the President would have more time

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**Club Hotline (719) 594-6354**

eaten up would be if he also got involved in a special project (and, as President, you have a perfect reason not to do that!). You do get the opportunity to have meetings whenever you choose (we still prefer to call them meetings, even though they more closely resemble pot-luck parties), but that is still largely at your discretion.

Well, anyway, you get the idea! If this volunteer position appeals to you, or if you feel a sense of responsibility for keeping the cycling club of value to its membership, this is your chance to act.

I've enjoyed being the Club President for the past two years, and I'll still be active in the Club's operations, but it's time for me to explore other roles within the club as well.

Thanks for your support.

### Hello From Your Editor

By Doyle Dikes

Following the Prez's cue, I too am completing a year as editor. It is time to offer someone else the opportunity to bring their fresh approach to this club position. The web master position is also available for the club's web site, [www.bikesprings.com](http://www.bikesprings.com). Hopefully someone will be interested. From my point of view, the web site preparation is getting a little stale, like the Internet in general perhaps, the novelty is wearing thin for me, now is the time for a fresh hand to undertake the editing and hosting positions, please volunteer. ☺



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## **T-ROC 2-K? New rock station!! NO**

### **The first Annual Tandem Rally of Colorado**

On Friday, August 11<sup>th</sup>, 74 tandem couples converged at the Holiday Inn in Frisco for the first annual Tandem Rally of Colorado sponsored by Tandem Cycle Works of Colorado. After registration and packet pickup, participants were treated to an ice cream social. Unfortunately, Bob and I didn't make it in time for the social.

Saturday, after a group breakfast in Frisco, the tandem teams meet in Leadville where we left our vehicles. The rally started with a ride around Turquoise Lake then headed to Frisco by way of Fremont Pass and Copper Mountain with lunch at the Climax Mine. Just after lunch when we started down Fremont Pass, the sky opened up drenching us with a pouring rain. It was frightening because it was difficult to see the road, traffic and lightning was everywhere. Some of the teams stopped to try to find shelter and some found the sag wagon. We decided the rain was not going to stop anytime soon so we just took our chances and headed on to Frisco. Bob did a great job of captaining with the rain and the traffic on the narrow shoulder of Hwy 91. I told him I was worried that the drivers could not see us in the rain and fog. He told me I should also be worried because he couldn't see anything either! We made it back safe but looking like two wet rats.

Sunday's ride had two options. We decided on the ride over Dillon Dam into Keystone and then ride to the town of Montezuma. When we reached Montezuma, volunteers had these great sticky buns to die for. After indulging, we headed over Swan Mountain Road to Sapphire Point where we were treated to lunch. After leaving Swan Mountain, we headed into Breckenridge where we took a break then back to Frisco via the bike path.

Monday, we left Summit County via the Ten-Mile Bike Path through Copper Mountain and headed up Vail Pass for lunch. We continued into Vail on the Vail Recreation Path and then along highway 6 to Avon where we spent the night. At a banquet on Monday night, we had a wonderful presentation by Earl Clark and Dick Over, veterans of the 10<sup>th</sup> Mountain Division. They provided us with a great sideshow on the history of Camp Hale, the historic training site for the men of the 10<sup>th</sup> Mountain Division, and the development of Vail Valley. Their presentation was well worth the price of the banquet. We all gained a greater understanding of the commitment of the diverse 10<sup>th</sup> Mountain Division and their influence on Colorado's ski industry.

Tuesday was going to be a day of climbing, so we decided to get an early start. We headed out of Avon to Minturn, then over Battle Mountain where we passed Camp Hale and thought of the previous night's presentation. Then we headed up Tennessee Pass for lunch before returning to our van in Leadville.

Tandem Cycle Works did a great job of sponsoring this event. It was great fun. Aaron Rosenthal and Janet Oliver, Jeff Libby and Barb Kontny and Jim McCreary and Connie Miller also represented CSCC.

## GOOD NEWS FROM BICYCLE COLORADO

"With the support of hundreds of concerned cyclist, Bicycle Colorado has convinced the state to modify the design of rumble strips. In October, the state will test milder divots as suggested by Bicycle Colorado. The state has already incorporated our other requests including a gap pattern and wider "clear" space on the shoulders. And many of the worst rumble strip installations have been repaired."

## RUMBLE STRIP TEST PARTICIPATION - Alan Severn

By participating in CDOT's rumble strip tests on Oct 10 and 11, John McLain, Tom Preble and I learned a lot. The good news is that CDOT is working to reduce the hazards and unpleasantness to cyclists. They prepared sections of highway with many designs of strips, and put on this event in cooperation with Bicycle Colorado. The new design included several with gaps between rumble strips; these gaps allow cyclists to move between traffic lane and shoulder, while giving a more varied and noticeable warning to motorists.

The bad news is that we NEED rumble strips. About one-third of traffic deaths are caused by vehicles running off the road, and rumble strips can prevent many of these deaths. Also, some of the experimental designs don't do the job. Many of the volunteers in this program tested the new designs while driving from one site to another, and learned that some of the bicycle-friendly designs simple don't do the job of alerting errant motorists. Finally, some of the experimental designs cost 100 times as much as the deep strips we all know and hate.

### Safety Tip

*From the Newsletter of Different Spokes, Los Angeles, CA*

If you use clipless pedals, it's important to alternate which foot you unclick when coming to a stop. Most people consistently use the same foot. If you always unclick with one foot, chances are good that you are unpracticed at unclicking with your other foot. This can be a major negative when (not if) you start to fall toward that side. Because you aren't used to unclicking that foot, you won't be able to stick your foot out to stop your fall.

Unclick with the "opposite" foot on a regular basis to avoid the pain (and embarrassment) of falling because you can't get your feet out of your pedals.

A Bike Tip from Adventure Cycling Association.



## Classified Advertisements Club Policies

Non-commercial advertisements are free to all club members. Ads will run for one month unless renewed. Commercial Advertisement for approximately quarter pages or business cards are accepted as follows:

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 \$25.
3. Mail ad or card and check to:  
CSCC Advertising  
Attn: Treasurer, P.O. Box 49602,  
Colo. Springs, 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 10th preceding the month that the newsletter is published.

### 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 are negotiable. Call Bob or Anne Smith to reserve a bag. 528-

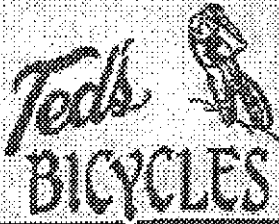
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**For Sale:** Vintage **Vitus** 58 cm w/ Mavic, Campy, bar end shifters - a real classic hanger - \$249. **Specialized** wash tray - \$5. **Crater** Wheel carriers - FREE!. Two **Campy** frame pumps - one silver, one black. \$2 each or two for \$3. Call Doyle at 594-9181 or e-mail at [doyle@baltoro.com](mailto:doyle@baltoro.com)

## **TRAILS UPDATE FROM THE TRAILS AND OPEN SPACE COALITION**

With one major exception most of the detours trail users have experienced during the summer are gone. Other trail work is also moving at a rapid pace.

**FILLMORE AREA** – The Water Resources Department completed its upgrade and replacement of the sewer along Monument Creek. The trail has been rebuilt and replanted with hundreds of new trees as part of a Greensprings project.

**POLK STREET** – Repairs have been completed adjacent to the Greenside Nursery. The bank has been replaced and a new trail surface installed to the new city standards.

Without exception, these newly replaced trails are gorgeous and well built. They are a real credit to the Colorado Springs trails system and make the Pikes Peak Greenway much more enjoyable.

**SOUTH OF WOODMEN** – Repairs have been made to the trail as construction of the new hotel north of Criterium is approaching completion. The trail surface is very nice but the retaining wall for the hotel is immediately adjacent to the east side of the trail. Be careful as you ride close to the wall.

**UINTAH STREET BRIDGE AREA** – If anything, this area has gotten worse with the trail detour invisible where they are working on the bridge. The underpass under Uintah St. for the trail is still closed and construction barriers have blocked the temporary trail across Uintah. The re-route from the Van Buren Bridge of Cache la Poudre is still in place. Don't expect improvement anytime soon.

**EDMONDSON TRAILHEAD** – The new trailhead off Woodmen Road near Tiffany Square is complete with parking and shelters installed. A port-a-let will also be put in one of the shelters. Donations from the Tucker Connally Memorial played significant role in making this trailhead possible.

**COTTONWOOD CREEK** – Work is anticipated to begin in the next couple of months on the new breakaway bridge to be installed over Cotton Creek just north of the miniature golf course on the Pikes Peak Greenway. This new bridge will reroute the Greenway Trail over the creek and away from the on-street bike lane on Corporate Drive. This will greatly improve safety. This bridge has been on the Greenway Master Plan since its inception.

**SAND CREEK TRAIL** – Construction should begin soon on the bridge and the first segment of the San Creek Trail near the new El Pomar Youth Sports Complex Youth of Circle Drive. \$200,000 in TOPS funds and \$200,000 in TEA-21 fund have been allocated for the first phase of the project that will connect the trail to the Pikes Peak Greenway

**ROCKRIMMON TRAIL** – Approval for the trail from Foothills Park to Centennial has been received from the homeowners association. The segment will be a 24" to 36" wide, natural surface trail. Improvements are expected to begin this fall.

**ROCK ISLAND TRAIL** – Work should begin by the end of the year on the long-awaited trail between Murray and Academy. Meanwhile, negotiations continue with the railroad for the Greenway and Shooks Run segment and with the owner for the Mur-

## **Tuesday Night Social Mountain Bike Rides - Jana Burr**

The Tuesday Night Social Mountain Bike Rides were enjoyed by many this past season. Thanks to all who came out to share their riding passion. After trying out several trail options including; single track in Palmer Park and Garden of the Gods, and aerobic workouts on the Monument Valley and the Santa Fe Trails, the group returned time and again to the Santa Fe Trail. Beginning with the beautiful new section that FINALLY opened between the Woodman trailhead and Ice Lake, we'd ride north to the rail fence marking the old air landing strip. Round trip was a good 13 miles of dirt riding at your own aerobic pace. Regrouping three or four times along the way added a chance to get to know fellow riders. After the invigorating rides, we socialized over dinner at one of the many nearby restaurants. All in all a good way of introducing newcomers to our club and the wide diversity of Mountain Bike trails within the city.

## MEMBERSHIP NEWS:

### WELCOME NEW CSCC MEMBERS:

Carol Dickerson; Bill Doty; Michael J. Evans; John & Chris Gavan; Cheryl Hinds; Bob Hirsch; Jim Jasper; Robert Linscheer; Beaty & Ryan Nelsestuen; Jay Schuster;

### WELCOME AGAIN RETURNING MEMBERS:

Ann Beauchamp; Tim Beeson; Bruce & Cara Camping; Chris Davenport; Robert Hansen; Bill Koerner; Barbara Kontny & Jeff Libby; Kim Makower; Gary & Karen Michels; Jim McCreary; Lee Murphy; Dean & Becky Myers; Bill Ryan & Patty Eddy; Steve Scholz; Shannen Shen; Tim Tiefenbach; Joe & Fran Vaccaro; Bob Vandepas

**Congratulations** to Phil and Judy Smith. They are the proud parents of new CSCC member Brian Flint Smith born August 27.

### Bicycle Colorado Membership Plea

You may have received a BC membership plea in your mailbox recently. Please consider joining our effort. Bicycle Colorado currently has about 1000 members with a goal of doubling that figure in the next year. Your membership will help. We have reluctantly climbed on the direct mail bandwagon because it has proven to be the most effective way to build membership. Please contact our office manager John Waitman <[john@bicyclecolo.org](mailto:john@bicyclecolo.org)> if you received duplicate mailings, or if you're a current member who received one by mistake. Thanks for your support and understanding!

## CLUB OFFICERS

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Vice President  
Vacant

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**Club Hotline (719) 594-6354**  
or  
[csccl@bikesprings.com](mailto:csccl@bikesprings.com)

## CLUB DISCOUNTS

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.

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 PO Box or call the Hot Line at 594-6354 or e-mail Anne Smith at: [annesmith@bikerider.com](mailto:annesmith@bikerider.com)

**Does the Club have your current EMAIL?** Occasionally, the club does an email notification for things such as club meeting reminders. Often times 10 to 15% of you do not receive the notification due to your email bouncing. Additionally, the club is considering email notification that the newsletter is available for downloading from our web site. This would save the club a significant amount in printing and postage costs. Please email us at [csccl@bikesprings.com](mailto:csccl@bikesprings.com) with your correct email address and your feedback concerning your preference for newsletter delivery.

## Newsletter Submissions

Due by the 10th. E-mail is preferred with a Word document attached. Art work preferred in JPEG or GIF files. E-mail: [doyle@baltoro.com](mailto:doyle@baltoro.com)

# November 2000

## Colorado Springs Cycling Club's Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																												
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## November 2000 - Event & Ride Schedule

### Club Meeting

**Tuesday – November 7th at the Hearthstone Inn at 7:00 PM**

Hearthstone Inn Meeting Room - 506 North Cascade Avenue - Telephone: 473-4413

### Regularly Scheduled Rides for November

**Saturday Kinder Gentler Road Ride – 719-528-6834 (C)** - This ride starts from Cub Foods at Constitution and Powers Blvd. at 10:00AM. This is a moderately paced ride of 40-50 miles. Expect to average about 14 MPH with some hills. No maps are provided. If you ride ahead of the leader, expect to ride alone. John Cunningham will be leading this ride for most of the month of September.

**Saturday Morning Road Race Training/Fitness Ride (B) at 9:00 AM – 548-8667 – Rob Miskowitch** – Meet Rob and the Rainbow Racing Club at the Cub Foods at Constitution and Powers for this fast training ride of 50-60 miles.

**Sunday Morning JJ's Espresso Ride – 597-1444 or 683-2713 (C+)** - JP Neuteboom and John Cunningham (JC) will share leading this ride. Meet at the Starbucks Downtown 10:00 AM at the corner of Tejon and Bejou Streets. Ride distance between 40-50 miles.

**Sunday Acacia Park Social Ride - 594-6354 (D)** - This ride meets at Acacia at 1:00 PM every Sunday afternoon. This 15-25 mile casual ride is a great ride for new riders and those wanting to chat while riding. No maps everyone is expected to ride together.

**Tuesday Morning RSVP S<sup>4</sup> Ride - 719-391-0742 (C)** - Meet at the Security Shopping Center Sonic Drive Inn or behind the Mister Pawn. Take Hancock south until it turns into Main Street Security. Be sure to call Mike Remington and RSVP for this ride.

**Wednesday and Friday RSVP Rides with Vern & Ed - 598-3799 or 596-7067 (D-C)** - RSVP to Vern Pitcher or Ed Terhune for details regarding the Wed/Fri rides. All rides will begin at the Remodeler's Office on North Hancock. Vern and Ed will share leading these rides. Make sure you RSVP for this ride. The rides will vary in difficulty and between road and off-road.

**Trail Clean Up for November – Call Norm Howard at 634-1184.** Norm would appreciate a little help with this detail.

### New Rides for November

**Sunday MTB Social Ride -11am – 719-598-1448 (D).** Come commune with nature and fellow MTB riders while getting your exercise. If there is interest we'll 'do lunch', after the rides. Odd days will be an aerobic workout on the Monument Valley Trail. Meet at the Skateboard parking lot off Mark Dabling. Even days will be single track riding in Palmer Park. Met at the Maizeland parking lot. Not all Sunday's will be published so check the calendar or show and go! Ride schedule is Nov 5, Dec 3 & 17 at Monument Valley and Nov 12, Dec 10 at Palmer Park.

### Theme Rides for November

**Annual Tour de Turkey Ride - Sunday November 19<sup>th</sup> (D).** This ride takes the place of the Sunday Social Ride from Acacia Park. This is a ride for the entire family to enjoy. There will be cider and cookies and drawing for the a Thanksgiving Turkey at the end of the ride. Ride leaves from Acacia Park at 1:00 PM. Ride leader is Anne Smith - 719-528-6834.

*A Note from Jana Burr:* Tuesday night Social Mountain Bike Rides were enjoyed by many this past season. Thanks to all who came out to share their riding passion. After trying out several trail options including; single track in Palmer Park and Garden of the Gods, and aerobic workouts on the Monument Valley and the Santa Fe Trails, the group returned time and again to the Santa Fe Trail. Beginning with the beautiful new section that FINALLY opened between the Woodman trailhead and Ice Lake, we'd ride north to the rail fence marking the old air landing strip. Round trip was a good 13 miles of dirt riding at your own aerobic pace. Regrouping three or four times along the way added a chance to get to know fellow riders. After the invigorating rides we'd continue socializing over dinner at one of the many nearby restaurants. All in all a good way of introducing newcomers to our club and the wide diversity of Mountain Bike trails within the city.

**Disclaimer: All rides are subject to change. Changes will be posted to the club's web site. Now that the winter riding months are here rides may be cancelled due to weather conditions such as cold (below 40 degrees Fahrenheit), ice and snow. If the weather is suspect phone the ride leader at least an hour before the ride.**



# December 2000

## Colorado Springs Cycling Club's Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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## December 2000 - Event & Ride Schedule

### Club Holiday Party

**Sunday Evening – December 10<sup>th</sup> at 6:00 PM**

Colorado Springs Fire Department Community at Centennial Boulevard and Allegheny Drive. Phone Anne at 719-528-6834 for details.

### Regularly Scheduled Rides for December

**Saturday Kinder & Gentler Road Ride - 528-6834 (C)** - This ride starts from the Safeway at South Academy and CO 115 at 10:00 AM. This is a moderately paced ride of 30-40 miles. Expect to average about 14 MPH with some hills. No maps are provided. If you ride ahead of the leader, expect to ride alone. Optional lunch afterwards at the Black Bear Coffee Cafe.

**Saturday Morning Road Race Training/Fitness Ride (B) at 10:00 AM – 548-8667 – Rob Miskowitch** – Meet Rob and the Rainbow Racing Club at the Cub Foods at Constitution and Powers for this fast training ride of 50-60 miles.

**Sunday Morning JJ's Espresso Ride – 597-1444 or 683-2713 (C+)** - JP Neuteboom and John Cunningham (JC) will share leading this ride. Meet at the Starbucks Downtown at 10:00 AM at the corner of Tejon and Bejou Streets. Ride distance between 45-55 miles.

**Sunday MTB Social Ride -11am – 719-598-1448 (D)**. Come commune with nature and fellow MTB riders while getting your exercise. If there is interest we'll 'do lunch', after the rides. See November for full details. Ride schedule is Nov 5, Dec 3 & 17 at Monument Valley and Nov 12, Dec 10 at Palmer Park.

**Sunday Acacia Park Social Ride - 594-6354 (D)** - This ride meets at Acacia at 1:00 PM every Sunday afternoon. This 15-25 mile casual ride is a great ride for new riders and those wanting to chat while riding. No maps everyone is expected to ride together.

**Tuesday Morning RSVP S<sup>4</sup> Ride - 719-391-0742 (C)** - Meet at the Security Shopping Center Sonic Drive Inn or behind the Mister Pawn. Take Hancock south until it turns into Main Street Security. Be sure to call Mike Remington and RSVP for this ride.

**Wednesday and Friday RSVP Rides with Vern & Ed - 598-3799 or 596-7067 (D-C)** - RSVP to Vern Pitcher or Ed Terhune for details regarding the Wed/Fri rides. All rides will begin at the Remodeler's Office on North Hancock. Vern and Ed will share leading these rides. Make sure you RSVP for this ride. The rides will vary in difficulty and between road and off-road.

**Trail Clean Up for December – Call Norm Howard at 634-1184. Norm would appreciate a little help with this detail.**

### Theme Rides for December

**Annual Winter Solstice MTB Ride - Saturday December 16<sup>th</sup>**. Canon City to Victor and back. Call Tim Tiefenback at 719-685-1398 for complete details. Tim has been leading the annual adventure for several years now. This ride is for hearty soles and very fit riders only.

**Annual New Year's Eve Ride - Sunday December 31<sup>st</sup>**. Meet at Acacia Park for the regular Sunday Social Ride at 1:00 PM. Help Alan Severn initiate the new millennium festivities with a short social ride and a pub visit after the ride. As all mathematicians and accountants know that the Year 2001 is true new millennium. Alan's phone number is 719-471-8035.

**Annual Frozen Waterbottle Ride- Monday January 1<sup>st</sup>**. Meet at the Cub Foods at Constitution and Powers for the 15<sup>th</sup> Annual New Years Day Ride at 1:00 PM. Mapped loops of 15 and 25 miles. This ride goes regardless of weather. Will the water bottles freeze, will it snow or will it be sunny and 50+ degrees? Come out and find out. Warm up at the Country Kitchen Restaurant after the ride. Phone Bob Smith at 719-528-6834 for details.

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## Cool, Clear, Water

As you may have learned water constitutes about 40-60% of our total body weight and 72% of the weight of muscle. Water is extremely important in that it is the primary means of transporting nutrients to your cells and waste products out of the body. Diffusion of gasses always takes place across surfaces moistened by water. Think about it when we are riding our muscles demand oxygen, without it we would rely on anaerobic metabolism and would not be able to go as long. Also, when we go really hard our muscles produce lactic acid which is buffered by bicarbonate and transported and diffused into the lungs to be blown off as carbon dioxide. Without water these physiological processes that we take for granted would cease to happen. Water contained in fluids help lubricate joints, which is especially important if you are pedaling an average 80 rotations per minute for 120 minutes. That's a whole lot of wear and tear. The heat stabilizing quality of water is wonderful in that it can absorb

considerable heat with minimum changes in temperature. Water transports that heat to your skin to be lost as sweat, it is your means of air conditioning.

During exercise we can lose on the average four cups of water per hour. However, the amount really depends on our body size, the severity of exercise, the temperature and humidity,

A loss of 2% of your body weight may lead to decreases in aerobic performance. Dehydration is considered to be a loss of 1% of your body weight. When blood plasma levels decline, our blood becomes viscous, thicker than thick, and it becomes harder for the heart to pump it. Therefore, for every 2.2lbs. of water lost, heart rate could elevate 8bpm and cardiac output will decline by 1 liter per minute. Again, this means oxygen can not be optimally transported to your working muscles and heat cannot be transported to your skin causing core temperature to increase.

Here are some basic reminders of how to consume water to maintain performance:

1. I know you know this.....Drink 8-10 cups of water a day.

2. Hyperhydrate with at least 13-18 ounces of cold fluid within 2 hours before exercise.

3. During exercise drink 8 ounces of fluid every 15 minutes. Fits right in with a carbohydrate supplement.

4. Freeze some water in your water bottle, cold fluids empty from the stomach faster.

5. Weigh yourself before and after exercise and for every pound loss consume 2 cups of water.

6. After a race, carry your water bottle with the name of the people/shop who helped you, good for PR!

*Written by Dorene Bourque,  
M.S., C.S.C.S.*

*Taken from the newsletter of the  
Eastern Fat Tire Association,  
Hillsboro, New Hampshire  
Web site: www.efta.com*

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(406) 721-1776

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## Basic Mountain Biking

1) **Aerobic Endurance.** Without it you will die in the woods and your experience in the woods will be minimal. You will spend most of your time sucking air and hoping to die. Don't come out on mountain bike rides if you have not been on the bike.

2) **Shifting.** Get in the small chain ring immediately. Most of your riding in the mountains will be in the small chain ring so stay there!

Anticipate the terrain and shift accordingly.

3) **Near and Far Vision.** In the woods, you need to constantly assess what is immediately in front of you and what is coming up on the trail. In time, this ability will become second nature.

4) **Going Over Logs.** First of all you need to relax. Hitting the ground in

the woods is inevitable. At some point, you and the ground (and the rocks and branches) will become good friends and say hello to each other. Deal with it. When you go over a log, you need to have some speed, compress the front shock, lift the front wheel nice and easy over the log and allow the back tire to roll gently over the log. If you spin the rear wheel while over the log you will fall. Remember wheels roll. Keep your pedals parallel to the ground so you don't hit a rock.

5) **Braking.** The front brake is your friend in the woods and the rear brake is used to modulate your braking. This situation is totally different than on the road. Your front brake is always initiated first in the woods. If you hit the rear brake first you will skid out, fall and cause erosion on the trails.

In summary, please get an aerobic base before entering the woods. The

uneven terrain will cause you to go anaerobic and blow up before you know it and you will not have fun when you are focusing on just breathing. Mountain biking is harder in certain circumstances than road biking and roadies coming into the woods cannot fathom riding in the mud, on rocks, over roots, with bugs and poison ivy, etc. So remember it's crucial out there not to ride like an idiot especially with the climate being as sensitive as it is right now.

*Written by Rob Valinoti*

*Taken from the newsletter of the  
Staten Island Bicycling Association,  
Staten Island, New York*

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