



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

September/October 2000

Issue 5

Prez Sez:

By: Joe Vaccaro.

Once again, the Cycling Club is having trouble maintaining a large enough staff of volunteers to do everything that needs to be done. As has been the case in the past, the work continues to fall on a relatively few members. It just isn't fair to those dedicated individuals! How long can that continue before they become burned out and resentful. After all, they joined the CSCC for the purpose of riding their bikes, not to administer and organize all of the club activities!

After much discussion, it appears clear that whatever we do, we are not going to convince the majority of the Club's members to take more proactive roles in its month to month operations. Perhaps everyone is already over-committed to other undertakings or else they have other obligations that preclude their more active involvement. I don't know, and only each club member who has not made him or herself available to lead rides, help in event organization, or offer to take some other active part in promoting the club's mission can answer that question. The only thing left to do in order to keep the CSCC a viable entity in our community is to reduce the amount of volunteer time it requires.

This can be done in a number of ways. We have already eliminated the Hard-scrabble Century ride as a major club event, much to the chagrin of many riders both within and outside of Colorado, and I would not suggest we curtail the Buena Vista Bicycle Festival. But perhaps we can reduce the number of meet-

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Club Meeting Presentations ...

TBD	Sept 5
TBD	Oct 3

Club Hotline (719) 594-6354

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ings the club convenes (remember, for every general meeting, the club usually also must have a Board of Directors/Involved Club Members meeting as a precursor to it). One suggestion has been to eliminate the August membership meeting. It is usually poorly attended, with many people being on vacation or engaged in some other activity. We might also want to cut back on the club newsletter. This could be accomplished by publishing it on the Club Web Site only. That would end the need to print and mail it, rather time intensive chores. It would also allow it to be changed and/or added to more frequently, very much like the web site ride calendar. It also makes it readily available to prospective club members and other interested parties. The number of hits on the newsletter web site could be automatically tabulated and used as a marketing tool for advertisers. Special events, always a big participant draw within the Club, could be more easily planned, without the need for as much lead-time as is currently required for inclusion in the CSCC newsletter. I'm sure there are other ways to make the Club more streamlined and efficient as well.

Whatever we do, it is obvious that business as usual for the CSCC must change! We need to be able to attract more members into active involvement without the fear that they are going to be burdened with more of a work and time commitment than they are willing or able to accept. We need input from the membership as to how we can keep the club a rewarding organization for them. Please email any suggestions you have to me at Jvac982501@aol.com



CONGRATULATIONS

and best wishes to Aaron Rosenthal and Janet Oliver. They were married on August 9 at the Briarhurst Manor Inn. We wish them many years of happy tandeming.

Hello From Your Editor

By Doyle Dikes

Reading Joe's column on club participation caused me to reflect on why I ride less these days. For me, the quality of the cycling experience has definitely declined. Many factors are involved including declining physical ability due to age and foot pain, increased traffic congestion on the streets and highways of the region, and shifting to a recumbent bike. These factors cause me to seek quieter and easier rides primarily on off-road bike paths. My current priorities led me to cancel participation in the Denver Post's Ride the Rockies so that I could go to a week long guitar camp in East Tennessee. I traded a week of chasing younger and stronger riders with sweat rolling into my eyes, toiling up and down mountain passes, getting nearly blown off the road by every form of noisy vehicle imaginable, and hustling meals, showers, and camping space in overcrowded facilities for a musically entertaining week that included three meals a day in a college cafeteria and three musical events per day. The week culminated with a Doc Watson performance. I don't believe bicycling will ever regain the paramount position in my life that it once held in 1985 when I rode the Red River Enchancted Wheeling Peak Century for the first time. I am reminded of that good time by the photo of myself atop Bob Cat pass on my red Trek 660 mounted in my gear room. I've made many friends through the Club since that time, the riding has not been in vain. ☸

VOLUNTEERS NEEDED:

BVBF PUBLICIST – This is a volunteer position that can be very important to the success of the Buena Vista Bicycle Festival. The more publicity we can get out to the biking community, the more successful the event can be. This is an area the BVBF committee just has not had time to pursue to its best advantage. It generally entails:

Getting BVBF information on web sites of various biking organizations and community information sites. It would help to have access to web search sites.

Press releases to all Colorado Bicycling Clubs for their newsletters and web sites and following through to make sure they get the release printed and posted.

Make contact with area newspapers and work with them to get publicity for the event.

I have a file containing many sources and will work with a volunteer to obtain other information. We need to have press releases and a distribution plan ready at the end of November or the first part of December. Please contact me if you need more information. This can be done in your spare time and again, is very important for the success of BVBF. Anne Smith 528-6834

PROGRESSIVE DINNER HOST HOUSES:

Four host houses are needed for the Club's most popular social event, the Progressive Dinner Ride on October 22. Most of you are familiar with the event – we leave at 1:00 PM from Acacia Park to the first host house for appetizers, then the next for salad, on to the main dish and then dessert somewhere close to down town if possible. We try to schedule the houses within a reasonable cycling distance from one another. The hosts are reimbursed for their expenses. OK, now you have all the info, give me a call – no volunteers – no progressive dinner! Anne Smith 528-6834

LAURENCE "DON" SIDIE

Our sympathy goes to the family of Don Sidie who died July 5 in Colorado Springs. Don, a real estate broker, was a CSCC member for many years.

11 RIDERS – 7 BIKES – FIGURE THAT?

By Anne Smith

It was the Echo Lake ride with four tandems and three singles. This is unusual for tandems to out number single bikes, but this was the case that Sunday. Along with Bob and me, were Aaron Rosenthal and Janet Oliver, Jeff Libby and Barbara Kontny, Fred and Heather Beattie from Golden, on tandems, Ed Terhune, Lee Murphy and David Clipsham with their singles. After meeting at the King Soopers in Bergen Park, we had a nice downhill before heading up Floyd Hill and into Idaho Springs. After a short break in Idaho Springs, we started the long 15-mile climb to Echo Lake. The singles immediately took off leaving the tandems to plug away. Aaron, Janet, Jeff and Barb were quickly out of sight. We were in our usual position – last – seeing Fred and Heather off and on. After several short breaks and as the road got steeper and steeper, we finally rounded the last curve to see the lodge at Echo Lake and lunch. We were ready!! Everyone was waiting for us except Aaron and Janet who immediately descended to make a Denver appointment. After the climb to Echo Lake, I always feel we should be at the top of Squaw Pass and immediately start the descent after lunch, but noooooooo! There are at least three uphill bumps before the final downhill. The trip down is worth it though, with beautiful

vistas as far as the eye can see. This ride probably had the best weather we have ever had on the ride – no rain, so we did not have to worry about wet, slick roads or lightening and could just enjoy the downhill. We all made it back to Bergen Park in record time. It was a beautiful day and a great 50-mile loop.

<http://www.bikegaba.org/>

Hey everybody, come on down for this tour. You will love our October weather. The **Greater Arizona Bicycling Association, (Tucson Chapter)** is an active cycling club in Southern Arizona. The "**Great Arizona Bicycle Adventure**" is a week long tour that we organize every October. This year's ride will start and end in Tucson AZ on 10/08/00 and 10/14/00 with the farewell banquet. All evening meals will be included. Tour jersey, socks, great sag food and more. Approximately 500 miles of beautiful Southern Arizona scenery. See the real "Old West". \$450.00. Thank you. Get a group together and contact us for a discount.

Ramiro and Christine Salcedo
"Adventure 2000" Publicity

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. 528-6834.

15% DISCOUNT TO CSCC MEMBERS



COLORADO SPRINGS CHAMBER OF COMMERCE
www.cscocolorado.com

Roger Patrizio
Director

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All the above bikes can be purchased as a frame only or completely built up with your choice of components.

Dumonde chain lube, you've tried the rest, now try the best!

Call the **Recumbent Brothers** for details and prices.
John Cunningham
719-683-2713
JCRecline@AOL.com

For Sale: Vintage Vitus 58 cm w/ Mavic, Campy, bar end shifters - a real classic hanger - \$249. **Specialized** wash tray - \$5. **Teva** Terradactal sandals, size 10-M with Gonzo Rings - \$10. **Crater** Wheel carriers - FREE!. **Cateye** CS -1000 trainer - \$75. 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

VeloSwap

By John

The **VeloSwap** ad at the right was provided by Bicycle Colorado for publication in our club's newsletter.

The ad gives our members \$1 off admission at the door. Bicycle Colorado is also offering advance ticket sales to clubs for only \$4 each, a savings of \$2 per ticket, plus no waiting at the door. Minimum order 10 tickets.

We should have tickets available for distribution around September 1st. Also, we need some volunteers to help staff a BC table and do other duties during set-up on October 27th and the event on the 28th. Volunteers get in early and free. Such a deal. To volunteer, write to <John@bicyclecolo.org>.

GREAT DEALS ON BIKES & ACCESSORIES!

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9 A.M. TO 5 P.M.
NATIONAL WESTERN COMPLEX,
DENVER, CO
(1/2 MILE EAST OF I-25 OFF I-70)

For Vendor/Exhibitor information
please call 303/440-0601 ext. 222

PROCEEDS OF VELOSWAP & EXPO TO BENEFIT:



VELOSWAP & EXPO IS PRODUCED BY THE STAFF AT

VELONEWS **inside**
tradition

1 off admission with this ad. Kids under 12 FREE.

Proposed Ride Classifications. Originally proposed by John McClain, edited for publication by Doyle Dikes.

Ride Class	Avg. Speed (mph)	Distance (mi)	Rest Stop Int. (mi)	Pack Riding Skills	Hill Speed(mph)
D	8.0 - 9.9	10 - 25	5 - 10	basic	6.0 - 7.9
C	10.0 - 11.9	20 - 35	10 - 15	basic	8.0 - 9.9
CC	12.0 - 13.9	30 - 50	15 - 20	intermediate	10.0 - 11.9
B	14.0 - 15.9	40 - 60	20 - 30	advanced	12.0 - 13.9
BB	16.0 - 17.9	50 - 70	25 - 35	advanced	14.0 - 15.9
A	18.0 - 19.9	60 - 80	25 - 35	expert	16.0 - 20.0

MEMBERSHIP NEWS:

WELCOME NEW CSCC MEMBERS:

Nancy Augustus & Bill Simpson; Terre Archer; Sonya & Jurgen Bergeron & Family; Barbara Butler; R. C. Delano; Gail Disher; Scott Ellis; Carol Keenan; Gary Klein & Family; Yvonne Milito & John Young; David Sanborn; Don Sarton

WELCOME AGAIN RETURNING MEMBERS:

Bill Allen & Family; Gary Branum; Mary Bruning; Jay Burns; Jeff Caplins; Terre Cavalier; John Chatfield; Graeme Cloutte & Family; Pat Ellis; Ruth & Saul Goldman; Xaver & Lois Gonzalez; J. P. Neuteboom; Charlie & Shirley Paterson; Tom Preble & Family; Michael Roberts; Dave Rowe & Family; Jeff & Kathy Thomas; Kris Yoshida;

RUMBLE STRIP RIDERS WANTED:

Bicycle Colorado has promised to recruit 18 cyclists to test rumble strips with CDOT.

This will probably be an overnight affair, as riders will record their perceptions of rolled-in rumbles on I-70 east of Denver, then on several different designs on I-70 west of Vail. CDOT will pay for meals and lodging. John and I from this office will be there. We've also recruited Tim Young, a rumble strip advocate from Wyoming, and Ride the Rockies director Paul Balaguer. The date is not yet set, but it will surely be on a weekday.

We need all levels of riders, mostly road bikes but also a few mountain bikers. If you're looking for an overnight junket where you can talk rumble strips for hours, this is it! To volunteer, contact Martha@BicycleColo.org.

CLUB OFFICERS

President
Joe Vaccaro
522-1975
JVac982501@AOL.com

Vice President
Vacant

Treasurer
Mark Rowe
266-6934
mark@springscpa.com

Secretary
Janet Rose
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jrose@csdb.org

Road Ride Committee
Rob Miskowich
548-8667

Touring Committee
Mike and Fawn Remington
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remingto@gateway.com

ATB Ride Committee
Mark Rowe
633-5073

Community Action Committee
Joe Vaccaro
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JVac982501@aol.com

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robert.r.smith@wcom.com

Newsletter Editor
Doyle Dikes
594-9181
doyle@baltoro.com

Member Services
Anne Smith
528-6834
annesmith@bikerider.com

Club Hotline (719) 594-6354
or
cscs@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

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 cscs@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

October 2000

Colorado Springs Cycling Club's Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
1 9:00 AM JJs Espresso Ride North 597-1444 or 683-2713 (C+) 1:00 PM Sunday Show'N Go (D)	2 5:30 PM Monday Dinner Ride Acacia Park 528-6834 (D)	3 7:00 PM Club Meeting Hearthstone Inn	4	5	6	7 9:00 AM KG Ride Safeway Hwy 115 & S Academy 528-6834 (C) 9:00 AM Road Race Training Ride 548-8667 (B+)																																																																																																		
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October 2000 - Event & Ride Schedule

Club Meeting

Tuesday – October 3 at the Hearthstone Inn at 7:00 PM

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

Regularly Scheduled Rides for October

Saturday Kinder & Gentler Road Ride - 528-6834 (C+) - This ride starts from the Safeway at South Academy and CO 115 at 9:00 AM. This is a moderately paced ride of 35-45 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 9:00 AM – 548-8667 – Rob Miskowitch – Rob is back from a full summer of racing and is already getting ready for next year. Meet Rob and the go fast group at the Cub Foods at Constitution and Powers for this fast training ride of 50-60 miles.

Sunday Morning JJs Espresso Ride North – 597-1444 or 683-2713 (C+) - JP Neuteboom and John Cunningham (JC) will share leading this ride. Meet at the Starbucks on north Academy Boulevard. 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 Mornings - S⁴ Ride - 391-0742 - Meet at the Security Shopping Center Sonic Drive Inn or behind the Mister Pawn. Take Hancock south until it turns into Main Street Security. Call **Mike Remington** for details.

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

Special Rides for October

Sunday, October 15 at 9:00 AM – Tandem Brunch Ride – 528-6834 (Singles and Recumbants Welcome) (C) - Meet Bob and Anne Smith at the Bancroft Park in Old Colorado City for at 25 mile ride with brunch following the ride at Gertrude's or the Old City Cafe.

Sunday, October 22 at 1:00 PM Acacia Park– Annual Progressive Dinner Ride – 528-6834

Disclaimer: All rides are subject to change. Changes will be posted to the club's web site.

September 2000

Colorado Springs Cycling Club's Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<table border="1" style="display: inline-table; margin-right: 20px;"> <caption>Aug 2000</caption> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table> <table border="1" style="display: inline-table;"> <caption>Oct 2000</caption> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>					S	M	T	W	T	F	S		1	2	3	4	5		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					1	2
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September 2000 - Event & Ride Schedule

Club Meeting

Tuesday – September 5 at the Hearthstone Inn at 7:00 PM

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

Regularly Scheduled Rides for September

Saturday Kinder Gentler Road Ride – 683-2713 (C) - This ride starts from new Safeway in Falcon off US 24 at 9:00AM. 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.

Sunday Morning JJs Espresso Ride North – 597-1444 or 683-2713 (C+) - JP Neuteboom and John Cunningham (JC) will share leading this ride. Meet at the Starbucks on north Academy Blvd. 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.

Monday Dinner - Acacia Park Ride - 528-6834 (D) - Meet at Acacia Park at 5:30 PM. Short & slow with dinner in route or downtown after the ride.

Tuesday Mornings - S⁴ Ride - 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. Call Mike Remington for details.

Tuesday Evenings - MTB Social Ride - 598-1448 (D) - RSVP to Jana Burr for ride location and details. Jana says this ride is designed for fun not to kill you.

Wednesday Evenings – AFA Show'n Go Road Ride – 594-6354 (C-B) - Meet at the South Gate Trailhead at 6 PM for this 20 to 25 mile "B" or "C" category road ride. The trailhead is located just before the south gate entrance. Turn right and proceed about 500 yards to the parking area on your right.

Wednesday and Friday evening 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.

New Rides for September

Saturday Morning Road Race Training/Fitness Ride (B) at 9:00 AM – 548-8667 – Rob Miskowitch – Rob is back from a full summer of racing and is already getting ready for next year. Meet Rob and the go fast group at the Cub Foods at Constitution and Powers for this fast training ride of 50-60 miles.

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

Special Rides & Events for September

Red River Century, Sunday, September 10 – Red River, New Mexico – Red River Chamber of Commerce 1-800-348-6444

Saturday, September 16 – Tour of Vineyards 303-635-2815 or www.emgcolorado.com. Come and enjoy a 25 mile bike ride through Colorado's wine country and vine fest wine tasting.

Saturday, September 23 – On Your Own Hardscrabble Pass Ride – Meet in Florence at the city park at 8:00 AM to keep the tradition alive. Contact Joe Vaccaro at 522-1975 for details. Minimal support will be provided.

Saturday & Sunday, September 23 & 24 – Aspen Leaf Tour Tour – Ouray, CO - Chris Conboy and Paulette Vern are planning a fun 2-3 day weekend in Ouray to do some biking, hiking and soaking in Ouray. They are still in the planning process so give them a call at 598-9188 or 598-3282.

Disclaimer: All rides are subject to change. Changes will be posted to the club's web site.



Group Riding Tips

From the newsletter of the Houston Bicycle Club, Houston, TX

There is no better and effective way to become a motivated cyclist than finding a good regular group ride. Here are some group riding techniques common to all skilled riders.

Pacelines, single or double, rotating quickly or slowly, always smooth and tight. This is the single overriding feature common to every experienced group ride.

Accelerate slowly and with an eye to keeping the group together. Attacks, jumps, short and hard pulls, and other racelike riding may be fine for small rides but have no place in a group oriented ride.

A consistent pace is very important. Establish a rhythm before reaching the front, and maintain that rhythm through your pull until just after pulling off. If you increase the pace do so gradually.

Go hard on hills but do not forget to regroup. This does not mean waiting for every last straggler but always make a reasonable effort to regroup after the harder sections.

Wheelsetters are always welcome, but please stay at the back. There is nothing more disruptive than someone who rotates to the front only to slow down on hitting the wind. If you feel extended, tired, or not inclined to pull, sit at the back. Let other riders know when they have reached the back of the rotating system.

Do not open gaps. If you find yourself behind a gap, close it slowly. A skilled group will remain in a tight paceline through 95% over an average ride including stops, corners, short climbs, descents, and traffic by closing the inevitable gaps before they become problems.

Do not point out every single pothole, oncoming car or other obstacle. Each rider has to take responsibility for themselves. This means that everyone should be paying attention to the traffic and the road, even at the back.

Lead riders should be responsible for the group's behavior by setting proper pace and showing concern for the welfare of the group as a whole.

Paceline riding properly done adds enjoyment to riding and builds good, long term bike skills.

Houston Bicycle Club website: www.stevens.com/hbc

CLUB CONNECTION

www.adventurecycling.org



ADVENTURE CYCLING
ASSOCIATION

Post Ride Tips

From the newsletter of the Evanston Bicycle Club, Evanston, IL

There are two parts to a post-ride routine. The first is the cool-down, where you want to decrease the intensity and ride easily for about 15 minutes after you finish a race or a hard ride. This helps the muscles clean out all the lactic acid and waste you produced during the ride.

The second part happens when you get home. This consists of three things: Hydration, Stretching, and Eating.

Hydrate. How much depends on the ride conditions: was it hot or dry? You should drink at least a liter of water in the two hours after you ride.

It's impossible to drink too much; you may feel bloated or uncomfortable, but it cannot hurt you. Besides water, you can also drink a sports drink, which has a good composition and is no problem for digestion. The glucose helps the stomach absorb water faster than drinking just plain water, and it makes it easier for the body to digest the fluid.

Stretch. Don't push hard; it's not a workout. You just want to move the muscles with a light intensity and help flush out lactic acid. A little massage can help too, especially with rollers or hand tools. Don't stretch aggressively- hold each stretch for about 10 seconds and don't bounce. If you bounce while stretching, your muscles will fight the stretch. You should feel relaxed and have no pain in the muscle while you stretch.

Eat. Wait 30 minutes so you keep the blood flowing to the muscles to clean them out rather than going to your stomach to digest food. But you shouldn't worry too much about when you eat. Eat easier-to-digest foods like pasta, so your body can turn them into muscle glycogen faster.

Evanston Bicycle Club website: www.evanstonbikeclub.org

CLUB CONNECTION

www.adventurecycling.org



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