

CSCC

Bent Fork Chronicles

Jan-Feb 2001

Cycling in the summer is easy. Slap on the sunscreen, pack lots of water, carry food and money and jump on your bike.

Winter cycling gets a bit more challenging. The human is the complicated part of the system. You, the rider, will have to keep extremities and body core warm, stay hydrated, minimize sweating, eat enough and still have fun on the trail.

Successful Winter Cycling

1. Drink water
2. Eat
3. Stay dry

Water

- Exercising outdoors makes it easy to become dehydrated
- By drinking lots of water, you'll minimize the effects of dehydration. An average person exercising in dry cold needs at least one quart of water per hour to avoid dehydrating
- Dehydration causes decreased blood volume which makes us more susceptible to hypothermia and frostbite

Mushers Have The Right Of Way

Food

- * Eat food during your ride to stay energized
- * Avoid using unfamiliar food or overconcentrating your liquid food
- * Find out what works for you and don't make last minute changes

Clothes

- **If you feel warm as you start out, then you are probably overdressed**
- A lot of that water you'll be drinking will leave through your skin and will need to pass through your clothes
- Your base layer (against your skin) should be synthetics
- Your mid layer should be layers of various weights of polypro, capilene, drilete, thermax or wool
- Your outer layer should be breathable/windproof clothes

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Mushers Have The Right Of Way

Tires

- Wide tires with widely separated knobs work best on snow
- Use low pressure: start with 15-20 psi and experiment for yourself. Sometimes 5 psi feels great
- Beginning snow riders almost always run their tires too hard. As the snow gets softer, so should your tires. **When in doubt, let air out**
- Presta valves are less prone to freezing up and easier to inflate and let air out of than Schraders. If your rims are drilled for Schrader valves, you can use either type of tube in an emergency

Frostbite

- Below zero, cycling speeds generate enough wind chill to freeze exposed skin quickly. If parts of your face feel cold or numb, stop and warm them before they get frostbitten. If you're riding with others, watch each others' faces for white spots.

Riding Technique

- Try to pedal smoothly and relax your upper body, especially on ice and soft snow
- When the bike starts going sideways, make small corrections rather than oversteering and weaving down the trail
- Practice riding in a straight line when the trail is good so it's easier under bad conditions
- On some soft trails, higher speeds take less effort than lower speeds because your tires sink into the snow less at higher speed.
- Road ice can provide lots of traction or very little. Learn how the different types look and sound. Try not to brake hard on the slippery sort, or if you must, use only your rear brake. Watch for dry patches where you can do your braking or turning.

And as always, Mushers always have the right of way. Get fully off the trail early to let them by. Some Mushers have \$10,000 lead dogs and none of them want to risk tangling with bikes.

source: <http://www.allweathersports.com/isport/ibiketips.html>

Looking for the Right Gear

David VanDerWege, President

If your reaction to the name and change in leadership is, who the heck is that? That is my reaction as well. I was flattered to be asked to serve as President of the club but remain quite self-conscious in taking the job because of the short period of time I have been a member and how few different people I know. I know well nonprofit work because my "real job" is serving as the Executive Director of a nonprofit organization called the Wilderness Medical Society. I will have to save the answer to your question of, "wilderness medicine what?" for a personal conversation sometime.

Over my term as President, I would like to use this column as a forum to establish the clubs mission and role in the Colorado Springs community. At our Christmas party on Sunday, our outgoing President, Joe Vaccaro, ended the awards presentation and evening by saying "lets help some people enjoy riding bikes." I would like to pick up on Joe's challenge and answer the question of what is the best way for the club to do just that?

Fortunately, most of our Board agreed to continue to serve in their current positions including Joe as the Community Action Committee Chair. I appreciate their continued service and ask that club members also thank them for their dedication.

Looking for the Right Gear

continued

One change that will occur is the editor of our newsletter. This responsibility will transition to Susan Miskowitch with the support of our able and much appreciated current editor, Doyle Dikes. Doyle is going to retire to only one club job, that being the club web master. What will he do with his time? Please thank Doyle for his long-term service and Susan for her courage to volunteer, when you encounter them on a ride or at our monthly meetings.

After growing up in Colorado Springs I return from a twenty year absence, ten of which was spent in the Midwest, or as I like to call it the Mideast. All native Coloradans should be banished for a period of time just to create perspective on the significance of the gift of this state. Colorado Springs is a jewel of a place to live and it should be the same for cycling. Cycling has and is changing. It is much more complex and what isn't these days. "Mountain biking" has certainly put more people on bikes. This is all to the good for better health and recreation, but it does challenge the club to meet diverse cycling needs with appropriate activities.

I would like to start the discussion of our mission by suggesting that rather than trying to be all things to all cyclists that the club collaborate with other organizations in the community already involved in the different genres of cycling. One of the club's roles could be to serve as the Colorado Springs focal point for cycling communications. Colorado Springs has several cycling resources that almost no other city can claim in the form of US Cycling and the Velodrome. These, along with several clubs riding at different levels and a developing city and county trail system, have the potential to make Colorado Springs a cyclist paradise. Focusing the Colorado Spring Cycling community is imperative for cycling advocacy. What a thrilling picture of Colorado Springs in the future with significant bike route lanes on key city streets, connecting to a well developed city/county trail system, pushing on up to the foothills trails of the National Forest lands to our west, along with a world class racing and training facility in the heart of all of this. Someone e-mail me. I think I might have died and gone to cycling heaven.

Let me hear from you. I will make a special effort to meet you in this coming year, but please help by introducing yourself and the people you know as well. It will take me a while, but like my riding, I can usually get up to speed fairly quickly, at least on the downhill.

David VanDerWege
Dave@WMS.org

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 ad: 3 issues for \$25
3. Mail ad or card and check to:

CSCC Advertising
 Attn: Treasurer
 PO Box 49602
 Colorado Springs CO 80949

Classifieds will run for one issue unless renewed. Ads must arrive at the Club P.O. Box on or before the 10th preceding the month that the newsletter is published.

Membership News

WELCOME NEW CSCC MEMBERS: Liz Ford; Jean Goodall; Charlie & Gayle Mason; Sheryl Saylor; Kurt Sonderman & Family

WELCOME AGAIN RETURNING MEMBERS: Bill Baughman; David Clipsham; Chris Conboy; Pat Hall; Alfred Hiltbrunner; Larry Marr; John McLain; Shay Nolan; Margaret Rabel; Mark Rowe; Bill & Ann Marie Sutter; Dave Thomson; Henry Towne & Eileen Hunt; Dave VanDerWege; Jerry & Cathy White; Mike Wiater

In SYMPATHY

Garth Jarvis died Oct 13 in Italy. Garth and his wife Vicki were members of CSCC many years before moving to Tucson, Arizona. They were avid tandem cyclists and participated in many of the major Colorado bicycling events. Vicki has asked that any acknowledgment of Garth's passing be in the form of a donation to the American Heart Association.

Beverly Reinitz, wife of CSCC member Neale Reinitz died October 20 in Chicago. Beverly was very active in the Colorado Springs community.

Our heartfelt thoughts go to Vicki and Neale and their families during this difficult time.

Special Events

by Anne Smith

If you have not attended any or all of the club's special events this fall, you have really missed a good time. Being a CSCC club member entitles you to not only get out and ride, but to enjoy some of the social events. Volunteers put a lot of time and effort into these events. If you have not attended one, check the calendar. You might be missing great fun.

On October 22, thirty-five club members braved the cold and wet weather to attend the 2000 PROGRESSIVE DINNER. After a very wet beginning, we were treated with a warm and dry house and a delicious array of yummy appetizers provided by Carol Keenan. By the time we were nice and dry, it was time to head to Alan and Pat Severn's house where they had a lovely salad bar waiting for us. As we left their house, the rain let up some. We rode through town to Brian and Theresa Roder's to indulge in Theresa's famous main dishes. What a spread it was! After stuffing ourselves, it was time to ride to stuff some more. Bill and Ann Marie Sutter were our dessert hosts. While sampling the many divine desserts Ann Marie had prepared, we were treated to a tour of their Victorian house. After they finally kicked us out (only kidding – it was hard to get out in the cold and back on the bike with no more food as an enticement) we headed back to Acacia Park. The progressive dinner is always one of our most popular events. Club members are always willing to brave the elements for food!

Special thanks to Carol Keenan, who is a fairly new club member and volunteered to host, Pat and Alan Severn along with Brian and Theresa Roder, who have hosted previously and Bill and Ann Marie Sutter. Not only did they provide wonderful food, but put up with wet, drippy cyclists invading their nice homes.

January 2001

Colorado Springs Cycling Club's Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
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January & February 2001 - Event & Ride Schedule

January Club Meeting

Tuesday the 2nd at the Hearthstone Inn at 7:00 PM - Bike Tours of Germany & Austria
Hearthstone Inn Meeting Room - 506 North Cascade Avenue - Telephone: 473-4413

January Rides

15th Annual Frozen Water Bottle Ride (C): Monday January 1st at 1:00 PM from the Cub Foods at Constitution & Powers Blvd. Join us for this 25 mile mapped loop road ride on the 1st day of 2001. Call Bob Smith at 528-6834 for details.

Saturday Kinder Gentler Road Ride - 528-6834 (C): This ride starts from Cub Foods at Constitution & 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.

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 RVSP MTB Social Ride -11am – 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.

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 S⁴ 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.

Vern & Ed RSVP Rides - 598-3799 or 596-7067 (D-C): Call Vern Pitcher or Ed Terhune for details regarding this ride. 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 – Call Norm Howard at 634-1184. Norm would appreciate a little help with this detail.

February Club Meeting

Tuesday the 6th at the Hearthstone Inn at 7:00 PM - Portugal Bicycle Tour Slide Show & Talk
Hearthstone Inn Meeting Room - 506 North Cascade Avenue - Telephone: 473-4413

February Rides

Saturday Kinder Gentler Road Ride – 528-6834 (C): This ride starts from the Safeway at Hwy 115 & South Academy 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.

Annual Sweetheart Ride - Sunday February 11th 1:00 PM - 528-6834 (C): This ride replaces the regular Sunday Acacia Park Ride. The theme of this ride Valentines Day. Please come out enjoy the and refreshments after the ride.

The reminder of the February Schedule follows the January Schedule except for the rides listed immediate above.

Disclaimers: All rides are subject to change. Changes will be posted to the club's web site. During the winter riding months rides may be cancelled due to weather conditions such as cold (below 40 degrees Fahrenheit), ice, snow, and other road conditions. When in doubt of a rides status, please phone the ride leader at least an hour before the ride.

Special Events

continued from previous page

The TOUR DE TURKEY is one the club's oldest events. This rides takes place the Sunday before Thanksgiving. We were a little short on riders, but those who attended were treated to hot cider and Chris Davenport's homemade sweet breads. By the way, Chris won the drawing for the turkey. A just reward for the wonderful treats she made. (Way to go Chris!)

Even though it was cold and snowy, the HOLIDAY PARTY was attended by almost 50 club members. It was held at the community room of the new Rockrimmon Fire Station thanks to club member Norm Howard who is stationed there. After sampling the wonderful potluck, members were presented with volunteer awards. They included officers and those volunteering for club events and other club duties.

2000 Awards

If you volunteered during the year, you have an award coming.

Give Joe Vaccaro a call and make arrangements to get it. 528-6834

There were also special awards such as "Volunteer of the Year" that went to Ed Terhune. This is awarded to an individual who is always willing to do what is needed. That certainly is Ed! There was also the "Bent Fork" Award that went to Terre Cavalier. This is an award for the one person during the year who did the most damage to their bike or their body. Terre was hit with a car mirror on the club ride to Cripple Creek. Fortunately, she only had scrapes and bruises. Then there was the "Yellow & Black" short award for the best-dressed cyclist on the road and that went to J. P Neuteboom. (*Watch this Spring to see if J.P. wears his award winning shorts!*)

If you have not attended any club events, check the calendar. You might be missing great fun.

Editor's Notes

Editor friendly articles will be electronic.

Any telephone messages portrayed as audible articles will be ignored.

Bribes for page placement will be accepted and cash is an acceptable form of payment. Make checks and money orders payable to CSCC.

The post of Editor is open at any time. If you have an interest in the highly visible and *Powerful* position, please make your wish known to any of the Club's officers.

Regards,
Susan Miskowitch ;:-)

Thanks

Special Thanks extended to:

Anne Smith for the new newsletter design.

Doyle Dykes for all his time and advice in transitioning the newsletter information

My husband for delivering the newsletter to Bill

Bill Ryan for making publishing the newsletter

Website

www.bikesprings.com

February 2001

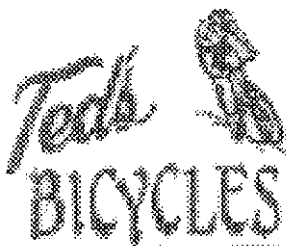
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25 11:00 AM RSVP MTB Social Ride 598-1448 (D) 1:00 PM Sunday Show'N Go (D)	26	27	28																																																																																																					

CLUB DISCOUNTS

We have some wonderful bike shops that are ready to provide your latest bicycling fix. As a CSCC member, you are entitled to a 10% discount on the purchase of cycling accessories from these bike shops. In order to get your club discount, you must take your newsletter with the mailing label attached. Your label will indicate your updated membership.

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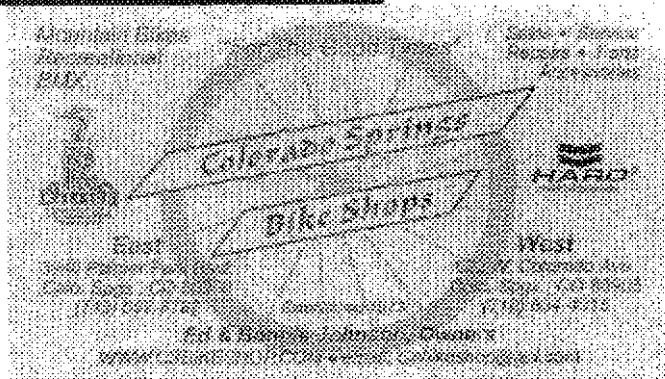


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Updating your Addresses

EMAIL—Please send us your email address so we can keep you posted with our occasional email notices.

Current mailing address—If the address label on your newsletter is outdated or ready to expire, please let us know.

csc@bikesprings.com

OR

**CSCC
PO Box 49602
Colorado Springs, CO 80949**

Classified Advertisements

Check out the Classified Ads for sources of Bicycling adventures, Bicycling stuff or ways to fund your bicycling habits.

For sale

- Rans recumbents, All Models!
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For Rent

Bicycle Travel Bag

Club members \$5 per day or \$25 per week plus security deposit.

Non-members \$10 per day or \$50 per week plus security deposit.

Longer periods are negotiable. Call Bob or Anne Smith to reserve a bike bag.

FOR SALE:

New Ritchey 60 cm. Road Bike, Shimano Ultegra, low miles, \$1500. Leave message for Darryl at 572-9473



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Presentation Program Lineup

by Alan Severn

Continuing our series of programs about enticing cycling destinations, upcoming programs include:

January 2	Germany & Austria by Jim McCreary
February 6	Portugal, by Bob & Anne Smith
March	to be announced
April 8	New Zealand, by Aaron & Janet

Calling for

- ♦ Spring biking recommendations
- ♦ Tom Preble cycling cartoons
- ♦ Recommended Reading
- ♦ Ray Edmonds Tech Tips
- ♦ Tandem cycling tips from the masters, Bob and Anne Smith
- ♦ Shay Nolan's dog-towing Burley advice
- ♦ John Cunningham recumbent reminiscences
- ♦ Chris Davenport's motivational moments
- ♦ Judy Smith's advice on cycling and pregnancy
- ♦ Tom Haynes injury prevention tips (or how to color coordinate your cast and attire)
- ♦ Plus other cool stuff

Send me your fun & interesting material

Miskowitch@yahoo.com