

Colorado Springs Cycling Club

SUMMER 2001

MAY-JUNE 2001

NIGHT NAVIGATION

by Tom Preble

So, you're out mountain biking and it gets dark. One blackened hill looks pretty much like the next. You know camp is north of where you've been riding, but where the HECK is north? Note: Strong language such as the preceding is a sure sign of lostness. Or you and your slender, well muscled significant other (as all cyclists are, I assure you) are vacationing in a foreign city, when darkness falls like a curtain. The hotel is east. You know this because you and your sweetie have been riding off into the sunset. How to find your way back?

During the day, sun position and shadow can help with orienting yourself but at night things become more subtle. If you have a moon available you don't even need to find the North Star! The moon appears to rise in the east and set in the west just like the sun does. If the moon is rising, no matter the phase, the place it is rising from is generally East. Since you are familiar with the "compass rose", i.e. :



once you know one cardinal direction, you know the others. If the moon is setting it will be over the western horizon. Now go enjoy your dinner.

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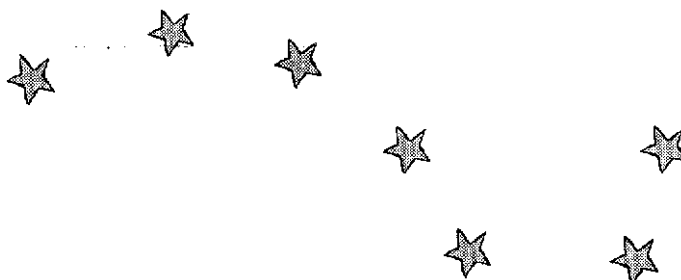
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NIGHT NAVIGATION (CONTINUED FROM PAGE 1)

Well, what if the moon is already up and high overhead? How can that be of help? The moon may be bright, but we know it has no light of its own. The moon's light is reflected brightness, (kind of like when we bask in Bob's glow). Anyway we know the moon is reflecting sunlight. Now we may be in darkness, but the moon, far above, is not in earth's shadow and so the reflected sunlight we see on the moon indicates just where the sun is. A crescent or quarter moon's bright face points reliably at the sun, which in early evening is to the west. In the wee hours the moon's reflective face points east, toward the rising sun.

* You're thinking: "This is all wonderful Tom, but what if there is no moon?" Now for the tricky part. Get out the Astrolabe, wield the Sextant, it's time for Celestial Navigation. If you live or are vacationing in the northern hemisphere you can use the North Star or Polaris to orient yourself. This star just happens to line up with the axis of the earth and so while the other stars appear to wheel across the sky, Polaris, above the center of rotation appears to stay still. Nice. But night wears on so slowly, which stars are moving is not readily apparent. How does one find the North Star? You need to learn one constellation and it is a big easy one.

This constellation or apparent grouping of stars is called Ursa Major (the Great Bear), the Plough (in England) or the Big Dipper here in the U.S. The primary seven stars look like a dipper or deep pan with a curved handle. Kind of like this:



Again, this is easy. The Big Dipper is a bright constellation. It may be cocked or on its side from your perspective, remember only the North Star appears stationary, but the "pointer stars", those two that make up the front of the dipper point toward the North Star. The North Star will be found about 6 times the spacing of the pointer stars away, by itself in an area relatively clear of other stars. Polaris or the North Star is of rather average brightness, but it stands alone and is easily found with the pointers. (See example above.) Whew, put away the Sextant. We're done. (For you yuppies with your laser printers, this is even easier than using your GPS. You know who you are...)

You're thinking: "This is all wonderful Tom, but what if it's cloudy?" Well, in the outback it would be wise to deploy your survival kit and hang out until morning. Lost people wandering around aimlessly generally are harder to find and often can break parts of themselves blundering about. What if you just must keep moving? What if there's a storm and you must find shelter / people? Well, go downhill. Follow a stream to a river and rivers usually have roads beside them because it is easy for engineers to build roads there. Roads = people and more people live downhill than uphill. We could go on, but I fear this article has gone on long enough and I wouldn't want to lose you. Cheers, Tom :^)

DRINKING AND CYCLING DON'T MIX

Submitted by Bob Smith

While the vast majority of bicyclists do not drink and bicycle, some may want to review this article.

CHICAGO (Reuters 02-20-01) Study Finds Drinking And Cycling Don't Mix Riding a bicycle after just one alcoholic drink increases the risk of fatal or serious injury by five times, while five drinks raise that risk twenty fold.

Previously published studies had indicated that about a third of all U.S. bicycle deaths were alcohol-related, but details of the risk had not been assessed until now, said the study from Johns Hopkins University School of Medicine in Baltimore. In another article published by John Fauber of the Milwaukee Journal Sentinel (May 6, 1997), he summarizes bicycling accidents. Nationwide, cycling is the leading cause of injuries among all recreational sports. Every year, bicycle accidents result in 580,000 emergency room visits, 20,000 hospitalizations and 900 deaths.

Susan Baker, one of the study's authors, said she was surprised at how much impact drinking had on bicycling. "The people who have blood alcohol concentrations of .08 or higher . . . were **20 times as likely to be killed** or badly injured as the bicyclist who had not been drinking . . . a huge effect," she said.

The report added that just one drink increased the risk of a fatal or serious injury about fivefold. One drink can lead to a blood-alcohol concentration of .02 percent, while four to five drinks can result in a concentration of .08 percent, the legal level in many states at which a driver is considered to be impaired by alcohol.

The researchers said they studied the death records of 124 bicyclists aged 15 or older killed in Maryland from 1985 to 1997 and also took breath tests from 342 other cyclists during roadside surveys in the state in areas where bikers had been injured in previous accidents.

"Riding a bike requires a higher level of psychomotor skills and physical coordination than driving a car, so alcohol has an even stronger effect on bicyclists than drivers," said Guohua Li, lead author of the study.

The study, published in this week's Journal of the American Medical Association, found that only 5 percent of injured cyclists who had been drinking wore helmets. "It's a double jeopardy. Those who ride under the influence are most in need of protection, yet in our study, they were least likely to wear helmets," Li said. Thirty percent of injured cyclists who had elevated alcohol levels in the study had a history of driving a car while intoxicated, the report said, adding that some probably used bicycles for transportation because their driver's licenses had been suspended. The study also noted that while the number of fatal accidents involving children had decreased by 70 percent since 1975, fatalities involving adult riders rose by about 65 percent during that period. That might be due to laws requiring children to wear helmets

JUST A HEARTBEAT . . .

by Alan Severn

May 1

By popular demand, the program for the May 1 meeting will be a maintenance workshop, led by Tim Rawlings. He'll present some tips, then we'll have at least one workstation set up. Bring your ailing bike and replacement parts! There will be no business meeting as such, so we'll have more time to get our bikes in shape for the summer.

June 5

Our former member Kristal Kraft will come from Denver to discuss Odyssey 2000, her round-the-world cycling adventure. You can prepare for her visit by going to her website via "Links" from our website.

July 8

That's all folks, until September; with the meeting being replaced by the club picnic (July 8) and no meeting in August.

On the advocacy front,

The Transportation Enhancements Subcommittee of the Pikes Peak region has set its priorities for funding. It's reasonable to expect a half-million dollars (perhaps more) in funding for projects related to transportation.

Members of the committee are representatives from local governments and four non-governmental entities: Ridefinders, Trails and Open Space Coalition, League of Women Voters, and the Colorado Springs Cycling Club.

On April 6, the Committee named five projects as high priority. These are (with the requested Federal funding in parens): Southern Sand Creek Trail (\$175,000), from Hancock Blvd. to Chelton. This project includes an underpass under Academy Blvd; it will link to the Greenway trail, the new Southeast Recreation Center, Sierra High School, and the El Pomar Youth Sports Park.

Streetscape on Highway 85 in Fountain (\$200,000). This is the last of five phases, and will extend sidewalks, lighting, benches, and plantings northward along Santa Fe Avenue.

Woodland Park US 24 underpass (\$94,240). Using an existing tunnel, this project will link senior housing on the north side of the highway with Safeway and other stores on the south, and to the American Discovery Trail/Ute Pass Corridor Trail. Drainage will involve an unusual pipe within the tunnel, and there will be 24-hour lighting.

Manitou Springs Creekwalk Trail, Central Area (\$48,665). This bike-ped trail will eventually link the Midland Trail along Highway 24 with the Ute Pass Trail

Enhancements to the Millennium Trails in the Pikes Peak Region (\$24,950 or more, depending on state funding). This will provide benches, artwork and interpretive signs in five jurisdictions from Colorado Springs to Cripple Creek.

Clearly, there were conflicting views about priorities; the end result involved balancing the interests of differing user groups and many jurisdictions.

Medium priority projects are:

- Woodland Park Highway medians
- Flintridge Drive Bikeway
- Crossings on the Santa Fe Trail in Monument

Low priority projects are:

- Tejon St sidewalks, between Pikes Peak & Colorado
- West Uintah retaining wall & pedestrian improvements
- Loop trail in the town of Monument

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mark@springscpa.com

**Interested in Bike Ride
from Colorado Springs to Taos?**

- Please contact Fran or Joe Vaccaro
- (719) 522-1975 or
- Email <Jvac982501@aol.com>



WHAT'S YOUR FAVORITE BICYCLE?

- ♦ Mine was my first mountain bike...a Raleigh Peak (circa 1990). It carried me faithfully through the muddy Mississippi river bottoms in Minnesota, over mountains in Montana and Wyoming, and came with me to school in Utah. Most of my best friends from college I met on that bike. My best race finish was on that bike. Even though I eventually went out and bought a high dollar, "exotic metal" bike that actually had a suspension fork, I stripped the gears off the Peak and made it into a one speed commuter and "urban trials" bike. It even carried me to work (and elsewhere) while I was in the Navy. until some dirtbag stole it one night while it was locked up outside Scruffy Murphy's pub in downtown Orlando. It was a great bike.
- ♦ A 66cm Cannondale R600 because it fits
- ♦ I, like many club members, have several bikes. If I had to pick a favorite it would be my John Howard by Dave Moulten. It was first high performance bike I ever owned. It is hand made by a journeymen frame builder from England. It is a beautiful lugged Columbus SL steel frame with a flawless original gold Imron paint job. I purchased the bike just before moving Colorado in 1985. The bike is the last of a bred hand built steel lugged frames but it also ushered in the new generation of components. It has the first Dura-Ace gruppo with indexed shifting. It still has most of its original gruppo intact except for an upgrade to 7-speed shifters, lower ratios for the mountains, and wheels. The bike hasn't seen much road time of late but I do put a few hundred miles a year on it on the trainer. I don't think I'll ever sell this bike.
- ♦ Any Recumbent, because you get more smiles per mile!

Bicycle Travel Bag Rental

- Non-members \$10/day or \$50/week.
- Club members \$5/day or \$25/week
- Plus security deposit
- Longer periods are negotiable
- Call Bob or Anne Smith to reserve a bag 528-6834



TECHNIQUES FOR CYCLING IN A PACK

by Larry Watson <lwatson@edss.com>

I am going to start a new ride on Saturday, April 21st. I would like to start at 8 AM at the Safeway on South Academy and Highway 115. The ride is designed to introduce new riders to riding in a group, and to increase those skills in more experienced riders. We will focus on bike handling in proximity to other riders, communication in the pack, and accident avoidance techniques and group etiquette. The training aspects of the ride should last for an hour or so, followed by riding south on Highway 115, or hooking up with Bob Smith's Saturday morning ride at 9AM.

This ride is prompted by an experience I had several weeks ago. I was on a ride with 25-30 experienced riders who should have known better. About 10 miles into the ride, the group rode over a piece of automobile tailpipe laying on the shoulder. Riders though the pack never let the riders behind them know about the trash, and a rider at the back of the pack hit it, flatting his front wheel and starting him on his way to the ground. He fell, but luckily, was not hurt.

Three riding skills could have eliminated, or reduced the damaged caused by this little piece of metal. Riders in a pack need to realize that we all as riders should cooperate with each other, protecting each other as we would like to be taken care of. Riders near the front of the pack, and riders throughout the pack need to communicate potentially dangerous situations to riders farther back, who cannot see as well. Secondly, unless this is a race situation, where there are health professionals at the site, possible injuries should be a serious concern for all riders in a pack. While 30 riders don't need to stop to help one rider with some scraped skin, I believe the pack should have stopped to ascertain the condition of the rider, and to make sure that the rider has the help needed to either get home or to an emergency facility. Third, a more experienced rider, used to riding in a pack might have been able to avoid the accident by using techniques that can be taught in a learning environment. But the pack riding environment can also make for an excellent ride. The power and camaraderie of the pack can help you get somewhere you didn't think possible, get you over hills higher than you thought possible, and guarantee a more pleasurable experience.

I am planning to tailor the rides to whoever shows up, so whether you are an experienced rider, who just hasn't ridden in a pack recently, and wants some practice at echelon riding, or someone who has never ridden with more than one other rider, when you show up on Saturday morning, you will be able to take something home with you.

I am going to continue this ride into the winter, because that is a good season to be used for more learning, and less riding. This will especially be a time to learn those techniques that will make you COMFORTABLE in a pack.

For Sale

• Contact Dave Thomson at
(W)719-591-4045 or
(H)719-332-9354

• E-Mail is
davidlthomson@earthlink.net

SHIMANO *DURA-ACE* 7700 SPD-R PEDALS (2 pair)
Retail: \$150 MY PRICE: \$50 *per pair*. These are in great condition.

RISSE shock pump; 0 – 300 p.s.i. with adapter
Retail: \$40 MY PRICE: \$15

OAKLEY FACTORY PILOTS; black frames; smoke and clear lenses
MY PRICE: \$10

CATEYE TAIL LIGHT; new
Retail: \$15 MY PRICE: \$5

CONTROL TECH MTB STEM; 1.125" steerer, 150mm, 5 degree rise, yellow
Retail: \$40 MY PRICE: \$10

LOOK FLOATING CLEATS (RED); new
Retail: \$13 MY PRICE: \$5

SHIMANO *DURA-ACE* SEAT POST; 27.2mm, older style aero design
Retail: \$40 MY PRICE: \$5

PARAMOUNT CYCLING COMPUTER; basically new
Retail: \$35 MY PRICE: \$5

96' ROCK SHOX JUDY SL with Englund Air Cartridges; 85mm travel, 2.6 lbs!
MY PRICE: \$150 (steerer is cut for a 16.5" frame) The cartridges alone are \$106!!

CHRIS KING NO THREAD SET; silver, 1.125"
Retail: \$114 MY PRICE: \$50

SHIMANO XTR FRONT DERAILLEUR; 1.375", bottom swing/top pull
MY PRICE: \$10

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- Nashbar bicycle travel bags
- Two available
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536-5454 or
forbesmw@earthlink.net

Ted's 
BICYCLES
COLORADO SPRINGS
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Colorado Springs Bike Shop

622 WEST COLORADO AVE,
 634-4915
 3490 PALMER PARK BLVD,
 597-8782

 **10% Discount**
 on cycling accessories
for CSCC members

To get your discount, show your
 newsletter & mail label to these
 bike shops

Classified Ads Club Policy

- *Non-commercial ads are free to club members
- *Classifieds will run for 1 issue unless renewed

Commercial Ads are accepted as follows:

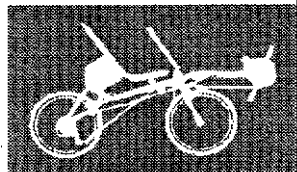
1. Send a good copy of business card or ad
2. Send a check advertising for 3 months:
 \$75 ¼ Page Ad
 \$25 Business card Ad
3. Mail Check and Ad or business card to:
 CSCC Advertising
 Attn: Treasurer
 PO Box 49602
 Colorado Springs, CO 80949

Ads must arrive at the Club PO Box
 on or before the 10th day of these
 months: February, April, June,
 August, October and December

Recumbent Brothers Cycles

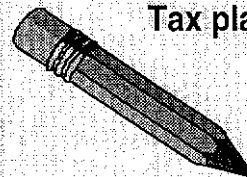
Global LaBROtories
 Peyton, Colorado USA

John Cunningham
 Phone 719.683.2313
 Cell 719.232.6088
 JCRecline@AOL.com

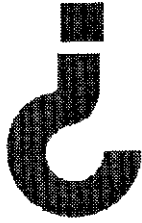


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Tax planning and preparation



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ANNE SMITH'S

YOUNGEST CYCLING CLUB MEMBER.

Congratulations to club members Bill & Ann Marie Sutter on the birth of a daughter, Sabrina Marie, born December 19. Sabrina 6 pounds 10 ounces and measured 20 inches long. We should see her in a trailer anytime now!!!

NEW DIGS FOR TANDEM CYCLE WORKS

As of January 1, Tandem Cycle Works has more than doubled their showroom space by moving their shop next door to their previous location. They are now at 1080 S. Gaylord. Their phone number is still 1-303-715-9690 and email www.tandemcycleworks.com

VOLUNTEERS NEEDED FOR THE BUENA VISTA BICYCLE FESTIVAL

Enclosed in this newsletter is a *Volunteer Form* for the Buena Vista Bicycle Festival. Please take a look at the form and find an area in which you can volunteer. We need your help to make this event successful. We encourage Full-time Volunteers, which will include a volunteer t-shirt. Remember there is also the Special Volunteer-Participant Option. You may work one day and ride the other for a \$28. For either option, please complete the enclosed form and mail it to the Club's PO box 49602, Colorado Springs, CO 80949. If you have any questions, please give me a call at 528-6834 or send email to me at annesmith@bikerider.com. Thank you very much for your participation.

ANNE SMITH'S

TOUR CATALOGUES

The cycling club receives an array of complimentary catalogues from commercial touring companies in the US and abroad. If you are looking for a particular tour or tours in general, these catalogues in the club's library are available for you to use. Just give me a call. Anne Smith 528-6834

TRIPLE BYPASS - July 14

July 14 is Team Evergreen Bicycle Club's thirteenth annual Triple Bypass. It is a one-day, 120 mile bicycle ride from Evergreen to Avon over Squaw, Loveland, and Vail passes. For information call Team Evergreen at 303-674-6048 or visit their web site at www.teamevergreen.org.

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 for those who have requested it, the club will email notification that the current newsletter is available for downloading from our web site. This saves the club a significant amount of money in printing and postage costs. If you prefer your newsletter by email notification, please email us at <cscs@biksprings.com>

WELCOME NEW CSCC MEMBERS

Bob Adelman; Judy Baker; Jan Beals; Dwayne & Robin Brown & Family; Paul Brown; Rhett Covington; David A. Debellis; Michale Deignan; Donna Ferguson; Jan Fritchle; Beth Logan & Mark Griffith; N. Calvin Han; Melissa Hatfield; Brook Henderson; Sue-Anne Mercier; Lowell Morgan; Sally Jane Pfrimmer; Henry Pinard; Roger Roberts & Family; Ellen Slavitz; Lawrence Schweitz; Vincent & Kara Shipman-Loparco; Jim Wilson & Family; Chris Wood

WELCOME AGAIN RETURNING MEMBERS

Warren Barta; Greg Belding; Ron Bobo; Don & Marilyn Bosenbecker; Sharon Boyd & Dale Campbell; Jana Burr; Rudy Corral; John Cunningham; Doyle Dikes; Bill & Nadine Gast; Dawn Healy; Lee Herman; Norm Howard; Gordon Jeffries; Ellwood & Lyn Johnson; Milt Johnson; Randy Johnson; Adrian Kalaveshi; Jim Long; Tim Lopez; Jack Lundberg; Paula Makara; Michael Merrifield; Connie Miller; Rob & Susan Miskowitch; Pat O'Connor; Jimmy Osborne; Doug Pender & Son; Ann Pinney; Vern & Neddie Pitcher; John & Anita Rasper; Tim Rawlings; Neal Reinitz; Mike & Fawn Remington; Brian Roder; Aaron Rosenthal & Janet Oliver; Jeff Schmoyer; Phil & Judy Smith; Ed Terhune; Phil Theodore; Simon Trevena; Larry & Patty Watson; Darrell & Beverly Weaver; Berry Wick & Cynthia Zupanec; Bill Young

May Rides & Events Schedule

May Club Meeting – Tuesday, May 1st at 7:00 PM
Bike Repair with Tim Rawlings
Hearthstone Inn Meeting Room - 506 North Cascade Avenue - Telephone: 473-4413

Regular Saturday Rides

Skills Training Ride (C+) at 8:00 AM – 597-3305 – Larry Watson: Meet at the Safeway at 115 and S. Academy. Learn the skills of riding in a pack.

Kinder Gentler Road Ride (C) at 9:00 AM - 528-6834: This moderately paced ride of 40-50 miles starts from the USAFA South Gate parking area. Expect to average about 14 MPH with some climbing. No maps.

Road Race Training Ride (B) at 9:00 AM – 548-8667 – Rob Miskowitch: Meet Rob and the Rainbow Racing Club at the AFA South Gate trailhead parking area for this coach lead structured training ride of 50 miles.

Regular Sunday Rides

JJ's Espresso Ride (B) at 9:00 AM – 597-1444 or 683-2713: Meet at Starbucks Downtown at the corner of Tejon and Bijou Streets. Expect to ride between 40 and 50 miles.

Acacia Park Social Rides (D) at 1:00 PM- 598-1448 or 594-6354: Two rides from the same location Acacia Park. Leader lead road and trails rides of 15-20 miles at a friendly casual pace.

Regular Weekday Rides

Monday Morning Java Ride (C+) at 9:00 AM - 597-1444: Meet JP at Starbucks Downtown.

Monday Dinner Ride – 528-6834 (D): Meet at Acacia Park at 5:30PM for this short 10-15 mile social ride around town which includes a stop for dinner.

Tuesday MTB Social Ride (D) at 5:30 PM – 598-1448: Meet at the Park'n Ride near Woodmen and I25 to ride the Santa Fe Trail.

Wednesday Ride with Vern (D) at 5:30 PM – 636-2444 or 460-8988: Meet at the Remodeler's Office on Hancock north of Fillmore for this fun social ride of 15-20 miles.

Thursday MTB 101 Ride (D) at 6:00 PM – 633-1314 or 232-4783: Meet Doug Luttrell at Bear Creek Park for this beginners mountain bike ride.

Thursday Pedal Pushers Ride (B) at 6:00 PM – 535-1515: Meet John McLain at the USAFA South Gate trailhead parking area for this 25-35 training ride. Expect average 17-18 MPH.

Special Events:

Buena Vista Bicycle Festival – May 19th and 20th: For details visit www.bikesprings.com or 594-6354

Northern New Mexico – Memorial Day Weekend Tour
Call 528-6834 for details.

June Rides & Events Schedule

June Club Meeting – Tuesday, June 5th at 7:00 PM –
Bike Odyssey 2000 by Kristal Kraft
Hearthstone Inn Meeting Room - 506 North Cascade Avenue - Telephone: 473-4413

Regular Saturday Rides

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One-Time Rides:

Rampart Reservoir MTB Ride – Sunday, June 10th at 10:00 AM. Meet Sally at the Rainbow Gulch Trailhead for this ride around Rampart Reservoir call 970-641-8777.

May 2001

Colorado Springs Cycling Club's Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																																												
<table border="1"> <tr><th colspan="7">Apr 2001</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></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></td><td></td><td></td><td></td><td></td></tr> </table>	Apr 2001							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						<p>1</p> <p>5:30 PM MTB Social Ride Santa Fe Trail 598-1448 (D)</p> <p>7:00 PM Club Meeting Hearthstone Inn</p>	<p>2</p> <p>5:30 PM Ride with Vern 636-2444 or 460-8988 (C-)</p>	<p>3</p> <p>6:00 PM MTB 101 Bear Creek Park 633-1314 or 232-4783 (D)</p> <p>6:00 PM Pedal Pusher Ride USAFA South Gate 535-1515 (B)</p>	<p>4</p>	<p>5</p> <p>8:00 AM Riding Skills Training 597-3305 (C+)</p> <p>9:00 AM KG Ride USAFA South Gate 528-6834 (C)</p> <p>9:00 AM Race Training Ride 548-8667 (B+)</p>	<p>6</p> <p>9:00 AM Sunday Morning JJs Ride Starbucks 597-1444 (B)</p> <p>1:00 PM Sunday's Road & Trails Show'N Go Acacia Park (D)</p>	<p>7</p> <p>9:00 AM Monday Morning Java Ride Starbucks 597-1444 (B)</p> <p>5:30 PM Monday Dinner Ride Acacia Park 528-6834 (D)</p>	<p>8</p> <p>5:30 PM MTB Social Ride Santa Fe Trail 598-1448 (D)</p>	<p>9</p> <p>5:30 PM Ride with Vern 636-2444 or 460-8988 (C-)</p>	<p>10</p> <p>6:00 PM MTB 101 Bear Creek Park 633-1314 or 232-4783 (D)</p> <p>6:00 PM Pedal Pusher Ride USAFA South Gate 535-1515 (B)</p>	<p>11</p>	<p>12</p> <p>8:00 AM Riding Skills Training 597-3305 (C+)</p> <p>9:00 AM KG Ride USAFA South Gate 528-6834 (C)</p> <p>9:00 AM Race Training Ride 548-8667 (B+)</p>	<p>13</p> <p>9:00 AM Sunday Morning JJs Ride Starbucks 597-1444 (B)</p> <p>1:00 PM Sunday's Road & Trails Show'N Go Acacia Park (D)</p>	<p>14</p> <p>9:00 AM Monday Morning Java Ride Starbucks 597-1444 (B)</p> <p>5:30 PM Monday Dinner Ride Acacia Park 528-6834 (D)</p>	<p>15</p> <p>5:30 PM MTB Social Ride Santa Fe Trail 598-1448 (D)</p>	<p>16</p> <p>5:30 PM Ride with Vern 636-2444 or 460-8988 (C-)</p>	<p>17</p> <p>6:00 PM MTB 101 Bear Creek Park 633-1314 or 232-4783 (D)</p> <p>6:00 PM Pedal Pusher Ride USAFA South Gate 535-1515 (B)</p>	<p>18</p>	<p>19</p> <p>8:00 AM Riding Skills Training 597-3305 (C+)</p> <p>9:00 AM Race Training Ride 548-8667 (B+)</p> <p>Buena Vista Bicycle Festival</p>	<p>20</p> <p>Buena Vista Bicycle Festival</p>	<p>21</p> <p>9:00 AM Monday Morning Java Ride Starbucks 597-1444 (B)</p> <p>5:30 PM Monday Dinner Ride Acacia Park 528-6834 (D)</p>	<p>22</p> <p>5:30 PM MTB Social Ride Santa Fe Trail 598-1448 (D)</p>	<p>23</p> <p>5:30 PM Ride with Vern 636-2444 or 460-8988 (C-)</p>	<p>24</p> <p>6:00 PM MTB 101 Bear Creek Park 633-1314 or 232-4783 (D)</p> <p>6:00 PM Pedal Pusher Ride USAFA South Gate 535-1515 (B)</p>	<p>25</p>	<p>26</p> <p>8:00 AM Riding Skills Training 597-3305 (C+)</p> <p>9:00 AM KG Ride USAFA South Gate 528-6834 (C)</p> <p>9:00 AM Race Training Ride 548-8667 (B+)</p> <p>New Mexico Tour</p>	<p>27</p> <p>9:00 AM Sunday Morning JJs Ride Starbucks 597-1444 (B)</p> <p>1:00 PM Sunday's Road & Trails Show'N Go Acacia Park (D)</p> <p>New Mexico Tour</p>	<p>28</p> <p>9:00 AM Monday Morning Java Ride Starbucks 597-1444 (B)</p> <p>5:30 PM Monday Dinner Ride Acacia Park 528-6834 (D)</p>	<p>29</p> <p>5:30 PM MTB Social Ride Santa Fe Trail 598-1448 (D)</p>	<p>30</p> <p>5:30 PM Ride with Vern 636-2444 or 460-8988 (C-)</p>	<p>31</p> <p>6:00 PM MTB 101 Bear Creek Park 633-1314 or 232-4783 (D)</p> <p>6:00 PM Pedal Pusher Ride USAFA South Gate 535-1515 (B)</p>	<table border="1"> <tr><th colspan="7">Jun 2001</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> </table>	Jun 2001							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
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