

# NOVEMBER DECEMBER

## Updated Web Site

*by Susan Miskowitch*

Congratulations to Connie on a beautiful and successful launch of the updated web site. It's great seeing your fresh approach to our web site. Connie Miller launched the updated CSCC (Colorado Springs Cycling Club) web site the third week in August. It's definitely worth a look at [www.bikesprings.com](http://www.bikesprings.com). Connie has entirely revamped the web site, and it has an entirely new appearance. If you wish to reach Connie directly, here's her email address [conniemi@earthlink.net](mailto:conniemi@earthlink.net).

This successful transition took place with Doyle Dykes' assistance. Hearty thanks to Doyle. We appreciate all your hard work bringing CSCC into the 21st century with our first web site.

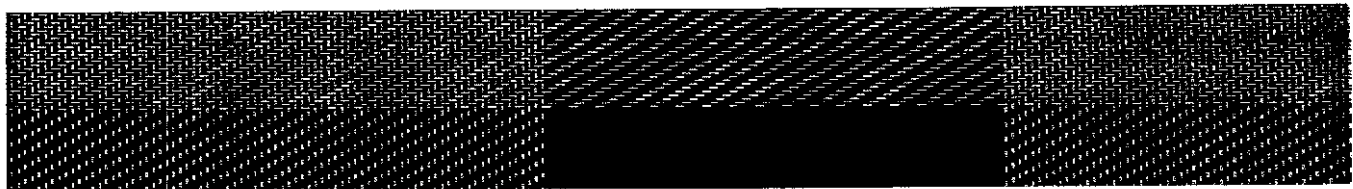
This web presence will help us reach more people so they will get to know our club. Then hopefully, this web presence will generate new cyclists to join our club.

All successes our club enjoy are attributed to the many club members who generously volunteer their time, energy and talents. Thanks to all!



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## *Scottish Thrifty Tips*

Ice Pack Alternatives	Freeze raw rice in a freezer-weight zippered bag. Double bag. To use, wrap it in one layer of thin toweling. This pack conforms well to most body parts, and retains coldness for at least 45 minutes. Use gallon-size, quart-size or pint-size bags for a variety of ice packs. May be refrozen and reused.
Ice Pack Alternatives	Pour 1 cup rubbing alcohol & 2 cups water into a 1-quart freezer-weight zippered storage bag. Double the recipe for a gallon-size bag. Squeeze out all the air before you press the bag closed. Double bag. Label the contents. Place in freezer. Because alcohol will not freeze, this pack will never freeze solid. It stays slushy and perfectly conforms to any body part. May be refrozen and reused.
Heating Pad alternative	Take a tube sock, and fill halfway with about 5 cups of raw regular white rice. Tie a knot in the top. Warm in microwave on High at 30-second intervals until desired heat is reached. (Caution: Rice can burn, so watch it carefully.) This heating sock will conform well to any body part. It can be reused many times providing that you make certain to keep it dry.
More Miles for Tires	Generally, you can get more miles per set of road bike tires when you rotate your rear tire to your front wheel. Generally, the rear wheel gets more wear than the front wheel. You could rotate tires on your mountain bike too, providing they are not wheel specific.
Bandage alternative	When nursing a bad case of road rash, you quickly realize two things: 1) bandages are expensive, & 2) <u>all</u> medical adhesive tapes irritate your skin.
Here are some alternatives	<ol style="list-style-type: none"> <li>1. If your wound requires fresh dressings for several weeks, you can keep buying those expensive bandages and tape.</li> <li>2. Or you can supplement these commercial products with your own homemade bandages. Get some soft flannel. After washing it, tear it into wound-width strips. Apply your favorite healing cream over the wound then wind the flannel over your injury. Then you can snugly tape the outside of the flannel bandage. Your skin will welcome the soft flannel and absence of tape on your skin. Also, you can select some really cool designs on your flannel cloth.</li> <li>3. Get your tetanus shot updated every ten years. These are pricey at an emergency room visit. When convenient, schedule a less expensive lab visit to get your tetanus shot at a reasonable cost.</li> </ol>

# Recovery for Endurance Cyclists

by Ed Burke, Ph.D. and John Hughes (pages 3-7)

Condensed from a two-part article, including examples, at

[www.ultracycling.com/training/recovery ld cyclists part1.html](http://www.ultracycling.com/training/recovery%20ld%20cyclists%20part1.html). Century riders and other cyclists place considerable stress on our bodies, resulting in fatigue and muscle soreness. One of the keys to our sport is effective recovery—getting over the "ouch". This article explains: A) what to eat and drink for optimal muscle recovery, and B) how to use stretching, massage, heat and ice to relieve muscle soreness.

## **A) Sports Nutrition for Optimal Muscle Recovery**

Extensive research with endurance athletes shows that nutrition during rides and afterwards for recovery has four components:

1. Replenishing fluids and replacing electrolytes
2. Replacing muscle glycogen
3. Rebuilding muscle protein
4. Reducing muscle and immune system stress

We'll start by reviewing the scientific recommendations for sports nutrition.

**1) Replenishing fluids and replacing electrolytes.** Water is essential for regulating body temperature and cardiovascular function. As you sweat, you lose water and electrolytes, especially sodium. Dehydration of as little as 2% of your body weight will impair your performance and may force you to stop riding.

Studies show that drinking plain water is not as effective in maintaining fluid balance as drinking a sports drink. The carbohydrate and sodium in a sports drink work together to increase water absorption in the intestinal wall. Further, the addition of sodium to the drink stimulates thirst, so you drink more.

Fluid and electrolyte maintenance starts on the bike. During any ride of more than an hour, you should consume plenty of sports drink. A good sports drink contains 14-19 grams of carbs per 8 oz. (6-8% concentration) and at least 50 to 75 mg. of sodium per 8 oz. At a minimum, you should drink at least 8 oz. every 15 minutes during the ride, more if it's hot and/or you are riding hard. Which drink is best? The one that you like to drink, since most commercial drinks fall within these ranges for carbohydrate and sodium content.

During the ride, try to drink enough so that your body weight is stable. That may not be possible in hot conditions and/or if you are riding hard. After the ride consume enough fluid to restore your body weight. Because plain water will satisfy thirst before the body is fully hydrated, your favorite sports drink is also the beverage of choice after a ride. Avoid carbonated drinks when you are thirsty; they may cause you to feel prematurely full before you've drunk enough.

Endurance riders also need sodium. Each liter of sweat contains approximately one gram of sodium which must be replaced. Beverages with that much sodium taste awful, so you'll need to supplement from other sources. Good sources include tomato juice, salty (low-fat) crackers and adding salt to your meals.

# Recovery for Endurance Cyclists

by Ed Burke, Ph.D. and John Hughes (pages 3-7)

## 2) Replenishing muscle glycogen

In endurance events, the fuel and water available in your body are the factors that limit how fast you can ride. While some of the energy comes from fat, most of the energy comes from glucose circulating in the blood stream and glycogen stored in the liver and muscles. A rider can only store a few thousand calories of glycogen, which will be exhausted in a few hours. To prevent the bonk, endurance cyclists should consume at least 300 calories every hour, and 400-500 per hour if the rider is large and/or riding hard. When consuming this many calories while riding it should be in easily digestible foods: sports drinks, gels, bars, fruit, liquid meal replacements, etc.

During long, hard rides it is difficult to eat enough on the bike to match the caloric expenditure. So it is important after the ride to replenish glycogen stores. Studies have shown that riders who consume carbohydrates within two hours after a ride replenish glycogen stored more completely. Consuming some protein with the carbohydrates can increase glycogen replacement by 30%. The optimum muscle recovery ratio appears to be four grams of carbohydrate to one gram of protein. However, consuming too much protein will delay gastric emptying, as will eating fat.

During the first two hours after a ride, consuming one-gram of carbohydrate per lb. of body weight and some protein in the 4:1 ratio will start the re-fueling process. Continue re-fueling with dinner, an evening snack and breakfast. These meals should provide 4-6 grams of carbohydrate per lb. of body weight.

Select carbohydrates with a high-glycemic index, which will cause your blood sugar to rise rapidly. Examples include bagels, baked potatoes, bread, crackers, glucose, honey, and sports drinks sweetened with sugar. Whether the carbohydrate is in solid or liquid form does not seem to be important for absorption.

## 3) Rebuilding muscle protein

Rebuilding muscle protein is important for two reasons. First, hard training damages muscle cells. Protein is required for the growth, maintenance and repair of muscle cells. Second, during hard exercise if your glycogen stores fall too low, your body may derive up to 10% of its energy from protein. The branch chain amino acids (BCAAs) isoleucine, leucine, and valine can take the place of glucose in the production of energy. However, using protein for energy is not desirable because amino acids that would have been available for muscle repair are diverted for energy. Supplementing with BCAAs may improve performance. Athletes in heavy training do not need great quantities of protein. Consuming 1.2-1.6 grams protein per day per lb. of body weight should meet cellular repair and energy needs.

## 4) Reducing muscle and immune system stress

Free radicals are one of the sources of muscle soreness. A free radical is a highly unstable molecule that is short one electron. The harder and longer you exercise, the more you generate free radicals. Free radicals can damage muscle cells and mitochondria and are one of the causes of muscle inflammation and soreness.

# Recovery for Endurance Cyclists

by Ed Burke, Ph.D. and John Hughes (pages 3-7)

## 4) Reducing muscle and immune system stress (continued)

Research has shown that supplementing with vitamin C can reduce free-radical generation and help to prevent muscle and immune system damage. Vitamin C also aids in the production of anti-stress hormones and is required for tissue growth and repair. Many researchers recommend 250-2500 mg per day. Both the natural and synthetic forms of vitamin C are easily absorbed.

Vitamin E prevents damage to cell membranes by inhibiting the oxidation of phospholipids. It also improves circulation, relaxes leg cramps and helps repair tissues. Although the optimum intake has not been determined, consuming up to 1200 IU per day may be helpful. Buy the natural form of vitamin E, which is absorbed about twice as readily the synthetic.

The amino acid glutamine is a source of energy for white blood cells and other immune cells. Glutamine is normally manufactured by the body; however, during heavy exercise (and other times of stress) glutamine concentrations in your body decrease significantly. Glutamine is available in foods such as raw spinach and parsley; however, cooking destroys glutamine. Supplementing with glutamine may lessen the effects of overtraining. In order to be effective, the suggested dose is 8 to 20 grams per day. However, because glutamine is expensive some sports drinks only contain milligrams per serving.

Ciwujia (Siberian ginseng) is a Chinese herb that stimulates the immune system. Subjects who took ciwujia had few colds during the winter. Ciwujia also reduces heart rate during exercise. The reduction in heart rate means that at the same workload, muscle stress is reduced. Studies have also shown that taking ciwujia increases fat metabolism and spares muscle glycogen.

## B) Treatment of Muscle Soreness

The primary causes of muscle soreness are:

**Free-radical damage:** As explained above free radicals are one of the sources of muscle soreness. Taking antioxidants such as Vitamin C and E can help to reduce post-exercise muscle soreness.

**The cortisol response:** When the body is under stress, the adrenal glands release cortisol to help mobilize energy. When you train hard, cortisol will increase the rate at which protein in the muscles is broken down for energy. Cortisol will also impede the transport of amino acids to the muscles, instead the amino acids will go to the liver to be metabolized for energy. We recommend eating sufficient carbohydrates during and after exercise, which will stimulate the production of insulin and reduce the cortisol response.

**Mechanical damage:** When you overload your muscles, either by significantly increasing the amount you ride or by riding much harder, the result may be microscopic tears in your muscle fibers. Over the next 24 hours after the ride, the muscles may become inflamed. There may be increased blood flow to the muscles to help repair the damage.

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## **Mechanical damage:** (continued)

Much of the muscle soreness can be relieved through gentle movement. The day after a hard ride, going for a 60-minute spin, swim or walk, will start to loosen tight muscles and improve the circulation. The healing process can be accelerated by more direct techniques such as stretching and massage.

**1) Stretching** As we ride, our muscles tighten and then start to hurt. We can alleviate this by stretching before and/or after each ride. Stretching beforehand will start to warm the muscles, improve the circulation, and increase the supply of nutrients to the soon-to-be working muscles. Stretching afterwards helps to remove waste products and to speed the refueling of the muscles.

There are several types of stretching. A stretch held passively is called a static stretch and is more effective and safer than ballistic stretching, which uses a bouncing motion. You should stretch slowly and hold a stretch for 15 to 30 seconds. Remember to breathe. With each exhalation, relax and stretch more fully. Stretching is to increase flexibility. Don't stretch until it hurts; the pain will cause your muscles to tighten.

If you are pressed for time, stretching for as little as five minutes a day will yield much of the benefit of a longer session. If you can only stretch once, stretch after your workout, when your muscles are warm and more elastic.

Suggested stretches are explained in the on-line version of this article. An excellent reference work is **Bob Anderson's book Stretching**, Shelter Publications, 1980

## **2) Massage**

**Dr. Andy Pruitt**, director of the Boulder Center for Sports Medicine, recommends that serious cyclists receive massage at least every two weeks. Massage improves the circulation of bodily fluids and prevents blood from pooling in the muscles' capillaries. The improved circulation enhances the exchange of nutrients and waste products between the muscles and the blood. Massage also reduces swelling and stretches sore muscles.

If a muscle is injured (rather than just sore), deep massage is not recommended for 48-72 hours. The signs of injury include deep muscle trauma, pain, road rash swelling and warmth, and tendinitis.

Self-massage is explained in the on-line article; see also **Meagher, J. Sports Massage**, Station Hill Press, 1980

## **3) Heat**

Gentle exercise, stretching and massage, are all active techniques to warm the muscles and increase the blood flow, which will speed the removal of waste products and the replenishing of nutrients. Applying heat is a passive technique to achieve some of the same benefits.

# Recovery for Endurance Cyclists

by Ed Burke, Ph.D. and John Hughes (pages 3-7)

## 3) Heat *(continued)*

Soaking in a hot bath, sitting in a hot tub or relaxing in a sauna can help relieve tight muscles as well as relaxing you for a good night's sleep.

If you seek heat, take a water bottle with you; you don't want to get dehydrated! If you have inflammation (swelling), and not just sore legs, then heat is not recommended. It would increase the blood flow to the legs, rather than reducing swelling.

## 4) Icing

For inflammation, the most effective treatment is to apply ice to the affected body part for 15-20 minutes. If you apply ice for less time, you won't chill the area enough to reduce the inflammation. If you apply ice much longer, the body may send blood to the affected area to prevent freezing, which will increase rather than reduce the swelling.

Applying ice can reduce the risk of injury. If you have a history of knee problems, applying ice to your knees after each hard ride can reduce inflammation so that the knees move smoothly during the next ride, rather than grating and causing injury.

If you have an acute injury, **Physical Therapist Lulu Weschler** recommends applying ice up to three times a day: in the morning, in the afternoon (especially right after a ride), and before going to bed. She also suggests that alternating cold (<70 F) and heat (104-106 F) may be effective. For example, you could ice your knees, then soak briefly in the hot tub, and then ice again. Or alternate applying an ice pack and a hot pad. Start and finish with cold; let your body be the guide to the duration of each cycle.

A physician may also recommend taking a non-steroidal anti-inflammatory drug (NSAID) such as ibuprofen to reduce inflammation.

Achieving your peak performance requires pushing your body hard in training and competition and actively rebuilding energy stores and repairing muscle damage. Consuming enough water, carbohydrates, protein and electrolytes at the right time can rebuild your energy stores. Stretching, massage, heat and/or ice can reduce the "ouch factor" so that you can continue to ride without whining!

For more information see **Ed Burke's book Optimal Muscle Recovery**, Avery Publications, 1999.

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## Safety on a Bicycle

by Janet Rose

Scenes of my past did not flash before my eyes, but feelings of scraped skin, broken bones, and a whole lot of pain did. Thank goodness he swerved in the last second, or I might not have been around to tell the story. I was waiting at a red light. The driver was waiting in the opposite direction, no turn signal indicating I might be in his line of fire. The light turns green and I pedal into the intersection. The car starts out, also, fast. Fortunately he finally looked in the direction his car was heading and swung around me.

I know I have to ride defensively and at intersections I try to make eye contact with the driver and sit up taller to make myself as big as possible (this tactic is also recommended when encountering a mountain lion!), but I'm not sure how I could have ridden safer in this situation. Wear neon green, yellow or pink? Wait till all cars had turned left? Find another intersection to cross (this is the second time a driver turning left has not seen me)? Wave at the driver and indicate I'm going straight ahead?

Some motorists think bicyclists are croquet balls and should be knocked out of the playing field, but most are not looking for an accident. In fact, **Motorists are not looking for Bicyclists**. Therefore, we need to be visible. Maybe some of you have suggestions for keeping us safe, out of pain, and our skin and bones in tact.



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# Membership News

by Anne Smith

## DOES YOUR NEWSLETTER MAILING LABEL SAY

### "Final Issue-Renew Now?"

Renew before you miss one of our wonderful newsletters. Also, send changes of address, phone number and email to the club PO Box or call the Hot Line at 594-6354 or email Anne Smith at [annesmith@bikerider.com](mailto:annesmith@bikerider.com). Please try to do this before the 15th of the month preceding the newsletter mailing.

## CLASSIFIEDS

Will run for one issue unless renewed. Ads must arrive at the Club PO Box or to the Editor on or before the 10th of the month preceding the newsletter.

### *Classified Advertisement Club Policy*

- \* Non-commercial ads are free to club members
- \* Classifieds will run for 1 issue unless renewed
- \* Ads must arrive at the club PO Box before the 10<sup>th</sup> day of February, April, June, August, October or December.

#### Commercial Ads are accepted as follows:

1. Send a good copy of a business card or ad
2. Send a check for 3 months of advertising, and
  - \$75 ¼ Page Ad
  - \$25 Business card sized Ad
3. Mail check and ad (or business card) to:  
CSCC Advertising  
Attention: Treasurer  
PO Box 49602  
Colorado Springs, CO 80949-9602

## DOES THE CLUB HAVE YOUR CURRENT EMAIL?

Occasionally, the club does an email notification for things such as club meeting reminders. Often times 10-15% 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 [csc@bikesprings.com](mailto:csc@bikesprings.com).

## BICYCLE TRAVEL BAG RENTAL

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

## Membership News

by Anne Smith

### WELCOME NEW CSCC MEMBERS

Don Andreasen; Ginger Anton; Michael Arsenault; Catherine Bennett & Family; Natalie Berger; Christine Brown; Linda Burton; Dan Collier; Joe Donahue; Janet Duncan; Sam Giamarvo; Karl Grabin; Mary Lou Grimmer; Monica Hahn & Family; Fred & Melissa Hair; John Harrison; Karen Harvey; Curt Heimsoth; Ed & Carol Hines; Curt Holder; Steve Honeycutt & Family; Jennifer Jirous; Edy Kline; Joan Morrill; Bill & Caryl Murchison; Lisa Neidinger & Dan King; Kerry Nice & Family; John O'Donnell; Jim Schneiter & Family; David Shaffer; Ted Saydyk, Jr.; Wendie Sumrell; Andrew Teekell; Bruce Thomas & Family; Tom Wilson;

### WELCOME AGAIN RETURNING MEMBERS

Bill Baughman; Larry Becht; Tom & Mary Beltz; Jay Burns; Graeme Cloutte & Family; David Dent; Pat Ellis; Scott Ellis; Robert Hansen; Jim Hanson; David Horne; Gary Klein & Family; Tom Preble & Family; Ruth & Saul Goldman; Doug Luttrell; Michael Roberts; Jeff Shapiro; Kevin & Theresa Silsby; Joe & Fran Vaccaro; Bob Vnderpas; Kris Yoshida

### THANKS TO ALL

by Bob & Anne Smith

Bob & I would like to thank all of the CSCC members who took over Club duties while we were away this summer. A special thanks to Phil and Judy Smith who picked up the Club's mail, distributed it, made deposits and sent out requested newsletters, Fran and Joe Vaccaro who manned the hot line, replied to questions and sent out requested newsletters, and to Joe who lead Bob's Kindler and Gentler ride. Also, thanks to Dave VanDerWege for taking on many of our tasks plus, along with Vern Pitcher and other volunteers who put on a great summer picnic. Sharon Boyd and Dale Campbell were kind enough to lead the Dinner Ride. We know there were probably others, so please accept our thanks.

## MISCELLANEOUS ANNOUNCEMENTS

- \* The Santa Fe Trail on the Air Force Academy is closed until further notice
  
- \* The Board notes are now published on the website
  
- \* The monthly Meeting Minutes are now published on the website

**FOR SALE**

**BIKEPRO TANDEM BAG**

\$350 Saul Goldman 719-634-3383 or [ruthsaul@aol.com](mailto:ruthsaul@aol.com)

**EARLY 90s BLUE CANNONDALE TANDEM**

It seems like it is 23 in front and 21 in back, but Cannondales are hard to measure. It has V brakes, bar-end shifters, Hugi hubs, drag brake, triple (30-42-56), 8 speed, XT, 40 spoke wheels and Conti tires. Very good condition. Asking \$1450. Rob Miskowitch 719.548.8667

**LOOK KG 176 CARBON FIBER ROAD BIKE**

60 cm, all Dura Ace, 18# Mavic Reflex wheels, cranberry colored. No pedals. \$1300. Contact Kenny at 719-649-0377.

**1999 CANNONDALE WHITE ROAD TANDEM, 22/19**

Wheelsmith built 48 spoke wheels, araya rims, edco hubs, arai drum brake. Diacompe 287-V aero levers with avid shorty-6 cantilever brakes. Front and rear derailleurs Shimano Deore LX with bar-end shifters. Triple is 54-42-28 with cog 12-34. \$2400. Saul Goldman 719-634-3383 or [Ruthsaul@aol.com](mailto:Ruthsaul@aol.com)

Email your stories to  
[miskowitch@yahoo.com](mailto:miskowitch@yahoo.com)



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Tax planning and preparation



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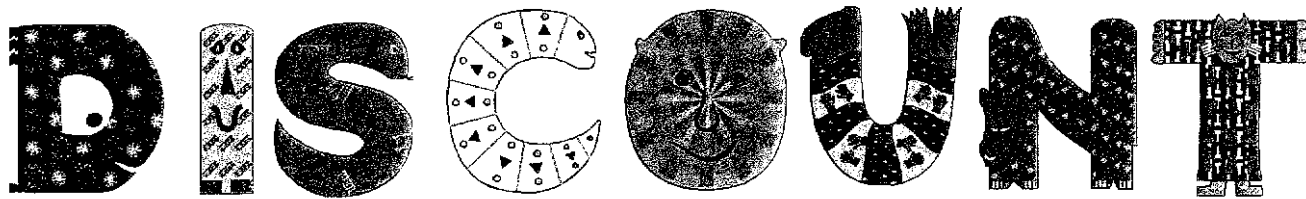
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## Fourth Annual Christmas Day Ride

*Submitted Spring 2001*

*by Joe Vaccaro*

For the fourth year in a row, I led a Christmas day ride in 2000. That's the good news. The less than good news is that it was held in Los Lunas, New Mexico. It was held on Christmas Eve due to pending bad weather for Christmas day, and there was only one rider, me.

OK, so it was not well advertised and few people know where Los Lunas is located. However, since I am the ride leader I figure the ride goes from where ever I am at the time. Talk about egocentrism! At least I was able to keep this tradition going. I do plan to hold the ride again this year, but this time it will be in Colorado Springs.

The 2000 Christmas ride was a good one. It covered 40 miles and I enjoyed reasonably good weather. Much of it was ridden on a newly paved road. The traffic was light, a couple of motorists blared their horns at me and no one tried to hit me. Ah, the Christmas spirit!

I hope to see many of you at the fifth annual ride this year, especially since it will be a local ride. We will meet at 11:00 a.m. at either Acacia Park or at the City Square in Florence, Italy. I'll keep all interested riders updated on the U.S. or Italy start location. Please let me if you are interested in joining me for this ride.

**Contact: Joe Vaccaro, 719.522.1975 or [jvac982501@aol.com](mailto:jvac982501@aol.com)**

## Denmark Cycling Trip

*by Norm Howard*

In August of 2001, I ventured a cycling trip to Denmark. It was a two part trip, the first being a family history tour and the second part consisting of a little more cycling, beach time and city activities. I accumulated about 400 miles over the eleven days I was in Denmark. This country is superbly set up for cyclists. They have thought of every conceivable aid to cyclists. I cycled at night several times in Copenhagen and found as many cyclists at night as in the day, complete with lights on each bike.

My sister Dawn had an ambitiously planned route consisting of the towns our ancestors were born or married in. It appears most of our relatives were from rural areas of Denmark. My mother is three fourths Danish so that makes me three eighths, I guess.

It was the first country I have been in that some people didn't recognize me as an American. The Danish are very friendly and open so occasionally citizens would approach me with several lines of the Danish language, only to be surprised when I spoke only English. They were unnecessarily apologetic stating there were only 5 million people that spoke Danish; they don't expect visitors to learn it. Mighty nice I thought. All citizens understood English and 90% spoke fluent English. They didn't even have to ask you to speak slowly. They seemed to have a sincere appreciation for visiting Americans and would knock themselves out trying to help or answer a question.

Prices were comparable to America. I mostly stayed at Hostels so that helped quite a bit. Several Hostels were in old military forts that were restored with a touch of charm and security. Food was good, available and again comparable priced.

*(continued on 15)*

## Denmark Cycling Trip

by Norm Howard

*(continued from 14)*

An interesting day occurred on our second day on the cycles. Dawn had targeted the first objective, to reach the small town of Hammel, about 30 kilometers west of Aruse. This day we encountered a couple of small problems. There was a headwind between 10-20 miles per hour, and a slight up hill to accompany it. Dawn wanted to reach the town by a certain hour. She wanted to be relatively rested so she could continue the journey so she devised a plan to keep on schedule by catching a bus. Dick (her husband) and I reluctantly left her at the bus stop and agreed to meet at City Square in about an hour and a half. We found the City Square, which turned out to be a short main street, but no Dawn. We went to our plan two at the Police department, but found the Police-men don't work on weekends there. About forty-five minutes after our arrival Dawn arrived on a bicycle. It seems she found that bikes aren't allowed on local buses. She went to plan two and tried to hitch hike. A resourceful option if she didn't have the bike. Finally she gave in and rode to Hammel without a map. We had checked at the bus station and found that bikes were allowed. Dawn's comment was "that girl lied to me" (passenger woman at the bus stop); we all had a good laugh. We probably visited about a dozen more towns that our relatives were from over the next two days. We visited many churches also that had gardens to match some of the botanical gardens I have been to.

Dick and Dawn were a lot of fun to travel with, but good things came to an end when they left me in Odense on the island of Fin. The sea called them as they joined Sea Trek 2001, a reenactment of emigration ship voyages of the 1800's.

## The Wheels Keep on Turning

by David VanDerWege  
President CSCC

The CSCC Board and other strategic members meet at a retreat held at Uncle Bud's cabin above Leadville on September 22 and 23. It is a gorgeous setting and part of the Tenth Mountain Hut system. Yes, we did get a lot of work done as well as having some outdoor fun and great food. I thank Janet Rose, Mark Rowe, Aaron Rosenthal and Bob Smith for organizing logistics to make the retreat happen.

I was impressed and pleased with the depth of interest and commitment to cycling that exists in our club leadership. Below is a summary of some of the outcome of the work done at the retreat. Several of these items will be moved forward as proposals to the club membership at our business meeting which will be part of our November monthly meeting to be held at the Hearthstone Inn on **November 6 at 7:00 pm**. This will be an important meeting and a good turn out is warranted.

by David VanDerWege  
President CSCC

## The Wheels Keep on Turning

*(continued from 15)*

- **Communications**

The club will continue to produce and mail a print newsletter to all members as a member service through the coming year. The club will also continue to develop the web site with an eye toward going to a paperless communications system based on the web site and e-mail in the future.

- **Dues and Funding**

Dues have not been increased since the beginning of the club. This means we are way behind in covering current cost for member services. Dues should cover the costs of basic services to members. Activities participated in by individual choice will be funded through fund raising projects and user fees. The Board will establish dues based on the actual costs to provide basic member services. A specific dues proposal will be presented for approval at the November club business meeting.

- **Membership**

The CSCC leadership is very committed to the development of new cyclists. A partnership with the local bicycle shops to support riders purchasing new bicycles is seen as an excellent way to involve new riders in cycling and the club. A commitment to cycling for fitness and health was also endorsed as a significant club mission. Riding incentive programs were proposed with local bike shops providing rewards. The club is also going to adopt bike week as CSCC membership recruitment week. During this week, the club will conduct new member recruitment activities as well as participate in the bike week events.

- **Bicycle Advocacy for Colorado Springs**

The club leadership discussed at length the role CSCC should play in bicycle advocacy for Colorado Springs. In the end the leadership present felt the club should play an active role based on a per issue and case basis. With this in mind, the club leadership will propose at the November club meeting the establishment of a formal advocacy committee, which will monitor and develop specific responses to bicycle issues in Colorado Springs. The Board will then, on behalf of the membership, approve the position and/or response of the club to these cycling issues.

As you can see, a lot happening in the club right now and we need you to join the ride. Because as we all know, it is only you who can keep those wheels turning. See you on **November 6 at 7:00 pm** and on a ride sometime soon.



## November Rides & Events Schedule

**Club Meeting – Tuesday, Nov 6th at 7:00 PM**  
Hearthstone Inn Meeting Room - 506 North Cascade  
473-4413 – Speaker: The Goldmans – Corsica, Italy

Due to the horrific terrorist attacks on the USA on September 11, 2001 both the USAFA and Fort Carson are closed to civilian access. Several of our ride routes utilized these facilities. Until further notice we will no longer be scheduling rides in the vicinity of these military facilities.

### Regular Saturday Rides

**KG - Kinder Gentler Road Ride (C+) at 10:00 AM – 528-6834:** This moderately paced ride of 40-50 miles starts from the Cub Foods at Constitution & Powers. Expect to average about 14 MPH with some climbing. No maps.

**Road Training Ride (B) at 10:00 AM – 548-8667 – Rob Miskowitch:** Meet Rob and the Rainbow Racing Club at Carmikle Training Systems on Sierra Madre in downtown Colorado Springs.

### Regular Sunday Rides

**JJ's Espresso Ride (B) at 10:00 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.

**MTB Social Ride - 10:30am - odd numbered Sundays:** Commune with nature and fellow MTB riders while getting your exercise. RSVP to Jana at 719-598-1448. Weather permitting rides will be on single track in Palmer Park, Ute Valley, or Garden of the Gods. Rating D+

**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

**Friday Morning Espresso Xpress Ride (C+) at 10:00 AM 597-1444 or 683-2713:** Meet at Starbucks Downtown at the corner of Tejon and Bijou Streets. Expect to ride at least 30 miles.

### Special Events or Theme Rides

**Annual Tour de Turkey on Sunday Nov. 18<sup>th</sup>:** This ride replaces the regular Sunday Acacia Park Rides at 1:00 PM. The location and time is the same. This is a fun family ride with hot cider, snacks and a drawing for a turkey after the ride. Call Anne at 719-528-6834 for details.

## December Rides & Events Schedule

**Holiday Party – 6:00 PM on December 9<sup>th</sup> at CS Fire Station #18:** Reminder details will be mailed to club members.

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### Special Events or Theme Rides

**Annual Winter Solstice Ride – Saturday Dec 15<sup>th</sup>:** Contact Tim Tiefenbach at 719-685-1398 for details.

**Annual New Year's Eve Ride – Monday Dec. 31<sup>st</sup> from Acacia Park:** Contact Alan Severn at 719-471-8035.

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

# November 2001

## Colorado Springs Cycling Club's Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b> 10:00 AM Friday Morning Espresso Xpress Starbucks Downtown 597-1444 (C+)	<b>3</b> 9:00 AM Riding Skills Training 597-3305 (C+)  10:00 AM KG Ride Cub Food Powers 528-6834 (C+)  10:00 AM Race Training Ride 548-8667 (B+)
<b>4</b> 10:00 AM Sunday Morning JJs Ride Starbucks 597-1444 (B)  1:00 PM Sunday's Acacia Social Rides (D)	<b>5</b>	<b>6</b> 7:00 PM Club Meeting Hearthstone Inn	<b>7</b>	<b>8</b>	<b>9</b> 10:00 AM Friday Morning Espresso Xpress Starbucks Downtown 597-1444 (C+)	<b>10</b> 9:00 AM Riding Skills Training 597-3305 (C+)  10:00 AM KG Ride Cub Food Powers 528-6834 (C+)  10:00 AM Race Training Ride 548-8667 (B+)
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<b>18</b> 10:00 AM Sunday Morning JJs Ride Starbucks 597-1444 (B)  1:00 PM Tour de Turkey Acacia Park (D)	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> 10:00 AM Friday Morning Espresso Xpress Starbucks Downtown 597-1444 (C+)	<b>24</b> 9:00 AM Riding Skills Training 597-3305 (C+)  10:00 AM KG Ride Cub Food Powers 528-6834 (C+)  10:00 AM Race Training Ride 548-8667 (B+)
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# December 2001

## Colorado Springs Cycling Club's Calendar of Events

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