

## I forgot about my mountain bike!

by Judy Smith

It's been a few years since I've been on CSCC club rides due to having 2 children in the last 3 years. I do ride still, if I have a spare hour, and I hop on my road bike. I always love doing this and never questioned the traffic or the scenery issue. I'd forgotten that mountain biking is like a different sport. Since finding the time to bike is so hard, it just seemed easier to hop on my road bike and go out my driveway, then to load up a mountain bike in a car and think of somewhere to go. However, I was recently forced to do this when I loaned my road bike to a friend for 2 weeks as she was training for a Triathlon. I had some regrets about this favor since I was clueless about what to do with my mountain bike in terms of a workout.

Then I discovered that the Santa Fe Trail had expanded and connected here in town! Is this news ancient history? Back when I was up to date on biking information over 3 years ago, there was a lot of controversy about home owners along this trail and it didn't look like the expansion would ever happen. I thought it was the greatest idea and it would be awesome if it did. Well imagine my happiness when I heard the news. So I road my mountain bike 10 minutes to the parking lot at Woodman and I-25\*. From there, you can ride as long as you want through beautiful scenery, exhaust free trails, and very few crowds. It was a Saturday and the parking lot was full but I didn't think the trail was crowded at all. It inspired me to want to tell everyone I know, "Did you know that the Santa Fe Trail extends into Colorado Springs?"

Now, all I seem to want to do is ride my mountain bike. I just recently got a baby sitter and planned to ride with Chris Davenport. She assumed we'd road bike as usual, but I suggested we mountain bike ride instead (what a concept). We had planned to go to buffalo creek but then decided without a map, we'd better take a safe route and do Rampart Reservoir. It was awesome and on a weekday, uncrowded. That is another awesome mountain bike route anytime. So, I wanted to remind anyone else like myself who might have gotten out of the habit of mountain biking to try it out again and feel the difference. For example, just today, I did a quick one hour road bike ride today (a Saturday in August) through Garden of the Gods. There was so much traffic it was annoying and frankly hard to breathe with all that exhaust. So my next quickie ride will probably be back on my mountain bike ☺

\*The Santa Fe Trail can be accessed by the new Edmondson Trailhead (parking available for about 14 cars) on the North side of Woodman, just West of I-25. Also you can access the trail if you decide to start at the "Park and Ride" parking lot located on the South side of Woodman, just West of I-25.

## Bike Tracks Over the Borders...

By Kristal Kraft <BikeTracks.net>

Our journey began in Pasadena, California with us joining a group called Odyssey 2000. It was a commercial endeavor to take 247 cyclists around the world. The trip was supported; O2k carried our gear, gave us daily maps and fed us twice a day, breakfast and dinner. The plan was to "follow the sun" around the globe. All we had to do was get from "point a" to "point b."

As our trip progressed, we became "country junkie's" always looking forward to getting into the next culture. Each border offered a new experience and we soon learned that the experience wasn't the same each time.

The Mexican/American border in Tijuana is a very busy border, traffic coming mostly from the south. We had to dismount and walk across, at one point putting the bike "on end" to pass through a "rotary-tooth type" gate. Once on the Mexican side, the world around us changed. Typical of a border town it wasn't the best showcase of a warm and friendly country. The further we got away from the border, the better the country became.

Costa Rica to Panama was our next major crossing and a very memorable one. Larry and I taxied to the border in order to beat the crowds. As it turned out, it was the best decision we made that day. The crossing at this third world border was long and tedious. We had spent all of our colons on the taxi and did not have the necessary funds to purchase an "exit" stamp. I grabbed my ATM card and went to the teller window to get just enough colons to get out of Costa Rica. The kind gentleman behind the glass gave me a sympathetic look, handed my card back, then dipped into his "small change dish" **giving** me the fare to exit. The amount was equivalent to 70 cents!

We managed to migrate in less than two hours. The majority of the group was not so lucky, arriving during lunch and siesta, many ended up waiting until dinnertime to get processed. The system of the border staff was to collect a stack of passports, take them to an inside (air conditioned) office and hand write the information from the passport onto individual reporting sheets. Since only 2 officials were doing this, Spanish speaking riders, Ethan and Jamie volunteered to help. Together they worked for hours getting the entire group done. They ended up taking taxicabs and buses into camp that night.

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## Bike Tracks Over the Borders (continued)

Entry into South Africa was rather perfunctory. The excitement came when we had to ride our bikes from the airport to the hotel, on the wrong side of the road. Riding on the left-hand side of the road was so foreign to me. I would stop at a crossroad to look for traffic and always be looking the wrong way first. So many times my heart jumped into my throat because a car went zooming by what was supposed to be on the other side of the street, at least in my judgment! Eventually, it became commonplace so much in fact that when I arrived back in the U.S. I had to stop and think, "Now which side do I ride on today?"

We entered Europe via Athens, Greece, where we had our passports stamped for the last time until we returned to the U.S. in May. Now that the European Union is in effect, borders still stand, but only as silent, unoccupied reminders of times past. Traveling through Western Europe was almost unrestricted. Spain and Gibraltar were the exception.

The group was bused from Barcelona to Gibraltar; it was a long, miserable night's bus ride. When we arrived at the border the guards boarded our bus to collect our passports. It was merely an annoyance of having to wait, but wait we did. The cars lined up at that border for at least a kilometer, while the guards checked everyone. Come to think of it, the line of cars to get into Gibraltar was almost as long as Gibraltar itself!

The American riders were allowed to go into Gibraltar, but one rider, Adrian from Sri Lanka was turned away. Poor Adrian would have this problem time and time again. It seems Great Britain and Sri Lanka were not getting along, so every time we would try to enter a British colony, they would take out their grievances on Adrian. He had to find somewhere else to go.

We took a little day cruise to Morocco from Spain. It was supposed to be a quick trip over and back, just so we could see the sights and say, "yes, we've been there!" Upon returning, we ended up missing the boat, for real! It seems we were supposed to check in 60 minutes before departure. This might have made sense, but the boat was docked, people were boarding and the border guard was not letting us through. One of our group got annoyed and let the guard have a piece of his mind. Wrong move!

Another member of our group decided to "go over the guard's head." Another wrong move! The superior did let us through, but only after the gangplank was raised and we couldn't board the ship. Our punishment was having to spend an additional three hours in Morocco, waiting in the never-never land between customs and border.

Our arrival in England came as we debarked from a Hover Craft! We cycled up to the officials, showed them a passport to be stamped. My ears delighted in hearing my native English being spoken!

In Ireland we peddled the distance from Dublin to Belfast. On a map, there is a border dividing Ireland, north and south, but once while looking for a Northern Ireland patch, I was resolutely told, "There's only ONE Ireland lady and you're standing in it!" Borders exist only in SOME people's minds!

## Bike Tracks Over the Borders (continued)

Helsinki, Finland is so very close to St. Petersburg, Russia; we opted to take the train in for a brief visit. Going there, we rode on a Russian train, which is decidedly different than a Finnish train. It felt as though I went back in time, 50 years at least.

The car was divided up into smaller rooms, sitting 6 in each. We sat stiffly, trying not to knock-knees with the adjacent passenger. Of course since all but one of the passengers were my fellow riders, I was thankful we were together. We were familiar enough not to be concerned with touching each other. If I had been in there with strangers it would have been very uncomfortable.

Our one lone stranger was a handsome, young Russian man. He spoke English so we conversed all the way to St. Petersburg. When quizzed about where the border was, he said, "You will know when we get there." Of course, when the scenery changed from the manicured cleanliness of Finland to the desolation of poverty we then knew what he was talking about. The border line, although invisible was clearly marked.

Flying down under brought a new excitement, starting with guards boarding the 747 and spraying us with bug spray. Aussie's don't like bugs and they take extra precautions to be sure we don't import any.

Our International Flight from Koln, Germany landed at a non-international airport in Canberra, Australia. Due to the Olympics, we were given special permission to land. The airport had to "check" us into the country properly and their facilities were not large enough to handle us all at once, they allowed only 2 rows at a time to deplane, every 15-20 minutes. As each row exited the plane, a dog team would "sniff" us. Then we would go through customs and immigration before we were allowed to grab the bike. Needless to say, this took forever.

As we were waiting, I watched an official checking under the fenders and seats of our bikes. He was looking for dirt and spores. Lucky for us, we had been forewarned. All of our bikes passed inspection; we had cleaned them in Netherlands.

One member of our troupe was delayed. It seems he neglected to leave his special smoking paraphernalia purchased in Amsterdam somewhere else, before walking past the dogs. Of course, the dogs don't miss a trick. They jumped over him like he had a rabbit in his pocket. Peter was detained and later released until he had to go to court. He was banished from Odyssey. Drugs were a no-no. If he would have done that in Singapore, he would not have been so lucky!

We entered Mainland China from the river, climbing up the steep banks onto a small customs house. Our bikes and baggage were hoisted up on a railroad type car. The frontier station resembled something in the "Old West" circa 1800's. People were everywhere, running about, watching, selling and ordering. It was chaos.

The entire city came out to greet us, only they spoke no words. They neither hindered nor helped; they merely stood and watched with unabashed curiosity. The aliens had arrived.

## Bike Tracks Over the Borders (continued)

The Friendship Gate between China and Vietnam is not really. On one side we waited for clearance to pass, while waiting we spent our remaining Yuan, eating noodles, rice and anything else we could spend the cash on. Once we left the country, Yuan would become valueless.

There was a moneychanger present, he was taking anyone's excess Yuan and exchanging it for Dong. His rate was rather usurious, but then most figured some cash was better than nothing!

I successfully spent all my money just in time to line up to cross into Vietnam. But, there was a catch; once again we needed to pay an "exit" fee. That fee had to be in Yuan, I had none! We determined this was a breach of responsibility on the leaders part, so we all stood together and informed him he needed to pay our fees. He did. We may have been in a Communist country, but our group did not subscribe to that philosophy.

There was a significant change in attitude in the native people, from China to Vietnam. In China, the people are rather staid and formal. They do not smile. In Vietnam, we had men running to grab our gear and bikes to assist us. They passed out brochures advertising the tours they had to offer us while we were in Hanoi. All of a sudden, we were experiencing a form of "customer service and marketing." It felt good. Vietnam may be under communist rule, but the American influence of a free trade market is evident.

Thailand to Malaysia was a short river crossing. The system was choked with all of us arriving on a blazing hot day. We waited patiently in line as locals would come up, cut in front and proceed. One man was leisurely entering the data via the "hunt & peck method." I swear it was his first day on the keyboard!

Rider Arnie Chin looked at the long line and decided he didn't need to check out. He hopped on the ferry with us and crossed into Malaysia. Once in line on the Malaysian-side, the jovial guard teased me about who my president was. Of course I knew about current Bush non-election, but I couldn't for the life of me remember who the players were! I finally told the guard Jimmy Carter was my President! He laughed and said they liked Jimmy Carter too.

Later, I looked over my shoulder to see Arnie taking the ferry back to Thailand, to properly check out. Nice try Arnie!

The closer we got to the equator the hotter it was and the harder it rained. I took a bus the last day into Singapore. Known as one of the strictest societies on earth, tourists to Singapore are not allowed into the country, unless they have a ticket out. I didn't.

Lady luck smiled on me once again that night, the woman guard looked at my nearly full passport and figured out I didn't stay anywhere very long. She let me into Singapore; my friends Katy and Denis on the same were day turned away until they could provide a ticket out! Go figure!

## Bike Tracks Over the Borders (continued)

Bangkok to Siem Reap, Cambodia. Bangkok airport is a whole story in itself. As you enter Thailand there are warning signs, in a nutshell, they don't like hippies. If you are a hippie, look like one, dress like one, smoke like one, talk like one, the King will ask you to leave. Hippies are not welcome! Thank goodness I was only a hippie for a short time and it didn't take!

The Cambodian customs and immigration office is the same size as my living room. Within this space they check your bags, sell you an overpriced visa, making you wait in line as long as humanly possible. A sign warns visitors that the "exit" fee is in U.S. (\$35) dollars, which was lucky for me; I could finally plan ahead!

My last border crossing was the most emotional of all. No longer was I an illiterate alien, all the signs were legible and all the officials spoke my language. It took 30 hours of transit from Bangkok, Tokyo to L.A. after 11 ½ months on the road visiting 47 countries on 6 continents, the U.S. immigration officer said to me,

"Ms. Kraft, your passport is full. Welcome home!"

I cried.

## Ever Had One of Those Days?

By Susan Miskowitch

Ever have one of those days when everything seems to go wrong? When people are being impossibly rude to you and the day seems endless? Probably we've all have had days like this.

I came up with a comical solution for these tough days. I got the idea by listening to audio cassettes, Books on Tape. Here's how this works. In every instance where you see the word "cassette", just replace it with the name of the person who has annoyed you the most during a bad day. It's really quite funny!

**Please note:**

**If you experience difficulty with a *cassette*, please hold it flat in the palm of your hand and slap it smartly against a hard, flat surface.**

**If this does not work, please call the customer service number shown on the package for a replacement *cassette*.**

**Discard the broken *cassette*.**

## Riding Out Front

By Dave VanDerWege, CSCC President

It has been a hot, hot summer and my helmet straps are white rather than their usual black. It has been an unusual summer for Colorado Springs not only in weather but also in leadership for CSCC. Our esteemed and most involved ride leaders Bob and Anne Smith spent the major portion of the summer leisurely (a joke) riding across America. This meant that those of us who ride along paying no attention to the streets and roads had to step up and read the maps and road signs.

The summer turned out well and we were able to weather the heat and find our way. The rides kept on schedule with only a few hitches, primarily because of rain. We had an enjoyable club picnic at Bear Creek Park with forty members joining the rides and eating. There are many people to thank for their support and I think that can be done right at our volunteer recognition, which will take place at our Christmas party.

The lesson to be learned at this time is that more of us need to step forward to lead the many activities that constitute the club. We need not wait until there is void. We can do it. We can pay attention to the signs and commit the time. In September we will resume our monthly meetings and will be looking for members to share their summer adventures with the rest of the club as monthly meeting programs. We want to keep a full ride schedule going so volunteer to add your favorite destination to the ride opportunities.

And, oh, by the way we will be looking for a new president for this coming year. Before you head for the ditch, let me say it is fun and I recommend it highly. Remember that sharing the job of breaking the wind is a time honored tradition in bike riding.

Move to the front of the peleton.

## Call John

By Susan Miskowitch

Seeing that used Bob trailer for sale in last month's newsletter got me to thinking that I really needed one. When I called the seller, the trailer had been sold. Then I thought to call John Cunningham. You may think of him as the guy who rides a recumbent bicycle. Perhaps you recall that John totes ice cubes in his bike water bottles EVERY month of the year. Anyway, I'm wandering way off the point of this article. I had a positive experience with John and I wanted to share this with other club members. As Click and Clack (of NPR's "Car Talk") would say, I am shamelessly promoting commerce by recommending John. Well, it's true. I called John and he found two sources of the Bob trailer. I was lucky that he had located a used trailer. He loaded it with about 40 pounds of dog food and bird seed and let me take it for a test ride. It was terrific fun. I weigh 112 pounds and thought a 40 pound haul would be impossible. Far from it. I was able to pull the trailer with less energy that I ever imagined it would take. I was so impressed by the performance of the trailer, that I bought it from John immediately after the test ride.

After this wonderfully positive experience with John, I tend to think of him whenever I need (or want) any unusual or eccentric bike accessory. Certainly he sells standard stuff as well, but I tend to think of John's easygoing manner and his proclivity to ride recumbents and I automatically think of John as a creative guy who can help me with any bike question. So the next time you're in a shopping mood, give John a call.

**Recumbent Brothers Cycles  
Global LaBROtories  
Peyton, Colorado USA**

**John Cunningham  
Phone 719.683.2713  
Cell 719.351.3905  
JCRecline@AOL.com**

**FREE to Good Home**

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Excellent condition  
Call John Cunningham**

# Just a Heartbeat . . .

*By Alan Severn, CSCC Vice President*

Colorado Department of Transportation recently announced awards for transportation enhancements in our region. Their criteria were different from those used within this three-county region, and the result was several surprises.

As expected, two large projects will be funded: more streetscape along highway 85 in Fountain, this time heading north to the city limits, and the southern Sand Creek Trail (from Hancock to Chelton). Also funded was phase 2 of the Manitou Creekwalk Trail, which will eventually link the Midland Trail on the west side of Colorado Springs to the Ute Pass Trail.

Two projects were deleted: the US 24 underpass in Woodland Park, and enhancements such as "contemplation benches" to the Millennium Trails throughout this region.

In their place were three projects of interest to cyclists: The bike lanes on both sides of Mitchell Road in Monument. CSCC had passed a resolution supporting this project. Maybe somebody listens after all!

Also in Monument, bicycle and pedestrian crossings for the Santa Fe Trail. Flintridge Drive bikeway in Colorado Springs.

## Programs at club meetings for the rest of 2001 will be:

<b>September 4</b>	My trip in Germany along the Romantic Road (again!) and eastward along the Danube into Austria.
<b>October 2</b>	Our Club member John Rodwick shows slides of his trip along the pilgrimage route to Santiago de Compostela.
<b>November 6</b>	Members Saul and Ruth Goldman will tell us about their trip to hilly Corsica (on a tandem, yet!) and to the cycling camp at Bassano del Grappa, Italy.

It's time to start thinking about programs for 2002. Let me know your wishes and suggestions. Email <asevern@home.com> or 719.471.8035. Alan Severn

**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, 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 15 of the month preceding the newsletter mailing.



## Group Skills Training Ride

by Larry Watson

### THE TRAINING RIDE

In my opinion, cyclists on the road need to learn how to ride together to gain better cycling proficiency and to become safer riders. Some group riding skills are obvious, but others require training and practice. I want to teach these skills to other cyclists, and this is the reason I have been leading a 1-hour ride on Saturday mornings. By attending my training ride, you can derive at least three benefits. You can:

1. Improve your bike handling skills and become a stronger rider
2. Use these skills to prevent injuries
3. Use my training ride as a warm-up ride for the 9 AM Kinder and Gentler ride

### IMPORTANCE OF GROUP BICYCLING SKILLS

Group bicycling skills involve being aware of the riders around you. It is important to observe:

1. How cyclists move in a pack
2. How to become aware of dangers on the road when you have an obstructed view of the road ahead of you, and as you start riding in packs, learn
3. how shifting winds affect paceline riding

### THE RIDE PLAN

Here is my ride plan for this Saturday 8 AM ride. I plan to spend 45-60 minutes to work on techniques that would help people ride more effectively in groups. In addition, I teach at the level of riders that show up each week.

**THE TURNOUT**--The turnout response for this ride has been less than spectacular. Only one week had four riders. Usually less than four people show for this ride.

**CONTINUING THIS TRAINING RIDE**--We would all like to think that cycling injuries will never happen to us, but it is better to have some practice in the skills needed, rather than having accidents just happen. Therefore, despite the low attendance for this ride, I am going to continue to show up at 8 AM for anyone who would like to be there. I would like to see more people show up, because these group bicycling skills are important. I teach techniques of:

1. How to ride together for mutual help
2. How to prevent or minimize injuries in close proximity of other cyclists
3. How to prevent broken arms, hands and collarbones
4. How to deal with wheel hooks

### FEEDBACK

I welcome comments or suggestions from riders who have attended my training sessions. I want to know what you got out of the ride. Also I would like your ideas on ways to improve the ride. My email address is <lwatson@edss.com> Thanks.

### 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@bikesprings.com](mailto:cscs@bikesprings.com).

# Bicycle Travel Bag for Rent



## Bicycle Travel Bag Rental

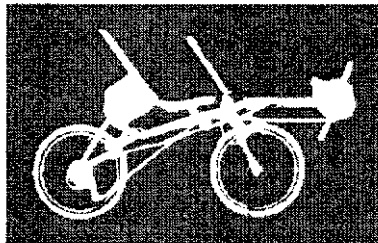
- \* Non-members \$10/day or \$50/week
- \* Club members \$5/day or \$25/week  
Plus security deposit
- \* Longer periods are negotiable
- \* Call Bob or Anne Smith to reserve a bag  
719-528-6834



## Recumbent Brothers Cycles

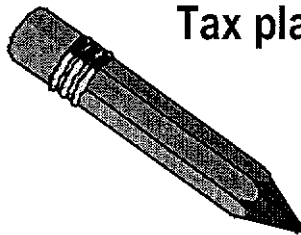
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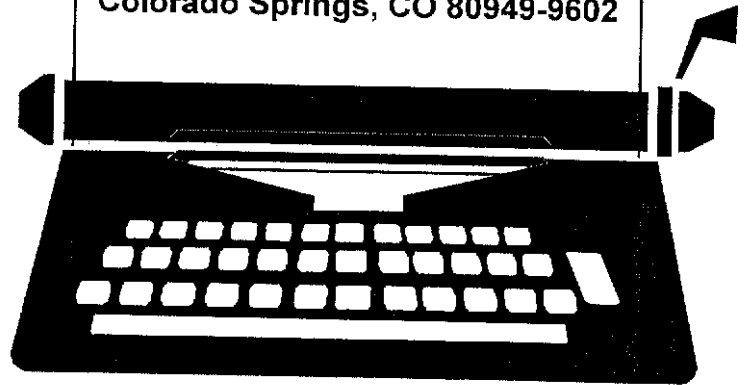
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doyle@baltoro.com

### Newsletter Submissions

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

or mail them to:

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**CSCC**  
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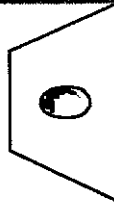
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## Classified Advertisements



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Mountain Road Comfort Cyclo-cross

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### 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.

# September 2001

## Colorado Springs Cycling Club's Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
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## September Rides & Events Schedule

**Club Meeting – Tuesday, Sep 4th at 7:00 PM**  
Hearthstone Inn Meeting Room - 506 North Cascade 473-4413 – Speaker: Alan Severn – Cycling in Germany

### Regular Saturday Rides

**Skills Training Ride (C+) at 8:00 AM – 597-3305 – Larry Watson:** Meet at the Cub Foods at Constitution & Powers. Learn the skills of riding in a pack.

**KG - Kinder Gentler Road Ride (C+) at 9:00 AM – 522-1975:** 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 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 a structured training ride of 50 miles.

### 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.

**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 – 360-7635 (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:** Odd Tuesdays (3,17,31) aerobic workout on the Santa Fe Trail. Even Tuesdays will be single track in Palmer Park on the 10<sup>th</sup> and Ute Valley on the 24<sup>th</sup>. Please call for details.

**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.

**Wednesday Pedal Pushers Ride (BB) 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.

**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.

### Non-Club Events

**Red River Century – Sunday, Sep 9<sup>th</sup>.** Contact the Red River, NM Chamber of Commerce

**Colorado Mountain Wine Fest – Sep 14<sup>th</sup> -16<sup>th</sup>.** Register at [www.active.com](http://www.active.com).

## October Rides & Events Schedule

**Club Meeting – Tuesday, Oct 2nd at 7:00 PM**  
Hearthstone Inn Meeting Room - 506 North Cascade 473-4413 – Speaker: John Rodwick - Santiago de Compostela

### 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.

**KG - Kinder Gentler Road Ride (C) at 9:00 AM - 522-1975:** This moderately paced ride of 40-50 miles starts from the Safeway at 115 & South Academy. Expect to average about 14 MPH with some climbing. No maps.

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**Tuesday MTB Social Ride (D) at 5:30 PM – 598-1448:** Odd Tuesdays (7, 21) aerobic workout on the Santa Fe Trail. Even Tuesdays will be single track in Palmer Park on the 14<sup>th</sup> and Ute Valley on the 28<sup>th</sup>. Please call for details.

**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 miles or so.

**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.

# October 2001

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