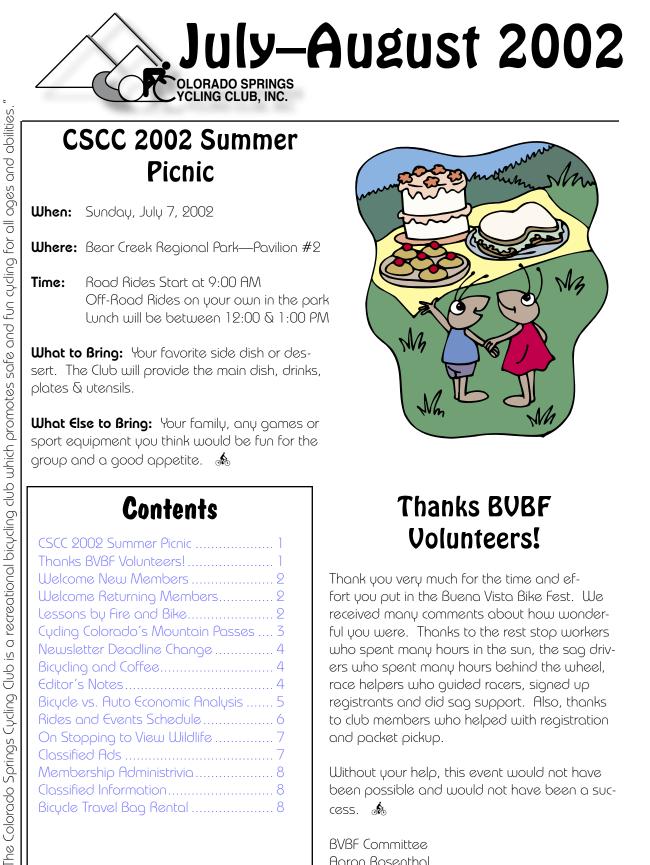
# 



# CSCC 2002 Summer **Picnic**

When: Sunday, July 7, 2002

Where: Bear Creek Regional Park—Pavilion #2

Time: Road Rides Start at 9:00 AM

> Off-Road Rides on your own in the park Lunch will be between 12:00 & 1:00 PM

What to Bring: Your favorite side dish or dessert. The Club will provide the main dish, drinks, plates & utensils.

What Else to Bring: Your family, any games or sport equipment you think would be fun for the group and a good appetite.





# Thanks BUBF Volunteers!

Thank you very much for the time and effort you put in the Buena Vista Bike Fest. We received many comments about how wonderful you were. Thanks to the rest stop workers who spent many hours in the sun, the sag drivers who spent many hours behind the wheel, race helpers who guided racers, signed up registrants and did sag support. Also, thanks to club members who helped with registration and packet pickup.

Without your help, this event would not have been possible and would not have been a success.

BVBF Committee Aaron Rosenthal Mark Rowe Fran Vaccaro Bob & Anne Smith The Bent Fork Chronicles

July-August 2002

## Welcome New Members

Don Bauermeister; Brian Carey; Paul Desilets; Karen Feeney-White; Cecilia Horne; Russell Lambert; Donald Ostermeyer; Janet Pasewark & Family; Liz Poole; Tracy Rosales; Mario Vasquez



# Welcome Returning Members

Jan Beals; Tim Beeson; Greg Belding; Sean & Cindy Bryan; David Dent; Xaver Gonzalez; Tim Lopez; Bill Luttrell; Michael Merrifield; Charlie & Shirley Paterson; Henry Pinard; Tim Rawlings; Janet Rose; Alan & Pat Severn; Tim & Margie Uttormark; Lynn Vance; Oscar Wilde



www.RelivForYou.com

judy.smith@bigfoot.com

# Lessons by Fire and Bike

David VanDerWege President Colorado Springs Cycling Club

As I write this message much of Colorado's front range is burning and many of our friends and family are being touched by this significant natural phenomenon that most would call a tragedy. It is hard to find anything positive about these events except to say that they remind us that we are not always, or even very often, in charge when it comes to the natural world. However, it is raining as I hit the keys and it even contains a little hail to add color to the moisture.

And what does this have to do with bicycling you say? Well, it feels the same. It is probably why I ride. You never win or beat the hills, and they constantly remind you of your humanity. Just about the time you get arrogant and think you are about to best the challenge, you turn into the wind, or the grade increases, or you just bonk. That is the way it goes and that is the way it is supposed to go.

Learning to match the challenge, not beat the challenge, is the test, just as learning to live with nature, not in spite of nature, will lead to success. So, keep on riding this summer even with some smoke in the air and look for the lessons that nature is teaching. For those of you who are in the heat of the fire know that we are concerned for you and our natural friend, as we work through our roles in the world. And look at the grass tomorrow, it will be greener.



# Cycling Colorado's Mountain Passes

A Book Review by Jeff Shapiro

A publisher recently contacted me to do a review of a new book about bicycling in Colorado, and being one not to pass up the opportunity to get a book for free, I told her to send the book to me. The book is 'Cycling Colorado's Mountain Passes' by Kurt Magsamen.

'Cycling Colorado's Mountain Passes' has detailed information about 32 passes plus Mount Evans and Highway 65 near Grand Junction. This is a book for roadies as it only covers paved roads and highways. Initially, I wondered about the value of a book that details the terrain immediately surrounding the passes. The author points out that you may want to use the book to plan a long tour that goes over several passes. Well, that does make much more sense than cycling both ways over a mountain pass or putting a car at both ends of the ride.

Kurt Magsamen starts the book off with tips on safety, weather, conditioning, and gear. In his discussion on safety, Kurt has some suggestions on when not to ride on or near the road's shoulder, wearing bright colored clothes to be visible, and the changeability of Colorado's weather and severity of storms at higher elevations. In the gear section, Kurt discusses the bicycle, carrying capacity, clothing, and tools. For longer tours, Kurt suggests that you use a trailer to carry your equipment. His reasoning is quite good:





you can attach a trail to any bicycle—racer or touring or mountain bike, and once you get to a campsite or motel you can disconnect the trailer and you have your nice light-weight bike again. The clothing and tools that are mentioned most serious bicyclist should already have, e.g., helmet, cycling shorts, sunglasses, tights, pump, spare tube, and money.

Each of the 34 mountain pass descriptions contains an introductory overview paragraph, a map of the area, elevation gain, grades (maximum and average), a difficulty rating, recommended and alternate start and stop points (from east and west), road and traffic conditions, descents, sleep and supplies, mileage log, and an elevation profile. As you can tell Kurt provides a lot of information about each of the passes. The sleep and supplies section contains information about where you can restock your supplies and find places to sleep, including phone numbers for area chambers of commerce and area U.S. Forest Service offices. The mileage log gives you a very detailed description of what you will find along the ride. Some of the items in the mileage log are rest areas, steep sections of road, alternate starting/stopping points, trailheads, towns, points of interest, tunnels. In other words just about every major thing of interests or importance to anyone bicycling the route.

If you are planning to do any distance riding in Colorado, you should purchase 'Cycling Colorado's Mountain Passes.' It will help you to avoid any surprises along the way and just might convince you to do a couple of extra mountain passes.

Cycling Colorado's Mountain Passes

Author: Kurt Magsamen

Pages: 237 Price: \$17.95

Publisher: Fulcrum Publishing, Golden, Colorado

ISBN: 1-55591-294-X

Publisher's Website: www.fulcrum-books.com

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# Newsletter Deadline Change

We've managed to move up into the 21st Century for putting the newsletter together. In doing so, we have cut the number of days that it takes to put the newsletter together and get it mailed. Starting with the September/October issue the deadline date for newsletter submissions is the 15th of the month prior to publication—in this case August 15th. However, making this change also forces the strict enforcement of the deadline. Nothing received after the 15th will make it into the newsletter. There will be no exceptions to this policy. If I don't have your material when I start on the newsletter on the 16th (and that could be 12:01 a.m.), your material doesn't get in the newsletter.



# Bicycling and Coffee

If you enjoy coffee and bicycling, here's a site that helps you combine the two activities:

### http://www.nordicgroup.us/bikecoff.htm

This non-commercial site examines various methods of combining coffee drinking & bicycling (a variety of methods of safely carrying coffee on a bicycle), as well as links to sites that examine the health benefits of coffee consumption.



3490 Palmer Park Blvd. 719.597.8782

622 West Colorado Ave. 719.634.4915



# **Editor's Notes**

Jeff Shapiro, Newsletter Editor

This has been as very difficult newsletter to get out. Not because of technical problems (the are always those) or because of lack of material (there is always that). The real reason is that my new job allows me to be out on my bike until 2:00 p.m., and the weather has been way too nice lately to be inside putting together a newsletter.

High tech toys to the rescue. Stuffing my Palm device, folding keyboard, cell phone, and small digit camera into my Camelback M.U.L.E., I head over to Palmer Park. My Camelback now has everything I need for an office environment. As I type this I am sitting at a more remote pinic table in Palmer Park enjoying the outdoors. What more could you ask for? I've already gotten in several miles of bicycling, I'm out in the beautiful Colorado sunshine, and I'm getting some work done. What better way to enjoy something you love to do without guilt.

I think I'm really going to like this new discovery. You may want to investigate a Palm device, folding keyboard and WordSmith software if you don't need the full capabilities of a laptop computer, or don't want to spend the money on one. This setup gives you a capable word processor (plus all the standard features of a Palm) at a very reasonable price. The price for the package should be in the \$200 to 550 range depending on the Palm device you purchase. You might be able to find good prices on the Palm and keyboard for as low as \$150.

As I mentioned earlier, I'm usually out on my bike in the mornings, and I would welcome any ride partners. My rides are vary between road and mountain trails. (Although, since the Governor has closed Pike National Forest I don't think I'll be doing much true mountain bike riding.) If you want to get together for a ride, give me a call (330.8333) a day or two ahead of time and we can set something up.

# Bicycle vs. Auto Economic Analysis

for 25 years of use

John Crandall, Old Town Bike Shop

After 25 years and 35,000 miles I had to retire my Centurion bike because of a cracked chain stay. The following is an analysis of the costs of commuting by bicycle and an automobile over 25 years.

### **Bicycle Expenses**

	Bicycle Purchase	\$495
20	Tires @ \$15 ea.	\$300
7	Chains @ \$12 ea.	\$84
4	Chainrings @ \$22	\$88
1	Crankset	\$60
1	pair Pedals	\$25
3	sets of toe clips	\$27
2	Hub Cones @ \$4 ea	\$8
3	Rear Axles @ \$7 ea	\$21
1	Headset	\$15
3	Fender sets @ \$18 ea	\$54
3	Lighting sets @ \$60	\$1880
3	Saddles @ 25 ea	\$75
5	Water Bottles	\$25
2	Water Bottle cages	\$14
1	Rear Rack	\$36
Miscellaneous: brake pads, cables, housings,		
lubricante enokas \$100		

\$100

lubricants, spokes

**Total Bicycle Expenses** 

\$1607

Annualized Expenses (1607 over 25 years) \$64.28

### **Automobile Expenses**

Assumption: Over 25 years three used cars would have been involved with purchase prices of \$2,500, \$5,000 and \$7,000. The last car having a resale value of \$3,500.

### **Annualized Expenditures**

Depreciation \$440 per vear

(\$11,000 over 25 years)

Insurance Average \$400 per year General Maintenance \$400 per year Preventative Maintenance \$50 per year Gasoline for 1400 miles \$56 per year

**Annualized Costs** \$1346 per year

> \$1346 Auto costs per year - 64.28 Bicycle costs per year

Approximately \$1282 additional cost of auto commuting.

If we assume over the 25 year span that in the 1st year the car cost \$600 more than the bike and in the last year \$1800 more and we invested the difference at 8 percent then the bicycle's contribution to net worth is approximately \$72,125.





### **July Rides & Events Schedule**

### No Club Meeting for July

**Annual Club Picnic:** Sunday July 7<sup>th</sup> at Bear Creek Park - Road ride begins at 9:00 AM. See newsletter for complete details.

### **Regular Saturday Rides**

**KG - Kinder Gentler Road Ride** (C+) at 9:00 AM - 528-6834: This is a moderately paced ride of 40–45 miles starting from the USAFA South Gate Trailhead parking area. Avg. speed 14 MPH. Plan to ride with the group because no maps will be provided.

**Road Training Ride** (B) at 9:00 AM - 548-8667 - Rob Miskowitch: Rob is our contact for details regarding this race level training ride. Meets at the Starbucks at the corner of Tejon & Bijou.

### **Regular Sunday Rides**

Mike & Bob's Sunday Workout Ride (C+-B) at 10:00 AM - 481-5870 or 576-7585: Meet at Starbucks Downtown Tejon and Bijou Streets. Expect a good workout with climbing.

**Acacia Park Social Rides** (D) at 1:00 PM: *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 Dinner Ride** (D) at 5:30 PM Acacia Park: Ride 10–15 miles at a casual pace (10–12 MPH). Ride includes a dinner stop either during the ride or after the ride depending time of year. 719-528-6834

**Tuesday Evening Time Trails** - July 9th and 23rd at 6:00 PM sharp meet at Olympic Building at the northwest corner of Marksheffle and Bradley Roads for this 10.5 mile solo test of endurance. Ride leaders: John D. Cunningham 719-683-2713 and Doug Barnett 719-439-9233.

**Friday Morning MTB Espresso Ride** - Friday morning at 10:00 AM meet at the downtown Starbucks at Tejon & Bijou for this mountain bike ride. 719-683-2713.

### **Special Events, Tours & Theme Rides**

**Tandem Brunch Ride:** Sunday, July 14<sup>th</sup> meet at 9:00 AM at the Cactus Rose Restaurant in Glen Eagle (on Glen Eagle Drive) for this 30–35 mile road ride with the Colorado Tandem Club. Brunch following the ride at the Cactus Rose Restaurant. Please RSVP to Bob & Anne Smith 719-528-6834.

### **August Rides & Events Schedule**

**Club Meeting** - Tuesday, August 6<sup>th</sup> at 7:00 PM Academy Room in City Hall, Kiowa & Nevada Ave.

### **Regular Saturday Rides**

**KG - Kinder Gentler Road Ride** (C+) at 9:00 AM - 528-6834: This moderately paced ride of 40–45 miles starts from the Black Bear Coffee Shop at South Academy Blvd & Hwy 115. Expect to average about 14 MPH with some climbing. Plan to ride with the group because no maps will be provided.

**Road Training Ride** (B) at 9:00 AM - 548-8667 - Rob Miskowitch: Rob is our contact for details regarding this race level training ride. Meets at the Starbucks at the corner of Tejon & Bijou.

### **Regular Sunday Rides**

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### **Regular Weekday Rides**

**Monday Dinner Ride** (D) at 5:30 PM Acacia Park: Ride 10–15 miles at a casual pace (10–12 MPH). Ride includes a dinner stop either during the ride or after the ride depending time of year. 719-528-6834

**Tuesday Evening Time Trails** - Aug 13<sup>th</sup> & 27<sup>th</sup> at 6:00 PM sharp meet at Olympic Building at the northwest corner of Marksheffle and Bradley Roads for this 10.5 mile solo test of endurance. Ride leaders: John D. Cunningham 719-683-2713 and Doug Barnett 719-439-9233.

**Friday Morning MTB Espresso Ride** - Friday morning at 10:00 AM meet at the downtown Starbucks at Tejon & Bijou for this mountain bike ride. 719-683-2713.

### **Special Events, Tours & Theme Rides**

**Echo Lake Loop Tandem Ride:** Sunday, Aug 18<sup>th</sup> at 8: 00 AM meet at the King Soopers in Bergen Park for this strenuous 50 mile loop to Idaho Springs, Echo Lake & Squaw Pass. Joint ride with the Colorado Tandem Club. Ride leaders: Bob & Anne Smith 719-528-6834.

Disclaimer: All rides are subject to change. Changes will be posted to the club's web site. When in doubt of a ride's status, please phone the ride leader at least an hour before the ride.

# On Stopping to View Wildlife

I should have known not to believe the other guys when they said they weren't going to ride hard this afternoon. They were all whining about how they hadn't been riding much and were out of shape....Yeah, right. They took off like bats out of Hell. After about 30 minutes I waved good-bye and let them go.

I turned around and headed back the way I had come. As I came up over a rise I could see wild turkeys on the ground ahead of me. Three hens and at least a dozen chicks. I stopped to watch them from a distance. After a few minutes two riders approached, heads down and hammering. The turkeys decided it was time to vacate the premises. Half went in one direction and half in the other.

After the hammerheads passed I stayed still and listened to the birds calling to each other trying to regroup. Within a few minutes two of the hens came out of the woods intending to join up with the rest of the clan. Just then, two more riders came along, startling the birds and sending them into flight over the heads, but just barely, of the two ladies. Visions of Tipi Hedren flashed before me as the two riders reacted as if they were being strafed by MIG 21s. It was quite a sight to see.

The more I ride alone and at a sedate pace the more wildlife I see. Without the pressures of a group ride, I can stop and watch a deer, turkey, or even the odd armadillo for as long as I want. It is one of the great pleasures of riding in North Florida. Florida isn't all Disney World and South Beach.

Dick Durbin Tallahassee





# **Bike Shop Discounts**

CSCC members receive a 10% discount on cycling accessories at these fine shops:

Colorado Springs Bike Shop Ted's Bicycles

To get your discount, show your newsletter and mail label.



# Classified Ads

Classified ads will run for one issue unless renewed. Ads must **arrive** at the Club P.O. Box or to the Editor **on or before** the 15<sup>th</sup> of the month preceding the newsletter.

Yakima Bike Racks - Ski Racks - Cross Bars for Sale 5 Bike racks available: 2 down tube support @ \$25 ea. and 3 front fork support @ \$15 ea. Crossbars and towers for non-rain gutter top for SUV @ \$50. All hardware included. Contact Barb or Jeff eve @ 633-8817 or jwlibby@msn.com

House to Share—UCCS area. Nice home, big fenced backyard, nice neighbors, quiet street. You get finished basement with two bedrooms, private bath and living room, washer/dryer, storage, share kitchen, non-smoker, pet possible. \$500 mo plus utilities or possibly \$300 plus 1/3 utilities (1 bedroom etc). Easy access to the bike paths and Palmer Park. Call Michael at 260-1752.

The Bent Fork Chronicles

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YOUR FRIENDLY FAMILY BICYCLE SHOP SINCE 1971

(JUST 1-Block\*\*\* North of Filmore)

# **3016 North Hancock Avenue 473-6915**

CLUB MEMBERS RECEIVE A 10% DISC ON PARTS & ACC



# Membership Administrivia

# 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 P.O. Box or email Anne Smith at annesmith@bikerider.com. Please try to do this before the 15th of the month preceding the newsletter mailing.

### 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 cscc@bikesprings.org.

# **Classified Information**

- ⇒ Noncommercial ads are free to club members.
- ⇒ Classified ads will run for one issue unless renewed.
- ⇒ Display ads will run for three issues unless renewed.
- $\Rightarrow$  Ads must arrive at the club P.O. Box, or to the editor, before the  $15^{th}$  day of February, April, June, August, October, or December.

Commercial ads are accepted as follows:

- Send clean ad copy, business card, disc with the ad copy, or email a file attachment to cscc@bikesprings.org.
- Check for the amount of:
   \$75 for 1/4 page ad
   \$25 for business card sized ad
   (This amount is for 3 issues).
- 3. Mail check and ad materials to:

CSCC Advertising Attention: Treasurer P.O. Box 49602 Colorado Springs, CO 80949-9602



# Bicycle Travel Bag Rental

**Nonmembers**—\$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 at 719.528.6834