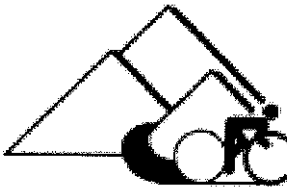


"The Colorado Springs Cycling Club is a recreational bicycling club which promotes safe and fun cycling for all ages and abilities."



COLORADO SPRINGS
CYCLING CLUB, INC.

March & April 2002

Riding a New Venue

David VanDerWege
President CSCC

It feels good to try new places to ride and take on different challenges every once in a while and so it is with that same good feeling that I have several items to report about the club.

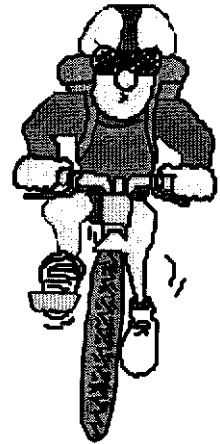
First, we have a new newsletter editor, Jeff Shapiro. Jeff has significant skills in both print and electronic publishing and we are delighted that he has agreed to help us transition to a contemporary approach of communicating with you, our members. What was especially gratifying in the replacement process is that we had a number of people willing to help us in our communications program. This is in contrast to times in the past when beating the bushes was understatement.

I also want to acknowledge the contribution that Susan Miskowitch made to the club as our editor over this past year. As members, please thank Susan as you encounter her in the riding world.

Second, I want to announce that we are moving our monthly club meeting site. We thank the Hearthstone Stone Inn for hosting us for the last few years. They were very hospitable, at a reasonable rate. However, we have the opportunity to take advantage of our newly remodeled City Hall with no meeting room cost. Starting with our March meeting (Tuesday, March 5) we will meet in the Academy room on the lower level of the building. City Hall is located at the corner of Nevada and Kiowa streets, specifically at 107 North Nevada. Parking will be on the street but should be easy since metered parking is discontinued at 6:00 PM and our meeting time is 7:00 PM. Enter the building from Kiowa street through a newly added entrance at street level. There is a nice patio area at the entrance which should provide space for locked bikes. If you have questions about where or how to get to the meeting you can call me at 380-7635.

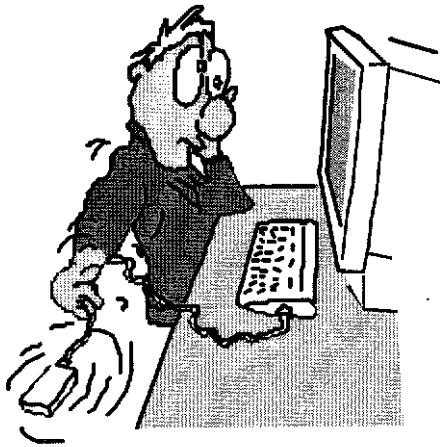
We are excited to be utilizing a newly redeveloped

continued on page 11.



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Editorial Ramblings

· Jeff Shapiro, Editor

As you may have noticed by now, there is a new person putting the newsletter together—me.

First, I would like to thank Susan Miskowitch for putting together the newsletter for the past year. Since I have done this type of job before, I know what she had to go through (and what I'm in for) at times to get enough articles and content to get the newsletter published. I am hoping that the club's membership will step forward with enough articles and information that it will make my job very easy. So far, we are off to a good start. Thank you.

Please email bobsmith@bikerider.com if you want to receive email notification of newsletter availability and stop receiving the printed version of the newsletter. A major advantage (aside from saving the club money) is that you will receive a color version of the newsletter. This—my first—issue already has loads color added into it, and it is bound to get more colorful as time goes on. The on-line version is in Adobe Acrobat format (PDF). There are a couple of little known facts about PDF files; one is that you can easily copy text and put it into a word processing or database program; another is that you can "borrow" the graphic images from the file as well.

If you are reading the on-line version, you may have noticed the Bookmarks column on the left. Bookmarks allow you to easily jump to an article of interest. You may also click on an entry in the Table of Contents to jump to the article. These features will get more refined as we go on, and others may be added as well.

One last note before I let you get on with the rest of the newsletter. I encourage and welcome comments on the newsletter's layout and style. What you see is basically what the newsletter will look like while I am putting it together. I especially want to hear from people that may have trouble reading the newsletter because of the typeface or character size. I believe that newsletters should be easy to read and fun to read. You cannot have any fun, if you are trying to figure out what a particular word is (although, sometimes it can make for interesting reading). Which brings me to another advantage of PDF files: the zoom tool allows you to magnify the text 1600% (a capital letter is about one inch high on my screen).

Keep the rubber side down. 🚲

Holiday Party

Congratulations club members 65 pounds of food was collected at the Holiday Party and donated to Care & Share. Your generosity made a big difference in someone's holiday. 🚲



Welcome New Members

G. W. Bush & Family; Franklin Family; Kevin Guntz & Family; Craig & Deanna Maxwell; Darrell Weaver & Family 🚲

Welcome Returning Members

Bill Allen & Family; Don & Marilyn Bosenbecker; Jana Burr; Rudy Corral; Doyle Dikes; Norm Howard; Paula Makara; John McLain; Rob & Susan Miskowitch; Shay Nolan; J.P. & Connie Neuteboom; Mike & Fawn Remington; Aaron Rosenthal & Janet Oliver; Lawrence Schweitz; Mike Wiater 🚲

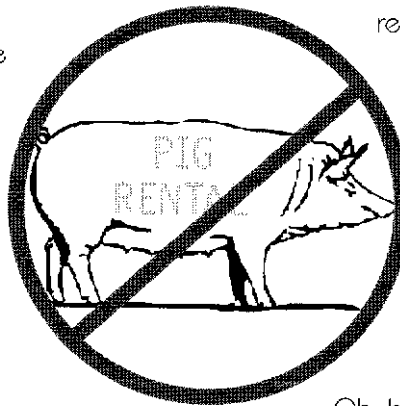
We Don't Rent Pigs!

By: Joe Vaccaro

This past August marked the first ever official Colorado Springs Cycling Club bike tour from Colorado Springs to Taos, New Mexico, but certainly not the last. It included a total of five riders and three sag vehicles, with the ride covering approximately 200 miles over the course of 3 days.

This ride began at the Albertson's located on highway 115 in the south part of the city on Sunday, August 19th. This was a particularly hot day, with temperatures getting well into the nineties.

The first half of this day's ride went straight down 115 to Florence, where we all took a well deserved break in the city park before tackling the approach to Hard Scrabble Pass. It was, by now, a real scorcher; a fact that took its toll on the riders. The only ones to make it all the way to Westcliff were J.P. Neuteboom and Jack Lundberg (and no, I'm not going to tell you who didn't make it). Everyone else had to be sagged over the last part of the Pass due to heat exhaustion and cramping. Luckily we had cold refreshments available at our motel in Westcliff to help us revive our spirits and deaden our pain.



On Monday we headed south on highway 69 in cooler conditions. After about 20 miles of relatively easy climbing, we had about a 30-mile stretch of downhill with the wind to our backs. We were flying, with speeds in excess of 35 miles per hour. Couple that with beautiful scenery, and this was the type of riding you only dream about. We did pay for this at the end of the day when we turned into Walsenburg and had to climb through a stiff head wind up to Lathrop State Park. Due to time restrictions (not to mention a fierce head wind), we were then sagged over La Veta Pass to our motel in San Luis.

Tuesday, day three of the tour, saw our bike hardened group quickly cover the distance south to Questa, New Mexico, where we were faced with the Questa Bumps. These are some six (more or less, depending on who was doing the counting) steep hills before the flat run into Taos. Actually, only the first (very steep) and last (not as steep, but long)

climbs were particularly strenuous, enabling all of the riders and their wonderful support personnel to meet in Taos for another round of refreshments.

Sound like fun? Well, just to give you an idea, the refreshments and snacks at the end of each day's riding consisted of oysters, baby dams, sardines, and a variety of cheeses served on crackers. This was then washed down with liberal amounts of ice-cold lemonade, wine, Fat Tire beer and dark ales.

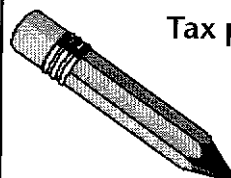
Following that, we would have dinner in a local restaurant. We were not roughing it, that's for sure. We had to keep riding just to work off all the food we were consuming. All in all, everyone had a great time and were already talking about doing it again in the summer of 2002. Special thanks go to our fantastic support/sag staff, Fran Vaccaro, Joan Lundberg, and Connie Neuteboom. They are the greatest!

Oh, by the way, did I forget to mention why this article has such a strange title? Along the tour, and out in the middle of nowhere, a sign was spotted that read, "We don't rent pigs". This became the anthem for the trip and we began coining associated phrases such as, "as slow as a rented pig", "as ugly as a rented pig", and the new club motto, "We don't rent pigs, and we don't like people who do".

We're already talking about doing this ride again this summer, so let me know if you are interested (Jvac982501@aol.com). Just don't rent any pigs in the mean while! 🚲

Alan K. Severn, CPA

Tax planning and preparation



(719) 471-8035

E-mail: asevern@adelphia.net

The Way: Pilgrims on Tour in Spain

or

A Thousand Miles, A Thousand Years

By John Hartung & Michael Galvin

[This is part 1 of a 2 part article]

In Spain, the rain does not fall mainly on the plain, but rather on the green mountains and valleys of Galicia. Ten years later we still remember how it fell for several days in that Celtic northwest corner of the Iberian peninsula and how we pushed through mud and mist one June morning. Where the fog briefly lifted, we gazed down awe-struck into a steep green valley, a patchwork of farms, forests, and villages.

Soil and air were saturated, and today this isolated section of trail would see barely a half-dozen foot pilgrims, along with the occasional local farmer, and a host of sheep, goats, and cows. Plus two mid-life Colorado psychologists; we were probably the only cyclists for weeks. We had returned to Spain to finish the Pilgrimage of Saint James- "Santiago" - which we started the summer before in Paris and left off in Pamplona after crossing the Pyrenees.

Our tires slipped on cobbles worn slick by countless travelers before us. Sticky clay dumped on man and machine. And both were wearing down. We paused along the ancient Saint's Way (or "Camino") to wonder what the devil we were doing there. Though we had nearly completed our thousand-mile pilgrimage, we could still be ambushed by doubt about the wisdom of the undertaking. The French half of our trip, generally on the highway, had taken less than two weeks; this half would take more than three.

Through the fog, vague figures approached. Chivalrous knights of yore? Monks, perhaps? The spirits of earlier pilgrims: Charlemagne, St. Francis of Assisi, Sir Walter Raleigh, Ferdinand and Isabel? No, only more cows. Then their herdsman shouting them past.

We called out a cheerful "¡Buenos días!" "Not much good about a day like this," she replied- more of the tough Galician humor we were growing used to. She stopped and insisted on knowing what we were doing on such a back road.

Having no sensible explanation, we declared simply, "We're pilgrims." "And madmen, by the look of things! Why don't you take the nice paved road?"

"But this is the authentic Way," we protested. "Think of the many who have come before. . . ."

"And look how dirty your clothes are getting!"

This unsentimental woman pointed to the laundry I had draped over the rear rack in hopes of a drying day. She was beginning to sound like my mother. "You sound like my mother." "Well, somebody should. Just what would she say if she were here?" A smile crossed her weathered face.

"Think of it this way: By taking the harder route we get greater benefit," we suggested to this peasant who had lived her entire life on the harder road. "Besides, this way we'll earn pardon for our sins."

"You must have a lot of them." Her smile had widened, and she disappeared into the haze. Our laughter pursued her. We recalled that one reason for being here was to meet the people, those heirs to the millennium-old tradition of welcoming pilgrims with good food, good wine, and good humor.

As the Roman roads it often follows, the Santiago pilgrimage route takes a straight and narrow course. In the hilly areas, where the paved highways prudently keep to contours, our dirt and stone path would simply proceed up and over, often passing through age-old villages or leaving civilization entirely. In many places the Way felt like 1192 instead




of 1992; we liked that feeling.

From the summit of the Pyrenees to near the Atlantic coast, the Way runs westward 500 miles across northern Spain to Santiago de Compostela and the legendary tomb of the Apostle James. Legend, rather than fact, is all that places him there, but that has been enough to draw millions of pilgrims over a thousand years.

Those who follow the course of the authentic pilgrimage route can still enjoy the network of hostels founded in medieval times. It has all but disappeared in the rest of Europe, but thrives in Spain. Stops are usually a day's walk apart-except in two cases, and even then pilgrims can find inexpensive lodging. For a night in the dormitory-like hostels, the voyager is asked to leave whatever s/he can afford. We usually left about three dollars. We spent more for the rich northern Spanish café con leche than we did for rooms.

Pilgrims carry a card which is stamped and dated at each stop to establish that travel was self-powered: By foot or bicycle-or in rare cases, horseback. Presentation of the completed card at the Cathedral of Santiago in Compostela entitles one to a signed certificate in Latin, as awarded in the Middle Ages.

[The story continues in the May-June issue.] 



What is Your Favorite Route or Trail?

This is the planning season for Adventure Cycling's Routes and Mapping Department. As we work on the Lewis and Clark Bicycle Trail, we're also looking toward future projects to expand the National Bicycle Route Network (NBRN). From inception to print it can take 2 to 4 years to develop and research a new route, depending on its distance and the resources readily available.

So, what is next? We've been tossing around some ideas here in the office. Everything from a new bikepacking route (a combination of traditional bicycle touring, backpacking and mountain biking) to tracing another historic trail is being considered. Another suggestion is to develop some loops off of the National Bicycle Route Network with mileage that could be completed in 5 to 7 days.

What type of route would you like to see us work on next? Go to:

<http://www.adventurecycling.org/special/accaroutes-survey.cfm>

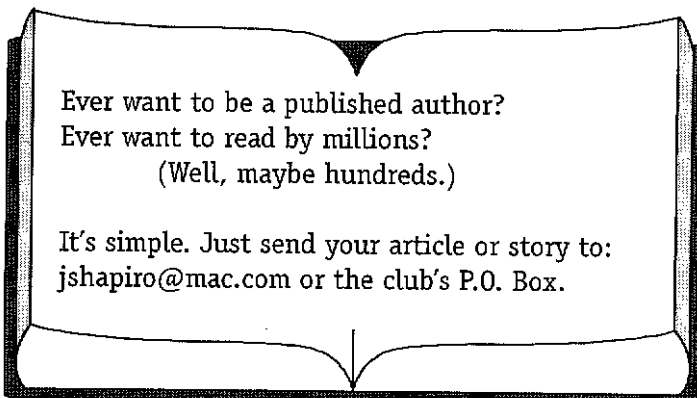
Thanks for your feedback.

Jennifer Miluko

Adventure Cycling - Routes and Mapping 



Thank you Colorado Springs Cycling Club members for 25 years of support.
719.475.8589 426 S. Tejon Street Downtown



Ever want to be a published author?
Ever want to read by millions?
(Well, maybe hundreds.)

It's simple. Just send your article or story to:
jshapiro@mac.com or the club's P.O. Box.

March 2002

Colorado Springs Cycling Club's Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																							
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Please check the web site (www.bikesprings.org) for changes in the Ride Calendar.

April 2002

Colorado Springs Cycling Club's Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																									
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March Rides & Events Schedule

Club Meeting – Tuesday, March 5th at 7:00 PM
Academy Room in City Hall, Kiowa & Nevada Ave.
Speakers: Bob & Anne – Trans Am Tandem 2001



17 Teams & 1 Solo Finisher Yorktown, VA. Aug 10, 2001

Regular Saturday Rides

KG - Kinder Gentler Road Ride (C+) at 10:00 AM – 528-6834: This moderately paced ride of 35-40 miles starts from the Safeway at Highway 115 and South Academy Blvd. 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 10:00 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 11:00 AM – 481-5870 or 576-7585: Meet at Starbucks Downtown Tejon and Bijou Streets. Expect a good workout with some climbing.

Acacia Park Social Rides (D) at 1:00 PM - 598-1448: 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 MTB Ride (C+) at 10:00 AM 597-1444 or 683-2713: Meet at Starbucks on the corner of Tejon & Bijou Streets Downtown for a friendly mountain bike of about 20 miles.

Special Events, Tours & Theme Rides

Lance Armstrong Foundation Moab Skinny Tire Fest March 7-10. Call Poison Spider Bicycles at 435-259-7882 or visit www.poisonspiderbicycles.com or www.e-healthperformance.com

3rd Annual Shamas McSpuds Potato Famine Ride Sunday, March 17th Acacia Park at 1:00 PM. Ride to Bob & Anne's for stuffed baked potatoes. You bring your favorite spud topper. RSVP 719-528-6834

Sunday, March 24th Raw Easter Egg Ride at 1:00 PM from Acacia Park. This is a fun ride for the entire family. A prize for everyone who participates and returns to the park with their egg intact. Refreshments after the ride.

April Rides & Events Schedule

Club Meeting – Tuesday, April 2nd at 7:00 PM
Academy Room in City Hall, Kiowa & Nevada Ave.
Speaker: Mari Holden – Bicycle Racing

Regular Saturday Rides.

KG - Kinder Gentler Road Ride (C) at 10:00 AM – 528-6834: This moderately paced ride of 35-40 miles starts from the Grocery Warehouse at Powers and Constitution. Expect to average about 14 MPH with some climbing. Plan to ride with the group because no maps will be provided.

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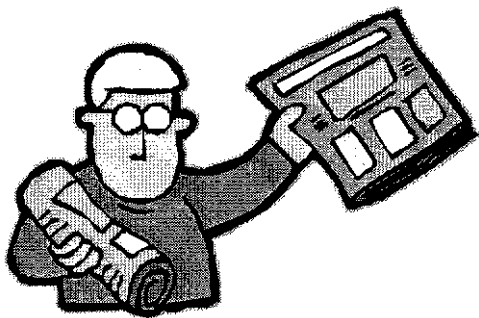
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Special Events, Tours & Theme Rides


Fruita/Moab MTB Weekend Tour – April 19-21. Contact Mike Wiater or Bob Vandepas at 481-5870 or 576-7585 for details.

7th Annual Fruita Fat Tire Festival – April 25-28. Visit active.com for details and on-line registration.


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.




Classified Ads

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. 

For Sale: K2 Razorback Rsl Full Suspension Mountain Bike

In excellent condition, light and agile, red/white/blue paint, Noleen front and rear shocks with lockout, Mavic UST Crossmax tubeless wheels, Hutchinson tires, all XTR except for Raceface carbon crank, Raceface System stem, many high end parts. Pedals not included. I am a roddie and have not ridden this bike very much. Contact Dennis at kdinc1@qwest.net or 578-5333 

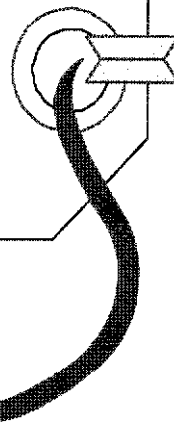
For Sale: Schwinn Crosscut Cross Bike

This is a great commuting bike, especially if you don't want to leave your expensive bike unattended. Black frame, new V-brakes, full fenders, front and rear rack mounts, Shimano 105 pedals with toe-dip adapters, Accot 35 computer, off-road and road tires, grip shifters. Contact Jeff Shapiro at jshapiro@mac.com or 330-8333. 

Bike Shop Discounts

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

- Colorado Springs Bike Shop
- Ted's Bicycles



COLORADO SPRINGS

YOUR FRIENDLY FAMILY BICYCLE SHOP
SINCE 1971

(JUST 1-Block North of Fillmore)
3016 North Hancock Avenue
473-6915
 CLUB MEMBERS RECEIVE A 10%
 DISC ON PARTS & ACC

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

Recumbent Brothers Cycles

Global LaBROtories
Peyton, Colorado USA
JCRecline@AOL.com

John Cunningham
Cell 719-351-3905
719-683-2713



Colorado Springs
Bike Shop

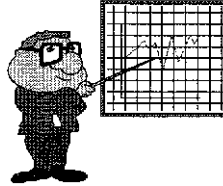
3490 Palmer Park Blvd.
719.597.8782

622 West Colorado Ave.
719.634.4915

Club Officers

President: Dave VanDerWeg
719.380.7635, dave@WMS.org

Vice President: Alan Severn
719.471.8035, asevern@adelphia.net



Secretary: Janet Rose
719.597.1596, jrose@csdb.org

Treasurer: Mark Rowe
719.268.0124, markrowe@msn.com

Club Contacts

Postal Address

Colorado Springs Cycling Club
PO Box 49602
Colorado Springs, CO 80949-9602

Club Hotline 719.594.6354
Website www.bikesprings.org
Email csc@bikesprings.org

Member Services: Anne Smith
719.528.6834, annesmith@bikerider.com

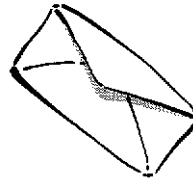
Community Action Committee: Joe Vaccaro
719.522.1975, JVac982501@aol.com



Newsletter Editor: Jeff Shapiro
719.330.8333, jshapiro@mac.com

Newsletter Publisher: Bill Ryan
719.260.7950, william.c.ryan@wcom.com

Ride Calendar Coordinator: Bob Smith
719.528.6834, bobsmith@bikerider.com



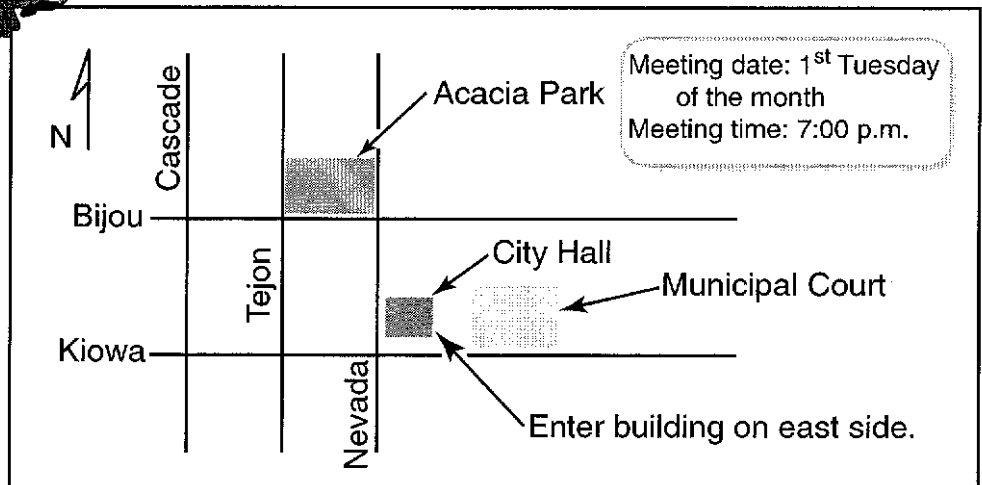
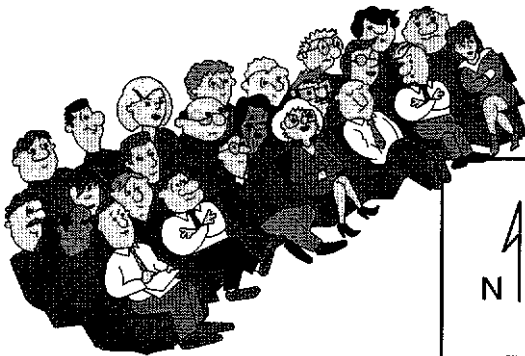
Web Master: Connie Miller
conniemi@earthlink.net

Upcoming Meeting Programs

- March 5:** Bob and Anne Smith's cross-country tandem tour.
- April 2:** Olympian Mari Holden
- May 7:** Aaron Rosenthal and Janet Olivers trip to the Canadian Maritimes

Meeting Place & Schedule

Club meetings are held at 7:00 p.m. on the first Tuesday of every month except in July (the club picnic) and December (the club Christmas party). We meet in the Academy Room (downstairs) of the Old City Hall (Nevada and Kiowa). Note: Due to new security measures at government buildings, members attending the meetings will be asked to sign-in when entering the building. 🚲



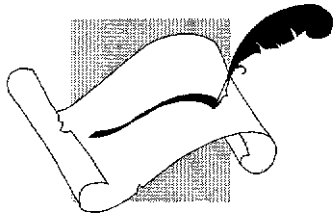
Riding a New Venue (cont.)

from page 1

oped community facility that links us to the City, who is obviously the main player in the development of bicycling facilities for Colorado Springs. Our utilization of the space came to us through a contact with Thad Noll, the new City Transportation Planner as well as CSCC member. Thanks, Thad.

I am thrilled with the doors that are opening for the club as we become more active in the community. Our role, and the accompanying challenges, as a community leader in developing a bicycling culture in Colorado Springs is emerging. We should be proud of our progress over the last year and prepare for the opportunities the future holds.

I will see you on March 5 at the "new" City Hall. 🚲



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 PO Box or call the Hot Line at 594-6354 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?

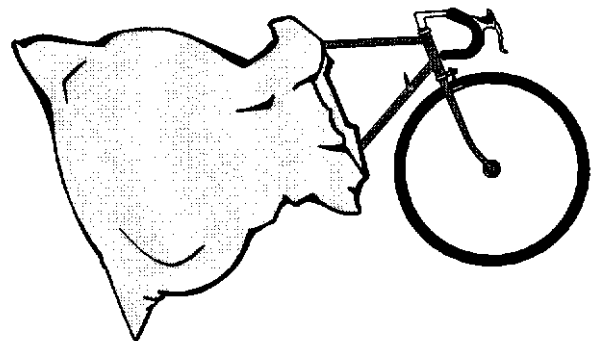
Occasionally, the club does an email notification for things such as club meeting reminders. Often times 10 to 15% of you do not receive the notification due to your email bouncing. Additionally for those who have requested it, the club will email notification that the current newsletter is available 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 csc@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.
- ⇒ Ads must arrive at the club PO Box, or to the editor, before the 10th day of February, April, June, August, October, or December.

Commercial ads are accepted as follows:

1. Send clean ad copy ad, business card, a disc with the ad copy, or email a file attachment to csc@bikesprings.org.
2. 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