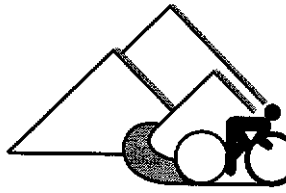


"The Colorado Springs Cycling Club is a recreational bicycling club which promotes safe and fun cycling for all ages and abilities."



COLORADO SPRINGS
CYCLING CLUB, INC.

May – June 2002

Developing a Bicycling Culture

By Dave VanDerWege, President CSCC

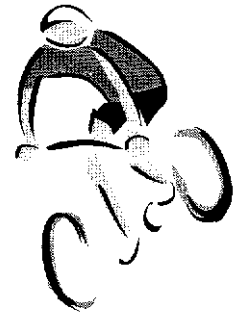
We live in a very special community with an outstanding natural environment that lends itself to outdoor activities. CSCC has the opportunity to make a significant contribution to our community by sharing the joy of bicycling. As we enter the summer riding season there are several opportunities for the club to serve the community and we need your help as members of the club.

First our club offers the Buena Vista Bike Fest (May 17-19) for riders from across the state to experience the joy of riding in the beautiful Colorado Mountains. This special event also serves as the primary annual fundraiser for the club. The proceeds from this event allow us to support community activities like our bicycling advocacy work and involvement in community events. We need all club members to join in the fun by volunteering to work the event and ride. It is a great way to make a contribution to the club, our community and meet riders from across the state. Be sure to return your volunteer form and tell everyone around you about the Festival.

We then have the opportunity to further spread the joy of bicycling to the citizens of Colorado Springs during Bike Week (June 22-30). This is also a great opportunity for the club to expand our membership. We have traditionally been a sponsor of Bike Week, beginning with the Starlight Spectacular (June 23). This unforgettable starlight to sunrise bicycle ride begins and finishes at the Garden of the Gods. As one of the sponsors we need CSCC member volunteers to help setup, direct riders and tear down after the ride is over. We also need to turn the club out in mass to ride. This is a great event for you to meet other riders in our community and tell them about the club. This event is a fund-raiser for the Trails and Open Space Coalition. Call or e-mail me with your plans to volunteer (380-7635, kdvander@aol.com). To register for the ride you can pickup a brochure at a local bike shop or online at www.starlightspectacular.org.

Bike Week continues with Commute 101, held

(Story continued on page 2)



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on June 24, starting at 4:30 PM at the downtown YMCA. We will be exhibiting to encourage club membership at this exposition and sponsoring several fun events. A great turnout by the club will give us the opportunity to introduce the club to the community.

Finally we need to have a strong showing at the Bike to Work Day Breakfast, held at the Antlers Plaza on June 26, starting at 6:30 AM. This breakfast is free to all attending and is a fun way to start the day with others who appreciate the feel of a pedal.

All of these events and activities are a powerful way to establish Colorado Springs as a city with a bicycling culture. Let's all turn out so our community can appreciate what we all know in our heart, bicycles are a way of life not just recreation. 🚲



Welcome New Members

Sharon & Chuck Bellaire; Edward Bellmund; Paul Carter; Justine Gehrett; Joe Helvoigt; Thad Noll; Charles D. O'Leary; Armand M. Tibar; 🚲

Welcome Returning Members

Bob Adelman; Ron Bobo; Dale Campbell & Sharon Boyd; Sharon Hamilton; Bill Gast; Brook Henderson; Ellwood Johnson; Jack Lundberg; Sue-Anne Mercier; Lowell Morgan; Jimmy Osborne; Vern & Nedie Pitcher; John & Anita Rasper; Brian Roder; Ellen Slavitz; Ed Terhune; Phil Theodore; Cynthia Zupanec



The Editor's Desk

Jeff Shapiro, Newsletter Editor

If you haven't heard, the Santa Fe Trail through the Air Force Academy opened on March 18th for use. I found out the hard way by doing a 52 mile round-trip ride from my house to Palmer Lake. I don't think that I'll be doing that again for a while. It's been quite a while since I did any bike rides that long and I am definitely feeling the fact that I've only been doing 20 milers lately.

It's been a busy time around here. I've been doing something with the newsletter ever since the last issue came out. Everything from installing new page layout software to browsing the internet for graphics and articles—the "10 Tips on Safer Commuting" is the result of some of the browsing.

There are a couple of subtle changes to the newsletter—because of the new software and the fact that I had more time to put together this issue. I

had time to clean up and redo the Club's logo on the front and back covers; which unfortunately is about all the print reader's will see. The other changes are in the PDF version of the newsletter. Anytime there is an email web page address you can click on the page to send an email or go to the web page. Of course with progress comes a price. The PDF files require that you to use version 5.0 or newer of Adobe Acrobat reader. This shouldn't be too much of a problem for readers. Version 5.x has been out for a couple of years, and if you need to upgrade your reader, you can go to Adobe's website (www.adobe.com) and get the newest version. If your computer is running Windows 95 or newer, you can use the newest Acrobat Reader software.

I would like to remind everyone that this is **your** newsletter, and will be greatly enhanced by your articles and stories. 🚲



VIBeS Poker Ride

Santa Fe Trail Poker Ride to Benefit Visually Impaired and Blind


A unique and inspiring event—the Santa Fe Trail Poker Ride—will benefit the blind and visually impaired of the Colorado Springs community. The event on Saturday, June 15, 2002 will feature sighted as well as blind cyclists pedaling to checkpoints along the Santa Fe Trail where they will receive playing cards “printed” in Braille. A bike from Criterium and other prizes will be awarded in a number of categories.

Funds raised will benefit VIBeS, an all-volunteer non-profit organization that sponsors year-round recreational and physical fitness activities for those with no to low sight. The event will demonstrate that the blind and visually impaired are active and able to compete with the sighted, or maybe even have the upper hand!



VIBeS will have a “training” session for never-ever tandem pilots Saturday, May 11 before our annual Spring potluck. All are welcome.

This year the event will be a part of SpringSpree, a community-wide celebration. The ride will start downtown at Pikes Peak and Cascade, a short hop from Monument Valley Park and the Santa Fe Trail. Riders will head north on a short-distance 6-mile round trip to Gossage Park and back, or a long-distance 20-mile round trip past the Criterium Bike Shop to Ice Lake at the south end of the Air Force Academy.

For sponsorship or registration information contact VIBeS, the Visually Impaired and Blind Skiers of the Colorado Springs Community, at (719) 593-1982. 

The Recumbent Brothers Annual Metric Double Century Ride

We will be starting at 8 AM from the El Paso County Phone Company parking lot, located on the Southwest corner of Highway 94 and Peyton Highway. We have made arrangements to leave our cars in their parking lot Saturday, May 11, 2002.

Suggested route is to head south for thirteen miles on Peyton Highway, turn around and ride back to the start. Next, ride north thirteen miles on Peyton Highway, turn around and ride back to the start. Now it's time to head east on Highway 94 for another thirteen miles, make a U-turn and ride back to the start again. For the next leg, ride west thirteen miles on Highway 94, turn around and return to the start. At this point you should have ridden 104 miles. To complete the metric double century, pick your favorite of the four loops, or just let the wind be your guide, ride ten miles, turn around and return to the start one more time. One hundred twenty-four miles! Pretty easy, wasn't it?

On this ride you are never more than thirteen miles from your vehicle at the start / finish. At the end of each twenty-six mile leg, you can grab a bite to eat and a fresh water bottle (you did bring food and water, right)? You could even get creative and swap bikes, say a normal (wedgie) bike on the first leg, a

comfortable recumbent on the second, a trike for the third leg and maybe a tandem for the forth leg. I'm sure that by the time I'm ready to start the last and fifth leg a motorcycle will have some appeal.

All in all, this will be a self supported, low maintenance type of ride. It's about getting out and riding 124 miles in one day. Keep in mind that there are plenty of options available (26-52-78-104) just to mention a few.

Now, Ride Yer Bikes! John “Metric Man” C. 

Recumbent Brothers Cycles

Global LaBROtories
Peyton, Colorado USA
JCRecline@AOL.com

John Cunningham

Cell 719-351-3905
719-683-2713

Part 2 of The Way

Pilgrims on Tour in Spain or
A Thousand Miles, A Thousand Years

By John Hartung & Michael Galvin

[This is the conclusion of the story. Part 1 is in the March / April 2002 issue.]

We had returned to Pamplona, capital of Basque country to take up the Camino again. In the nearby hot lands of Navarre, a woman poured us cool wine from her garden vineyard, then put the bottle in our pannier, wishing us safe journey to the shrine of the Apostle. As we crossed the ruins of a Roman bridge, we were reminded of the Codex Calixtinus from around 1160, allegedly the first tourist guide ever written. The author described this same bridge when it was already a thousand years old!

On the way out of Santo Domingo de la Calzada, at the historic Rio Oja, we honored all the compañeros who have passed before us, and the mysteries they served. We performed the sacred rituals of stretching and putting on suntan lotion.

At the monastery of Santa Maria de Nájera, we attempted a bath from a cold water tap, then accepted a priest's invitation to a private tour. He quoted from his own poetry about the Way, then a few verses in medieval Castilian Spanish. His descriptions of the art in the church and mausoleum were interrupted by music echoing through stone corridors: A local chorale group filled the halls with Renaissance music.

Padre continued his discourse: "These bullet holes remain from the time of Napoleon's occupation..." That evening we took in what we could, but as usual, there was more than we could process. We agreed to discuss it on the next day's side trip to a sixth century mountain hermitage. And so it went, day after day.

At the end of a day's travel, we would often have to ride through a village seeking out the keeper of the hostel keys. At times this could be quite a

quest. Entering Cacabelos, for example, we spent several hours searching with the help of a friendly couple, Manolo and Daisy, meeting the mayor, the high school coach's wife, and the priest. The search led us to Our Lady of the Fifth Sorrow where First Communion was being held. The parish priest proudly displayed a unique wooden sculpture: Christ playing cards with a priest. We never found the hostel key, but saw the town as other tourists don't, and ended up with a pleasant \$14 room over a bar.

Later Manolo and Daisy "happened by" on the ancient main street which is the Camino as it passes through the village. They invited us to a drink at a pilgrim bar and Manolo treated us to a glass of one of "his" wines. He related the wonderful story of how a feud between two Manolos (the nickname of Manuel) was resolved when he and the other fifty Manolos of the town formed a club and started a yearly fair. They buy some of the local wine harvest, bottle it, and sell it under the label of "Manolo." As we were saying a second goodbye, Manolo surprised us with a bottle of the wine for the road.

Alas, all good things must end. In Compostela, we packed our bicycles on the night train and dozed to Madrid in the sleeper car. Echos of the past accompanied us. We had finished the Voyage we had undertaken a thousand miles ago in Paris and carried out a thousand years ago in our imagination. Like all bike trips, it was filled with adventures and moved across the earth, but unlike many, it was designed to also take the traveler on a parallel path. "Travel is a spiritual, as well as a temporal experience. The man who departs is never the man who returns," says Mel Ziegler of Banana Republic.

Had we found what we had been looking for-though we had never been able to name it? We had benefited from the kindness of those who could easily

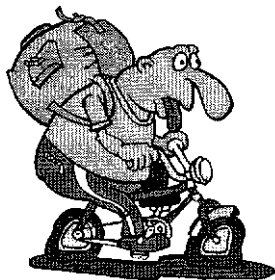



have wearied of hordes of pilgrims. We learned to be more kind to those we meet along life's way. One therapist says, "Be kind to everyone you meet, for each carries in a terrible burden."

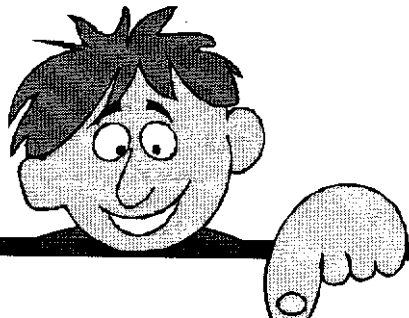
Still there remained the question of why we did it. Maybe Father José Maria whom we met in San Juan de Ortega had been right: 95% of pilgrims on the Way don't know why they are making the trip. Maybe the poet Father Eugenio in Nájera was right: "Only a greater force can tell." Maybe cheery Sister Dolorosa, whose name means "The Sorrowful One," was right: "Hey, you don't have to believe to feel its power." We did recognize, among other things, that we had joined the search for The Holy Grail or The Golden Fleece: Self-knowledge. Joseph Campbell knew: "Where we had thought to travel outward, we shall find ourselves." Spiritual issues of which we had been only partially aware had come into better focus through the work of pilgrimage. To a great extent, we found what we thought we would: Focusing on ourselves, on those along the way, on the world around us-and the echoes of the past it showed, and pushing ourselves physically to stay in the footsteps of our predecessors, we had become participants in a centuries-old march, part of the procession of searchers stretching a millennium into the mists of the past. We were at the end of the Way-and the beginning.

Settling back in our seats as the plane climbed to altitude, we talked about how physically difficult this trip had been-and wondered whether we would ever go on bike tour again. But we both knew we would. Though bicycle touring is not the easiest way to see a country, it leads through various spaces, and for many of us that's the best way to travel. So now we have completed the Way. Returning pilgrims were charged with spreading the message to those they met back home-and they were often known to set out once again on other roads.

Hartung & Galvin - Santiago 

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Jeff Shapiro

719.330.8333

jeff@nensha.com
www.nensha.com

Good News for Cyclists of All Ages

Alan Severn, Advocacy Committee.

The Transportation Enhancements Subcommittee for the Pikes Peak Region has given its highest recommendation to five proposals for Federal funding during the coming year. Three of these are projects that you voted to support at our meeting on March 5. They are:

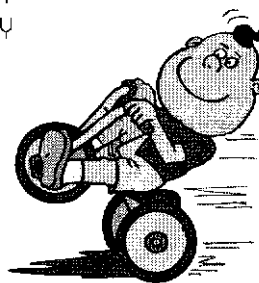
Rock Island Trail corridor from E. Payton Circle to Wooten Lane. This involves approximately one-half mile, just west of Powers. The land to be acquired would be about eight acres, although the city may negotiate for a corridor narrower than the entire width of the now-unused railroad right-of-way.

Paradise Lodge Trail, Bike/Pedestrian underpass under US 24 in Woodland Park (linking the Safeway and a senior citizens complex). They would utilize an existing culvert, and provide drainage benefits as well.

Woodmen Corridor Bike/Pedestrian project. This proposal uses the existing pavement of Woodmen Road, as opposed to the new, parallel four-lane roadway. It would stretch 6.1 miles from Templeton Gap Road to US 24 in Falcon.


Two other highly ranked projects are the Citadel Transit Transfer Station and the Historic Gateway Arch Repair and Restoration, at the east of Manitou Springs.

These projects are shown in the table on page 11. The first column is the CSCC ranking, established at the March 5 meeting (3 = high, 1 = low). The second column is the combined score, determined by the rankings of the governmental and civic representatives on the Enhancements Subcommittee. The third column is the amount of Federal Funds requested for each proposal, and the last column is the cumulative cost.



The five high-ranked proposals will be forwarded to CDOT (Colorado Department of Transportation) without the combined score. Similarly, the five medium-ranked proposals will go forward as a group. For that reason, the cumulative cost is important. By comparison, the Pikes Peak Area may get about half of the \$1.5 million earmarked for Southeast Colorado's

CDOT Region 2. Hence, I believe that the outlook is favorable for the five high-ranked proposals.

CSCC is one of six civic organizations represented on the Transportation Enhancements Subcommittee. CSCC's numerical ranking of proposals (the basis for column one of the table) is similar to the final outcome, and quite different from the ranking of the staff of Pikes Peak Area Council of Governments. Hence, public input from these six civic organizations, and letters of support from other interested parties, seem to have had a significant impact on where our Federal dollars go. 



**Colorado Springs
Bike Shop**

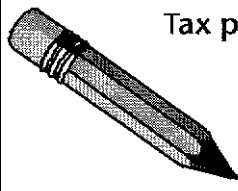
It's Spring Tune-up Time.
Get your bike tuned-up in May for \$34.95.

3490 Palmer Park Blvd.
719.597.8782

622 West Colorado Ave.
719.634.4915

Alan K. Severn, CPA

Tax planning and preparation



(719) 471-8035
E-mail: asevern@adelphia.net

Buena Vista Bike Fest

Buena Vista, CO
by Anne Smith

Mark your calendar for the Buena Vista Bike Fest, May 17, 18 & 19. This is a three-day event sponsored by the Cycling Club and is the club's major fundraiser. The proceeds from the Bike Fest enable club members to receive the bimonthly Bent Fork Chronicles Newsletter with ride schedules, club news, and cycling tips and to enjoy such club sponsored events such as the Holiday Party, Progressive Dinner, St. Patrick's Day Ride, Summer Picnic and other special events which are not covered by club dues.

BVBF includes both road rides and off road rides Friday, Saturday and Sunday. This year a new road ride includes an optional century on Saturday. The century route takes the rider North to Leadville, including the scenic loop of Turquoise Lake, and around the Mineral Belt Trail then meanders through the historic Leadville Mining District and back to Buena Vista in the shadows of Colorado's highest mountain peaks. Riders will also have options to take shorter routes while still enjoying the Collegiate Peaks, magnificent scenery.

Again on Sunday, there are several road ride options including a ride to snow on Cottonwood Pass, and a ride to soak at the Mount Princeton Hot Springs. Off road rides on Saturday and Sunday will vary from 10-35 miles on single and double track as well as jeep roads. Most routes form loops with several cut-offs to shorten your ride and/or provide alternative route options.

First Annual BVBF Mountain Bike Race. This route will test experienced and beginner mountain bike racers alike. The double track course includes challenging climbs, speedy descents, and a few stream crossings to make things even more interesting! Licenses are not required.

What Can I Do?

Volunteer: As a Club member, there are several ways you can support this ride. First of all, we always need volunteers. There are a couple of volunteer options available:

- Volunteer both Saturday and Sunday and receive a BVBF T-shirt.
- Volunteer one **full** day (Saturday or Sunday) and ride the other (Volunteer-Participant Option) for a discounted ride fee of \$25.
- We need course marshals, rest stop volunteers and sag drivers. No experience is necessary.

Register and Ride BVBF. Take advantage of three wonderful days in the Arkansas River Valley and support CSCC at the same time. You can register for Saturday only or for the full weekend.

If you are interested in volunteering, please contact Anne Smith at annesmith@bikerider.com or call at 528-6834

If you did not receive a BVBF brochure and want to register, details are on the club's web site at www.bikesprings.org or email questions to CSCC@bikesprings.org. You may also register on-line at www.active.com.

**This is Your Club and Your Event.
Please Support It!!!** 



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Please check the web site (www.bikesprings.org) for changes in the Ride Calendar.

May 2002

Colorado Springs Cycling Club's Calendar of Events

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Buena Vista Bike Fest

Buena Vista Bike Fest

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June 2002

Colorado Springs Cycling Club's Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<div style="display: flex; justify-content: space-around;"> <table border="1" style="text-align: center;"> <caption>May 2002</caption> <thead> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td></td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </tbody> </table> <table border="1" style="text-align: center;"> <caption>Jul 2002</caption> <thead> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </tbody> </table> </div>						S	M	T	W	T	F	S			1	2	3	4		5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				<div style="border: 1px solid black; padding: 5px;"> <p>1</p> <p>9:00 AM KG Ride Grocery Warehouse Powers 528-6834 (C+)</p> <p>9:00 AM Race Training Ride 548-8667 (B+)</p> </div>
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May Rides & Events Schedule

Club Meeting - Tuesday, May 7th 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 35-40 miles starts from the USAFA South Gate Trailhead parking area. Avg. speed 14 MPH. **Note: No ride on May 11 & 18**

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

Monthly Rides

3rd Tuesday Mountain Bike Social Ride 5:45 PM - 719-598-1448. Commune with nature and fellow MTB riders while getting your exercise with an aerobic workout on the Santa Fe Trail. Meet at the 'Park & Ride' South West area of Woodman & I-25

Special Events, Tours & Theme Rides

The Recumbent Brothers Annual Metric Double Century Ride - Sat., May 11th at 8:00 AM: Meet at El Paso County Telephone parking lot at Hwy. 94 and Peyton Hwy. The routes are directional out and backs so you can ride any distance you like. Recumbent Optional. Contact John at 683-2713 or jrecline@aol.com.

4th Annual Buena Vista Bike Fest May 17-19

Volunteer, ride or do both. This is your club's only fundraiser. Get involved in your club. Bring friends. Great fun for one and all. Road & Offroad rides. 719-528-6834 or www.bikesprings.org.

June Rides & Events Schedule

Club Meeting - Tuesday, April 2nd 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 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.

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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Special Events, Tours & Theme Rides

Sunday June 2nd - Elephant Rock Century
www.elephantrockride.com

Saturday, June 15th VIBeS - Spring Spree Trail Poker Ride - Start at 8:30 AM downtown at Pikes Peak and Cascade, as part of the Spring Spree weekend. CSCC members are invited to participate in the ride, volunteer to help with the event, or captain a tandem with a blind cyclist as part of the event. For more information, call VIBeS at 593-1892 or Marcia Barber at 535-8134.

Bike Week Events - June 23rd - 28th

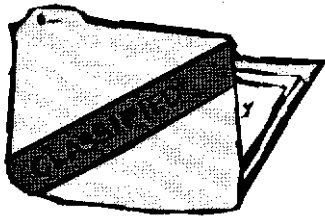
Starlight Spectacular - Sunday, June 23, 1:00 AM. For info 719-633-6884 www.starlightspectacular.org.

Bike Week Commute 101 - Monday, June 24, 4:30, to 7:30 PM, Downtown YMCA. Ride Finders 719-385-7431

Bike Week Breakfast and Bike to Work Day

Wednesday, June 26, 6:30, AM, Downtown Antlers Plaza. Free Breakfast. Ride Finders 719-385-7431

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. When in doubt of a ride's status, please phone the ride leader at least an hour before the ride.



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 10th of the month preceding the newsletter. 🚲

For Sale: Schwinn Crosscut Cross Bike

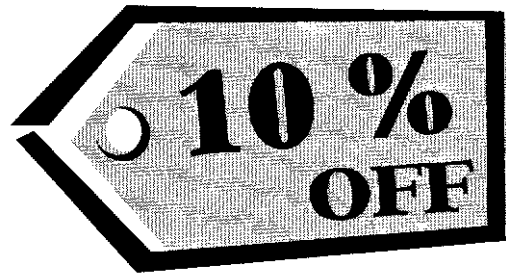
This is a great commuting bike, especially if you don't want to leave your expensive bike unattended. Black frame, new V-brakes, full fenders, front and rear rack mounts, Shimano 105 pedals with toe-clip adapters, Avocet 35 computer, off-road and road tires, grip shifters. Contact Jeff Shapiro at jshapiro@mac.com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

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



Transportation Enhancements Subcommittee Ranking of Proposals in Pikes Peak Area April 5, 2002				
Project	CSCC	Combined Score	Project \$\$	Cumulative \$\$
Rock Island Trail Corridor from E. Payton Circle to Wooten Ln.	3	43	200,000	200,000
Paradise Lodge Trail - US 24 Underpass Bike and Pedestrian	3	42	116,738	316,738
Woodmen Corridor Bicycle and Pedestrian Project	3	42	140,000	456,738
Citadel Transit Transfer Station	2	39	197,724	654,462
Historic Gateway Arch Repair and Restoration	1	39	97,626	752,088
Hancock Transit Enhancement Project	1	35	126,814	878,902
Curb/Gutter/Sidewalk Section for East Face of Limbach Park	1	32	55,520	934,422
Curb/Gutter/Sidewalk Section for East Face of Lavelett Park	1	28	92,160	1,026,582
Pedestrian Facility Along North Side of Second Street from I-25 to Beacon	1	27	114,914	1,141,496
US Highway 24 Slope Stabilization	1	27	51,039	1,192,535
Monument Creek Trolley	1	23	193,792	1,386,327
Pikes Peak Greenway Pedestrian Bridge	2	23	125,000	1,511,327
Corner Curb Extensions at Three Intersections of Second Street	1	22	109,992	1,621,319
Feasibility Study for Bike and Pedestrian Crossing of I-25 at Higby Rd.	1	22	25,000	1,646,319
Millennium Legacy Trail Project	1	22	34,683	1,681,002

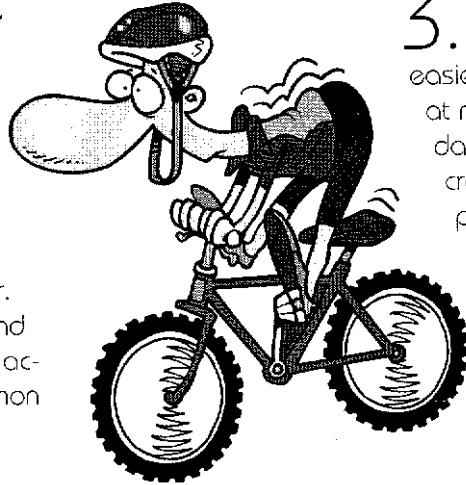
Table for the Advocacy article on page 6.

Ten Tips for Safe & Enjoyable Bicycle Commuting

by Fred Oswald, PE

Cycling to work and for errands is safe, practical and fun if you do it right. But there is much more to driving a bicycle than balance and steering. Many of the "bike safety" things we were taught as kids are wrong and some are dangerous.

A common misconception about cycling is the extent and source of danger. Most people think that the greatest danger is getting run down by cars passing from behind. Cars are fast and noisy and we cannot see them coming, so the fear is natural. But it is wrong. These accidents represent less than one-half of one percent of urban, daylight accidents to cyclists. (In rural areas, the ratio is slightly higher. Also, unlighted cyclists and drunk drivers make such accidents much more common at night.)



About 90 percent of car-bike collisions involve turning and crossing traffic. (Just like car crashes.) Most of the rest are caused by wrong way riders or by swerving in front of traffic. The danger is right in front of you where you can see and avoid it if you are watching. Below are ten tips to make your cycling safer, more useful and more fun.

1. Avoid Riding on Sidewalks. Many people think that the sidewalk is a safe place to ride. However, accident studies show that riding on sidewalks has about twice the accident risk as proper cycling on the road. Sidewalk cyclists are in danger at every road crossing and even driveways because motorists do not look for fast traffic on the sidewalk. Also, mixing pedestrians and cyclists is dangerous to both. A bicycle "sidepath" next to a road is just about as dangerous as a sidewalk. This is why cyclists are often required to walk bikes across intersections. You are much safer in the street, following the rules of the road for drivers of vehicles.

2. Ride on the Right with Other Traffic. Some people were taught to ride on the wrong

side of the road so they can "see traffic coming". This is dangerous and it is illegal in all 50 states. Pedestrians walk facing traffic so they can sidestep off the road, if necessary. But you cannot sidestep on a bike. The accident rate for wrong-way cyclists is 3.6 times as high as for cycling the "right" way. Other drivers look for traffic coming from the usual direction. They usually are not looking for wrong way traffic.

3. Be Visible! Other drivers will not hit you if they can see you. Bright clothes make you easier to spot in the daytime but they are useless at night. Riding without lights in the dark is a very dangerous mistake. About thirty percent of cycling crashes occur at night although only about four percent of cycling is done then. The reflectors that come with new bikes are grossly inadequate for nighttime safety. Always use a headlight and taillight when you ride in the dark. If you are caught by darkness without lights don't try to sneak home on the sidewalk. Walk your bike home or call for a ride.

4. Follow the Rules Of The Road. Everyone following the same "rules of the road" allows safe and efficient travel for all. This is the principle behind the Effective Cycling** program. Cyclists who make up their own rules are in great danger.

5. Learn Proper Lane Position. Beginners usually "hug the curb" and then wonder why cars pass so close. Experienced cyclists let traffic pass when they can but they "take the lane" when needed for safety. If cars are passing you too close, move a bit left to signal to passing drivers that they must use another lane to pass. If you collect a string of cars behind you, try to find a safe way to let them pass. It takes practice to learn to ride effectively in traffic. The right tire track of the right lane is often a good place to ride on a narrow road.


6. Be Predictable. Ride a good, straight "line", signal turns and generally look like you know what you are doing. How can you expect other drivers to avoid you if they cannot tell where you are going?

7. Be Courteous. Act like an adult and share the road with other drivers. If others act like jerks, keep your temper — don't descend to their level. Carry a "jerk book" to write down license number and description of any dangerous drivers you see.

8. Protect Yourself. A helmet will not prevent a bike crash but it is good, cheap insurance that may allow you to walk away from one. Make sure your helmet fits and is adjusted properly. Cycling gloves help prevent "handlebar palsy" and protect hands from abrasion in a fall.

9. Keep Your Machine in Safe Condition. Give your bike an occasional "tune up". Before hopping on your bike, give it a "quick check". Make sure that wheels are tight; squeeze brakes hard to see that they work and that cables are not about to snap.

10. Learn from Experienced Cyclists. Experience can be a harsh teacher and it is a slow one. (It takes at least 10,000 miles of cycling in traffic to become confident if you try to learn on your own.) Why make all the beginners' mistakes yourself when you can learn from others? Join a good cycling club, take a "Bike Ed" class and read books such as John Forester's *Effective Cycling*** or John Allen's booklet *Street Smarts*.

For more information about cycling and bicycle transportation, see the author's advocacy section on the Crankmail Web Site: www.crankmail.com/bike-res.html. The author is a bicycle commuter from the Cleveland area and a Professional Engineer in Ohio. [Last revised 3 Dec. 2001] 

** The principle behind *Effective Cycling*: "Cyclists fare best when they act and are treated as drivers of vehicles."

[Reprinted with permission of the author.]

Editor's note:
John Allen's "Street Smarts" is available at his web-site www.bikexpert.com.

John Forester has a website at www.johnforester.com/. If any club member is interested in reading his book, I have a copy. Contact me at jshapiro@mac.com or 330-8333.

Senate Adopts Conserve By Bike Amendment

April 12, 2002

[This was just released by the League of American Bicyclists]

Contact: Melé Williams, Director of Government Relations, 202-822-1333, Mele@bikeleague.org

Washington, DC—During yesterday's debate on the energy bill, the United States Senate adopted an amendment that would promote energy conservation through bicycling. The Conserve By Bike Amendment passed by a voice vote and was recommended by Senator Frank Murkowski (R-AK), Ranking Member of the Energy Committee, as an amendment that "suggests the obvious benefits of the bicycle."

Introduced by Senator Richard Durbin (D-IL) and Senator Susan Collins (R-ME), the Conserve By Bike Amendment establishes within the Department of Transportation a Conserve By Bicycling pilot program. This program would oversee up to 10 pilot projects geographically dispersed across the country designed to conserve energy resources by providing education and marketing tools to convert car trips to bike trips. In addition, the projects would encourage partnerships between stakeholders from transportation, law enforcement, education, public health, environment, and energy fields. Project results and energy savings must be documented, and the Secretary of Transportation is instructed to report to Congress on the results of the pilot program within two years of implementation.

(Story continued on page 15)

OLD TOWN  BIKE SHOP

Thank you Colorado Springs Cycling Club members for 25 years of support.

719.475.8589 426 S. Tejon Street Downtown

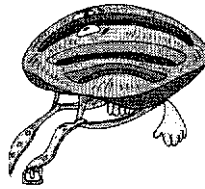
Club Officers

President: Dave VanDerWeg
719.380.7635, kdvander@aol.com

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

Website www.bikesprings.org
Email csccl@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
conniem@earthlink.net




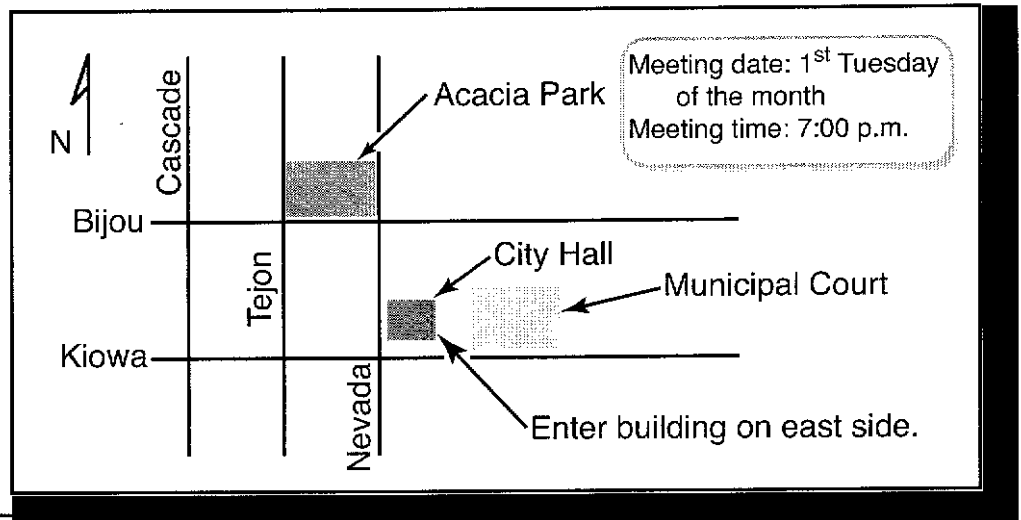
Back by Popular Demand!

At our **May** meeting, Aaron Rosenthal reprises his earlier presentation about the Canadian Maritimes. This time, he takes Janet and their tandem to Nova Scotia and Prince Edward Island.

In **June**, Tim Rawlings guides another bike maintenance workshop. He'll have at least one repair stand (thanks to Old Town Bicycles). Bring your replacement parts and learn how!

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. 

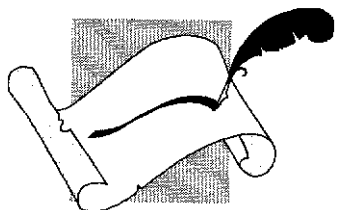


(Continued from page 13)

The Department of Transportation is also authorized to conduct a study on the feasibility and benefits on the conversion of car trips to bike trips. The amendment authorizes \$5.5 million for the pilot projects and the study.

The full energy bill is slowly making progress through the Senate, but debate on drilling in the Arctic National Wildlife Refuge has yet to occur. Once the bill passes in the Senate, it will go to conference with the House to work out any differences prior to being sent to President Bush for signing. Regardless, the amendment is a tremendous win for bicycling.

According to Elissa Margolin, League Executive Director, "With the adoption of the Conserve By Bike Amendment, the Senate recognizes the important contribution bicycling makes to energy conservation in this country. Senators Durbin and Collins have shown tremendous leadership on this issue." 




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?

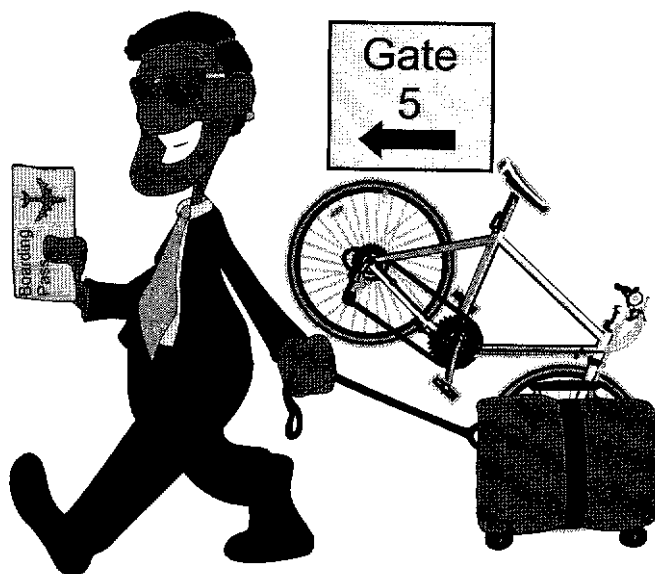
Occasionally, the club does an email notification for things such as club meeting reminders. Often times 10 to 15% of you do not receive the notification due to your email bouncing. Additionally for those who have requested it, the club will email notification that the current newsletter is available 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 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 P.O. 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, business card, 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