



In This Issue:

BVBF 2005- May 21st..... 1

New & Returning Members..... 1

President’s Message..... 2

Editor’s Corner..... 3

Monday Night Dinner Rides..... 3

CSCC Member Spotlight..... 4

Classifieds..... 4

Maintenance Tip..... 5

Web Site Focus..... 5

CSCC Member vs. SUV..... 6

Full Moon Rides -- 2005..... 7

April Ride Calendar..... 7

Events & Tid Bits..... 8

Wednesday Hill Climb..... 8

The Cylist’s Food Guide..... 9

Sponsoring Businesses..... 10

Commercial Ads..... 10

BVBF 2005- May 21st

Radere Sports is offering these great looking jerseys at \$59 prior to March 15th and at \$69 after that date. Radere Sports will be at the Bike Fest at rider registration on Friday, May 20th and at registration and post ride party on Saturday, May 21st with these jerseys.

Disclaimer: All BVBF Jersey transactions are between you and Radere Sports not the Colorado Springs Cycling Club.



New & Returning Members

New Members:

Willie Alexander; Debbie Barnes; Jeff Dahlberg; Mary Dolan; Al Ferguson; James Flattery & Family; Trent Hovenga & Family; Diane Huth; Gary & Karen Johnson; Douglas Logue; Jinny Lucas; Steve McClellan; Michael Onstad; Stan Rainey; Norm Renaud; Sarah Troemel; Luke & Stacie Ward; Carol Wersich

Returning Members:

Warren Barta; Don & Marilyn Bosenbecker; Kelly Calabrese & Ralph Bowman; Robert Erler & Family; Kevin & Doug Gunty; Paula Makara; Connie Miller; Joan Morrill; Sean & Hope Mullally; Lawrence Schweitz; Brett & Deb Veltman; Bill Young; Katie Zimmann



President's Message

To the members of CSCC,

April is here and the official riding season is right around the corner! I'm seeing more and more people out on their bikes and as daylight savings time approaches I'm sure we all have thoughts of short-sleeved jerseys and hanging up the "insulated gear" for another summer. Let us keep in mind that it is early in the season and we all must think about starting out with a mileage base and building up slowly for the many great rides & events we all have planned. Reflect on the information presented over the winter at the club meetings by Carmichael Training Solutions & the various physical fitness experts (massage & body movement re-education) and use that to help plan a basic training program for your early season riding. It will pay off with better, faster, longer rides & my personal favorite, enhanced recovery after going hard.

My hat is off to all the club members that braved the elements throughout the winter and kept on pedaling regardless of the elements. We had excellent turnouts during the weekly rides and there is nothing like seeing Dave & Kathy Vanderwege coming screaming up to Acacia Park on their tandem on a cold, snowy & blustery Sunday afternoon. I'm

looking forward to Springtime and watching the attendance grow at all of the club rides and I'd like to stress that as the group sizes do increase, let us all pay attention to proper riding etiquette and to practicing safe riding skills while out on the roadways.

Keep on the lookout for information coming out about BVBF 2005. The preparations are in full swing now and we are looking forward to another incredible ride this year. Our fingers are crossed for an open route around Turquoise Lake and for beautiful late May weather. Thank you to all that have already volunteered for this year's event. If you are on the fence and just haven't done something like this before I highly encourage you to just say Yes and contact Vic Villhard. Putting on a ride of this magnitude truly takes the effort of many individuals and it's an amazingly rewarding experience to see 700 riders out on "your" course.

May the warm weather and springtime miles roll by smoothly. Enjoy this beautiful time of the year and I look forward to seeing many of you out on the road!

Allen Beauchamp
CSCC President



Editor's Corner

Look for two new features, Member Spotlight and Web Site Focus, in this issue of the newsletter. More of these articles will appear in future additions. Do you have a photo of club related activities? We are looking for those great CSCC pictures to put in the Photo Album. If you have one, please send it to Ann Coy at petalfaster@yahoo.com. Include a short description and names of those appearing in the photo.

It won't be long before the warm weather will be here to stay. As the weather changes, so does the ride calendar. Visit the ride calendar to stay informed of the additional rides that will appear as spring arrives. Don't forget to bring your headlights and tail lights for the early season evening rides.

With warm weather approaching quickly and the days growing longer, we all should take note of the last time our bikes were tuned up. How long has it been? Now is the time to do a little spring cleaning

on your bike. Wipe off the dust, grease the chain, and adjust the breaks. Did you replace that spare tube you used last fall, and are your wheels true? Don't forget to do a safety check on your riding gear as well (cleats, clips, glasses, helmet, and gloves).

Make your 2005 riding season a pleasurable one by performing preventative maintenance on a regular basis. Prepare for the unexpected by carrying those extra items that will help you continue down the road such as a patch kit, spare tube, a good hand held pump, extra money, and a cell phone. Those few extra ounces added can carry a huge payoff. Now, off with all of you to a great 2005 riding season. Keep Pedaling!

Your Newsletter Editors,
Ann Coy (petalfaster@yahoo.com)
& Lee Herman (ldherman@mindspring.com)

Monday Night Dinner Rides

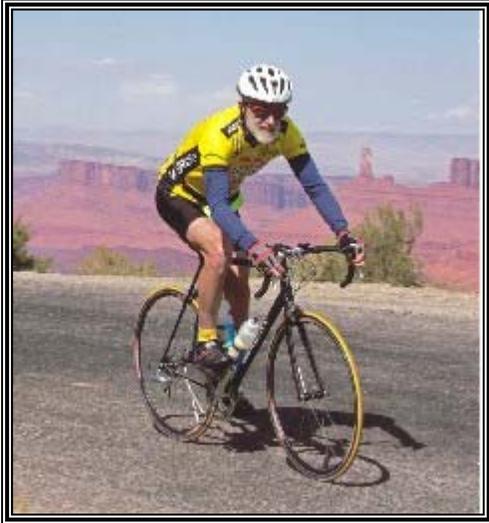
Beginning April 18th
Departure time 5:30 pm

Every Monday Evening from mid April through the end of October. Meet at north side of Acacia Park. This is very casual ride of 10-15 miles about town

with dinner either in route or after the ride at a location downtown. Please arrive at least 10 minutes early so the ride can start on time at 5:30pm.



CSCC Member Spotlight



Moab Century 2004

Meet Mike Foster

I began cycling in 1972 as part of my training for water-ski racing (ie. skiing behind a race boat from Long Beach Harbor to Santa Catalina Island and back).

I heard about CSCC from the "Grapevine" and joined CSCC because of the extra nice folks I have met on group rides. I have been a member since

January of 2005 and lived near Woodland Park since 1982.

I misspent two and one half years in Germany (U. S. Army) in the early '60's drinking beer and such because I had not yet come to that fork in the road that led to the "good life". Actually AVOIDED the Tour DAY France because of the traffic jams - a tragedy for sure.

My other hobbies include Mountain Running, Snowshoeing, Indoor Rowing, and Politics
I hope to continue riding Centuries and other challenging rides 'til they plant me.

Q: What additions or changes would you like to see in the ride calendar?

A: More group rides during the week (in season of course).

Q: What is your favorite TV show?

A: Deadwood. The best (in my humble opinion) TV series ever made.

Q: What is your favorite music?

A: New Age, Blue Grass, Old Time Country, and maybe some Rock and Roll from the early days.

Classifieds

RANS Recumbents on Sale

2004 Velocity Formula, 2005 Rocket, 2005 Force 5.
All of these are brand new bikes. Bacchettas 2004 Stratus, 2004 Giro, 2004 Corsa, 2005 Aero Basso.
For more details, photos and/or test rides contact

John D. Cunningham – Recumbent Brothers Cycles,
15180 Russell Drive, Peyton, CO 80831

719-683-2713 Phone 719-338-3185 Cell

810-592-7324 Fax

JCRecline@Earthlink.net



Maintenance Tip

Feel for Loose Parts

Why?

Some loose parts will cause things to wear out faster, while others can cause crashes. Either reason is good enough for me.



How?

As you mount and push off, feel for anything unusual. The force of your weight on the bike and the first couple pedal strokes will usually make serious problems like loose wheels, saddles, handlebars or accessories apparent with a clunking sensation.

What if there's a problem?

Depends on what it is. If you can find it and fix it, great; if not, you shouldn't ride until you know what's causing any big clunk.

Mechanic's Tip Again, people who frequently remove wheels for transportation or storage are most likely to encounter forgotten quick release levers.

Safety Pointer Novice cyclists are often mystified by quick-release levers (if you're not certain that you're doing it right, ask someone who knows). But any significant clunking sensation means something's about to fall off or fall apart, and that's never safe.

Web Site Focus

I tend to get bored riding the same centuries every year and spend a fair amount of time looking for new rides. I suspect others do as well. Stonewall and Moab centuries are the exceptions because they are so very scenic and are quite the challenge. My search last week produced two relatively new web sites that have a comprehensive list of century rides across the country. Check them out when you have a few moments.

Have a favorite cycling web site you'd like to share with others? Please send it to Ann Coy at petalfaster.com





CSCC Member vs. SUV

A true account of Steve Bolt's encounter with an SUV on the Air Academy.

So there I was there I was, happy as a lark pedaling down the road, the wind blowing through my hair, um well, through what's left of it. Life was good!

With a sudden impact, I was jolted from my bike and thrown to the pavement. My mind was frantically struggling to comprehend what was happening. But, there I was tumbling along the pavement leaving pieces of skin behind. I watched, in slow motion, as an SUV began bearing down on me. The grill looked like a giant white shark wanting to make lunch out of



me. Sounds horrifying, right? Well, I suppose it probably was if I could only remember.

The truth be known, I don't remember a thing. All I really know is what is on the police report and what

witnesses have relayed. According to the police report, I was struck from behind. What I **do** remember is the tremendous amount of pain I was in when I woke up. The human body is not intended to bounce like a basket ball. I spent the night in the hospital with multiple scrapes, cuts, abrasions, bruises, and a pretty darn good concussion. I was out of work for a week and a half. These pictures are the remains of my beloved steed. But not to

worry, life is good. Once again I am back on the



road and have a new Specialized bike. Recovery has been slow, but enough to go

riding again. . . . well that's what I'm calling it.

On a serious note, enough cannot be said about bike safety. Think you're tough and don't need a good helmet, appropriate eye protection, reflective gear, and a rear-view mirror? Think again!

Bike safety doesn't just apply to your bike gear. It also extends to your knowledge of bicycle traffic laws. Be aware of your surroundings. Know who or what is in front of you, behind you, and know where "they" are in proximity to your location. Turn down your music.

What your ears hear may be what saves your life.

Make all of your rides in the coming 2005 riding season safe.

Go forth, ride defensively, and ride smart.

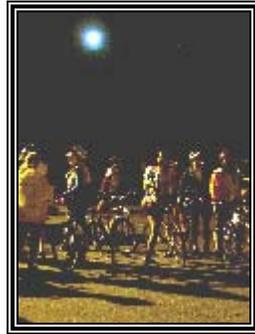
- *CSCC Ghost Writer*





Full Moon Rides -- 2005

All Full Moon rides meet at Goose Gossage Park in the parking lot north and west of the ballfields - approximately 3400 Mark Dabling Boulevard-- junction of Pikes Peak Greenway, Sinton Trail and Templeton Gap Trail. We try to stick to the trails as much as possible, so fat tires are best.



Ride Schedule

- Saturday, April 23 at 8:30 p.m.
- Saturday, May 21 at 9:00 p.m.
- Wednesday, June 22 at 9:30 p.m.
- Friday, July 22 at 9:00 p.m.
- Friday, August 19 at 8:30 p.m.
- Saturday, September 17 at 8:00 p.m.
- Saturday, October 15 at 7:00 p.m.
- Tuesday, November 15 at 6:00 p.m.
- Thursday, December 15 at 6:00 p.m.

April Ride Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----------------------------------|--------------------------|-----|--------------------------------|-----|---|
| | | | | | 1 | 2 Fitness Ride |
| 3 Social Ride Hill Training Ride | 4 | 5 Club Meeting | 6 | 7 Fun Ride | 8 | 9 Fitness Ride |
| 10 Social Ride Hill Training Ride | 11 | 12 | 13 | 14 Fun Ride | 15 | 16 Fitness Ride |
| 17 Social Ride Hill Training Ride | 18 Dinner Ride | 19 | 20 | 21 Fun Ride | 22 | 23 Fitness Ride Full Moon Ride |
| 24 Social Ride Hill Training Ride | 25 Dinner Ride | 26 | 27 | 28 Fun Ride | 29 | 30 Fitness Ride |



Events & Tid Bits

1. Rocky Mountain Senior Games. This used to be called the Senior Olympics. Seniors are those individuals 50 years old and older. The games are in Greeley on Jun 22-26. The bicycling events are Saturday and Sunday (6/25 & 26). Next year's games will qualify for the 2007 Nationals in Louisville KY. 2005 - Nationals will be held in Pittsburgh. This year on 25 Jun Greeley will run the 10K individual time trial at 08:00 and the 20K road race at 10:00. On the 26th they will run the 5K time trial at 08:00 and 40K Road Race at 09:30. The Games' website is www.rmseniorgames.com. Anyone else in CSCC interested? Contact: Charles Czarniecki czar@erinet.com

2. Rocky Mountain Road Cycling Championships. I found the USAFA Bike Team Club coach this week, Lt Col George York. These are college conference championships, hosted by USAFA. The dates are May 7-8. I've volunteered to help them marshal the courses and do what ever I can for them. I believe anyone with military/DOD decal base access can also help. There are three events. First is at Criterium on 7 May. They will run 5 divisions, the first one starts at 7:30am. The .68 mile course will be a loop in the parking lot

of the New Life Church. The second event is the Team Time Trial. It starts at 2:30pm and is 2 laps on a 10.4 mile course on Stadium Blvd. The third event is the Road Race Sunday the 8th. It is a loop around the perimeter roads of the Academy (12.7 miles). The first of 5 groups leave at 8:00am. The five divisions do 3-5 laps of the course. For more information contact: Charles Czarniecki, czar@erinet.com

3. I have seen the **sign (co9bikerte76)** along Colo 9



on my way to skiing. It was on the road between Hartsel and Breckenridge (this picture was taken in Fairplay). Do you know what it is? I asked a few CSCC members and they didn't know. My internet research

found that it is the Bike Centennial trail marker. See this web site <http://www.adventurecycling.org/routes/transamerica.cfm> sections 6 and 7 for the specific details. This is just a bit of neighborhood bike history as we approach the 40th anniversary. - Charles Czarniecki

Wednesday Hill Climb

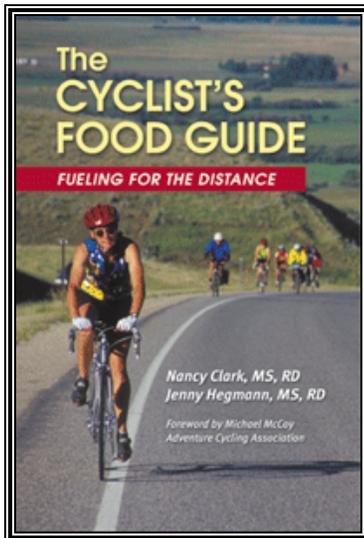
Anyone interested? I would be willing to lead a Wednesday evening hill climb ride of the same caliber as the Sunday morning hill climb ride. If enough interest is shown, we can put this in front of the ride committee and get it approved. I will also

need a back-up ride lead for those rare times that I cannot be there. If you are interested in this ride, please contact me at petalfaster@yahoo.com.

Ann Coy



The Cyclist's Food Guide



The Cyclist's Food Guide: Fueling for the Distance is perfect for cyclists who want more stamina and energy for long rides. Sports nutritionists Nancy Clark, MS, RD, and Jenny Hegmann, MS, RD have

written this book from their passion for teaching both novice and seasoned cyclists how to fuel their bodies to enhance performance. They have combined their cycling experience and professional expertise to teach you what, when, and how to eat for good health, high energy, strength, and stamina. Whatever your cycling endeavors—recreational riding, touring, racing, or randonneuring—you'll learn what you need to know for optimal fueling so you can improve your riding, enhance your enjoyment on the bike, and reach your goals.

In the Cyclist's Food Guide, you'll learn to:

- Eat well to add power to your pedaling
- Choose the best snacks for before, during, and after long rides
- Maintain strength and stamina for rides of hours, days, or weeks
- Manage convenience stores, restaurants, and eating on the road
- Lose undesired body fat while maintaining energy to exercise

“In *The Cyclist's Food Guide*, Nancy Clark and Jenny Hegmann combine their professional training in nutrition with many years of cycling experience. Cyclists who follow their sound and refreshingly practical advice will enjoy better cycling performance. I highly recommend *The Cyclist's Food Guide*!

—John Hughes, coach & director of the UltraMarathon Cycling Association

You'll find no better advice on optimal nutrition for cycling than by reading Nancy Clark and Jenny Hegmann's *The Cyclist's Food Guide*.

—Michael McCoy, Adventure Cycling Association

INTRODUCTORY OFFER !!! Order your copy now at www.nancyclarkrd.com and receive our SPECIAL BICYCLE CLUB DISCOUNT off the \$15 list price.

You'll be charged only \$13.50 per copy (plus shipping) for orders of 1-5 books; \$12.15 per copy for 6-12 books, and \$10.80 per copy for orders of 13 or more books!

IMPORTANT NOTE: You must enter this promotional code - **spn693** - at our website when placing your order. Your special discount will then be automatically deducted.

For more information please contact us at info@nancyclarkrd.com.



Sponsoring Businesses



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