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New & Returning Members

New Members: Natalie Berger; Kathleen Carrico; Steve Dass; Jennifer Doell; Edward Ewert; Fred Kelsey; Brian Lawrie-Munro; Kelly Primus; Eric & Amy Rodda; Millie & Smitty Smith; Bev & Eck Zimmermann

Returning Members: Allen & Cece Beauchamp; Jay Burns; Christian Lieber; Michael Roberts; P. K. Robinson; Joe & Fran Vaccaro

2005 Holiday Party

Where: Clarion Hotel - 314 West Bijou St.

When: December 11th

Time: 6:30 p.m. – 10 p.m.

(Dinner served @ 7:00 p.m.)

Cost: \$15 / person Children under 10 free

RSVP by Wednesday, Dec. 7th

Visit Bikesprings.org for more details



Editor's Corner

I hope all of you have made the transition from fall riding and training to the winter version of the same. (Like we have "fall" here!) Since I hate being cold, I have reverted to being a gym rat and sneak out for an occasional ride on the warmer days. It is good to see my old spinning and weight training groups again and is always so much fun to "catch-up".

Don't let your summer fitness level fade away as the cold season sets in. We all worked so hard to get our strength built up over the summer! Try a spin class or a weight training class. You may be surprised at how much you enjoy it . . . Or, just toughen up and get out in the cold! (NOT ME!)

Don't forget about the Christmas party at the Clarion Hotel on December 11th. It will be our first catered holiday party! It should be a blast! **ALL RSVPs must be received by Dec 7th! Don't miss a great time!**

Make sure you read the Bicycle Colorado article in this issue regarding the State Patrols ban on large bicycle events. You have the opportunity to make your voice heard and make a difference in the bicycling community.

As the end of the year approaches, so does my term as newsletter editor. In the past year, I have met

people I wouldn't have met, stumbled into neat opportunities, and learned things I wouldn't have otherwise learned. It really has been a lot of fun.

However, the time has come for me to move on to a new challenge. If you are interested in helping with the newsletter please contact Alan Beauchamp or Lee Herman.

In the mean time, I am busily dreaming up new goals to accomplish for 2006. My list for next year includes another 14er (maybe even two), a list of books to read (I hate reading books!), a few financial goals, and several other specific fitness related goals. Get busy and set a few goals for yourself! Ride one more ride than last year, or pedal a few miles farther than you did last year, or volunteer to help with one of CSCC's events. Goals don't have to be difficult and can even be fun. Find something to make your mind or body stretch a little; Even if it is simply stretching your hand out to introduce yourself to another CSCC member. Do it!

Signing off and as always

Keep Pedaling

Ann Coy



Big Bicycling Events Banned!

****ACTION ALERT****

<http://bicyclecolo.org/site/>

The Colorado State Patrol has added an alarming new policy **banning** the biggest bicycle events in Colorado! Their new policy limits bicycle and triathlon events to 2,500 riders, but this limit can be lowered at any time putting **every** event at risk. Bicycle tours, races, charity rides, group rides, and triathlons are all affected.



SAFETY HAS NO LIMITS

The State Patrol says that they are using this ban to “ensure safety.” But a random cap has no effect on the safety of bicyclists. Safety is based on good event planning, educated bicyclists, traffic management plans, safe roads, and law-abiding motorists. A well-run event can be safe for 10,000 bicyclists and a poorly-run event can be unsafe for 100 riders. An arbitrary cap punishes everyone and discourages all events.

What You Can Do:

1. Add Your Name: [Sign the petition](#) to overturn this damaging policy.

2. Get Out the Word: Copy and send this link www.BicycleColorado.org/to/petition to every bicyclist you know and urge them to sign the petition. We will only win this issue with a huge outcry of support.

3. Use Your Voice: Send an email/fax/call State Patrol Chief Mark Trostel asking him to reverse this policy and include bicyclists in discussions affecting bicycling events. Click here for [contact information and key points](#).

4. Strengthen the Effort: Bicycle Colorado is here to lead this campaign and protect

bicyclist’s rights but this campaign is going to require long hours and extra resources. We need your financial support to overturn this bike ban. [Click here to contribute](#).

BANNING BIG BIKE EVENTS is bad for Colorado because:

- **Limiting the size of events unfairly punishes charities** – charity bike events raise millions for important causes like curing diseases and helping children
- **Banning popular events reduces tourism** – bicycle tourism and events contribute more than \$167 million to our state’s economy and more than 2000 jobs
- **Banning popular events is contrary to the culture of Colorado** – it prevents the Colorado public from enjoying the state on bikes as part of a community

EVERY EVENT AT RISK

The 2,500 rider cap on state highways is subjective and may be changed at any time at the whim of the State Patrol. If tomorrow they decide that 500 is a “safer” number, **it puts amazing rides like these at risk:**

- | | |
|----------------------------|-----------------------|
| - Elephant Rock | - Triple Bypass |
| - MS 150 | - Iron Horse Classic |
| - Courage Classic | - Tour de Cure |
| - Bicycle Tour of Colorado | - Mt Evans Hill Climb |

...and on and on... Is this the bicycle-friendly Colorado you want?

STATE PATROL GOOD...DECISION TO BAN BAD

Keep in mind that the State Patrol officers are heroes to bicyclists. They cite unsafe drivers and provide emergency assistance. We look forward to working with the State Patrol to reverse this policy.



We formally asked the State Patrol to reverse their decision and they declined. In State Patrol's [reply](#) to Bicycle Colorado they said that "the primary reason for this change in policy is due to safety". But according to Scot Harris, Director of the Elephant Rock ride, the state's largest bicycle event, they've had only one car-bike crash in the nineteen year history of this event. States like New York, Texas, Iowa, Illinois, and California safely handle events with 10,000; 20,000; and even 30,000 bicyclists. There is no reason Colorado can not do so as well.

TAKE ACTION NOW!!

Now is the time to act. With the holiday season here, we may be strapped by a small outcry because people are too busy to act. Apathy could let this ban discourage bicycling in Colorado, but don't let that happen. Take action today and protect your right to bicycle. Together we can end bike bans and build a bicycle-friendly Colorado.

Thank you for your support, we can't do this without you.

For more information visit:

<http://www.thedenverchannel.com/news/5432963/detail.html>

Why We Do Dry land (X-Country) Ski Training

Written by: [Steve Thatcher \(from the ride & glide web site, http://www.rideandglide.bizland.com/\)](http://www.rideandglide.bizland.com/)
(Edited by Kerry Hefta for the Colorado version)

You may wonder why we do this dry land stuff. It's not skiing! It's weird. There are several reasons to do dry land. But seriously here's why

1. It's too dark and cold to ride your bike. (at least for some of us)
2. It's better than sitting on your trainer in the basement
3. Minnesota Colorado Ski Seasons are short. By getting in ski shape before it snows you won't have to take it as easy when you finally get on snow. Most people recommend taking it easy for the first week or so on snow. That's 20% of the season.

4. Colorado Springs is too far away from consistent snow. Two week-end days a week are not enough to get ski ready. And that's your lucky enough to get there regularly. Skiing is like cycling, you need consistency.
5. Skiing is a very technique intensive sport. Your body needs to learn the motions so they become second nature. What we are training is "Muscle Memory" Training the muscles to fire in the proper ways to develop power and efficiency. That's why we exaggerate the motions to help you learn them. You don't ski the way some of the drills are done, but it teaches your muscles how to do what is necessary. Skiing is far more subtle than what we do in dry land.
6. Some of the techniques are more easily learned on grass in running shoes as apposed to slippery snow with poles in your hands and 5 foot sticks on



your feet. This is especially the case with V1 skate and Classic stride. Get it down now and it will be that much easier when you get on snow. It helps to picture yourself gliding across the snow when you're doing these drills. Capture the feeling in your muscles and then try to duplicate it when you get on snow. The same goes for the relaxation and position drills. If you're new to the sport they're just easier on grass.

7. Dry land is especially important for beginners. You will be at a big disadvantage when you get on snow if you have skipped all the dry land sessions.

We will probably have you take of your skis and go through the same drills to demonstrate the motions.

8. Strength and endurance. There no doubt that skiing is an endurance sport. It's also involves a lot of strength if you plan on racing. Skiers are made in the preseason as they say. Dry land is a big part of developing your endurance and strength. That's what we call it "Bounding" Not a lot of technique involved, but a great way to develop ski specific endurance and strength. 9. Running is not fun without poles. 10. You can take your dog along with you!!

December Calendar

[<< Last Month](#)

November – 2005

[Next Month >>](#)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Club Meeting Bicycling Basics New Moon	2	3 Fun Ride	4	5 Fitness Ride Veterans Day Parade new event
6 Hill Training Ride Social Ride	7	8 Bicycling Basics	9 Dry Land X-Country Ski Training	10 Fun Ride	11	12 Fitness Ride
13 Hill Training Ride Social Ride	14	15 Full Moon Ride Bicycling Basics	16 Dry Land X-Country Ski Training	17 Fun Ride	18	19 Fitness Ride
20 Hill Training Ride Social Ride	21	22 Bicycling Basics	23	24 Thanksgiving Day Ride	25	26 Fitness Ride
27 Social Ride Hill Training Ride	28	29 Bicycling Basics	30 Dry Land X-Country Ski Training			



Sponsors



Commercial Ads

Are accepted as follows:

1. Send clean ad copy, business card, disc with the ad copy, or email a file attachment to cscs@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:
 - a. CSCC Advertising
Attention: Treasurer
P.O. Box 49602
Colorado Springs, CO 80949-9602