



In This Issue:

President’s Message..... 1

Editor’s Corner..... 2

Eric’s New Bike..... 3

Full Moon Rides -- 2005..... 3

Larry Schwartz Year-Rounder Century Challenge..... 4

A View from the Back..... 5

Maintenance Tip..... 6

BVBF 2005..... 6

Frisco - One of a Kind Ride..... 7

Winter Rides..... 8

Classified Ads..... 8

Photo Album..... 8

Sponsoring Businesses..... 9

Discounts..... 9

Commercial Ads..... 10

President’s Message

To all CSCC Members,

As the year draws to a close, it is a time to pause and reflect on the many things we can be thankful for and upon the memories that have been created throughout the past 12 months. It has been a fun filled and exciting year for the Club and we end 2004 on a very positive note. The Holiday Party was a wonderful event and special way to thank many of the club members for their involvement during 2004. And, to my amazement, everyone ended up with a place to sit! Next year a larger venue will be in order.

January, a month for making resolutions and laying the groundwork for the year ahead. I am sure many of our members will pick a goal that relates to riding farther, faster or like myself...just needing less ibuprofen after a long epic day in the saddle. :-). I hope to see many active members braving the cold, the wind and even the snow putting in the miles that will pay off with much interest when the weather once again turns warm. Look for an upcoming presentation by Carmichael Training Systems

at the monthly club meeting where they will go over the basics of a structured approach to achieving cycling fitness goals (with better health as a benefit!). May your resolutions be grand and best wishes towards fulfilling them.

I would like to say a personal Thank You to all the members that made the year a complete success. From leading rides throughout the week, working all yearlong in support of BVBF, putting on the Specialty Rides and the many other ways that people donate their time and energy throughout the year in support of CSCC, our club would not "be" without everyone’s efforts and enthusiasm.

This next year, 2005 will be another opportunity for growth, for increased ridership/safety and most of all, more miles to ride as a club. I urge everyone to take an active part in the CSCC, whether that means attending a few more weekly rides, volunteering to host during the Progressive Dinner Ride or in any one of the



other numerous ways that present themselves to lend your talents to the membership as a whole. I look forward to meeting more of you throughout the year and may the beginning of

this New Year be filled with safe enjoyable miles!

Allen Beauchamp
CSCC President

Editor's Corner

Lee's Musings...As the old year ends and a new one begins, it is traditional to look back n the year just passed before moving on to the new one. I'm going to share my personal experience in hopes that it will trigger your own reflections. 2004 was one of my best years for cycling in a long time. By fall of 2003, I had progressed from only doing the social rides to riding the Saturday rides. The beginning of 2004 had enough mild days to allow cycling through most of the winter, so I had a great start on the cycling season. I was hoping to ride a century (which I hadn't done in over a decade) this year. I didn't quite manage that, but I did complete the 75-mile course at Elephant Rock comfortably. I got to enjoy many club rides, the club picnic, working as a BVBF volunteer, taking the League of American Bicyclists Road I Training Course and the friendship and fellowship of a wonderful group of riders and people. My biggest cycling disappointment of 2004 was having business and personal travel keep me from riding some weeks.

So what is in store for 2005? Happily, more of the same! Here are my New Year's cycling resolutions: This summer I will ride at least one century and maybe more. I hope to get my lovely wife, Cindy, out on a bike (still to be purchased – more about that later). If my daughter Sarah is home this summer as planned, get some rides in with her. In short, ride more and have fun on the bike!

Enough of me – what's in store in the newsletter? This past year was challenging for me and I did not get to put as much into the newsletter as I had planned and wanted to. Fortunately for all of us, Ann Coy stepped up and got the newsletter going again this fall and winter. When you see her, please thank her for her hard work. As you have seen, she has raised the bar each month for the content and quality. We will try to keep that going throughout 2005.

Thanks to all who have contributed to the newsletter in the past. Let us know what you want to see in the newsletter (or what you don't want to see) – we want to keep it interesting and fun to read. All submissions for the CSCC newsletter are due no later than the 20th of each month and please keep those submissions coming.

Our ride calendar provides something for everyone; even for those individuals who insist on riding through the winter season. For those who demand even more winter ride time, make sure you read the article in this issue on the Year-Rounder Century Challenge.

Best wishes to everyone and have a great year of cycling in the New Year!

Lee Herman and Ann Coy



Eric's New Bike

Thanks to the amazing generosity of CSCC members, Team Schmoooze, Medicine Wheel, a few citizens that were intrigued by Jane Reuter's story in The Slice, and City employees,



we raised over \$2,000 to pay for the trike and some special extras. They include a short boom to bring the pedals closer to the seat, knee savers to give Eric's feet additional space to avoid contacting the

crank arms, a helmet with mirror, clip-less pedals and shoes, and a trainer that works with the trikes 20" wheel.

Eric rode a total of 5 miles before, during and after the Festival of Lights Parade on December 4th. That may not sound like a great distance to an experienced cyclist but that was Eric's first solo ride. For a young man that had limited confidence just to walk a few blocks, he now has the power of self mobility. It was a very happy holiday season for everyone involved in making this miracle happen.

Al Brody

Full Moon Rides -- 2005

Ride Schedule

Tuesday, January 25 at 6:00 p.m.
Wednesday, February 23 at 7:00 p.m.
Friday, March 25 at 7:30 p.m.
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.



For more details, please go to

<http://bikesprings.org/>

and click on the calendar link.



Larry Schwartz Year-Rounder Century Challenge

Club centuries are the highlight of many endurance riders' seasons: the fun of a day on the bike with friends and the challenge of riding 100 miles. And, at least for the day, an unrestricted diet!

The Year Rounder is for century riders looking for a new challenge: consistent performance throughout the year! Can you ride a century (or longer) every month of the year? You can maintain your fitness and have more fun cycling.

The Year-Rounder is a division of the UMCA Mileage Challenge. All you need to do is sign up for the Mileage Challenge, and submit your centuries - we'll do the rest. Centuries can be either organized centuries or personal rides that you design yourself (explained below).

Mileage Challenge participants receive:

- an e-book Century Tips on training, nutrition, equipment and technique;
- an e-newsletter, sharing tips and stats;
- a bi-monthly Year Rounder column by Crista Borrás and Chuck Wood, who ride centuries every weekend;
- a section at www.ultracycling.com devoted to the best century stories sent in by riders;
- a rider with at least 1,000 miles in the Mileage Challenge gets a discount on Accelerade and EnduroxR4.

If you reach the goal, we'll award you a Year-Rounder medal.

Although the goal is a century a month, it might be too snowy or icy some months; so we'll allow two make-up rides. For example, if you get snowed out in January, just do two centuries in February.

For routing reasons some centuries are just under 100 miles. In the Mileage Challenge a Century is a ride of 90 - 149 miles.

To get started, go to
<http://www.ultracycling.com/about/join.html>

Join the UMCA, add 10 bucks for the Year-Rounder, put on your wool jersey, head out the door, and we'll do the rest.

You don't have to ride alone - UMCA members lead HUB rides in many parts of the country. These are low-key rides - no t-shirts, no catered rest stops - just friends out for a day on the bike. More information at:

<http://www.ultracycling.com/events/hubdirectory.html>

The Year-Rounder honors Larry Schwartz, who won the UMCA Mileage Challenge in 2001, was second in 2002, and was leading in 2003 when he was struck and killed by a school bus. For a profile of Schwartz go to:
http://www.ultracycling.com/about/hof_schwartz.html

For complete rules and ride documentation form go to:
<http://www.ultracycling.com/standings/umcrules.html>

The Year-Rounder is a program of the UltraMarathon Cycling Association, Inc.
www.ultracycling.com
umcahq@aol.com
PO Box 18028
Boulder, CO 80308-1028
(303) 545-9566
fax (303) 545-9619



A View from the Back

As the title says, this is written by one who routinely watches the Sunday rides from the unique position of being the last person. This is O.K. because it provides me conversation with many interesting people. I get good pointers on cycling. It seems that each "sweep person" knows something of value. Allen Severen advised me to get out of the top ring, and to pedal faster, not harder. Well duh! You would think I could figure that out for myself, but didn't! Taking his advice has made life much easier.

The progressive dinner ride is one of the premier events for club sponsored activity. Approximately sixty hungry folks showed up this year and no one went away hungry. This year's ride wandered westward to Old Colorado City, northward to the Peregrine neighborhood, to the top of Wilson Road, southward to the near north side of downtown, and ending back at Acacia Park.

The first stop was at Mark Mann's home where we indulged ourselves on a vast array of appetizers. Mark credited his friends who came to his aid and did a lot of the work.

Bikes were everywhere, parked against fences, lying on lawns, and against the garages. After a half hour or so we were back on our mounts and headed northward. Our next destination was the Ryan's home on Bonifas Court. We were treated to various salads and soft drinks. The neighbors had to think it was an invasion of locust into the neighborhood.

The weather began to go south and folks were starting to bundle up a little except for the hearty few who seem to be immune from the cold.

The next stop was due west to Anne and Bob Smith's home for the main course. Before we

could enjoy that, we had to climb a little hill to their place. A little hill . . . HA! It was a long, slow ascent to about 15,000 feet above sea level. Actually, it was a tad lower but it seemed like 15,000 feet to me and a few other riders who also were struggling and stopping along the way.

Bob and Anne's home sits on a pinnacle with magnificent views of the city, the Garden of the Gods, and the Front Range. We feasted on Mexican food and participated in more of the sterling conversation.

By this time, it was getting really cold and windy, and we left in waves for desert at Chris Davenport's home. Pumpkin pie was the featured dish plus other goodies like ice cream. I can never turn down ice cream so I over indulged myself. After the usual banter and "truthful" tales, we dashed southward to Acacia Park and the end of a great progressive dinner ride.

This was my second progressive ride which seemed easier than last's, an indication that I've improved as a rider by a small, hardly measurable amount. I do believe anything that can be measured can be improved.

Thanks to all the club members for tolerating my rather slow pace. . . Let me leave you with a thought: "The only man who never makes a mistake is the man who never does anything" - Theodore Roosevelt.

A special thanks to the folks who organized the ride and provided the food. It was enjoyed by all.

Dave Horne



Maintenance Tip

Check Your Clipless Pedals, If You Have Them.

Why?

If you find something that interferes with disengaging your pedals, you might just save yourself from keeling over at the next stop sign. It's hard to look cool when you're on the ground with your feet stuck in your pedals.

How?

As you engage the cleat and pedal, take a minute to clip out and back in again once or twice.

What if there's a problem?

If it feels rough or stuck, it might be a pebble stuck in your cleat. That's easy to fix. But if it feels sloppy and loose, or feels uneven but doesn't improve with a little light oil on the retention mechanism, you might have a broken

cleat or pedal. That's more likely to require a trip to the bike shop.

Mechanic's Tip

If you're riding in muddy, sandy, rocky or snowy conditions, a couple moderate sideways whacks of shoe against pedal can help you clear the interfering grit and gunk without dismounting.

Safety Pointer

In my shop days, I saw more than one customer injured by falling over in clipless pedals they couldn't get out of. Don't monkey with the cleat tension unless you understand what you're doing, and give yourself a chance to get used to any changes in a safe test-ride environment.

Article Excerpt from Daily Bicycle Maintenance: Paying Attention to Your Bike Authored by Rich Young and reprinted with permission from Rick Price of <http://www.experienceplus.com>.

BVBF 2005

Members--Plan now to volunteer, and have a very fun time while you're doing it, at the May 21, 2005 Buena Vista Bike Fest. We need rest stop workers, SAG drivers, course sweepers (on Friday before the ride), and more. Come

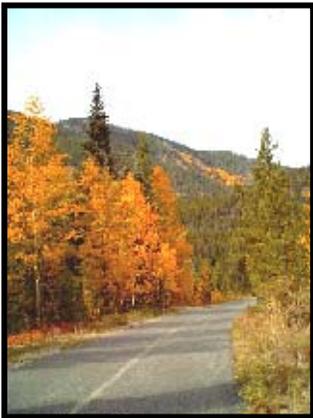
out and enjoy a day off the bike with your fellow club members--it's a blast! Contact Vic Villhard at villhard_victor@bah.com or 719-282-7840 for more information or to sign up.



Frisco - One of a Kind Ride

On the spur of the moment, 8 p.m. phone calls were made looking for willing participants to travel to Frisco, Colorado the next day. In spite of the short notice, five CSCC members met at 9 a.m. at the Safeway on 30th Street and carpooled to Frisco.

The mission for the day was to stare old man winter in the face and squeeze one more ride into the fall season before the snow flew. With Mark Mann in the lead, we took to the paved bike trail that traveled over Vail Pass.



spectacular with splashes of golden yellow and brilliant orange leaves.

We pedaled over to Copper Mt. Resort where we enjoyed lunch on the outside patio. Well . . . that's what we called it french fries, ice cream and beer.

Taking note of the growing number of clouds, we pushed on hoping to make it over Vail pass. It was not to be as it began to rain not far from the top. Not wanting to become hypothermic casualties requiring search and rescue, the group turned around and headed back to Frisco.

Did you know that a fishing or hunting license will cover your Search and Rescue expenses? Just thought I'd mention that interesting little fact!

All fun was not lost as we raced back down the hill going as fast as we could on wet pavement. It was definitely a chilling but exciting experience.



Returning to Frisco, Mark gave us a bike tour around the town stopping at a thrift shop to see what worldly treasures we could find, and then finally settling in at Starbucks to wait out the rain.

As we rode back to our cars, Liz noticed a small sign advertising a glass blowing demonstration. Inside the studio we watched the owner and his assistants create several drinking glasses. We lingered here warming ourselves by the furnace and learning more about the owner and his journey into the art of glass blowing.



After a couple of drinks and a few purchases, we called it a day and headed back down the mountain mission accomplished.

Have a "one of a kind" story? We'd like to hear about it. Send your story and photos to Ann Coy - petalfaster@yahoo.com or Lee Herman - ldherman@mindspring.com



Winter Rides

Thursday Fun Ride – Join Alan Severn on the Thursday Fun Ride meeting at 12 Noon. Please see the ride calendar for more details.

Saturday Fitness Ride – December: Originates from the Grocery Warehouse on Powers and Constitution at 10 a.m.

Sunday Hill Climb – Originates from the Starbucks Downtown across from Acacia Park at 10 a.m. Ride lead: Sean Mullally.

Sunday Social Ride – Meets downtown on the north side of Acacia Park at 1 p.m.

Classified Ads

2004 Bianchi Aluminum Reparto Corse

52cm EV4 Record road race bike with a full carbon fork. Campagnolo 10spd Record components. Campy "Eurus" wheelset. Stealth black with silver "tribal" accents. Very light, approximately 15lbs.

This bike is a real find at Ted's Bike Shop even with a price- tag of \$4000.00 marked down from \$4859.00. Even hanging on the rack it looks like it's built for speed. I bet it would go up hills by itself. Anyhow it's worth more than just a looksee. A test ride might be appropriate. Hold on to your helmet.

2 Velomax Ascent wheelsets

Shimano 9spd compatible. 1483 grams per pair. 300 miles on each set. Great for riders 150 lbs or less. \$325.00 per set. Contact Henry Pinard BorisMorris48@webtv.net

Photo Album



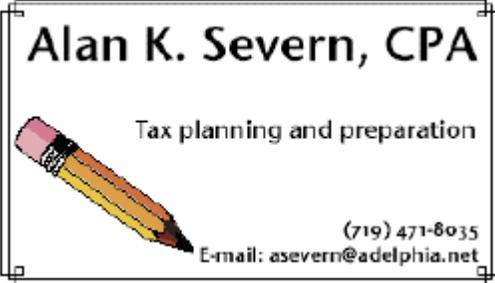
2004
Progressive
Dinner
Ride.



2004 Parade
of Lights
participants



Sponsoring Businesses

 <p>Alan K. Severn, CPA Tax planning and preparation (719) 471-8035 E-mail: asevern@adelphia.net</p>		 <p>Recumbent Brothers Cycles Global LaBROtories Peyton, Colorado USA JCRecline@AOL.com John Cunningham Cell 719-338-3185 719-683-2713</p>
 <p>OLD TOWN BIKE SHOP Thank you Colorado Springs Cycling Club members for 25 years of support. 719.475.8589 426 S. Tejon Street Downtown</p>		 <p>BIKEPRO MOBILE www.bikepro-mobile.com 572-0333 Serving The Pikes Peak Region ground'up <small>Authorized Dealer</small> • Full Service Shop - Mountain - Road - BMX/Freestyle - Kids • Tune-ups & Repairs • Suspension Forks & Disk Brakes • Custom Frames & Bicycles</p>

Discounts

Bike Shop Discounts

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

 <p>Ted's BICYCLES COLORADO SPRINGS YOUR FRIENDLY FAMILY BICYCLE SHOP SINCE 1971 (JUST 1-Block*** North of Filmore) 3016 North Hancock Avenue 473-6915 CLUB MEMBERS RECEIVE A 10% DISC ON PARTS & ACC</p>	 <p>Colorado Springs Bike Shop 622 West Colorado Ave. 719.634.4915  5523 N Academy Blvd 719-590-8889</p>
---	---



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