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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

Photo Album



There were eight rider's in response for Keith Kolb's "impromptu" ride around Rampart Reservoir. The aspen were gorgeous and the weather was perfect. What a great finish, just before the first snowfall!



President's Message

To the members of CSCC,

As I write this message, the world outside is in a state of seasonal transition and I pause for a moment to reflect on a wonderful summer of cycling. I don't believe that we had the rain this past few months that we lived with during previous Monsoon seasons, as I don't remember washing the bike and/or lubing the chain as often. This fact alone leaves me smiling ☺ What I take with me into the next season of cycling is great memories, several months of beautiful weather, freshly paved streets and many enjoyable miles pedaling with friends in the club.

As the fall colors emerge, it's time to start thinking about the end of the year and a few items of business for the CSCC.

Annual elections are coming up in November and it's time for the club to pick a new President and Treasurer. It's hard to believe that it has been 2 years since I took over from Dave and I would like to take this opportunity to thank everyone who has made my time serving you all a great pleasure. It was a job that challenged me in many senses and was a growth experience for me personally. I have never been so fully immersed in the running of an organization beyond "work" so deeply and while I feel that I could have done many things better, my hope is that I served you all well and that the past two years have brought many people enjoyment in being members of such a great bike club. On that note, if you are reading this and want to volunteer in a capacity that benefits the club as a whole, think about taking on the responsibility of an elected position, whether it be during this cycle or the next. CSCC is a great bike organization because of the efforts put forth by so many over the years and it truly is a rewarding experience to take part in that process at the core level.

Recently Celia and I attended the spectacular 3rd edition of the Gold Camp Off-Road Ride, put on by Joan & Wes. I believe there were 37 riders from the club and parts beyond (Denver) that all came out to make the grand caravan up to the top of Gold Camp. The weather could not have been better and we caught the Aspens in the beginning of their colorful change. Many thanks to Joan & Wes for coordinating the whole day and for putting on the post ride party. Red Beans & Rice never taste as good until you ride 35+ miles off-road to get to them. Goes to show you what a great thing impromptu rides can be, who would have "thunk" 3 years ago that this would become a tradition. Once again, I highly encourage all club members to take the step and put on a ride of your own. Make it a small one to begin with and who knows what it can turn into!

I'd like to take a moment to thank Bob and Anne again for a great season of Dinner Rides, helping to continue the grand tradition of being an eating club with a cycling disorder. As the days grow shorter & cooler, the last few will be taking place on Monday evenings and it will be with great pleasure that we will attend the last one, being on Halloween proper this year. I encourage all to come out in costume for what might turn into a rolling party of sorts. I've threatened to show CeCe exactly what it looks like to have a tandem captained by a Panda Bear! Also, on Sunday October 23rd the annual Progressive Dinner Ride will be taking place. The final houses have been dialed in and now the route will be polished. Part of me hopes for even a better turnout than last year, but that would put us well over 50 riders and that kind of a group can shut down major thoroughfares.

Happy and Safe cycling!

Allen Beauchamp
CSCC President



Editor's Corner

I can hardly believe that it's the end of the summer riding season. I'm not sure I am ready for the cold weather yet. I shiver just thinking about it! Brrrrr!

I hope all of you achieved the goals you set out for yourself at the beginning of summer. My personal goal was to hike my first 14er, Pikes Peak. I did just that the last week of September. Wow! That "little" hike is really a lot of work. We, me and a gaggle of other women, left at 6 a.m. and made it to the top by 12 noon. That included a 30 minute rest at Barr Camp where they fed us apple pancakes. I was skipping along and life was great until I hit the tree line. It felt more like a wall than a tree-line! Holy cow! The last three miles are the toughest. At times, I turned around and just sat on the rocks looking over the landscape contemplating my sanity, yet again. "What was I thinking?" Hmmm . . . half-way to heaven and half way to you know where and

having no option but to keep climbing. We all completed and can put that feather in our cap. The only thing we exercised on the way back down was our thumbs to catch a ride back down the mountain.

In addition to the elected positions of President and Treasurer, we are looking to fill the position of Newsletter Editor. I have really enjoyed producing monthly newsletters for the last year, but it is time for me to step back and let someone else take the reins. In December, I will be stepping down for a well deserved rest. If you are interested in filling this position, please contact either myself or Allen Beauchamp.

As always

Keep Pedaling
Ann Coy

Woman Shatters Colorado South-North Cycling Record

Chaffee can be reached at: (303) 921-8884
carol.chaffee@oracle.com

It took less than 18 hours for Carol Chaffee to bicycle the length of Colorado. In the process, she shattered the national record for riding from the New Mexico border to the Wyoming border.

Chaffee, 50, is from Arvada, CO. She averaged 17.97 miles for the 310-mile ride on Sept. 17.

She finished in 17 hours, 15 minutes. The old record, set in 2001, was 19 hours, 37 minutes.

The UltraMarathon Cycling Association - an international organization that oversees long-distance amateur cycling events - certified her as the new record-holder. An UMCA official observed her ride to ensure that she complied with all cycling



regulations and traffic laws, including heeding stop signs.

Chaffee said: "Challenging the record seems a great way to celebrate my 50th year on this planet! The record attempt was made even more enticing for me because I was challenging a record set by and younger man, and this makes the win twice as gratifying."

Chaffee has been racing for 10 years, including three wins in her category at the Bob Cook Mt. Evans Hill Climb.

In a record attempt the clock doesn't stop for any reason. Chaffee minimized time off the bike - she rode almost five hours before her first brief bathroom break. She covered the first century in five hours nine minutes and sped through the 200-mile mark in 10 hours 31 minutes.

In Aurora two of her three daughters cheered her with a sign "That's our Mom, on the 2005 Border-to-Border." Carol stopped briefly to hug her daughters.

Per the ultracycling rules, a record challenger is required to start and finish at the same locations as previous record holders, but she is free to choose what she believes will be the best route. Chaffee started at Raton Pass at 4:17 a.m. on September 17. Chaffee rode with focus and determination, covering 91.5 miles on the I-25 shoulder before her first brief stop when she exited the freeway.

After skirting Pueblo she got back on the Interstate shoulder for another 20 miles and then exited in Fountain. Picking up Colorado 83 she rode around Colorado Springs, through Franktown and Parker.

From Brighton she headed north on US 85 through Platteville and then left the highway for about 30 miles to take a more direct route past Greeley.

Darkness fell about two hours before the Wyoming border and the prevailing northerly winds picked up. Afterwards she said that as she climbed the rolling hills to Wyoming "I thought I was just crawling. I was sure it was past midnight." In fact, she finished at 9:32 p.m.

Chaffee was assisted by two crewmembers, who had a very easy day - she had no mechanical problems, not even a flat tire!

On October 7 she will be racing Furnace Creek for the second time: 508 miles through the Mojave Desert and Death Valley. In 2003 she finished the race in 38 hours 38 minutes.

For further information on setting records go to:

<http://www.ultracycling.com/standings/recordsprocess.html-30->

John Hughes

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Bicycling 101: ***How to be a Considerate Rider***

By Liz Sands

(Reprinted with Permission from the Twin Cities
Bicycling Club)

A basic part of group riding is to ride in a way that makes things easier for everyone else (or at the very least, you should not be making things more difficult for the others in your group!). I won't claim perfection on all of the items below, but wouldn't it be a nice New Year's resolution for all of us to work on these skills?

Be steady: A steady rider maintains a consistent pace. If they do speed up or slow down, they do so gradually. A steady rider also is able to "hold their line" (a fancy way of saying they can ride in a straight line). They can look at the person riding next to them, or look behind for traffic, without their bike veering wildly.

Keep pedaling: Have you ever noticed how difficult it is to ride behind someone who goes: Pedal, pedal, pedal, coast. Pedal, pedal, pedal, coast. When they start coasting, you have to slow down to keep from getting too close to them. Then, after you've slowed down, they start pedaling again and you have to hurry to catch up with them. The rider behind you has to do the same thing and the 'accordion effect' gets magnified further back in the group. Often times when a rider is going 'pedal pedal coast' it's because they're in a gear that's making them go too fast for the speed the group is going. Sometimes the

answer is as simple as shifting into an easier gear, which will allow you to pedal continuously.

Don't lead others into danger: It's a standard part of ride briefings to ask riders to point out obstacles and hazards. You should also realize that folks riding behind you will be trusting you to ride a safe line around potholes or sand. In other words, even if you have the beefy tires and bike handling skills to ride through a big pile of sand, the riders behind you may not. Or, perhaps your great mountain biking skills allow you to bunny-hop over a pothole, but in the meantime you've led everyone behind you straight into the hole.

Communicate: Most of us are aware that we need to give hand and verbal signals for things like stopping, slowing, right and left turns. You'll make things safer, and less stressful for others, if you also communicate about what you're going to do in other situations. Let's say you're at the front of a large group waiting to cross a busy intersection. You know that you can get across before the next car passes, but that there's not enough time for the whole group to get through. Rather than just launching yourself across the street, if you say, "I think there's time for two or three of us to get across - we'll wait for the rest of you on the other side", then the others in the group will know that it's not safe for everyone to go (and that they won't have to try to chase you down once they are able to get across).

Help other riders: A few years ago I was on a ride and miraculously I was staying with the fast group.



Then we got to the largest hill on the route, and I started falling behind. One of the other riders saw my plight, and actually dropped back from the group so that I could draft him and catch back up to the group. I think that's a much better way to

demonstrate how strong you are than dropping everyone on a hill! Try helping someone else out every now and then, and enjoy how good it feels to be someone's hero.

Here's to happy and safe riding in 2005!

Classifieds



Bike for Sale:

Cannondale F4C Mountain bike with hybrid tires (suitable for road or trail) and disc brakes.

Asking \$600

Contact: Dave Horne, dwhorne@adelphia.net or 719-598-0020

Full Moon Ride

Who: CSCC Bicycle Club

What: New Moon Ride--12 mile loop on Shooks Run and Pikes Peak Greenway.

Where: E. Kiowa St. and N. Nevada Ave.

When: Nov. 1, 2005 (after the club meeting is over--about 8:30 p.m.)

Why: Just 'cuz!

How: Fat tires and lights

The After-Dinner Full Moon Ride was so much fun, we need to try a New Moon Ride. Coincidentally, the next new moon is November 1 -- the same night as the next club meeting. So weather permitting (which may or may not mean warm clothes or

studded tires), we'll start from the meeting place at New Old City Hall after the meeting is over (approximately 8:30 p.m.) to ride a casual 12 mile loop incorporating Shooks Run Trail and Pikes Peak Greenway -- and end with an option for a hot fudge sunday or hot chocolate at Michelle's.

Lights are mandatory ('cuz it will be DARK) and fat tires are strongly recommended (Pikes Peak Greenway is packed gravel).

Stan Hill

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The Bent Fork Chronicles

May 2005

October Calendar

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



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