

Issue No. 19 April 2011

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Women's Mountain Biking Association OF COLORADO SPRINGS Newsletter



Upcoming Events

Join Us for our Season Kick Off



WMBA is kicking off our 3rd season with a special event to start the season. Renew your membership or sign up for your first time at this event to learn more about what's in store for 2011. You will receive a small gift, and be eligible for our prize drawing. The prize drawing

is for 2011 WMBA Members only, and includes awesome donations from SRAM, Giant, and Colorado Cyclist. Enjoy beer donated from Bristol and food provided by WMBA, prepared by Springs Orleans. Medicine Wheel will also be there to raise awareness for The Missing Link Trail that is slated to be built this summer.

This event is open to the community, so bring family & friends you think may be interested in learning more about WMBA and Medicine Wheel!

SAVE THE DATE FOR: Thursday, April 21st from 6-9pm at Springs Orleans, 123 E Pikes Peak Ave.

SCHEDULE

The Women's mountain biking association of Colorado Springs group rides



may	THURSDAYS AT 6:00PM Thurs. 12th Red Rocks Thurs. 26th Palmer Park	where to meet? BEAR CREEK TERRACE Meet in the parking lot off 21st and Argus, where the Sand Creek Series races are held UTE VALLEY PARK Meet in the northwest parking lot at Eagleview Middle School on Vindicator Drive BUCKHORN/CAPT JACKS Meet in the upper parking lot where North Cheyenne Canyon Road meets High Drive and Gold Camp Road RED ROCKS Meet in the first parking lot off HWY 24 and South Ridge Road PALMER PARK Meet in Parking Lot 1 near Maizeland and Academy. Note: This is a new parking location for WMBA rides. MONUMENT VALLEY PARK Meet where Fontanero dead ends west of Cascade St.
june	THURSDAYS AT 6:00PM Thurs. 2nd Bear Creek Terrace Thurs. 9th Ute Valley Park Thurs. 16th Buckhorn or Columbine Thurs. 23rd Red Rocks Thurs. 30th Palmer Park	
july	THURSDAYS AT 6:00PM Thurs. 7th Bear Creek Terrace Thurs. 14th Ute Valley Park Thurs. 21st Buckhorn or Columbine Thurs. 28th Red Rocks	
august	THURSDAYS AT 6:00PM Thurs. 4th Palmer Park Thurs. 11th Bear Creek Terrace Thurs. 18th Ute Valley Park Thurs. 25th Buckhorn or Columbine	
skill rides	MONDAYS AT 5:30PM May 2nd Monument Valley Park May 16th Red Rocks Skill Park Sept. 12th Palmer Park Sept. 19th Red Rocks Skill Park	

Please arrive at least 10 minutes early to all group rides.



To find out more www.wmbacos.org info@wmbacos.org

April 07 Eating for Health, Performance, and Weight Management

Given by Sharon McDowell-Larson

Please join us for the first clinic of the season. Our presenter will be accomplished cyclist, author, and exercise physiologist, Sharon McDowell-Larson, and she will be giving a FREE presentation entitled "Eating for Health, Performance and Weight Management" at SRM on April 7th at 6pm. This clinic will be a great way to kick off the cycling season and provide an opportunity to reconnect with your WMBA sisters.



SRM is located at 720 W. Monument St., 80904. Appetizers and drinks will be provided. Please RSVP to Colleen at info@wmbacos.org by April 5th.

April 12 Long Distance Racing Presentation

Given By Kelli Emmett

We invite you to join WMBA Racing Team and Club Team for a night of Q&A with pro mountain bike racer, Kelli Emmett! Kelli will be educating us on how to train for longer races (3+hrs) through diet, training and careful preparation. Kelli has been a WMBA supporter since we first started the organization and she is one of the most fun-loving, approachable female athletes in cycling. Take advantage of this opportunity to meet Kelli at SRM on April 12th at 6pm, and benefit from all of her years in our sport! SRM is located at 720 W. Monument St., 80904. Appetizers and drinks will be provided. Please RSVP to Betty at info@wmbacos.org by April 10th.



April 14 Kids on Bikes Fundraiser

Local non-profit Kids on Bikes, which provides bikes to under-served kids in the Pikes Peak Region is having a fundraiser on April



14th from 5:30-9pm at Venue 515, 515 Manitou Avenue, Manitou Springs, 80829. This event will be \$20 in advance and \$25 at the door. The speaker is Jake Norton - Everest climber, guide, photographer, writer, and motivational speaker from Golden, Colorado. Come out and support a kindred non-profit. For more information or to RSVP, contact Kelli Scoville at kellisdogdeli@yahoo.com.

Give the Gift of a Bicycle

WMBA makes a donation to World Bicycle Relief

"In the hands of a girl, this bike is confidence, power, independence, education and economic self-sufficiency". WMBA has made a donation to give the Power of Bicycles-empowering an individual, a family, a community and generations to come. A bicycle changes everything.



With a bicycle, girls can safely travel four times the distance they do on foot- education and opportunity are now within reach. We encourage you to join WMBA in giving the gift of a bicycle, please visit <http://www.worldbicyclerelief.org/index.php>.

It's Official!

WMBA is a 501(c)(3) non-profit

We are exceedingly proud to announce that WMBA of COS has officially been granted non-profit status, 501(c)(3). After hours of paperwork and the overwhelming support from our WMBA members and the community, we have finally succeeded!

UCCS Looking for Bone Study Subjects

Research participants are needed for a project on high-caliber cyclists in Colorado. If you are...

- Between 18-50 yrs of age
 - Male or female
 - Cat 1, 2, or 3 cyclist
 - Interested in optimizing your bone health
 - Interested in learning about nutrition
- ...you may qualify for the study.

The requirements include 2 testing sessions at the University of Colorado at Colorado Springs (bone mineral density and body composition testing using Dual Energy X-ray Absorptiometry [DXA] and vertical jump assessment), virtual 4-month online interaction using TrainingPeaks Software for nutrition and training, and 3 blood tests aimed at assessing vitamin D status and energy levels at any of Centura Health Lab locations in Colorado.

If you fit the qualifications listed above, please contact sports dietitian and professor Nanna Meyer, PhD, RD, CSSD at nmeyer2@uccs.edu.

Season Goals

We're excited about the 2011 season and we'd like to share our season goals with you.

🚴 Increase Membership by 50%, last year we had 96 members!

🚴 Racing Team and Club Team =26 WMBA racers!

🚴 More Skills Clinics- per request of our WMBA Members

🚴 Partner with trail advocacy groups and organize WMBA supported trail work days

🚴 Revamp website, including members forum

🚴 A plethora of lovely events and clinics, everything to do with girls on bikes



2011 RACE TEAM

More than just racers..

These are the faces behind our organization

Our non-profit promotes mountain bike racing through our developmental racing teams. We support 11 women on the WMBA Racing Team and 15 new women on our WMBA Club Team. All of these women will help the organization to lead weekly group rides and plan events, fundraisers, and clinics.

New to the race team this year:

We are excited to introduce three new racers to our team this year.

- Vivian McDuffie- Vivian has two sons, Keaton and Connor Ward. She enjoys riding Falcon Trail and Ute. This is Vivian's third year with WMBA and has one of the highest attendance rates for group rides.
- Kerri Mosman- Kerri is originally from Jolly Ole England and we really enjoy her adorable accent. If you need a haircut, go visit her at Locals for a beer and cut. Oh yeah, and she loves the riding in Summit County.
- Lonna Thelen- This is Lonna's first year racing and she is excited to join WMBA not only to race but to "introduce new women to the sport." Lonna is a city planner by day.

The rest of the team:

- Jessica Conner- Is excited to get back to racing after a year off from having a baby. She's excited to try racing her Singlespeed and to see the racers and club team take so much ownership in WMBA.
- Betty Gilbert- You may notice a new last name, Betty Turnage is now Betty Gilbert, she married Damon Gilbert last summer. Betty also started



L: Vivian McDuffie and R: Kerri Mosman



L: Lonna Thelen and R: Jessica Conner



L: Betty Gilbert and R: Tracy Hankinson PHOTO BY: Tom Kimmell



L: Hillary Hienton and R: Mary Hoyle PHOTO BY: Tom Kimmell



L: Melissa McMarrin and R: Kennon Roeber PHOTO BY: Tom Kimmell



L: Stephanie Ward PHOTO BY: Tom Kimmell



a new job as a technical writer at SRAM. Betty's advice for the trail is to practice positive dialog while attempting obstacles instead of thinking, "I'm not going to make it," try "I am going to ride this!" And watch what happens.

- Tracy Hankinson- Tracy has a strong background in triathlons and is moving up to Cat 1 MTB this year. She loves to push her limits, one of her favorite trails is Doctor's Park in Crested Butte, and she dreams of skiing in Selkirk, Canada someday.
- Hillary Hienton- "Hurdy's" goals for this year are to improve her Firecracker time and technical skills. Her favorite trail is riding Raven's Ridge/ Rio En Medio with her husband Jeff. She is also an avid reader.
- Mary Hoyle- To those that know Mary, it is no surprise that her favorite ride is "The Whole Enchilada" in Moab. Her dream vacation spot is Whistler in the summer. Her advice for the trail: bring more food and clothes than you think you need.
- Melissa McMarrin- Melissa is a teacher with a young son, Henry, and husband, Eric, whom you will surely see cheering for her at the races. Her favorite singletrack is in Moab and her training ride is at her back door in Cheyenne Canon.
- Kennon Roeber- Kennon, the 2011 Firecracker 50 National Champion, is often accompanied by her lovely pooch Tonka on our local trails. She is looking forward to improving her technical skills and racing this season
- Stephanie Ward- Steffie works at SRM where she is tech for power meters. She comes from a large family in Kentucky, she's #7. Her favorite trails are in Crested Butte and the Monarch Crest.

Club Team

Getting a start on racing

This year we had a record number of race applicants. We were pumped by so many women wanting to race. To encourage more women in racing we formed a club team of 15 ladies. These ladies are committing to a minimum of three races. They also will help lead group rides and some are serving on one of the three new committees we formed this year: Membership, Communications, and Project.

Introducing the 2011 Club Team:

- Regina Bailey
- Lindsey Bullock
- Colleen Cameron
- Andrea Caraway
- Noemi Estella
- Kimberly Helgerson
- Jamie Helton
- Heidi Hudson
- Stephanie Leclerc
- Christine Lynch
- Lianna Miller
- Cami Stock
- Amelia Taylor
- Lindsey Watson
- Emily Wysocki

Trail Mix Bars

Recipe

Four years ago, Melissa McMartin made these bars for my bachelorette party in Fruita. We called them "crack bars" because they are addictive and energizing! Yesterday, I was happily reminded of this recipe when Melissa pulled out a baggie of them on the trail! You can find this recipe on the jar lid of the Smucker's Chunky Natural Peanut Butter, or here. - Jessica C.

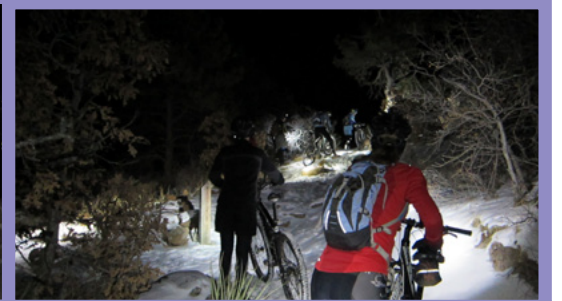
Ingredients:

- 3 cups crispy rice cereal
- 3 cups toasted oat cereal
- 1 1/2 cups raisins (or Craisins)
- 1/2 cup sunflower seeds
- 1 cup honey
- 3/4 cup sugar (we use Agave Nectar instead)
- 1 (16 oz.) jar Smucker's Chunky Natural Peanut Butter, stirred
- 1 teaspoon vanilla extract
- Cooking Spray



Directions:

1. COMBINE cereals, raisins and sunflower seeds in large bowl.
2. COMBINE honey and sugar in medium saucepan; heat over medium heat 3 to 5 minutes or until mixture comes to a boil. Boil one minute.
3. ADD peanut butter and vanilla; stir until peanut butter is melted. Pour over cereal mixture; mix well.
4. SPRAY a 15 x 10 x 1-inch baking pan with no-stick cooking spray. Press mixture into pan. Cool; cut into 24 bars.



Winter Riding

The WMBA racing team rode almost every week this winter, even in the snow and at night. A good bike light makes riding at night like riding during the day.



Thank you to all our 2011 Sponsors

COLORADO CYCLIST



3rd, 1st Annual Front Range Cyclist Show

Saturday, March 19th we set up a table and spoke to many women about our organization, handed out group ride fliers and filled up a page of email sign ups. We're looking forward to all the new riders this season!

Newsletter written by: Elizabeth Gilbert, Hillary Hinton, and Jessica Conner

If you wish to discontinue receiving our newsletters, please email us at info@wmbacos.org with unsubscribe in the subject.