

Issue No. 23 August 2011

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Women's Mountain Biking Association
OF COLORADO SPRINGS

Newsletter



News

Got Dirt?

By Tracy Hankinson



On July 23rd WMBA members got dirty at Palmer Park with volunteers from Guardians of Palmer Park (GOPP), Medicine Wheel, and SRAM/RockShox. We joined forces, doing trail work to rehabilitate and revitalize the trails that we love to ride. Working on these trails gives us a deeper understanding and appreciation of not just the hard work, but the environmental science behind what it takes to create and maintain all of the wonderful trails here in Colorado Springs that we love to ride. Under the guidance of our expert trail crew leaders, we worked on a section of the Kinnickinnick Trail to prevent and repair trail erosion and improve the trail's sustainability. It's up to each of us, as users of the trails, to ride responsibly and help maintain our trails so we can ride the sweet singletrack for years to come.

SCHEDULE

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



may THURSDAYS AT 6:00PM
Thurs. 12th Red Rocks
Thurs. 26th Falmer Park

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 Falmer 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 Falmer Park
Sept. 19th Red Rocks Skill 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.

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



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

UPCOMING EVENTS

Women's Week

Colorado Cyclist and Giant offer Demos and Clinics

Bike Fit, Form, and Function Clinic

Wednesday, August 17, 2011, 6:00pm-8:00pm

- Learn about proper bike fit, ideal riding posture, and how to pick out the best bike for your riding style and ability.
- At Colorado Cyclist, 3979 East Bijou Street, 80909
- Refreshments, shopping discounts, and more!

COLORADO CYCLIST

Women's Giant Bike Demo

Thursday, August 18, 2011, 4:00pm-8:00pm

- Try a Liv/Giant road, mountain, or cyclocross bike
- At Ute Valley Park in conjunction with the 6:00pm WMBACos Group Mountain Bike Ride so come early if you will be getting a demo bike since the group ride will still be leaving on time.
- Meet at Eagleview Middle School



Yoga in the Park

After our ride on August 11th



On Thursday, August 11th, after our usual Thursday night ride, Corepower Yoga will have a class for us in the park (Bear Creek) from 7:30 - 8:00 p.m..

The class will focus on areas that need some love after riding: neck, shoulders, chest, low back and legs. Bring your yoga mats with you!



Collecting for Urban Peak

Bring a donation to the August ride

Last week our ride was rained out at Red Rocks. Several people stopped in at the parking lot and brought donations despite the thunderstorms. If you have some items you would like to donate to Urban Peak, bring them to our next group ride, August 4th at Ute Valley Park. Remember your donations can be monetary or gently used bike parts including brakes, saddles, tires, wheels, frames, pedals, or other supplies. You could even donate an entire bike if you would like to get it out of your storage space. Urban Peak just asks that we do not collect children's or cheap mass-produced bikes. If you have questions please feel free to shoot us an email.



Tips from a pro, told through an amateur's eyes

By Tracy Hankinson

One of the great things about living in Colorado Springs is that we are home to some of the best athletes around. We ride the same trails as Olympians, world champs, national champs, pros. Sometimes we even have the pleasure of riding with these amazing athletes. When Alison Dunlap, Olympian and World Champion mountain biker, shows up at one of the WMBA group rides you can feel the excitement in the air. Alison has been a WMBA member and sponsor from the early days of WMBA, and when she comes out to a WMBA group ride she is always happy to throw out a few tips and we are always happy to listen.

So there we are at Red Rocks on our group ride, tackling all the ups and downs of the Intemann Trail. Alison is gracefully pedaling up the steep singletrack sections, while some of us get hung up on a section that forces us to dismount for a step or two. Now that we're past the obstacle and want to get back on our bike, how do we do that on steep uphill singletrack? That's where Alison stepped in and shared her tips with the group, breaking it down into such simple steps. I'll pass on her tips to you:



We ride the same trails as Olympians, world champs, national champs, pros. Sometimes we even have the pleasure of riding with these amazing athletes.

- ▶ With your bike pointed uphill, straddle your bike
- ▶ If there is a rock, upward slope on the side of the trail, or something elevated that you can stand on, that is the side of the bike that you will mount from. Place one foot there.
- ▶ Sit on your seat with your weight solid and centered (trying to hop on while pedaling is difficult and often times unsuccessful). The steeper the slope the farther up on the nose of the saddle you'll want to sit
- ▶ Place your other foot on the pedal, clip in, then position that pedal forward at the 1 o'clock position
- ▶ Lean your chest down toward your handle bars and tuck your elbows in so you don't pull up on the front tire when you take off
- ▶ Lift your head up and look forward up the trail
- ▶ Go! Do a smooth and controlled pedal stroke (no mashing) and clip in your other foot. Don't worry if you can't get your other foot clipped in right away; keep pedaling smooth, keep your head up and looking forward, and clip in when you can.

Ever since hearing Alison break it down in such easy to follow steps, I now hear her in my head every time I am in this situation. And I hope you do now too.

To Ride or Not to Ride?

By Tracy Hankinson

Every evening when I get off work and step out of my windowless office the first thing I always do is look at the mountains, and lately all I seem to see are lightning and dark rain clouds hovering over my favorite trails. Bugger! I hope for a break in the weather so I can get in a ride. But with the heavy rains we've had lately some trails have taken a real beating. I start to envy those that have their days free to ride while the sun's out, before the thunder starts rolling in, before the trails get muddy.

Even if the lightning pushes north and the weather clears, should I ride? What kind of condition is the trail in? What will it do to my bike? What will I do to the trail? As responsible mountain bikers and stewards of our trails we need to be aware of our options and the effects of our decisions.

Riding a muddy trail can do damage, creating ruts that get bigger and bigger with each set of tires that plow through it. Once a rut is formed it acts as a channel that sends future rain water down the trail, creating more of a rut and thus an erosion problem. Not to mention the bad attention it gives to mountain bikers when you see tire tracks through the middle of a muddy trail.

True, mountain bikes are designed to handle wet, muddy trails. Riding through mud and getting splattered looks like so much fun. And sometimes, let's face it, there's nowhere else to go but right through that big honking mud puddle. But that dirt and mud can wreak havoc on your bike, causing friction and abrasion, quickly wearing out your bike's expensive moving parts.

So here are some guidelines to think about next time you're desperate to get out after (or during) the rain:

- ◆ Find a trail that drains well so it is less-likely to have standing water or mud puddles. Some examples would be the Buckhorn and Captain Jacks trails in Cheyenne Canyon which have a surface area of decomposed granite rather than dirt.
- ◆ Ride a dirt road instead of a trail. Dirt roads can be very challenging and are designed to handle the impact of vehicles and weather conditions better than trails. Also dirt roads are wide so you can ride around the puddles. Some challenging dirt roads are Gold Camp, High Drive, Old Stage and Rampart Range Road.
- ◆ If you're on a trail and you come up to a mud puddle that's too big to bunny hop or too wide to ride around -- you don't want to veer off trails and turn single-track into double-track -- look at the puddle to see if it's better to ride through it or dismount your bike and walk around or over it. Ride through the puddle if it is on a hard-packed trail and the ground doesn't seem saturated where you could create a rut. Walk it and carry your bike if the ground is soft and a rut is possible.

We all love to ride and refuse to let some rain stand in the way of our mountain biking. So next time the rainbow is out after a hard rain and we want to go in search of the leprechaun on our favorite trail, consider the alternatives to soggy single-track and find your pot of gold where the trail is high and dry.

CONTEST WINNER



"My Favorite Trail to Ride"

By: Erin Street

Rampart Reservoir has it all: Pikes Peak views, challenging single track, and a feeling of total seclusion. However, it's the emotional connection that makes this trail my favorite.

When my husband and I decided to start a family we thought getting

pregnant would be easy. However, things did not go as smoothly as we hoped. Doctor appointments, tests, and disappointing results were beginning to take a toll on my mental state. So for my own sanity I took to the trail.

The Rampart Reservoir trail head is 20 minutes from my front door. I rode almost every day. Often, I would find myself totally immersed in my ride, thinking only of pedaling hard, the dirt ahead, and breaking my own personal record. Other days I would find myself wiping away built up tears from the stress.

The summer went by fast and I was blessed to find out I was pregnant by September. I'm now the proud mom of a 2 year old boy and a 4 month old boy and a happy owner of a bike trailer. Rampart Reservoir and my bike are like old friends who helped me through a tough time.

"A Childhood Bike Memory"

Contest Entries Due August 15

What's better than showing off your legs in a cool pair of WMBA cycling socks? Getting them FREE!

Email us a short story of 200 words or less telling us a childhood bike memory. If your story is chosen you will win a pair of WMBA

socks and your story will be featured in our next newsletter! Congratulations to August winner: Erin Street

Email your submission to: info@wmbacos.org

*T-Shirts
ARE HERE*

Join us at the next group ride to pick up your sweet 2011 WMBA t-shirt. All members get one! We'll mail out remaining shirts after the last group ride.



“Come to the edge, he said. They said, we are afraid. Come to the edge, he said. They came. He pushed them...and they flew.”

- French poet Guillaume Apollinaire

Every season, I set out to do something athletically which, at first thought, scares the bejeezus out of me. With good reason: As a triathlon coach, many of my athletes are experiencing sport for the first time in their adult lives. While I certainly identify with pre-race jitters, I don't have that same “ten trips to the bathroom” rush associated with road triathlon these days. Call me crazy, but jumping into frigid water with 1,000 of your closest friends at 0'dark thirty in the morning just doesn't get my blood pumping like it used to. By doing something new, fresh and a little scary every year, I effectively put myself in their shoes.

Enter mountain bike racing.

Mountain bike racing is alluring for several reasons. First, mountain biking is a non-linear sport--the athlete is staying alert, active, and moving in all directions the entire time. In my opinion, this muscle-mind alertness atrophies in adults, especially when only doing linear sports. Second, having a community of uber-supportive, skilled, brave women out there ensuring you have a good time makes it much less daunting. Third, nothing inspires urgency to ride, learn, and try new things than plunking down a race entry fee and putting money where your mouth is.

As it turns out, racing is still scary, but much less so than the *thought* of racing, and the benefits far outweigh the costs. Here are the benefits, from one gal's perspective:

1. EXPANDING YOUR COMFORT ZONE: You may be a skilled rider who has never raced. Conversely, you may be a fairly new rider with less skills who has never raced. Pick an event commensurate with your skill level--pick something that gives you the butterflies but doesn't cause you nights of endless sleep. The result is similar to that of clearing a new obstacle for the first time--I CAN do this! What else can I do? And as many of you well know, this confidence often carries over to other facets of your life.

2. THE RACE PUSH: For those of you with a competitive streak, nothing can push you harder than the thrill of racing with another athlete. For those less competitive, finding someone slightly faster than you to key off of gives you BOTH the opportunity to push a little harder than you otherwise would. The result is improved fitness and improved ability to push beyond physical barriers. In short, it makes you stronger.

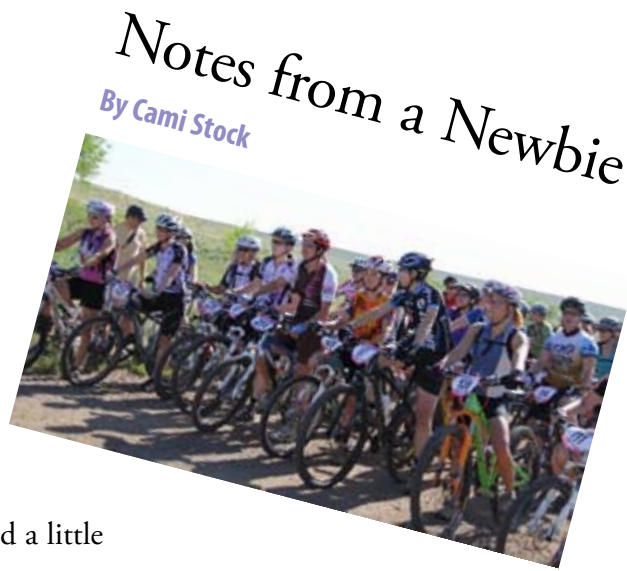
3. CAMARADERIE: Never in my adult life have I experienced such a supportive team environment as that found with this group. I WANT to race fast because I know the other ladies out there are behind me and counting on me. Often times, I feel that we as women (I'm generalizing here) put others before ourselves, taking care of our families, friends, and loved ones first. Such a quality can be harnessed here; when you're out there pushing with your team and for your team, you are going to give your best. And at the end of the day, that's all you can ask of yourself, and all that your team can ask of you!

So, if you're on the fence, put that number on your handlebars and give 'er a try. You'll likely surprise yourself in a myriad of ways, make new friends, and improve your fitness. Good Luck!

NEWBIE RACE RECOMMENDATIONS:
Some local, fun races to try below.

YETI BETI BIKE BASH: An all women's race, these gals know how to throw a party. Non-technical course, great schweg, post-race beer (yum), in a very supportive environment. June, Bear Creek Lake Park, CO

SAND CREEK RACE SERIES: Something for everyone. This year, the Palmer Park Race was great for technical riders, while the Bear Creek races were less technical, short, fast events. For the endurance types, the final race of the series out in Cheyenne Mountain State Park is longer, with a great mix of technical and non technical riding, as well as a lot of wide areas to pass.



Notes from a Newbie
By Cami Stock

RACE RESULTS

July Races

WMBA racers turn out in full force

July marks the melting of the snow and cool escapes into the mountains. Famous Colorado races and trails light up the month.

Firecracker 50

Maverick Sports hosts this 4th of July race in Breckenridge. The rigorous race kicks off the town's parade as riders pedal up Boreas Pass and on to French Gulch and other classic Breck trails. As tradition, WMBA riders take top podium spots in Carter Park.

Cat 1 Solo

Tracy Hankinson-6th

Maverick Solo

Colleen Cameron-5th

Maverick Co-Ed Team Relay

Stephanie Ward/Doug Ryden-4th

Cat 2 Women's Team Relay

Melissa McMartin/Kerri Mosman-1st Place

Breckenridge 32

Warriors Cycling hosts this race along with the Breck 100 and B-68 on July 16.

B-32 Age 30-39

Tracy Hankinson- 2nd

Steamboat Stinger

A new race hosted by Honey Stinger in Steamboat Springs on July 23

Co-ed duo open division

Lonna and Matt Thelen- 9th place

Crankworx (Winter Park)

6th 30-39 Sport

Amelia Taylor



Kerri and Melissa on the podium at the Firecracker 50



Kerri on course at the Firecracker 50.



Melissa looking happy at the finish line on the Firecracker.



Colleen Cameron coming through the finish at the Firecracker 50.

LOCAL EVENTS

Bicycle Dreams

AWARD-WINNING DOCUMENTARY FILM ABOUT RACE ACROSS AMERICA, COMING TO COLORADO SPRINGS AUGUST 25

Bicycle Dreams, the award-winning feature-length documentary about the Race Across America (RAAM), will premiere in Colorado Springs at the Stargazers Theatre on Thursday, August 25 at 7 p.m., in conjunction with the weeklong celebration surrounding the USA Pro Cycling Challenge. The seven-day USA Pro Cycling Challenge kicks off on Monday, August 22 with the opening prologue in Colorado Springs and will feature 128 of the world's top riders in what is being called the toughest professional race in the country. The race ends a week later with the final stage in Denver on August 28.

That same day the second annual Assault on the Peak bike race up Pikes Peak will also be held in Manitou Springs, capping the weeklong cycling celebration in the Springs.

Bicycle Dreams also has been named one of the top 10 adventure films of all time by both The Matador Network and Playground Magazine, calling it the best bicycle film since "Breaking Away."

Tickets will be \$10 in advance and \$15 at the door. To purchase advance tickets, order online at www.imathlete.com/events/bicycledreams. No advance tickets will be sold by the theater. Remaining tickets will be sold at the door beginning at 6 p.m. the night of the show.

For more information on the film, go to www.bicycledreamsmovie.com or visit us on Facebook. Media contact: Garry Harrington 603-209-5010 bicycledreamsmovie@hotmail.com



Kids on Bikes Festival
Bringing joy one bike at a time

Sunday, August 21st from 11 AM - 4 PM
America the Beautiful Park
Colorado Springs Premier Family Bike Event

For More Information and to Register Visit www.kidsonbikes.net

Activities for the Whole Family

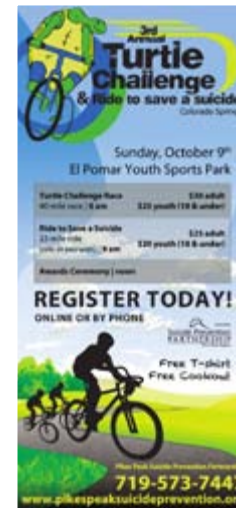
- Bike Skills/Safety Rodeo and Professional Demonstrations
- 4, 10, and 15 Mile Rides on the Pikes Peak Greenway Trail
- Bike Decorating/Parade for the Little Riders
- Games and Entertainment for All Ages

ROCKY MOUNTAIN RAGS The Gazette gazette.com

2011 USA PRO CYCLING CHALLENGE Kickoff Event for the USA Pro Cycling Challenge

2011 Ride to Save a Suicide and Turtle Challenge Race

This is the third year of this ride and registration is up, so get registered today! Join us to help prevent suicide in the El Paso County and to get help to those who need it. Check out the website for all the new categories, map, and sponsors.



2nd Annual Turtle Challenge
& Ride to Save a Suicide
Colorado Springs

Sunday, October 9th
El Pomar Youth Sports Park

Ride to Save a Suicide
40 mile race - \$40
20 mile race - \$20
10 mile race - \$10

REGISTER TODAY!
ONLINE OR BY PHONE

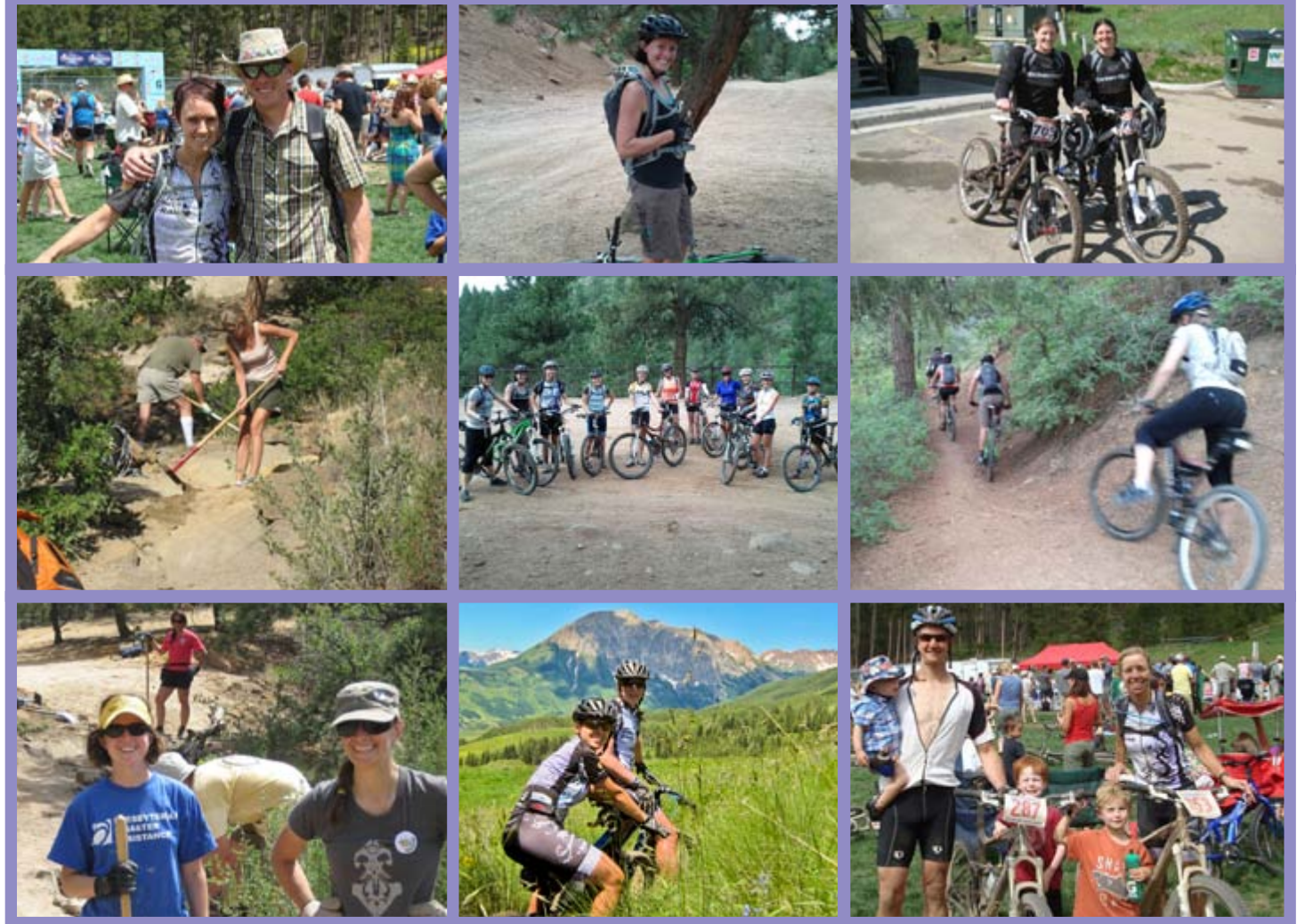
Free T-shirt
Free Cookies

719-573-7447
www.pikespeaksuicideprevention.org

Event Recap

LOOKING GLASS

Images from WMBA



Thank you to all our 2011 Sponsors

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Newsletter written by: Elizabeth Gilbert, Hillary Hinton, Tracy Hankinson and Jessica Conner with contributions from Regina Bailey, Erin Street and Cami Stock.

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