

Issue No. 21 June 2011

What's Inside this issue:

- Group Rides
- Remembering Mary
- Recipe
- Article
- Race Results
- Upcoming Races
- WMBA News and Events
- The Looking Glass

Women's Mountain Biking Association OF COLORADO SPRINGS Newsletter



WMBA mourns the loss of friend and teammate,

Mary Hoyle

1983-2011



Photo by Tom Kimmell

It is with heavy hearts and deep sadness that we share the loss of WMBA team member and friend, Mary Hoyle. Mary passed away on Wednesday, May 18th. May she rest in peace. Mary was a great friend and will be deeply missed by all of us lucky enough to have her touch our lives.

Mary helped us form WMBA in 2009. She was a talented and skilled cyclist racing Cross County, Super-D and most recently Downhill on the WMBA Racing Team. People would say she's fearless and she helped many of us overcome our fears on the bike on her many Skills Rides in Palmer Park.

On Wednesday, May 25th we honored and remembered the life of our beautiful and loving friend Mary Hoyle at the Shrine of Remembrance. After the memorial friends and family gathered at WMBA team member, Tracy Hankinson's house to share stories and memories.

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 |
| 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 |

- 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

REMEMBERING MARY

One of the ways friends cope with the loss of someone they loved is to do the things they loved doing with that person. For those who knew Mary her greatest passions were riding, yoga, and cooking!

Memorial Rides

Rides to honor our friend

Friends of Mary Hoyle gathered for a ride up Rampart Range Road on Saturday, May 21st. About 40 men and women met at Memorial Park in Manitou Springs to ride one of Mary's favorite trails. Several friends from Summit County made the trek and Mary's boyfriend, Eli, came from California. It was therapeutic for Mary's friends to enjoy her favorite pastime, riding.



WMBA Group Ride

Thursday, May 26th

With the sun shining and breathtaking views of snow-capped Pikes Peak, we had an amazing turnout of over 60 women -- and a fantastic group of men too! -- at our Palmer Park special memorial group ride to honor our friend and teammate, Mary Hoyle. Many women came out for their first WMBA ride to show their love and support. With so many memories of riding and racing with Mary on these same trails, it felt as though she was there with us while we climbed, descended, and giggled and panted. What a wonderful way to honor such a special woman.



Yoga Class

Given By Sarah Crowe and Corepower Yoga



Long time friend and co-woker, Sarah Crowe, led a heart-opening Yoga class for Mary at Corepower Yoga on Sunday, May 22nd. Corepower has been a main sponsor for WMBA racing team and Mary had been a student there for many years. Sarah also works at McKenzie's Chophouse where she was a server with Mary.

The yoga class was full of Mary's friends and helped raise \$900 for Mary's family. Thanks to Corepower Yoga for opening up your class schedule for this donation based class.

MY MESSAGE TO MARY

By Hillary Hienton



Mary was a lot of things to a lot of people so I thought I would start with some memories of Mary that illustrate her character:

Mary was a tough woman--

- My first memory of Mary was long before I knew who she was. I lived downtown and attended UCCS so my commute route was

along Nevada Avenue. Most days I would see this tiny girl riding a humongous red and yellow downhill bike south on Nevada. It didn't matter if the sun was out, there was rain, or ice on the roads; she was pedaling away. Come to find out she was headed to school or work and would later return along the same route.

- Jeff, Mary's high school mountain bike coach recalls the following: "One day the plan for the team was to train on the Santa Fe trail, and by train I mean ride as fast as we could down to Criterium and back. As we headed to the start point we happened upon a long set of steep stairs that the racers wanted to ride down. Now, Mary was quiet, but didn't hesitate. As she neared the bottom her handlebar caught the railing throwing her on the ground. There was a pause and complete silence hushed over the group. As she helped herself up we asked her if she was alright and she said "yea, I'm fine. Let's go." The team continued our training session by riding north on the Santa Fe Trail. Mary hauled north turned around quickly and beat the boys back. The next day Mary showed up to school with a cast on her wrist, which she broke."

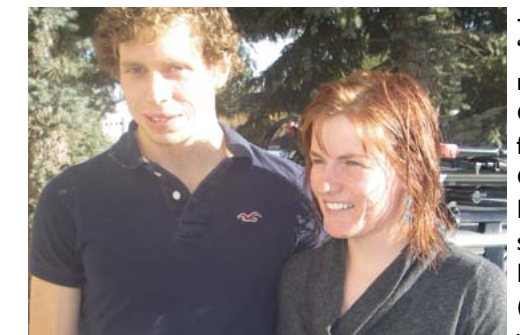
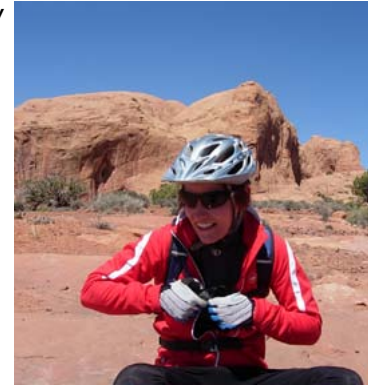
These are more recent memories:

- From Kennon (team mate and friend): "About a month ago I asked Mary if she wanted to enter the Triple DHip (DH bike race at Sol Vista). Her response... 'Should we enter? Does the pope wear a pointy hat? Hell yeah we should do it!!!!' This is just one small phrase, but for me it says so much about Mary's feisty spirit. I loved her desire for adventure and how she was always



up for the challenge. She truly was a bad ass."

-From Melissa (Team mate and friend): "Last September Mary was faced with juggling her commitment to race in the 24hours of COS and her work schedule. She wanted to put in her laps before she left for work so she rode the first two laps, kicked ass...as usual, went home, showered, and worked a busy shift. She returned at midnight and was ready to ride again. Steffie stepped in and told her to get some rest because Mary had been non-stop for hours. To no avail Mary was 100% willing to do that night lap. She didn't let that get in her way of performing and being part of the team. She really impressed me that race."



- Betty's memory: "When Mary moved back to Colorado Springs from Summit County, she told Damon and I how she reeeaaally liked Eli. Eli had no clue (like most guys when a sweet shy girl is fond of him.)"

Damon and I decided to host a little double date dinner. We invited Mary and Eli over and had such an amazing evening with them playing cards and telling stories. The chemistry between them filled the room. I had never seen Mary that happy."

- This one is from Betty and Kennon and represents how tough Mary was. One day Kennon, Mary, and Betty were on a Heiser ride when Mary crashed and bloodied her knee. She requested an Advil, but neither of them had anything to give her so Kennon offered an Altoid in a joking manner. She said sure, licked the Altoid and started rubbing it into her bloody knee. She thought it might lesson the pain."

Under "favorite quotations" on Mary's Facebook page she chose "Friend: One who knows all about you and likes you just the same."

Friendships were what made Mary -- Mary. The sheer number of people in this room proves that is true. Each of us had a unique connection with Mary that ranged in the degree of intimacy. However, common threads ran through each. We know that

Continued on the next page

continued.. “My Message to Mary”

Mary always wanted what was best for each of us, was honest and understanding, trusted each of us with her heart, and approached each relationship with acceptance.

She was always interested in going for a ride with friends, having a cup of coffee and conversation, working on trials, grilling in the backyard, hiking the incline, helping with home improvement projects, or cooking extravagant dinners for her friends and family. Whatever it was Mary simply wanted to spend time with those she loved in meaningful ways.

It's only human to have negative thoughts about people, but Mary refused to pay any mind to those. She always focused on the best attributes of each person she knew and admired them. She recognized her friends' success in education, her brothers' achievements in their professional life, and the settled lifestyle that those around her seemed to have. She never spoke ill of people in her life rather she was thankful and honored each person she came into contact with.

We all hope that Mary finds peace and I hope her strong and compassionate spirit lives on in each of us.

I part with “This is A Wish for You” by A.A. Milne the creator of Winnie the Pooh

“This is my wish for you: Comfort on difficult days, smiles when sadness intrudes, rainbows to follow the clouds, laughter to kiss your lips, sunsets to warm your heart, hugs when spirits sag, beauty for your eyes to see, friendships to brighten your being, faith so that you can believe, confidence for when you doubt, courage to know yourself, patience to accept the truth, Love to complete your life.”



Recipe

Mary's Quinoa Recipe

Mary will always be remembered for her ability to throw food together and make it scrumptious, savory and healthy. Last year during the 24 hours of COS race she made her teammates this delicious Quinoa recipe that we all asked her for. Here is her recipe:

All Amounts are Approximated

- 1 ½ C dry Quinoa (cook in either chicken or vegetable stock)
- 1 can black beans
- 1 can corn
- 1 sweet potato diced, broiled until fork tender
- 1 bunch cilantro minced
- 2 avocados diced
- 2 bunches scallions diced
- 8-10 oz Feta

DRESSING (all amounts approximated)

- 2 lemons juiced
- 2 limes juiced
- 1 C olive oil
- 1 Tbs. dry dill (can't have too much dill)
- ¼ C balsamic
- ¼ tsp pepper
- 4 cloves garlic minced
- 1 bunch cilantro minced

Blend in processor if possible to emulsify. Don't dress until serving as acidic dressing will breakdown vegetables.

ARTICLE

Suicide Among Us

A clinical perspective written by
Alicia Jakomait, MSW LCSW.

Arnold Toynbee once wrote, “There are always two parties to a death; the person who dies and the survivors who are bereaved.” Unfortunately, many survivors of suicide are left in shock, hurt and disbelief and often times, incredible guilt.

“So then, why would anyone want to commit suicide in the first place?”

According to the Concise Textbook of Clinical Psychiatry, Second edition, Sadock, M.D.; Sadock, M.D., the word “Suicide” is derived from Latin for “Self – Murder”.

There is a range between thinking about suicide and acting it out. Some people fantasize about suicide but would never do the act itself. Others plan for days, weeks, or even years before they actually do act. Others take their own lives on impulse without premeditation.

30,000 people a year die of suicide (Sadock, M.D., Sadock, M.D.) About 650,000 people attempt it each year; that is about 1 suicide every 20 minutes. It is the 9th overall cause of death in the USA, and we rank at midpoint of industrialized countries for suicide rates. Altitude is an increasingly studied indicator in suicide risk as well. Really, there is no good way to “know” what reason anyone would have, and to know if their suicide would be fatal, because the environment and a multitude of other factors impact a person's risk. Sometimes, we just never had a clue it was that “bad” for the person.

What are the signs? Mood is a “Sustained emotion



that colors the way we view life”. Recognizing mood disorders is extremely difficult because it may have many qualifiers, diagnoses, and levels of severity that are treated by professionals -- or the person refuses professional assistance sometimes with varying results.

It can be hard to tell just how depressed someone is because quite often, depressed people are overly aware of the image they project and are often sensitive to judgment. Thus, they begin to avoid people and places that may cause stress. This leads to a downward spiral of staying away from the people and things that can help, and leads the person into a deeper sense of hopeless despair. Staying home and isolating oneself is the essential hallmark signature of depression. Others become irritable, moody, and sleep and eat either too much or not enough. The DSM IV, states that mood disorders occur in people from any race or social class, but are more common among those who are single and who have no significant other, and genetic factors contribute.

The best thing that a person can do if they are feeling suicidal or depressed is to talk to someone close about it. A close, trusted person who knows you well will be the best person to ask for help.

If there is no one, 911 is often a good emergency plan and should be used. If you should be that trusted person, then you may need to take your loved one to a hospital or a therapist for evaluation. Suicide is real even if the person says they will “be okay now”. When a person has decided upon a plan/date/time to kill themselves, sometimes they even start to act happier. So, as you can see, there is little one can do to foresee that a friends' life hangs in the balance. Friends and family can suggest they get help, but it is ultimately up to the individual to choose his or her outcome.

The Aftermath

A positive thing to do is to form a special memory of the person at their best character, and honor and respect that memory, but this is only one way of many

Continued on page 10

May Races

WMBA racers turn out in full force

This May Sand Creek Sports kicked off the Ascent Cycling Series with a fun and challenging course at Palmer Park that included the black diamond trail, Templeton Gap. WMBA dominated the women's field with ten ladies showing up and more that came to cheer!

Mary Hoyle, 1st Place, CAT 1

Tracy Hankinson, 3rd Place, CAT 1

Stephanie Ward, 4th Place, CAT 1

Hillary Hienton, 1st Place, Singlespeed

Jessica Conner, 2nd Place, Singlespeed

Amelia Taylor, 3rd Place, Singlespeed

Kerri Moseman, 1st Place, CAT 2 30-39

Lindsey Watson, 1st Place, CAT 2 19-29

Vivian McDuffie, 1st Place, CAT 2 40+

Emily Wysocki, 1st Place, CAT 3

Gunnison Growler

Memorial Day weekend gave us beautiful blue skies and comfortable temps. A few WMBA racers traveled to Gunnison, CO for a grueling 32 mile race at Hartman Rocks.

- Stephanie Ward, 2nd Place, 30-39
- Melissa McMartin, 5th Place, 30-39
- Jessica Conner, 2nd Place, Singlespeed

Whiskey Off-Road - Prescott, AZ

- Lonna Thelan, 5th place - 25 mile Women's open division



Mary cruising the technical sections at Palmer Park



Tracy cornering at Palmer Park



Gunnison Growler Girls, Jessica, Melissa, and Steffie

Beti Bike Bash

June 12th

Colorado's 2nd Annual first ever women's only mountain bike race will happen again in 2011.

Team Yeti Beti is encouraging all women that mountain bike to come out for the Beti Bike Bash. We know that there are more women out there who want to try a race. Grab your other dirt loving friends and come out to test your skills against other women, or just come out and experience a Colorado mountain bike race.

RACE does not have to be a four letter word. From the first timer to the seasoned professional, join us for a landmark event in the mountain bike community.

For more information go to: www.betibikebash.com

The Crest Crank

August 21st

The Crest Crank ride raises funds to support the important social work of the Alliance Against Domestic Abuse (AADA), a non-profit organization that works with victims of domestic violence and sexual assault throughout Chaffee County and western Fremont County. This includes the towns of Salida and Buena Vista in the Upper Arkansas River Valley (www.SalidaAlliance.org).

This year, the Crest Crank will be hosted in Historic Downtown Salida and feature rides for all ages and abilities. Our event has always featured the famed Monarch Crest Trail, and we have added an intermediate mountain bike ride on the Salida Mountain Trails and a ride for non mountain bikers, the casual Historic Salida Cruiser Tour.

In addition to great singletrack riding, the Monarch Crank Crest also includes an after-ride party in Salida's beautiful Riverside Park on the Arkansas

River. It will definitely be a fun filled day for all! Complete details and registration at www.MonarchCrestCrank.com.

Ascent Cycling Series

June 1st, 8th, and 19th

Sand Creek Sports hosts the Ascent Cycling Series again this summer. These are great local bike races to help train and improve your racing skills and confidence. WMBA racers love to support these races and encourage other women to try them out in a casual and non-intimidating environment.

Steamboat Stinger

Sunday, July 24th

With popular mountain bike races like the Gunnison Growler and Firecracker 50 selling out in record time, comes a new race for those seeking a beautiful course in Colorado's high country.

The Steamboat Stinger will have riders take off on two 25-mile laps on Emerald Mountain trails, including the new Cow Creek Trail, which was completed in fall.

It should be challenging, but organizers aren't seeking to have a field of beaten-up, worn-out riders, either.

"Our goal was to create a course that would be hard enough for a really serious racer, but also laid back enough for someone who just wanted to try a long-distance race format," Zanni said. "We want to cater to the hard-core racer and the local who rides a lot and loves the local trails."

For those not wanting to do a 50 mile race, there is a duo category, with one rider getting each lap.

Registration for the event is open at www.prace.com. More information also is available at www.honeystinger.com/steamboatstinger.

The event is limited to 300 people so sign up soon!

WMBA NEWS AND EVENTS

Intermediate/Advanced Skills Ride

Join Hillary at Palmer Park for a Intermediate/Advanced skills clinic on June 20th at 5:30pm. She will assist with tackling ledges and technical sections. Space is limited to 10 people so please RSVP to info@wmbacos.org asap. We will meet at our normal Palmer Park meeting area off of Maizeland and Academy.



Entry Level Dirt Jump Clinic

Ready to take your bike handling skills to the next level? On Monday, June 13th, WMBA will host an entry level jumping clinic with dirt jump and freeride mountain biker, Tammy Donahugh. Riders need to be intermediate level to attend and we have room for 10 riders. We will meet at 6pm at the Red Rocks skills area/ freeride zone in the main parking lot off South Ridge Rd. It is strongly recommended that attendees put flat pedals on their bikes, wear skate or running shoes, and bring knee/shin guards. You must RSVP by June 10th to Betty at info@wmbacos.org.



Twitter and Facebook Follow us



WMBAofCOS is now on Facebook and Twitter! In order to help us communicate with you better we will be utilizing Facebook and Twitter, in addition to our website, to get the word out about our various events and activities. Follow us on Facebook and Twitter to receive immediate information on group ride cancellations and other time-sensitive postings. You can even set up Twitter to receive WMBAofCOS tweets to your cell phone as text messages, so you don't need the internet to receive our tweets. Click on the Facebook and Twitter icons to follow us.

Contest

Email us a picture and 500 words or less about your *"Most Memorable Moment on the Bike"* Winner gets their story in the next newsletter and a free pair of WMBA Socks. EMAIL ENTRIES BY JUNE 20TH TO [INFO@WMBACOS.ORG](mailto:info@wmbacos.org)



Website New features

In the next week or so you might notice a change in our website. For the past few months we have been working on a new design and enhanced features for our members. Look for an online membership sign-up, members only forum community, and newsletter sign-up.



continued.. “Suicide Among Us”

that lead to positive healing. Most local newspapers and online classifieds offer grief and support groups, which can be a great way to obtain free or low cost counseling and help you get the support you may need. Usually though, our own family and friends can often support most folks as they go through a mourning period, with support and proper processing of grief—allowing it to be there, those feelings—by providing a safe and comfortable home environment while we grieve. With support, grief eventually transforms us and the person of loss’ suicide and our relationship to it, and that transformation is a path each individual must take on his or her own terms.

How we express our feelings about terrible and unsettling events is an individual choice. It is most important for a suicidal person to know that there are other options despite being in the “Pits of Despair”, as hope is generally gone when one acts upon suicidal ideations. That is what is hard for many people to understand about suicide is that the person feels beyond hope and beyond being helped.

When it is over and the survivors have begun to engage in life again, we can learn from these tough life lessons as we process our feelings-- even though they hurt--and eventually we don't hurt so badly. Our society lacks what most of the world does regularly when someone passes, a formal mourning. Formal or not, it is up to the individual to mourn as is best suited to what feels respectable to that person and to the bereaved.

--**Alicia Jakomait, MSW LCSW**

Alicia is the Executive Director of Thinking Feeling Being, LLC and provides behavioral and mental health services in a private downtown setting. She takes most insurance plans and can be reached at 719.321.5600 or at Alicia@thinkingfeelingbeing.com



References

**Suicide in the Mountains. Am J Psychiatry. Published online September 15, 2010

Risk of Altitude?

In the current study, they used data from the National Geospatial-Intelligence Agency and NASA to calculate elevation for US counties and obtained age-adjusted suicide rates, population density, and gun ownership data for the counties from the US Centers for Disease Control and Prevention.

The researchers observed a “significant positive correlation” between age-adjusted suicide rate and county elevation ($r = 0.51$). Firearm ($r = 0.41$) and non-firearm suicide rates ($r = 0.32$) were also positively correlated with mean county elevation.

In multiple regression analysis using state elevation, population density, and gun ownership as independent variables, elevation remained a significant factor ($r = 0.004$, $P < .001$). “Surprisingly,” the study authors note, population density was not significant and gun ownership was barely significant ($r = 0.062$, $P = .017$).

Dr. Kumar cautioned, “And what we need to follow up on is whether mental illness, depression specifically, is more common at higher altitudes than lower altitudes; if that is the case, then it makes a slightly stronger link between what the authors found and their suggestion that lower levels of oxygen may in some way be affecting mood.” According to Dr. Renshaw a paper soon to be published by his group will indeed show that the rate of depression “goes up with altitude by about 13%, whereas the rate of suicide with the same increase in altitude goes up by about 70%.”

More on Mary

Pikes Peak Sports.us wrote a nice article on Mary

- <http://www.pikespeaksports.us/group/mountainbiking/forum/topics/friends-remember-mountain-bike>

If you would like to watch the video we put together with pictures and music, go to this link:

- <http://dl.dropbox.com/u/24674890/MaryHoyle.wmv>

Event Recap

LOOKING GLASS

Images from WMBA



Thank you to all our 2011 Sponsors

COLORADO CYCLIST



Don't forget to RSVP

We have two great skills clinics this month with limited spots available!

June 13th- Entry Level Dirt Jumping

June 20th- Intermediate/ Advanced Technical skills

RSVP: info@wmbacos.org

Newsletter written by: Jessica Conner, Hillary Hinton, Betty Gilbert and Tracy Hankinson with contributions from Alicia Jakomait.

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