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Women's Mountain Biking Association
OF COLORADO SPRINGS

Newsletter



Join us for our super silly and fun

3rd Annual Costume Criterium

Saturday, October 29th at 4pm

It's that time of year again...the leaves are falling, spooky bats are taking flight, jack-o-lanterns are hatching from front porches...and you and the family are seeking some jovial mischief and mahem for Halloween! We would like to welcome you to our 3rd annual Halloween Costume Criterium. Join our WMBACOS racers in this super fun race that will have you testing your bike handling and whip cream tossing abilities, limbo flexibility, and will bring out your most outrageous inner monster. Race on the bike of your choice (although wider tires are strongly recommended), solo or on a team. Or come to witness the buffoonery from the sidelines, cheer on your favorite racer and heckle others til your sides hurt!

The Costume Criterium will be on Saturday, October 29th, at SRM Powermeters Service Center at 720 West Monument Street. Arrive at 3:30pm to register, racing will commence at 4:00pm. Race will be under 30 minutes. Please arrive in costume, with a helmet, on your choice of properly functioning craft, and prepare to enjoy a post-race bottomless drink cup and laughter with a slew of other cyclists in your community. Suggested donation of \$10 for the event which gets you race entry, drink cup, and entered to win during our fabulous prize giveaway. Come one, come all- this event is open to everyone and we'll get the kiddies rolling in their very own race immediately following the crit. Show up in your scariest, funniest, most clever, or best duo costume for a chance to win in our costume contest! Try to arrive human powered or carpool if possible as there is limited parking. Contact info@wmbacos.org with any questions or costume consultations.

GHOSTS OF COSTUME PAST



END OF THE SEASON PARTY

WMBA Member Appreciation Party

Thursday, September 22nd at Colorado Cyclist

On Thursday, September 22nd we celebrated an end of a great season with our members and sponsors at Colorado Cyclist, 3970 East Bijou St. This gave us the chance to thank our supporters and socialize off the bike. Cyclist offered discounts and WMBA handed out awards (see article on next page). Our 2011 WMBA kits are also on clearance, so go pick up your WMBA kit for your next bike ride!



Henry McMartin, who turns three this month shows off his new found bike riding skills at the party with his dad, Eric McMartin at his side.



Greg, Emmett, and Alison Dunlap at the party. Alison offers WMBA her support through clinics and training articles. This Olympian and National Champion also shows up at our WMBA rides.



Lori, Rita, Lora, and baby Brooklyn. These ladies from Corepower Yoga support WMBA members and racers with discounted prices at Corepower Yoga studios in Colorado Springs.

AND AWARDS

Top 11 Attendance

We wanted to thank our members for coming out for our rides this season. You helped us reach record numbers. We enjoyed watching everyone improve their skills, learn local trails, and watch friendships form. At our member appreciation party we honored our top group and skill ride attendees with some surprise prizes.



12 Rides

Brenda Malmberg



12 Rides

Andrea Jewell



10 Rides

Erin Street



9 Rides

Sara Barrett



9 Rides

Sherri Woods



9 Rides

Vicki Mallon



8 Rides

Carol Lyndell



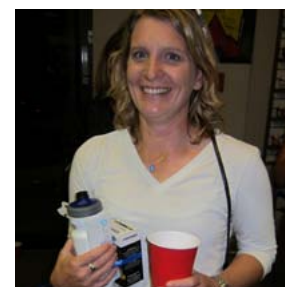
9 Rides

Tiffany Dyar



9 Rides

Lori Corliss



8 Rides

Jen Zink



8 Rides

Bethnay Winder

RECIPE



To Everything there is a Season

By: Melissa McMartin

I always look forward to this time of year. The ending of one season and beginning of another is rejuvenating. The crisp air and autumn colors also lend to a renewed feeling. I love getting the aroma of fall on trails during this time of year. I recently rode Rampart Reservoir to enjoy the breathtaking views of all the shimmering aspens. In my opinion, fall is the best time to ride the trail. It's a fun trail anytime of the year, but particularly in the fall when all the aspens are changing and the scenery is spectacular. For those of you unfamiliar with Rampart Reservoir, it is located outside of Woodland Park with a 13 mile single track trail which follows the perimeter of the reservoir. It is an intermediate trail with fast and technical sections, some short climbs but no real lung busters.

Pumpkins

The bright orange color of pumpkin is a dead giveaway that pumpkin is loaded with an important antioxidant, beta-carotene. Beta-carotene is one of the plant carotenoids converted

to vitamin A in the body. Not only is pumpkin an excellent source of Vitamin A, but a good source of potassium as well. Pumpkin seeds are a good source of dietary fiber and mono-unsaturated fatty acids which are good for heart health. So, don't waste the seeds after making your jack-o-lantern or cooking your pie. Instead, roast and salt the seeds for a delicious and nutritious snack.

Pumpkin Seeds

- 1 quart water
 - 2 Tablespoons salt
 - 2 cups pumpkin seeds
 - Tablespoon vegetable oil or melted, unsalted butter
1. Preheat oven to 250°F.
 2. Pick through seeds and remove any cut seeds. Remove as much of the stringy fibers as possible.
 3. Bring the water and salt to a boil. Add the seeds and boil for 10 minutes. Drain, spread on kitchen towel or paper towel and pat dry.
 4. Place the seeds in a bowl and toss with oil or melted butter.
 5. Spread evenly on a large cookie sheet or roasting pan.
 6. Place pan in a preheated oven and roast the seeds for 30 to 40 minutes. Stir about every 10 minutes, until crisp and golden brown.
 7. Cool the seeds, then shell and eat or pack in air-tight containers or zip closure bags and refrigerate until ready to eat.

Yield 2 cups

TRAILS

Where to ride this Month

By: Jessica Conner

Seems like every October weekend my riding buddies are all gone. Where do they go? Moab. This high altitude desert town is perfect for riding in October. Trails that start up high in the La Sal mountains are *usually* clear and the town is bustling with riders, jeepers, climbers, and kayakers. I'll share some of my secret spots for our annual October trip.

Where to Camp? Up the Creek Campground, 435-260-1888, is my hands down favorite camping spot. This campground is downtown but has huge trees that provide shade and shelter from the nearby streets. You can walk to King Sooper and buy food for the electric grills at the campground, enjoy nice showers, and privacy. Most rides can be done from the campground too. Be sure to book your spot now because they will fill up every weekend in October.

Best Shuttle? WMBA friend Kyle Mears owns a shuttle called Acme Shuttles, 435-260-2534. Kyle will take you to the top of the trail in his comfortable van with his sidekick passenger, Raley, an adorable Jack Russell terrier.

Best Rides? This will vary depending on your skill level. You can't go wrong with Porcupine Rim (ride it from town if you want to make it a real workout), Amasa Back, Sovereign trail and Slick rock. If you are experienced at technical riding try something more challenging and epic like Burro Pass (aka The Whole Enchilada). Warning: this trail is not for the weak. Or have Acme Shuttles drop you off at Hazard and ride down Porcupine Rim from there.

Best Eats? Moab Brewery is great for dinner and the Jailhouse is awesome for breakfast; however, I prefer to cook it up at the campground grill.

Weather? The weather in Moab is great in October; however, check the weather in Colorado before you set out. It's not uncommon for Vail Pass to get some snow. Once you are in Moab enjoy temps in the 70s during the day and cooler temps at night as low as the 30s. Bring a 0 degree sleeping bag and a down coat if you are camping.

Tips:

- Buy a trail map
- Bring plenty of food and water
- Bring arm and knee warmers if you are going up to the La Sals
- Bring your favorite Colorado Microbrew with you
- On the way home, stop in Fruita and hit up Mary's Loop and Horsethief (you won't be sorry)



TEAM PHOTOS

One of the perks to being on the WMBA racing team is being part of our annual team photo shoot. Every year we ask one of our talented photographer friends to donate their time and energy to shooting our team. Last year Tom Kimmell took our photos and this year Tim Bresnahan lended us his talent. Please check out these photographers for your next event or family portrait.



RACE RESULTS



Pro Cycling Palmer Park 50

Sand Creek Series

On Sunday, September 18th the rain let up and yielded a beautiful sunny day for riders at Palmer Park. Race organizer, Andy Bohlmann, put on a 25 and 50 mile race that tested riders endurance and technical skills. WMBA supported the race with a tent and crew.

Pro Cycling Palmer Park 25 Race

Tracy Hankinson, 1st place Overall and CAT 1

Lindsey Watson, 1st place CAT 2

Kerri Mosman, 1st place Singlespeed

Some WMBA members also raced, so we would like to send kudos to:

Sarah Gibeau, 1st place, CAT 1, 50 miles

Stephanie Surch, 2nd place, CAT 1, 50 miles

Stacy Gery, 2nd place, Coed Team

Julie Glenn, 1st place CAT 3, 25 miles

PV Cycle Derby

Rocky Mountain Endurance Series

On Sunday, September 4th, the Rocky Mountain Endurance Series held their season finale at Peaceful Valley Boy Scout Ranch in Elbert, CO. The race was held on private land so racers experienced a unique opportunity to ride trails normally closed to the public. The 23 mile loop included new singletrack that flowed through pine trees, rocky cliffs, and serene pastures. It was a fast course where riders were given little reprieve from pedaling but enjoyed gradual climbing. Competing in the cross country race was Jessica Conner and Lonna Thelan placing 1st and 2nd respectively. Warrior Cycling who put on the race offered camping at the ranch, dinner, and festivities. This is a great race to set up camp during the Labor Day holiday weekend so you can avoid traffic and crowds in the mountains. You will get plenty of nature at Peaceful Valley ranch.



UPCOMING RACES

24 Hours of COS

WMBA Race Team Goes for Nationals

Come on out to Palmer Park this weekend for the 24 Hours of COS. WMBA has a race team consisting of Kerri Mosman, Stephanie Ward, Lindsey Watson, and Julie Glenn. Give these riders your support as they race from noon to noon.



Age is Relative

WMBA Member Julie Glenn shares her experience



I began mountain biking back in the mid 1980's and quickly became passionate about the sport. I completed a few races then met an incredible man in 1992, then took off a solid nine years of riding when I had my three boys. Around 10 years ago, I jumped on my old Specialized Rockhopper (with no suspension!) and fell

in love with the sport again. I completed a couple of endurance races here and there and when I turned 40 I completed the Silver Rush 50-miler in Leadville.

Last year I made a goal for myself that when I turned 50, I would race all summer long in celebration of my "over the hill" age. Well, I have completed six races this past summer, and reached the podium in three of them. My motto is "You don't stop playing because you grow old; you grow old because you stop playing! And age, it's all relative!"

I have been looking for girls to ride with for several years and found the most amazing group of female riders right here in Colorado Springs, the WMBAs! My last race, as of this writing, was the Palmer Park 50 which took place a few weeks ago. I signed up for the 25 mile race which consisted of 5 laps (supposed to be 4 1/2 laps but I, along with a few others, made an unaware victory 1/2 lap!). Since I have

Ride to Save a Suicide

Online registration closes October 6th

This year's Ride to Save a Suicide has a special place in WMBA's hearts. If you would like to join this ride online registration ends October 6th. You have several rides or races you can choose from for this fundraiser. The Turtle Challenge Race is 40 miles and the Ride to Save a Suicide is a self paced, easy ride for the entire family that can go up to 23 miles. Click on the poster for a link to registration or call 719-573-7447. There is an option to set up a team or ride in someone's memory.

never done a race at Palmer Park and felt pretty intimidated so I decided to race Cat 3, and being the only one in my category I came in first place! To my surprise, however, I found out I actually came in second place overall for the 25 mile, female, multi gear riders (what a mouth full) group. What a blast! First of all, Vivian was so awesome to lend me her WMBA kit, which made me feel like a part of the WMBA team. Secondly, several WMBA members were there to support all of us racers. This race was the smallest venue I had competed in, but the comradery between the racers made it welcoming and one of the best races I have experienced. Everyone, including the pros, ate lunch together at the pig roast that followed and just enjoyed one another's company.

The course itself was a lot of fun. There were some great technical sections, which thanks to several pre-rides before the race I felt fairly comfortable with, a few climbs and a whole lot of singletrack. The WMBA members truly made me feel very welcomed which enhanced my experience. All of the WMBA girls are very welcoming and I am grateful to have found an awesome group like this! It was an incredible experience to have everyone cheering me on and supporting me as I came around each lap. Next weekend I will be racing on the WMBA team, again at Palmer Park, for the 24 Hours of COS. I am so excited to be a part of this group and know this is going to be an amazing experience once again. Way to go WMBA...you all are winners in my book!

LOOKING GLASS

Images from WMBA



Thank you to all our 2011 Sponsors

COLORADO CYCLIST



SPRINGS ORLEANS



Correction

In September's newsletter under Race Team, we wrongly labeled some of race members. Stephanie Ward and Kerri Mosman were listed as Club Team members while they are in fact WMBA Racing Members. We apologize for the mistake.

Newsletter written by: Elizabeth Gilbert, Tracy Hankinson and Jessica Conner with contributions from Melissa McMartin and Julie Glen
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