

# Women's Mountain Biking Association OF COLORADO SPRINGS

# Newsletter



## Upcoming Events

## Gearing up for 2012!

### Our New Mission Statement

*The Women's Mountain Biking Association of Colorado Springs (WMBA of COS) engages a community of supportive female cyclists of all abilities through organized group mountain bike rides.*

The WMBA Board of Directors had a busy winter planning and organizing another great season of group rides. In January, the Board (Betty, Hillary, Tracy, and Jessica) met with two El Pomar Fellows, Mallory White and Noel Gugliotta,

who facilitated a strategic planning session with the outcome of a revised mission statement and plan to create a sustainable organization.

### What's in store for 2012:

- **Events:** Planned events include; Season Kickoff, End of Season Member Appreciation, Halloween Costume Criterium, and a special ride on August 23rd at America the Beautiful Park with a USA Pro Cycling Challenge Viewing Party afterward.
- **Group Rides:** Our focus is going to be making our group rides better organized.
- **Training:** Our 11 racers and 17 club team ladies will undergo a special group ride leader training.

# SCHEDULE

The **women's mountain biking association** of Colorado Springs

## group rides



### may Thursdays at 6:00pm

Thurs. 10th	Red Rocks Open Space
Thurs. 17th	Palmer Park
Thurs. 24th	Ute Valley Park
Thurs. 31st	Bear Creek Terrace

### june Thursdays at 6:00pm

Thurs. 7th	Upper Cheyenne Canyon
Thurs. 14th	Red Rocks Open Space
Thurs. 21st	Palmer Park
Thurs. 28th	Ute Valley Park

### july Thursdays at 6:00pm

Thurs. 5th	Bear Creek Terrace
Thurs. 12th	Upper Cheyenne Canyon
Thurs. 19th	Red Rocks Open Space
Thurs. 26th	Palmer Park

### august Thursdays at 6:00pm

Thurs. 2nd	Ute Valley Park
Thurs. 9th	Bear Creek Terrace
Thurs. 16th	Upper Cheyenne Canyon
Thurs. 23rd	America the Beautiful Park
Thurs. 30th	Palmer Park

### skill rides Mondays at 6:00pm

May 14th	Monument Valley Park
May 21st	Bear Creek Terrace
Sept. 10th	Monument Valley Park
Sept. 17th	Bear Creek Terrace

The Women's Mountain Biking Association of Colorado Springs (WMBA of COS) engages a community of supportive female cyclists of all abilities through organized group mountain bike rides.

Please arrive 10-15 minutes early to all group rides. Riders will be split into three ability levels. All levels are welcome.

### 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

**UPPER CHEYENNE CANYON**  
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.

**MONUMENT VALLEY PARK**  
Meet where Fontanero dead ends west of Cascade St.

**AMERICA THE BEAUTIFUL PARK**  
Meet in the dirt parking area off Cimino Drive. After the ride join us for a special USA Pro Cycling Challenge Viewing Party at a downtown location (TBD).

# 2012

To find out more [www.wmbacos.org](http://www.wmbacos.org) [info@wmbacos.org](mailto:info@wmbacos.org)

# UPCOMING EVENTS

## Season Kickoff Event

Thursday, May 3rd at the Warehouse



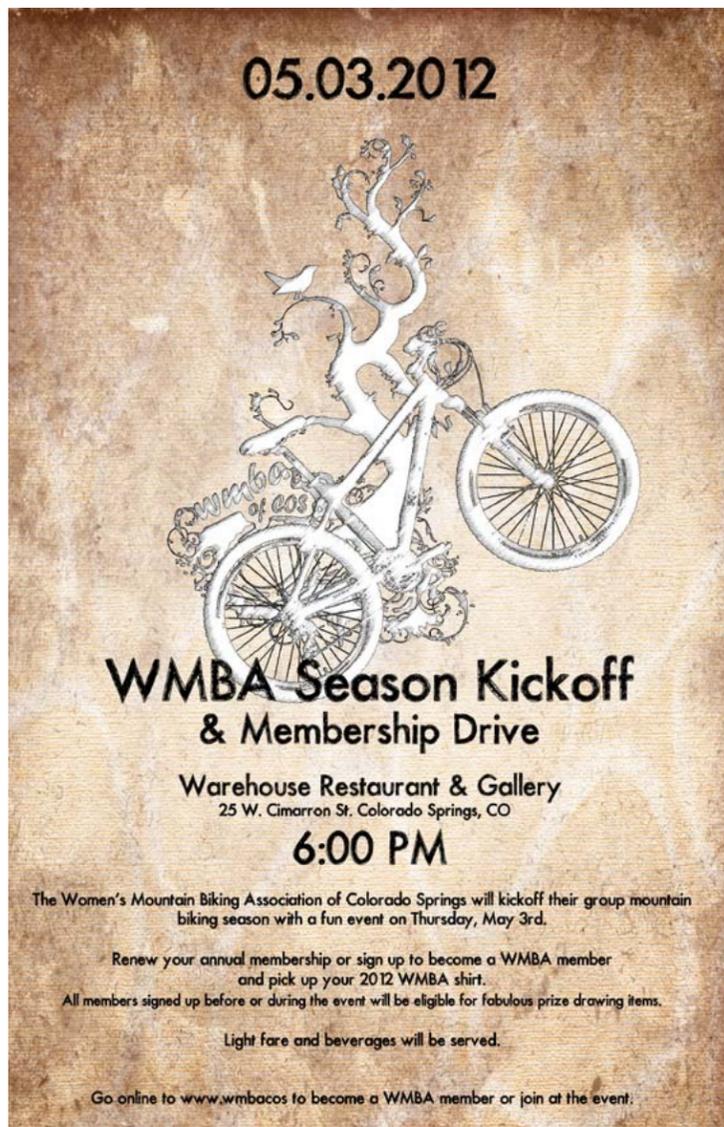
Everybody knows WMBA knows how to throw a party! Come out for our Season Kickoff and Membership Drive on Thursday, May 3rd at 6pm at The Warehouse, 25 W Cimarron St.

We'll have a swag bag with your 2012 WMBA shirt (they are so sweet) and a special gift for those who attend the event. t

All members who sign up at the event or prior will receive a ticket for the prize drawing. Last year we gave away a RockShox suspension fork and a Giant cruiser, but you'll have to come out to find out what we have this year!

Bring your spouses, friends, or person you met on the trail to sign up or renew your WMBA membership.

WMBA will provide light fare at the event. Hope to see you there!



## New Electronic Ride Waiver

Please take a moment and fill out our online waiver

To save time at the trailhead we are rolling out a new electronic ride waiver. Everyone that comes on a WMBA ride needs to fill this waiver out. To get our wheels turning in a timely manner, please fill out the waiver before you come on a group ride. Click here!

*Sign up before the event by visiting our website and clicking on Membership and checking out with PayPal.*

# GROUP RIDE READY



## Getting Ready for a Group Ride

by: Tracy Hankinson

With longer days and beautiful weather upon us we hope you've been getting out, riding the trails, and doing some spring cleaning for the body and soul. We're looking forward to another great season of group rides and skills clinics which will begin with our first group ride on Thursday, May 10th at Red Rocks.

At our rides we strive to make women feel comfortable and safe on a mountain bike while having fun and meeting new friends. Whether you are a seasoned rider or just beginning to pedal on your first mountain bike, our group rides are a place you can come to be with friends. We have groups of all abilities which provide opportunities to challenge yourself and push your limits if you desire, or to simply enjoy being out on the trails at whatever pace you choose. We have a no drop policy, meaning we will not leave anyone behind.

*“Our rides strive to make women feel comfortable and safe on a mountain bike”*

If you're coming to your first group ride maybe you're wondering what you should bring? First and foremost, go online to fill out the electronic waiver

prior to the ride or bring a hardcopy with you. This will save time from having to fill it out at the trailhead. It's also important to have a mountain bike which is in good working order and that you are comfortable riding. Additionally, you will need some other basic cycling equipment which you should never ride without: helmet, water (bottle or hydration pack), and items to fix a flat tire (tire levers, tube, pump). Some optional items include cycling gloves, windbreaker/rain coat, clipless pedals/cycling shoes, and an energy bar or energy drink. We encourage you to visit Colorado Cyclist where you get a WMBA member discount and their expert staff will make sure your bike is properly tuned and that you are prepared with any items you may need.

Be sure to visit <http://wmbacos.org> for detailed information about the group rides or drop us a line at [info@wmbacos.org](mailto:info@wmbacos.org) if you have any questions.

# Butternut Stew with Tofu, Corn and Pine Nuts

By: Tracy Hankinson



I came across this delicious recipe when looking for a dinner idea to make for the beautiful ladies in my book club. This is a wonderful healthy vegetarian dish that we all enjoyed and I hope you do too.

This stew may be served alone in a bowl like chili often is, or you may serve it on a plate with brown rice and black beans. If you like the flavors of the Southwest, add canned green chiles, hot chili powder or chipotle sauce to suit your taste. I served mine over quinoa for some extra protein, and the quinoa also absorbs the flavors of the stew really well. Enjoy!

## Ingredient List

SERVES 8

- 4 cups frozen Silver Queen or other sweet corn kernels, thawed
- 4 cups peeled and diced butternut squash
- 2 cloves garlic, minced
- 1 tsp. salt
- 1/2 tsp. white pepper
- 4 cups water
- 2 Tbs. chicken-flavored broth powder
- 4 Tbs. olive oil
- 1 lb. firm tofu, diced
- 1/4 cup all-purpose flour
- 1/2 cup pine nuts
- 2 scallions, minced, for garnish

## Directions

1. Place corn in blender or food processor, and purée until coarse. Transfer corn to heavy saucepan, and add squash, garlic, salt, pepper, water and broth powder. Bring to a boil over medium heat, and cook until squash is tender.

2. Meanwhile, heat large skillet over medium heat, and add oil. Toss diced tofu in flour, and sauté until browned on all sides. Add pine nuts, and sauté 1 minute more. When squash is tender, add tofu and pine nuts, stir and continue cooking 5 minutes. Remove from heat, garnish with scallions and serve.

## Nutritional Information

Per SERVING: Calories: 260, Protein: 10g, Total fat: 14g, Saturated fat: 2g, Carbs: 29g, Cholesterol: mg, Sodium: 580mg, Fiber: 4g, Sugars: 4g

Vegetarian Times Issue: January 11, 2003 p.60

## Thank you 2012 Sponsors COLORADO CYCLIST

