

Issue No. 29 June 2012

What's Inside this issue:

- Group Rides
- Upcoming Events
- Article
- Recipe
- Race Results
- Sponsors

# Women's Mountain Biking Association OF COLORADO SPRINGS Newsletter



## Upcoming Events

# Record Numbers!

Thanks for attending our Season Kickoff Party



Last year we were amazed when we ended the season kickoff with 100 members and the 2011 season with 150 members. For 2012, we wondered, how much more can WMBA grow? Well, that answer came quickly on the night of May 3rd when we signed up 120 new members in the first hour. Thanks to our new online registration process, the sign up went fast and a lot of people pre-registered on our website. By the end of the night, we had almost two hundred, 2012 WMBA members signed up!

The new venue, The Warehouse, provided ample space for our 200+ attendees. Bristol donated a keg of beer to help us with costs, and our many awesome sponsors provided great prize drawing giveaways for the crowd.



# 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)

# GROUP RIDES

## First Group Ride of 2012!

By Lonna Thelen



Red Rock Canyon Open Space has witnessed many land uses over the years including a landfill, rock quarry, and ranch. The earliest known land use was by nomadic tribes who hunted and constructed shelters over eight thousand years ago! In the 1970's the land around Red Rock Canyon was planned to be developed into a 800,000 sq. ft. event center, 1000's of hotel rooms, and 36 story condominiums.

Among all the past and potential land uses for Red Rock Canyon I consider outdoor recreation to be the best balance between respecting and interacting with the natural resources.

The 2012 WMBA season made its own history when 99 women traced the trails of Red Rock Canyon Open Space for the first WMBA group ride of the season. For many women the weekly group ride is an opportunity to develop new skills and

“ I consider outdoor recreation to be the best balance between respecting and interacting with the natural resources. ”

fitness in a supportive group. With six groups, sixteen ride leaders, and three skill level groups- beginner, intermediate, and advanced- everyone was able to ride within their comfort zone. I remember clearly how I felt during my first group ride; a mixture of excitement and hesitation.

Thankfully with the patience and encouragement of the WMBA leaders, I finished that first ride. Once it was finished I realized that I had accomplished something that I didn't know I could and gained confidence in my abilities.

One year later, I realize that the powerful beauty of Red Rock Canyon Open Space mirrors the inner growth that I achieved mountain biking with my WMBA friends. Next year, after my son is born and I am able to help lead group rides again, I want to inspire new mountain bikers to transform the enduring character of the land into personal fortitude.

*Enter to win a slot for Sign Alison Dunlap's Beginner Skills Ride. See e-blast for details.*

Please fill out our  
New Electronic Ride Waiver

To save time at the trailhead we are rolling out a new electronic ride waiver, that only needs to be filled out once. 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!](#)

# TRAINING

## Making It Count: Planning Your Training and Racing Season

By Cami Stock, USAT Certified Coach ([www.wildblueracing.com](http://www.wildblueracing.com))



While the season may be underway, it is not too late to determine your goals and may be the most important thing you do all season. By establishing goals early on, you can plan races around strengths while training specifically to work on those areas needing improvement. Additionally, you can tailor races to those goals and benchmarks, saving time and money by making each race count. If you're not racing, then use the information to pick areas of your riding and fitness to improve over the course of the year. Here are a few tips on establishing goals and how to implement them into your season.

### Evaluate previous season.

Take a hard look at last season and ask yourself a few questions: What did I do well? What needed improvement? How was my race-day nutrition? Some points to consider: technical skills, endurance, climbing power. Thoroughly examine last year's racing and training so you know what to keep and what to build upon.

### Rectify your limiters.

Start working now on aspects of riding that challenge you. Need skills? Head to a skills clinic or the more technical group rides. Need endurance? Try adding 10% to your long weekend ride each week--some can be on the road if you are a skills goddess. Need power? Integrate strength training or spice up mid-week rides with hill repeats. Need flexibility? Get to Core Power Yoga and try their Yoga for Athletes session. These small changes make a huge difference over the course of a season.

### Plan your season.

Take this information to pick some races that cater to your strengths and others that challenge you. Pick races that you'll nail so you are confident and others that are going to get you out of your comfort zone. If you have a key race (an "A" race), choose smaller races beforehand to give you realistic race experience. One inexpensive midweek option is the Bear Creek Series--a workout that puts you in the mix but integrates into regular training without too much recovery.

### Map out the micro.

After examining your riding at the "big picture" level, map out how this looks on a weekly basis. Identify how much time you can devote to training. My bread-and-butter rides are 3x/week--recovery or skill ride, interval-based ride, and one long ride. Dedicate 15 minutes, 3x/week to core training during the season, and you'll notice huge difference in your back and balance. Additionally, I recommend taking at least one day completely off per week. Nada. Give your body a rest. New riders, post-injury riders, or older riders may need more. Don't count workouts--make workouts COUNT. The recovery will pay dividends in performance.

Hopefully this information gives you a vector for your season. By taking time to examine your riding and plan your season accordingly, you'll arrive at the start line excited to see what you can do. Good luck!



# RECIPE

## Cosmic Cashew Kale and Chickpeas

From Jessica Conner

This nutrient dense vegetarian meal has become a staple in our household. It's quick to make and ready in less than a half hour. I've modified a few things from the original recipe. I use Kale instead of spinach and Percino Romano cheese instead of Parmigiano, a cheaper substitute.

### Ingredients

- 4 cups thinly sliced fennel bulb
- 3 tablespoons olive oil, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 1/2 teaspoon salt, divided
- 1/4 teaspoon ground red pepper
- 2 garlic cloves, minced
- Cooking spray
- 3 tablespoons grated Parmigiano-Reggiano cheese or Percino Romano
- 2 (15.8-ounce) cans Great Northern beans (white beans), rinsed and drained
- 4 cups fresh baby spinach or Kale



### Directions:

1. Preheat oven to 450°.
2. Combine fennel, 1 tablespoon oil, 1/2 teaspoon black pepper, 1/4 teaspoon salt, red pepper, and garlic in a large bowl; toss to coat fennel. Arrange fennel mixture in a single layer on a baking sheet coated with cooking spray. Bake at 450° for 15 minutes or until fennel begins to brown. Stir; sprinkle cheese evenly over fennel mixture. Bake an additional 5 minutes or until golden brown.
3. Heat a large nonstick skillet over medium heat; add the remaining 2 tablespoons oil. Add beans; cook 2 minutes or until heated. Add fennel mixture, spinach, the remaining 1/4 teaspoon black pepper, and remaining 1/4 teaspoon salt. Cook 2 minutes; serve immediately.

*From Erin McCall, Atlanta, GA,  
Cooking Light October 2011*

## Healthy Riding AND Healthy Eating... Join a CSA!

Grant Family Farms CSA offers a discount to WMBA members



Community Supported Agriculture, CSA, is a partnership of mutual commitment between a farm and a community of supporters that provides a direct link between the production and consumption of food. Supporters cover a farm's yearly operating budget by purchasing a share of the season's harvest. CSA members make a commitment

to support the farm throughout the season, and assume the costs, risks and bounty of growing food along with the farmer or grower. Members help pay for seeds, fertilizer, water, equipment, labor, etc. In return, the farm provides, to the best of its ability, a healthy supply of seasonal fresh produce throughout the growing season.

Grant Family Farms is offering a 5% discount to all WMBA members for the 2012 Season. Eat local and organic through Grant Family Farms CSA Program. Questions? How does the program work? How will this work for my family? or What size share should I order? Contact Megan, GFF's CSA Regional Representative (and WMBA member). She is happy to discuss the program with you. [Megan@grantfarms.com](mailto:Megan@grantfarms.com) or 719-433-6325

# ARTICLE

## Why Not Commute?

By Cami Newsom

**Have you seen the same people on bikes on your way to work or running errands and think, “I wish I was on my bike right now too?”**

With gas prices on the rise Why not commute? Not only is it a great way to save on gas and get to know your community better, but it also adds pedaling mileage to your week. I don't know about you but starting and ending the day with a ride sounds perfect to me. Plus we are so fortunate in Colorado Springs to have such great trail systems to commute on. Our city has put in so many bike lanes and new trails so that anyone can get almost anywhere without having to ride completely on the road.

As a family with an almost 5 year old we have decided to not drive anywhere that is within a 2 mile radius (with exceptions like the grocery store). Experiencing this with my husband and son has been great! We live in Old Colorado City and can get to so many places on our bike with just a 15-20 minute ride. Sometimes it is even faster than driving and so much more fun. It is amazing how my son already knows his way around town whether it's to the library or our favorite frozen yogurt place. He sometimes takes the leadership role and tells us which way we should go.

Commuting to work can be done in two different ways depending on your work facility. If you have the luxury of a shower you can use your morning commute as a training ride. If you do not have access to a shower, then take it easy and enjoy the cool morning commute and bring some gear for a big ride after work.



For those of you who work very early or even late there are so many fun lights and accessories for you and your bike so you can be seen, and most importantly be safe.

Ever since we moved to Colorado we have adapted to riding to the trailhead. Trails are easily accessible here without driving a car. By doing this we have discovered we can add five or more miles to each ride we do, and get a great warm up and a nice cool down. If you are truly hard core you can add some intervals too.

Whether you are riding to work, the pub or to your favorite trail I hope you enjoy it as much as we do!

**Here are some helpful links for your commuting adventures:**

- <http://www.springsgov.com/units/parksrec/maps/mgentrl.htm>
- <http://www.springsgov.com/units/parksrec/maps/mppgrnwya.htm>
- [www.2milechallenge.com](http://www.2milechallenge.com)

# RACE RESULTS

## 12 hours of Mesa Verde

Mother's Day weekend hosted the 6th year of the 12 hours of Mesa Verde, located in the remote four corner area of Colorado in a town called Cortez. If you've ever ridden the intricate trail system called Phil's World, then you know exactly why this race sells out in minutes every year and boasts some of the strongest riders in the Rocky Mountain region racing it- it's just too much fun not to ride it! The singletrack here is some of the best you can ride, and you'll literally have a perma grin plastered to your face when you hit the trail called, the Rib Cage.

This year, Jessica and Tracy were quick on the registration trigger and enrolled in the Duo female category. They took turns racing from 7am to 7pm when the race ended. They completed 7, 16 mile laps and placed 9th in their category. Definitely a race on the calendar for next year!



## Gunnison Half Growler

When the Mayor shot off the gun to start the Half Growler on Saturday, May 26th, 350 bikers jumped in their seats and began pedaling to Hartman Rocks. The day had already turned windy and smoke from a New Mexico fire was in the air, but the racers persevered one of the toughest 32 miles of racing in Colorado. For two of our teammates, Jessica Smith and Jennifer Zink, it was their first ever mountain bike race! Way to get your feet wet, or rather sandy. The WMBA team all rolled in between 4 and 6 hours, elated to have completed the race and endure the sand and wind. Some of our favorite section of trails were the Rattlesnack and the Notch.

Racing in the half Growler was Jessica Conner, Tracy Hankinson, Jessica Smith, Jennifer Zink, Justine Gehrett and Cameron Newsom.

## Ridgeline Rampage

Race #2 in the Rocky Mountain Endurance Series, The Ridgeline Rampage, was held Saturday, May 5th. Our team headed up to Castle Rock to ride fun singletrack on a 10 mile course designed just last year.

Results:

- Colleen Cameron: 1st Half Marathon SS
- Hillary Hinton: 4th Half Marathon Women (30-39)
- Kerri Willis: 1st Sport XC SS
- Nicole Drummer: 9th Sport XC Women 30-39

# UPCOMING RIDES

## Susan G. Komen Ride for the Cure - Colorado Springs

By Hillary Hienton

About nine months ago I was approached by Marge Milne, a WMBA member and Chairwoman of the Komen Ride for the Cure in Colorado Springs, to fulfill the duties of Honorary Chair for the ride this year. Overwhelmed with commitments in my personal and professional life, I was super hesitant to say yes, but it's impossible to say no to Marge.

As it turns out, I'm glad I didn't. A month later I met with Marge and the Executive Director of the affiliate of Susan G. Komen. I was impressed to learn that the Southeastern Colorado Affiliate serves those battling breast cancer in El Paso, Pueblo, and Teller counties granting 75%\* of the net funds to local organizations\*\* which provide breast health/cancer education, screening, treatment, and support to local women who are uninsured or underinsured. 75%! I also learned that 1 in 7 women in Colorado will be diagnosed during their lifetime, and that in 2010, 3,000 women were diagnosed and nearly 500 of them died as a result. Over the past few months I have had the pleasure to meet many survivors and those who are in treatment. Those 3,000 women are our mothers, daughters, sisters, friends, and grandmothers.

Sadly, the greatest risk factors for breast cancer are completely out of our control. They are 1) being female and 2) getting older, factors which made me realize that every woman is at risk. Last week I was at a local radio station for an interview and as the radio personality and I walked out of the station she shared that her mom passed away from cancer when she was 15 and it destroyed her. The memory of her mother is the reason she wants to help Susan G. Komen with whatever effort she can. Her story was heartbreaking and inspiring.

So, as I look forward to the next 30 days gearing up for the Ride for the Cure in Southeastern Colorado, I will continue to learn from the heartbreaking and



inspiring stories and encourage those around me to join me for the ride, to raise money, and support the efforts to help local women and families. Come ride with me on June 24th to combat a disease that will impact each and every one of us in some way. I think it would be incredible to see a group of WMBA sisters out there in purple (or pink) riding for the cause.

### **Ride for the Cure**

**June 24th, 2012**

**John Metcalf Park, Fountain, Colorado**

**Choose from 20, 40, or 70 fully supported miles**

**Register at [www.komensecolorado.org](http://www.komensecolorado.org)**

**\* 25% of the net funds go to breast cancer research**

**\*\* \$425,000 distributed to 11 local organizations providing vital services to the uninsured and underinsured**

# LOOKING GLASS

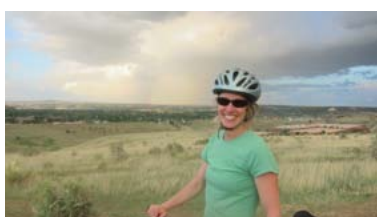


Anais Spitzer has decked out her bike plate with flair. Can you top this glittery plate?



Nicole takes a technical section at Ute with ease and style!

Thank you to all our 2012 Sponsors!



## COLORADO CYCLIST



Want to see more photos?  
Check out our shutterfly page:  
[www.wmba.shutterfly.com](http://www.wmba.shutterfly.com)