

Issue No. 28 May 2012

What's Inside this issue:

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

Women's Mountain Biking Association OF COLORADO SPRINGS

Newsletter

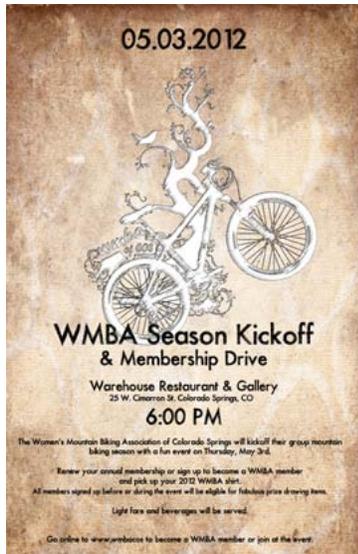


Upcoming Events

See you this Thursday!

Season Kickoff Party is May 3rd

You already have your calendar marked, right? So you already know that we're having a party to kickoff our season and we want to see you, your friends, and family this Thursday at 6pm at the Warehouse.



We'll hand out our new WMBA shirts to all members, whether you sign up to be a member at this event or if you sign up earlier online via our website. All members present will receive a ticket for a chance to win in our prize drawings- and everyone knows WMBA always has amazing prizes!

You don't need to wait until Thursday to sign up. In fact, we encourage you to go online to <http://wmbacos.org/membership/> to sign-up or renew your membership now and spend more time enjoying the social.

This event is open to the public, so bring your friends and family to help WMBA kickoff the 2012 season!

SCHEDULE

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

group rides



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.

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

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 info@wmbacos.org

UPCOMING EVENTS

WMBA Shirts and Tanks are Here

Get Yours at the Season Kickoff Party



The WMBA BOD (Board of Directors) spent a lot of time this spring picking out new shirts for 2012. It's really one of the most fun things to do, besides hanging out with you on group rides! WMBA Racer, Melissa McMartin, hooked us up with her family's business, Lucas Promotions. Her sister, Christy, patiently sent us sample after sample to try on until we narrowed it down to two.

That's right, two! This year you can choose between a t-shirt or a tank top. The t-shirt is nice enough to wear out on the town and the tank is cool enough to sport at the gym. We hope you like them, but now you just have to choose ONE! Don't worry, if you can't decide, we'll let you buy the other one for \$20 at the event.

One more reason to come to the Season Kickoff- to pick up your new stylin WMBA shirt!

Become a 2012 WMBA Member by clicking here.

Annual dues are tax deductible

Get Excited for Big Kid Play Time

WMBA offers two Skills Rides in the month of May

A skills ride generally stays in one area to practice skills and complete drills that help with bike maneuvering. WMBA offers four skill specific rides a year- two in May. These rides are led by our teammate, Lianna Miller, a USA Cycling Level 2 coach. Lianna will hone in on techniques that will help you feel more confident on mountain bike trails. You'll have the opportunity to practice in a grassy area doing drills that everyone from the most beginner rider to the most seasoned expert will have heaps of fun at (and get better at riding their bikes at the same time).

The first skill ride this month is Monday, May 14th at Monument Valley Park, where Fontanero deadends west of Cascade St. The second is Monday, May 21st at Bear Creek Terrace, at the parking lot off Argus.

We especially want to encourage beginners not to be intimidated; we'll be doing all these drills in a flat grassy field.

We hope that learning and practicing skills and drills will make you more confident on the bike trails!

Please fill out our New Electronic Ride 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!

ARTICLES

The Cathartic Principles of Biking

Experienced by: Regina Bailey

After an intense three day, 45 hour work week, in a neonatal intensive care unit, I was thankful to relieve my stress and thoughts while out on a fun and fast ride in the Sandia Foothills of Albuquerque, NM. The sound of my rear hub, dirt beneath my tires, and wind blowing through my hair or helmet rather allowed me to slip into to a world of serenity. The stress of life and death that troubled me this week was left out on the trails for the rocks and trees to absorb. Once my legs and lungs adjusted, I truly felt a "bikers" high and did not want the ride to end, unfortunately Mother Nature had other plans. At the end of my biking fun, I realized how fortunate I am to have the opportunities to enjoy such luxuries of physical activity and will no longer take them for granted. In short, if you are having a rough week just take a few hours out of your day and go for a ride, you'll be amazed of the amount of satisfaction it will bring you.



Drop It!

By: Tracy Hankinson



Tired of flying over your handlebars on a technical downhill section of trail? Even if you've mastered getting your butt back off the saddle so well that you know what it's like to have your rear tire give you skid marks on your spandex and have your saddle punch you in the ribcage, there's a better way to get low and stay in control.

Our very own engineers here in Colorado Springs at SRAM/RockShox designed the Reverb, which is hands down the best dropper seat post on the market. The Reverb has been around for a few years and quickly gained popularity with riders of all abilities and styles. After seasons of stopping at the top of a climb to decide if I should manually lower my seat post for the downhill, then being stuck with a lower seat when I'd hit a pedally section of trail or, even worse, an uphill, the Reverb was the answer. You can lower and raise your seat height as you're riding all with the push of a button right on your handlebars! The hydraulic actuation makes its movements consistent and smooth, and you can easily stop the seat height anywhere in between the high and low setting to find the perfect height for that section of trail. As an added bonus you can use it to lower your seat to help you get started on an uphill section so you're not having to tippy-toe or find a rock to stand on for balance.

This is one bike component that I love having on my bike. It's been a real game changer, helping me to have more control and be more daring on the downhills and has definitely prevented a few flying supermans over the bars.

RECIPE

Spicy Mustard Greens with Chicken or Tofu and Peanut Sauce

Created by WMBA's, Anais Spitzer, and Patrick Lynch

Warmer weather ushers in not just more blissful days of mountain biking, but also a greater variety of produce at the grocery store, farmers markets, and in CSA shares. One veggie that starts to make an appearance in spring is mustard greens, which are rich in phytonutrients and vitamins A, C, and E. This easy recipe (with a prep time of approximately 20 minutes) is a delicious way to eat your greens! Arugula or dandelion greens can be substituted for mustard greens. This gluten-free recipe makes two very generous post-ride portions (or four smaller portions), and can be prepared for vegetarian or non-vegetarian eaters by substituting the protein source accordingly.

INGREDIENT LIST

- 1 TEASPOON CRUSHED RED PEPPER FLAKES
- 1 CLOVE GARLIC
- 6-8 OUNCES CHICKEN OR TOFU
- 1 PACKAGE BEAN THREAD*
- 2 TABLESPOONS TOASTED SESAME OIL
- 1 BUNCH MUSTARD GREENS
- 1/3 CUP OLD-FASHIONED (JUST PEANUTS) PEANUT BUTTER
- 3 TABLESPOONS TAMARI
- 1 TABLESPOON FLOUR (TO KEEP THIS RECIPE GLUTEN FREE, USE RICE OR POTATO FLOUR)
- 1/3 CUP HOT WATER

* This can be purchased in the "ethnic foods" section of any grocery store or at an Oriental market.

Local Trail Organization: MWTA

By: Steffie Ward

Medicine Wheel Trail Advocates are one of the local trail groups dedicated to keeping the trails we love to ride open to mountain biking by maintaining and repairing existing trails, and by building new needed trails while retaining positive relationships with the city and land managers. WMBA and MWTA have worked together in the past to build Stephanie's Trail (formerly ZipLine), the re-route of Captain Jacks, and periodic maintenance in Palmer Park. This year our own Steffie Ward joined the board of MWTA to strengthen the bond between our groups. WMBA is looking forward to another great season of riding and working on our beloved trails. Medicine Wheel TA will also have a table at our season kickoff on May 3rd. Please join us and check it all out!



Directions

Begin by marinating the tofu or chicken in 2 tablespoons of tamari along with one clove of crushed garlic. Marinate the protein source for anywhere from 5 minutes to 2 hours.

Heat 1 tablespoon of toasted sesame oil in a medium skillet over medium-high heat until just smoking. Toss 1 tablespoon of flour over the chicken or tofu. Add chicken or tofu to the skillet, cooking until it is nicely browned and cooked all the way through. (Tip: Let each side fully brown before flipping. If the protein is sticking to the pan, leave it until it is less sticky and then flip it.) When done, remove from heat and cover.

In a small serving bowl, mix together 1/3 cup peanut butter, 1/3 cup hot water, and 1 tablespoon of tamari until mixture is smooth.

Heat the remaining tablespoon of oil along with red pepper flakes in the same skillet over medium-high heat. Coarsely chop mustard greens and sauté over medium-high heat until stems are tender.

While the greens are cooking, place the bean thread in a large bowl. Bring a teapot or a medium saucepan of water to a boil and pour over bean thread, submersing it. Let bean thread soak until it is al dente (approximately 4-5 minutes). Drain the water.

When greens are done, remove from heat. Place greens on a dinner plate, followed by bean thread. Drizzle with peanut sauce and top with chicken or tofu and serve! I like to mix mine up on the plate, stirring the sauce through the bean thread. Enjoy!

SCHEDULED TRAIL WORK DATES FOR MAY AND JUNE

- MAY 2 (WED) SPRING CREEK – REPAIR
- MAY 19 (SAT) BONUS LOOP OFF STEPHANIE'S TRAIL – NEW TRAIL BUILD!
- MAY 23 (WED) BONUS LOOP OFF STEPHANIE'S TRAIL – BUILD CONT.
- JUNE 9 (SAT) BONUS LOOP OFF STEPHANIE'S TRAIL – BUILD CONT.
- JUNE 13 (WED) BONUS LOOP OFF STEPHANIE'S TRAIL – FINISH!

All Wednesday work is 5:30 – 8. All Saturday work is in two shifts 8:00- 11:30 and 12:00- 3:00. As Colorado weather is unpredictable, some dates may change – but a little rain never hurt anyone

If you wish to be in on one or all of these trail work days, please email **Steffie at: stephdward@yahoo.com**

FOR MORE INFO CHECK OUT

www.medwheel.org or find us on Facebook

LOOKING GLASS



Vivian (with son, Keaton) turned 14 on Leap year and we celebrated at with a party at SPLASH! The WMBA team plus a few friends chipped in on a RockShox Reverb Seatpost so she can shred those trails even better.



Carol, an avid WMBA member, competed in the Voodoo Fire Race and placed 1st in XC Women's Beginner 60+. She is an amazing athlete!



So excited for the new kits! Thank you 2012 Sponsors, you are the best for supporting our grass roots organization.

COLORADO CYCLIST

