



# *Ride*

BICYCLING GUIDE TO NORTHERN COLORADO

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# Ride

## BICYCLING GUIDE TO NORTHERN COLORADO

### From the Editor. . . . . 4

Ride gets a makeover

### Fun getting to work. . . . . 6

The slacker's guide to bike commuting

### Counting on kid power. . . . . 8

Safe Routes to School offers a lesson we all could use

### Made in Fort Collins. . . . . 10

Local builders offer hand-crafted bicycles and trailers

### Wheels are spinning in Greeley. . . . . 12

Bike projects pick up momentum in Weld County

### Women on bikes. . . . . 14

Program encourages and empowers women to ride

### The right bike. . . . . 22

Get a bike that meets your needs and fits your body

### Racing toward the same goal. . . . . 24

Coalition promotes competitive cycling events

### Bikelonomics 101. . . . . 26

Bicycling blends ecology and economics

### Reaching out to CSU students. . . . . 27

University committee pursues cycling opportunities

### We all roll together. . . . . 28

Join an organization to support cycling in your community

### Calendar. . . . . 29

### Ongoing rides and events. . . . . 32

### Check out our bikes. . . . . 34

The Fort Collins Bike Library brings more smiles per mile



PHOTO BY ELLIOT ROSS

# 16

## Safety check

Community pulls together to create a safe and respectful atmosphere



# 18

## Museum without walls

Historian interprets bicycling past through Old Town businesses

## profiles:

Kristina Brown. . . . . 14

Kerry Byrne. . . . . 27

Josh Kerson. . . . . 10

Bruno Gerard Krioussisl. . . . . 26

Robinson Noble. . . . . 24

Jeff Nosal. . . . . 12

Lorin Scott-Okerblom. . . . . 27

Matt Wempe. . . . . 8

# 20

## Bridging the gap

Regional bicycling enthusiasts coordinate to connect communities

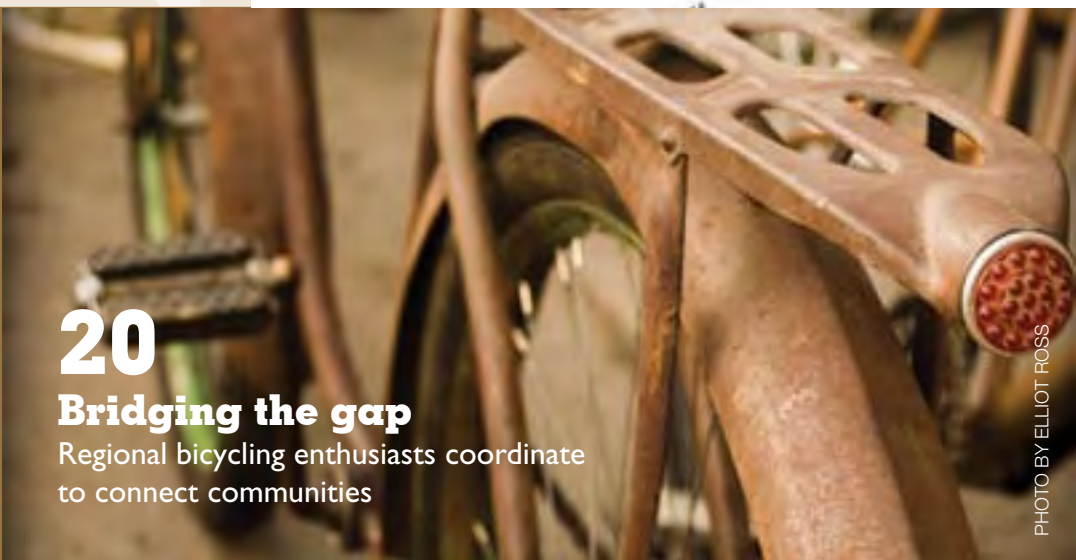


PHOTO BY ELLIOT ROSS

# FROM THE EDITOR

Ride gets a makeover

BY DAVE "DK" KEMP



SCOTT AND KRISTIN TITTERINGTON of Rocky Mountain Publishing have been publishing *Ride ~ Bicycling Guide to Northern Colorado* for almost 15 years. Over the years, *Ride* has been one of the primary resources for northern Colorado residents to learn about bicycling. Parent magazine and the City of Fort Collins' FC Bikes program have partnered together again to bring the most comprehensive and illustrative edition of *Ride* to date. We hope

the stories in this year's *Ride* magazine capture the essence of our maturing and expanding bicycle culture. The stories, resources, and calendar of events, should help you, your family, and friends with all your bicycling needs throughout the year.

As you'll read in this edition of *Ride*, the FC Bikes program is branching out to begin regional bicycle coordination efforts in northern Colorado. The time is ripe to share ideas and leverage resources with our neighboring communities. Regional coordination on the bicycle front will be beneficial to us all. Communities working together can increase overall bicycle ridership in northern Colorado, expedite intercommunity connections, and provide safer traveling environments for all. Together we can create a bicycle-friendly region that works together to increase bicycle-related tourism and makes northern Colorado a safe and attractive place to live, work, and play.

Bicycle ridership in northern Colorado is showing signs of growth and there's data to prove it. The North Front Range Metropolitan Planning Organization has published the results of the 2009 Household Survey. Survey results reveal overall growth in northern Colorado regarding the use of sensible transportation options, like bicycling. The results are posted at [www.nfrmpo.org](http://www.nfrmpo.org)

As more people continue to choose sensible transportation options, like bicycling, the FC Bikes program and its wide array of community partners, will be there to help them with a safe transition.

Enjoy the read and keep the rubber side down.

~DK

# Ride

BICYCLING GUIDE TO NORTHERN COLORADO

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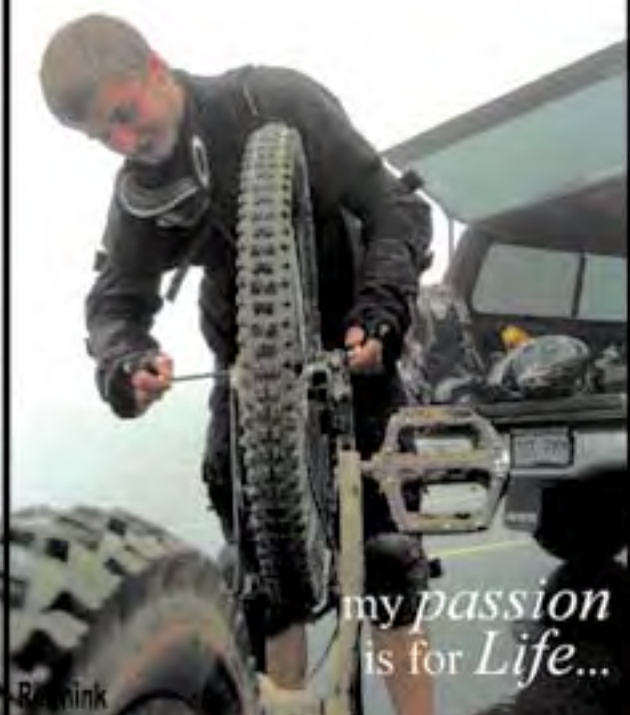


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# FUN GETTING TO WORK

## The slacker's guide to bike-commuting

BY TIM GRAHL



PHOTO BY ELLIOT ROSS

COMMUTING BY BIKE is first and foremost supposed to be fun. Gas prices, 'going green' and health reasons can get people into bike commuting, but it's the daily enjoyment that keeps us in the saddle day after day. And let's face it, planning and wearing Lycra doesn't sound much like fun to a good many of us.

This article isn't for the detail-oriented bike commuters, nor the hardcore, race-to-work riders either. This is for those of us who don't like to plan. Bike maintenance isn't our thing. We consider rain showers wash-day for our bikes. And we certainly aren't using our daily commute as training for a race.

So for my fellow slackers, here's your guide to bike commuting:

### DITCH THE PATCH KIT; GRAB THE CELL PHONE

The worst thing about bike-commuting is dealing with flat tires—standing on the road next to your bike with a tiny, frustrating mini-pump trying to force air into your tire. So forget the patch kit and use your cell phone. If you get stranded on the way to work, call a buddy at the office to come get you. If you're on the way home, call the significant other. It'll take less time than fixing the flat on the side of the road and you'll get to use your floor pump in the comfort of your own workshop.



### CHECK THE WEATHER; CONSIDER THE CAR OR BUS

Let's face it, riding to work in a downpour causes problems. It soaks you and everything you brought, and it takes more time to get ready for work. All in all, it zaps all the fun right out of bike commuting. So if the weather sucks, don't feel bad about grabbing your keys or walking to the nearest bus stop.

### LEAVE THE LYCRA; WEAR YOUR NORMAL CLOTHES

When I see another bike commuter on

this way to work in full-body spandex, it just looks difficult with the time needed to change, the extra cargo to carry, etc. My normal commuting attire is what I work in every day. I roll up my pants and head out the door... simple and comfortable.

### USE LIGHTS THAT RUN ON GENERATORS

Dealing with batteries in your lights can be frustrating and dangerous. They will always go out on you right at the darkest point in your ride home. Consider spending the extra money on some Reelights or Pedalites. Both are great options for adding visibility to your bike without ever worrying about batteries.

### DON'T BE ASHAMED TO GO SLOW

Your morning bike commute is not the Tour de France. No grand prize and yellow jersey await you at the finish line. There's no reason to ride as fast as the wind if you stayed up until 3am the night before watching X-files reruns and eating cereal. (Am I the only one that does that?) Plan your time right and feel free to ride casually to work.

### CHECK YOUR BIKE EVERY TIME YOU RIDE

Regular riding will cause wear on the consumable parts of your bike, and you'll want to make sure you catch any problems early, so check:

- tire pressure
- tire wear and damage
- tightness of quick releases and other fastenings
- brakes for wear and stopping power
- chain for stiff links, rust and dryness

### FOR A LONG COMMUTE, CONSIDER DRIVING PART OF IT

If you've got a commute that's too long for your physical condition or time constraints, try finding a public parking lot where you can stash your car. Drive halfway and then bike the rest.



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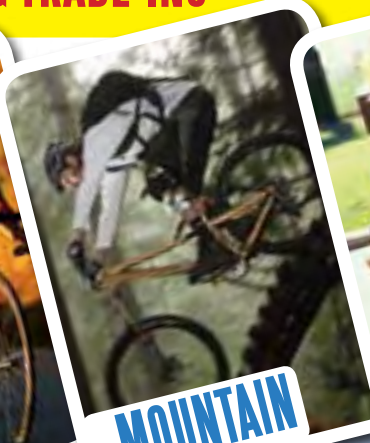
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# COUNTING ON KID POWER

Safe Routes to School offers a lesson we could all use

BY MATT WEMPE

SHORTLY AFTER ATTENDING a Safe Routes to School (SRTS) bicycle and pedestrian safety class, Dunn 2nd-grader Sophia got to teach her parents how to ride safely. One weekend after the class began, the family enjoyed a bike ride through Old Town. Mom slowed down, looked both ways and continued to go through a stop sign without coming to a complete stop. This threw Sophia for a loop, asking, "Why didn't Mom stop?" Fully aware of the wrath of his seven-year-old daughter, Dad made a complete stop. Sophia said to Dad, "I bet Mom thinks she is cool cause she didn't stop at that stop sign. Being safe is cool and Mom is not being very cool!" The family stopped to discuss this and decided that Sophia was right. "We could all use a little reminder every now and then and it is certainly cooler to be safe."

Sophia's family is a great example of the positive impacts of the SRTS program. Not only is she more likely to walk or bike to school, but also she's sharing what she learned to change her family's behaviors. This is part of enjoying safe walking and bicycling to create viable options besides the family car for getting to school.

## MOM, APPLE PIE, AND WALKING AND BIKING

SRTS is a program and a term that means a lot of things to many people.

Congress first funded the program in 2005 as a way to address the variety of environmental, health, and transportation issues surrounding getting kids to school (did you know that over 20 percent of morning traffic is parents driving kids to school?). Communities, school districts, kids, and parents nationwide have used these funds to make improvements so the choice of walking or riding to school in their community is easier.

Fort Collins is blessed with plentiful bicycle lanes and trails, sidewalks, and neighborhood schools. As a gold-level Bicycle Friendly Community, we've already taken that first huge step towards recognizing that you can choose to get around town without a car.

## LEADING THE WAY

The Fort Collins Safe Routes to School program focuses on bringing together the five "E's": Education, Encouragement, Engineering, Enforcement, and Evaluation. Various city departments, Poudre School District, Colorado State University, Poudre Valley Hospital, passionate volunteers, and others all play a part in the success of the program. During this school year, more than 2,500 students were taught bike and pedestrian safety. They held Bike to School days, and updated the SRTS Web site ([www.fcgov.com/saferoutes](http://www.fcgov.com/saferoutes)). For

the 2010-11 school year, the community has been awarded almost \$90,000 to expand this work on safe and fun biking and walking to school.

## EASY AS 1...2...3

There is a lot of talk about getting more parents and children to walk and bike to school. The fact is that more people are choosing to drive a car to school. But there is a silver lining in Sophia's story. It starts with her learning about bike safety, builds into teaching her parents good riding habits, and then as a family, making the choice to be more safe.

Many people already walk or bike to school, and parent surveys tell us more families want to as well. We have the infrastructure, we have residents that enjoy walking and biking, and now safety education will give us the confidence to say, "Yes, I want to bike or walk to school." A parent or child knows that they can safely get to school without a car, and there is going to be real change for the better in Fort Collins.

So how can you get involved? It is a lot easier than you think. Groups throughout town are already involved with walking and biking safety and the SRTS program. Visit [www.fcgov.com/saferoutes](http://www.fcgov.com/saferoutes) or email Matt Wempe, the Fort Collins SRTS coordinator at [mwempe@fcgov.com](mailto:mwempe@fcgov.com) for more information.



## profile: MATT WEMPE

City Transportation Planner and Safe Routes to School Coordinator

**FAVORITE CYCLING EVENT:** The 6-Day Racing on the Oval event is great. My girlfriend and I bring the dog over, lie out on the grass, watch bikes and have a picnic.

“ I've spent enough of my life driving around in a car. I love biking to work, friend's houses, the grocery store, and just around town for fun. In the nearly two years I've lived here, I've biked more than ever and am starting to explore ways to further leave my car behind (I just got a trailer).”



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# MADE IN FORT COLLINS

## Local builders offer hand-crafted bicycles and trailers

BY JOSHUA C. KERSON

MORE THAN A DOZEN custom bike builders have set up shop in Fort Collins. With a well-supported cycling infrastructure of bike paths along the roads, rails-to-trails conversions, BMX and mountain bike parks, this community ranks among the top of bicycle-friendly communities in America and has become home for a wide range of cycling enthusiasts.

Dedicated cyclists would be hard pressed to find another area in this country with this much talent, producing this many eclectic options to choose from. Take your pick from hand-crafted track bikes, road rides, Phat Cruisers, electric-assist bikes and trikes, mountain bikes, BMX trash-can kickers, Earthin Bamboo bikes, titanium high-end dream bikes, aluminum racks with beetle-kill pine, purpose-built trailers, and the occasional fish or flame-throwing Art-Jet bike! Fort Collins could be considered a bicycle collector's paradise.

**Panda Bicycles, ([www.pandabicycles.com](http://www.pandabicycles.com))**, is a new bicycle company that specializes in earth-friendly technology that allows them to use bamboo stalks as the frame material. Not only is bamboo an environmentally friendly material, it is also amazingly light and strong. But most importantly, these are fun bikes with a nice soft flex for a comfortable ride.

**Yipsan Bicycles, ([www.yipsanbicycles.com](http://www.yipsanbicycles.com))**, are hand-made bikes, tailor fit to the rider's specific measurements. Renold Yip specializes in measuring the rider and finding out how she will want to use the bike. He then recommends the type and size to be built. He hand creates road bikes, touring bikes, track bikes and traditional mountain bikes for off-road use. Each bike is a custom, one-off work of art, to be treasured for a lifetime.

**Black Sheep Bikes, ([www.blacksheepbikes.com](http://www.blacksheepbikes.com))**, of Fort Collins are amazing pieces of craftsmanship, perfected out of titanium. James Bleakley and his team create wonderful 29er cruisers, and single-speed mountain bikes, BMX bikes, and one-off track bikes. Rarely has anyone seen such work that weighs so little and rides so well.

**Cycle Tote, ([www.cycletote.com](http://www.cycletote.com))**, trailers are hand-crafted aluminum trailers, purpose built to increase the utilitarian use. They make small trailers, light and nimble for speed and agility, as well as larger heavy-duty trailers, for carrying people, or pets. They have a unique braking system built in to some of their heavy-load trailers, for optimum control during hilly descents, providing for one of the safest ways to navigate the local mountains.

**RunAbout Cycles, ([www.runaboutcycles.com](http://www.runaboutcycles.com))**, is creating some of the world's first and most advanced electric-human hybrid technologies available today. With over 50 miles in range on eight cent's worth of electricity, Josh Kerson pedals to Boulder and back to Fort Collins, in around five hours of ride time. Specialty: Cargo Cruisers, and recumbent tricycles.

**Meetsauce, ([www.meetsaucecycles.com](http://www.meetsaucecycles.com))**, has been hand-building bikes here in Fort Collins for over 17 years, and has some unique designs, mostly catering to the track bike scene these days. The kids seem to be really into the fixed single speeds, and Meetsauce has developed a system that might be replicated all over as it starts to catch on.

**Brave New Wheel, ([www.bravenewwheel.com](http://www.bravenewwheel.com))**, is building up some of the nicest retro-cruisers available today, taking classic bikes, and blowing new life into them. Starting with the new paint job on the cleaned frame, having it pin-striped, and adding all new components, these bikes are taken into the 21st century with style.

Please support your local bike builders, check out what is available, and take part in creating this unique cycling community. Art of the Bicycle, 2010, a wonderful collection of skills and labor, will be on display again at Art Lab, Fort Collins, the first two weeks of September.



## profile: JOSHUA C. KERSON

Designs, builds and sells electric human hybrid bicycles and tricycles.

**FAVORITE CYCLING EVENT:** My favorite ride is to Boulder and back, 105 miles, five and a half hours, one burrito and 16 cents worth of clean electric assist.

“I love to ride for the pure freedom and adventure. The 300-plus days of sunshine help to motivate me to ride, to explore, and create new machines for people to enhance their cycling experience with.”



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#### Bike to School Week

APRIL 19 - 23

A wide variety of activities will take place over the week to celebrate safe walking and bicycling to school.

April 21 Bike to School Day

April 20 - 23 Bicycle and Pedestrian Safety Fairs

#### Walking and Wheeling Wednesdays

MAY 5, 12, and 19

Join up with nearby friends and family to enjoy a weekly walk or bike ride to school. Take the Safe Routes to School Safety Pledge, get a quick bike check-up, and win prizes for safe walking and biking.



# WHEELS ARE SPINNING IN GREELEY

## Bike projects pick up momentum in Weld County

BY JEFF NOSAL WITH BRYCE KYBURZ AND MICHELLE MARISON

THE BIKING SCENE IN GREELEY is turning around. From clandestine jump parks to organized road teams, the bike movement that was floating under the surface has come to light.

The recent completion of the Poudre Trail has brought high-quality recreational biking to the area. The trail has improved the quality of life in the community and breeds outdoor enthusiasts and organizations such as the Greeley Trails and Open Space Foundation (GTOF).

Michelle Marison and Jeff Nosal co-founded the GTOF in 2008 to cultivate an active community. The GTOF created working relationships with many of Greeley's city departments, local businesses and private citizens with common interests. In January 2009, the GTOF became a component of the Greeley/Weld Community Foundation and operates as a nonprofit, raising money, accepting donations and funding quality-of-life projects in the community.

The GTOF is taking a lead in community recreation events. In 2009, the GTOF took over Bike To Work Day for Greeley and Windsor, received a grant from C-DOT to promote their Share the Road campaign and held their first Children's Bike Parade. The GTOF is also a co-sponsor of the annual Moonlight Ride, organized by the Greeley Police Officers Association and supported the efforts of UNC creating the B3 (Bike, Boards and Blades) a parade/ride for bike enthusiasts.

Another purpose of the foundation is to support and expand trails. The GTOF's newest project is a bike-and-trail system in west Greeley that will include a main 8-foot-wide, dirt-surface trail along with sections of single track for skills building. The trail will connect bike-pedestrian trails

and provide access to a new business park, library, youth baseball fields, adult softball fields, three schools and the Greeley FunPlex. A June date is expected for the grand opening. Bryce Kyburz, GTOF Bike Committee Chair, obtained funding for this \$30,000 project.

In 2009 Greeley received an Honorable Mention from the League of American Bicyclists as a bicycle-friendly community, a designation the GTOF and Public Works applied for. They are also collaborating to update the bicycle master plan. It takes more than bike lanes, trails and open space to make a city a great place to ride. It also takes proper connectivity, education, encouragement and enforcement of laws. The city has taken great strides with these issues and will continue to do so in the future.

"Connecting Northern Colorado" is the tagline for the foundation as creating a bicycle-friendly region is a key component of their work. The GTOF is partnering with the City of Fort Collins Bicycling Coordinator Dave Kemp to form a Regional Bike Committee. This group will work on making the NOCO region bicycle-friendly. The group will also promote the region as a bike-friendly region and for bicycle tourism.

Visit [www.gtofoundation.org](http://www.gtofoundation.org).

### Calendar of bicycle events in Greeley 2010:

- June 6 Greeley Triathlon ([www.greeleytriathlon.com](http://www.greeleytriathlon.com))
- June 12 Bike park opens (Greeley Trails and Open Space Foundation, [www.GTOFoundation.org](http://www.GTOFoundation.org))
- June 23 Bike to Work Day (Greeley Trails and Open Space Foundation, [www.GTOFoundation.org](http://www.GTOFoundation.org))
- June 26 Children's Bike Parade (Greeley Trails and Open Space Foundation, [www.GTOFoundation.org](http://www.GTOFoundation.org))
- July 23 Moonlight Ride (Greeley Police Officer's Association, [www.gpoa.us](http://www.gpoa.us))
- September B3 (Bike, Boards and Blades, UNC, [www.bikeboardnblade.com](http://www.bikeboardnblade.com))

## profile: JEFF NOSAL

Stay-at-home-dad, director of the Greeley Trails and Open Space Foundation.

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*Joy!*

*I find that as I age, I don't have to give up my cycling passion and I can exercise outside and in comfort. I can also keep up with my speeding husband and son cyclist!*

After falling off my bicycle about ten times, I began to wonder what had happened to my cycling ability.

During my yearly physical exam, I found that I have glaucoma and have lost part of my peripheral vision.

This resulted in a balance problem as I unconsciously twisted my body to see better during turns and to check to see what was behind me. But...help was on the way!

Through Rocky Mountain Recumbents (formerly

Spring Creek Recumbent bicycles), I was fitted for my new catbike expedition and yea—no more falling off my cycle. I now have three wheels and a comfy seat. I can speed along without fear.

I hit the big 70 this February and want to keep active and as healthy as possible. Don't let those achy bones, glaucoma, or balance issues keep you from exercising or from maintaining your passion for cycling. Get "bent" and "recumb" "so that you too can cycle with a sense of wellbeing and keep up with the younger set with confidence.

- PAID ADVERTISEMENT -

# WOMEN ON BIKES

Program encourages and empowers women to ride

BY KRISTINA BROWN

I AM AN ADVOCATE for cycling for transportation and I am interested in helping women to become more comfortable with this idea, so I was more than enthusiastic to get involved, creating the Women on Bikes program.

The idea was based on an article in the Scientific American, "How to Get More Bicyclists on the Road," by Linda Baker, that says you can tell how much a city supports cycling by measuring the proportion of female cyclists. It continues that women are more averse to risk than men and that women do most of the childcare and shopping so bike routes need to be organized around practical destinations.

Taking these and other female traits into consideration, the Women on Bikes program will pilot a number of activities to encourage and empower women to ride their bicycles as transportation. The program is designed for women in all places of their lives including mothers, professionals, students, and recreational riders.

A Bike Safety Clinic will be held each month discussing basic bicycling, traffic laws, proper clothing and equipment, cycling etiquette, and common cyclist errors. Along with the Bike

Safety clinics, two urban bike rides will be held each month keeping the transportation element the key factor in the program. These urban rides will include shopping destinations, libraries and parks, and incorporating the use of bike accessories such as panniers, trailers, and locks. These rides and routes will encourage women to plan their daily routes and schedules around riding a bicycle as transportation.

With clinics, group rides, and socials, the women in the program will be creating a community of bicycle commuters. Also, there will be programs on "Getting to Know Your Bike Shop" and "Understanding Cycling Fashion."

Cycling can provide the healthy benefits of an active lifestyle as well as a favorable choice to conserve our natural resources. Even as a fair-weather rider, I am happy and proud to be a one-car family, riding our bicycles almost entirely through the spring, summer and fall. I want to persuade other women through this program that they can also share in this fulfilling lifestyle. Through social media outlets, I will be posting my own experiences along with other volunteer participants as motivation for women in our community and as an

indicator of the program itself.

Fort Collins is one of the best bicycle-friendly communities in the country, and by increasing our female commuter population, we will be encouraging women throughout the country to find ways to ride bicycles for transportation in their own communities.

For more information on the Women on Bikes program, visit the webpage at: [www.NorthernColoradoOutdoors.com](http://www.NorthernColoradoOutdoors.com) and click on the "Women On Bikes" button on the left. All events will be scheduled and posted to the FC Bikes Web site and the Northern Colorado Outdoors Web site, from which you can sign up. If you have questions, contact Kristina Brown directly at [info@NorthernColoradoOutdoors.com](mailto:info@NorthernColoradoOutdoors.com).

## Sunday meet-ups

**May 30** — Brunch & Bike Safety Talk  
Memorial Day Ride

**June 20** — Ice Cream Social & Bike Safety  
Talk, Bike to Picnic at CSU Oval Races

**July 25** — Brunch and Bike Safety Talk  
Be Local Ride for Sustainability

**August 22** — Lunch & Bike Safety Talk  
Get to Know Your Bike Shop Ride



## profile: KRISTINA BROWN

Internet Marketing & Administration for small businesses

**FAVORITE CYCLING EVENT:** The Fort Collins Tour de Fat and Urban Assault.

“There’s freedom in cycling. Breaking away from the burden of a vehicle and getting out in the fresh, open air is exhilarating and it makes us remember that we are alive! I feel lucky to have the opportunity to live in such a bicycle-friendly community and experience all kinds of cycling. From commuting around town to mountain biking and road cycling, northern Colorado has it all. It truly is a cyclist’s paradise!”



You know me,  
I ride a bike.

We are one  
community of  
cyclists, motorists,  
and pedestrians.  
Travel safe today.

Jen Garvey  
Wife, mother,  
commuter.  
Rides a  
"Sweet  
Canondale."

Photography by  
**PHOTO DE NOVO**



# safety CHECK

Community pulls together  
to create a *safe*  
and *respectful* atmosphere

By Dave "DK" Kemp



GOOD THINGS KEEP HAPPENING for Fort Collins on the bicycle front. One topic that has percolated to the top, both here and across the country, is the need to educate cyclists about bicycle safety including understanding the rules of the road plus training on how to ride safely and respectfully on roads and trails. The good news is that bicycling has Americans' attention and that has led to significant increases in ridership, which, in turn, has led to efforts to improve the transportation infrastructure. The challenge, though, is that more bicyclists are on the streets and trails, but the basic principles of bike safety haven't seemed to carry over at the same rate.

It's nobody fault. Bicycle safety has, simply, not been a part of our mainstream culture, until now. And with few exceptions, bicycle-safety curriculum, on a state level, has yet to be inserted into our public school system. And how about those college students who are riding bikes again for the first time since they were nine years old? Old and new cyclists alike are trying to do the right thing by riding bikes for transportation, but not all of them know how or understand the reason why to ride a bike right.

So, how do we educate people of all ages and abilities to ride bicycles in a safe and predictable manner while making everyone using the roads aware of safety?

## BASIC INSTRUCTION

Bicycle safety can be defined simply as reducing risk associated with bicycling. To do this, we must do the following:

- Teach cyclists the rules of the road and why abiding by the rules is important
- Teach vehicular-cycling techniques including bike-handling skills to avoid hazards or crashes
- Teach cyclists basic bike repair and how to do a bike safety check
- Encourage proper helmet use
- Help cyclists understand and practice bike-path etiquette
- Construct and install bicycle-specific facilities, such as bike trails, separated bike paths along major roads, Share the Road signs, bike lanes, and bike boxes
- Roll out a road-safety-awareness campaign.

For individual cyclists, bicycle safety means providing them with the knowledge, skills, and confidence to ride safely on the streets or trails on any given day. The roots of cyclist education can be traced to bicycle advocate John Forester. Forester's statement provides the essence of cyclist safety, "Cyclists fare best when they act and are treated as drivers of vehicles."

## VEHICULARISTS AND FACILITATORS UNITE FOR SAFETY

In his 1976 book, *Effective Cycling*, Forester provided the fundamental approach for teaching cyclists to ride safely on the streets with other vehicles. The term "vehicular cycling" was derived from his approach to applying bicycle safety and education practices without taking into account the use of bicycle-specific facilities such as bike lanes and bike-path networks, signs, or otherwise. The League of American Bicyclists, a national bike-advocacy organization, created a bike-safety-education curriculum based on Forester's ideas.

A differing approach to bicycle safety is to remove or limit bicyclists from immediate close encounters of the motor vehicle kind. In the purest sense, cyclists have separate paths along major roads, bike-path networks, wide bike lanes, and their own traffic-control devices, signs, and ordinances that cater to the safety and enjoyment of bicyclists. People who prefer this application of bicycle safety are known as "facilitators" as compared to Forester's "vehicularists."

Can the cycling community act as both facilitators and vehicularists? Should we not teach cyclists and motorists how to share the road safely and effectively with motor vehicles, when bicycle facilities do not exist or when cyclists arrive at street intersections?

And at the same time, should we not also strive to build and expand bicycle



facilities, such as bike paths and bike trails, and review and recommend ordinances that protect and provide safety considerations for bicyclists?

Combining the two schools of thought might create safer conditions for bicyclists and generate more harmony, courtesy, respect, and patience for all people regardless of their mode of travel.



## COOPERATING FOR SAFE KIDS

The work of many local individuals and organizations has already begun to pay off. The Bicycle & Pedestrian Education Coalition's (BPEC) mission says it all. "BPEC is comprised of bicycle advocacy groups, nonprofit agencies, state and local governments, school districts, youth, parents and teachers. Through education and encouragement, the BPEC works to reduce the number of motor vehicle/bicycle/pedestrian crashes in our community, and increase knowledge and awareness about how to safely share roads. It works to increase the number of bicycle riders and pedestrians in the community, nurturing health and wellness."

Under the leadership of the Healthier Communities Coalition, BPEC recently received a significant Colorado Safe Routes to School grant in cooperation with the City of Fort Collins' Safe Routes to School

program that will educate parents, students and teachers about safe bicycling and walking into several schools this fall and next spring. Meanwhile, the city's Safe Routes to School and FC Bikes programs, Bicycle Colorado, The Bike Co-op, Bike Fort Collins, and Poudre School District continue to teach bicycle safety to elementary and junior high school students. BPEC is also assisting City Transportation planners with writing a bicycle safety and education plan scheduled for this year to address bicycle safety for people of all ages and abilities.

## CLASSES AND PRESENTATIONS

BPEC has also created a comprehensive calendar of bicycle safety and education classes, presentations, and 'hands on' courses that will be offered to the public over the next several years.

Adults who want to learn about bicycle safety, and possibly to teach bicycle safety to others, can enroll in the eight-hour Traffic Skills 101 (TS 101) course. Beyond that the League of American Bicyclists offers a 21-hour instructor-certification course that teaches safe cyclists how to teach cyclists safety. There are approximately 3000 League Certified Instructors currently in the United States. Local bike advocate Rick Price of the Bike Co-op has been instrumental in starting the Traffic Skills 101 and League Certified Instructor Courses. Fort Collins now leads in the number of Certified Cycling Instructors per city.

Also, the City of Fort Collins offers condensed presentations and classes that cover the crucial elements of the Traffic Skills 101 class. A series of two-hour bicycle-safety presentations and three-hour 'hands on' classes will be offered at the Senior Center this spring and fall. The city's FC Bikes program is also offering three comprehensive Traffic Skills 101 classes for city, Poudre School District, and Poudre Valley Health System employees.

The Bike Fort Collins Community Cycling School program also offers bicycle safety and education. This program teaches skills to integrate cycling into everyday practices. Presentations are performed by request.

# Safety-minded

Guidelines for safe and respectful bicycling

Wherever you're going, bicycling is a great way to get there. Do everything you can to make sure that you arrive alive and that you are respectful of all.

- **Ride Right!** As a bicyclist you are not also a pedestrian. Bicyclists must follow the same rules of the road as motorists. This includes stopping at stop signs and traffic lights, especially when cars are present at the intersection. Always travel with the flow of traffic and do not to dart into the crosswalk from the sidewalk on a bicycle. This is the leading type of bicycle/motorist crash.
- **Bike at night with lights:** State law requires that bicyclists be equipped with a headlight at night. Join the "Be Seen" campaign and get a free headlight. Log onto [fcgov.com/bicycling](http://fcgov.com/bicycling) or call 416-2411.
- **Bicycling in downtown Fort Collins:** Do not bicycle on the sidewalks downtown. Bicycling along College Avenue is legal north of Laurel Street and also legal south of Harmony Road. Bicycling along College Avenue downtown is recommended for experienced bicyclists who are comfortable riding with traffic. Alternate routes to access downtown also exist from all directions.
- **Riding on the bike paths:** The bike paths throughout Fort Collins are multiuse paths to be enjoyed by everyone. Always yield to pedestrians and use an audible signal such as a bell when passing. Be sure also to limit your speed, especially when pedestrians are present along the path.
- **Bicycle recycling:** The Bike Co-op collects found and abandoned bikes and cross references bike serial numbers with Police Services. Bikes that are not claimed are refurbished or recycled. Drop off found or abandoned bikes at the Bike Co-op (331 N. College Ave.) If you cannot drop off a bike, please make an arrangement with the Bike Co-op to pick it up. Call 484-3804 or e-mail [coordinator@fcbikecoop.org](mailto:coordinator@fcbikecoop.org) or visit [www.fcbikecoop.org](http://www.fcbikecoop.org)
- **Accident and close-call reporting:** Report close calls or accidents so that we can track problem areas in the city. Describe your unfortunate incident at [fcgov.com/bicycling/report.php](http://fcgov.com/bicycling/report.php).
- **Bicycle registry:** Register your bicycle for free online with FC Bikes, [fcgov.com/bicycling/register.php](http://fcgov.com/bicycling/register.php). If your bicycle is stolen and we recover it, this service will help get your bike back.

# MUSEUM

Historian interprets  
bicycling past through  
Old Town businesses

## WITHOUT WALLS

BY JEFF NYE

THE MUSEUM WITHOUT WALLS celebrates the role of human-powered transportation in history, shows innovations in bicycle design, and promotes cycling as a way of life.

With the generous support from the Old Town Shop Keepers, we display a variety of bicycles ranging from the 1880s to the 1990s throughout Old Town. So far we have rotated some twenty-three bicycles through

various locations and have fielded many inquiries.

I regularly receive telephone calls and e-mails from enthusiasts who have questions about 'Grand Dad's old bike' or 'How do I find parts for my...?' and 'Could you help me to identify this bicycle?' It is rewarding to see so much local interest in our project.

The bicycle images shown here are scale drawings from some of my

sketch journals. The drawings represent a few of the bicycles that I have collected, restored, and displayed in the Museum project.

The Bicycle Museum of Fort Collins is a project of Bike Fort Collins. Our goal is to create a permanent museum that will encompass the whole theme of bicycles and add to the rich culture of cycling in Fort Collins. Contact us at [www.BikeFortCollins.org](http://www.BikeFortCollins.org).



1969 FALCON 'FALCON' CUSTOM



ENGLISH-FRENCH TRANSLATION  
37.2-107.2 GEARING

07-2007





# ABOUT JEFF NYE

Jeff's extensive experience with antique and vintage bicycles makes him the perfect curator of the Museum Without Walls. He is active with local cycling organizations and is also a member and a former state captain of "The Wheelmen," an international group active in preserving and enjoying antique bicycles and bicycle history. He uses his arts training almost daily by keeping illustrated journals of his bicycle research, restorations, and projects. And he still enjoys getting grease on his hands.



# BRIDGING THE GAP

Regional bicycling enthusiasts coordinate to connect communities

BY DAVE "DK" KEMP

NOW IS THE TIME to connect communities in northern Colorado by bicycle. The City's FC Bikes' staff are branching out into surrounding communities along the Front Range to create a regional bike program that focuses on bicycle transportation and regional connectivity with the goal of sharing resources and outreach capabilities. Communities in northern Colorado are much closer than we think, and the aspect of people travelling back and forth and through cities within northern Colorado is very real.

Hinged on a federal air-quality grant that FC Bikes obtained in May 2009, city staff initiated the first steps for creating a bicycle-friendly region. FC Bikes and its neighboring partners are in the process of forming a regional bicycle committee to help shape and focus the extent at which a regional program could benefit participating communities. Initial concepts include sharing ideas, resources, support, and outreach in order to create awareness of bicycling, to expedite conversations and planning efforts regarding intercommunity connectivity, and to make the entire region safer for bicycling.

Fort Collins has been setting the pace for the past two decades in order to create a bicycle-friendly community. Fort Collins is currently a gold-level bicycle-friendly community designated the League of American Bicyclists. Fort Collins has set its sights on the platinum designation and hopes to achieve this prestigious award in the few years ahead.

Fort Collins has a lot to share with our regional neighbors. We have developed programmatic resources to inspire more bicycle ridership while providing bicycle safety education and awareness outreach, and we are continually learning about innovative ways in order to accommodate bicycles on the roads and trails.

Fort Collins also has a lot to learn from our neighbors as well. The positive and productive energy emitting



PHOTO BY DAVE "DK" KEMP

from the cities of Loveland and Greeley alone is enough to make even the grumpiest bicycle advocate regain his faith in society and believe all this could actually be possible.

The wheels are literally spinning in Greeley. They received an honorable-mention designation in the Bicycle Friendly Community program with the League of American Bicyclists almost two years ago and have been working tirelessly to keep up their pro-bicycle momentum. With many new miles of bike lanes, and plans for a cycling park in the mix, the City of Greeley and the Greeley Trails and Open Space Foundation have a lot to be proud about.

As recently as April 2010, Loveland has

also received an honorable mention as a bicycle-friendly community. Loveland is in the process of drafting a bicycle master plan and continues to expand its network of trails throughout the Loveland area.

It shouldn't be a surprise if both Greeley and Loveland make the bronze- or silver-level designation within the next couple of years. Both of these communities and other communities like Windsor, Timnath, Wellington and Berthoud are ripe for bicycling planning, education, and encouragement efforts. And by working together, we can ensure the successes of our neighbors and ourselves.

Does the League of American Bicyclists have a Bicycle-Friendly Region program yet? They might just have to create one.



# If you're a cyclist, there is probably no better place *on the planet* to live than Fort Collins.

Whether the climate, the terrain, or the resources, this is the place to be. For the past 32 years, one store has been a cornerstone in the Northern Colorado bike community, and continues to be synonymous with the love of cycling. Recycled Cycles has been providing bikes and service to the people of Colorado and the tradition continues with programs you may not have known about until now.

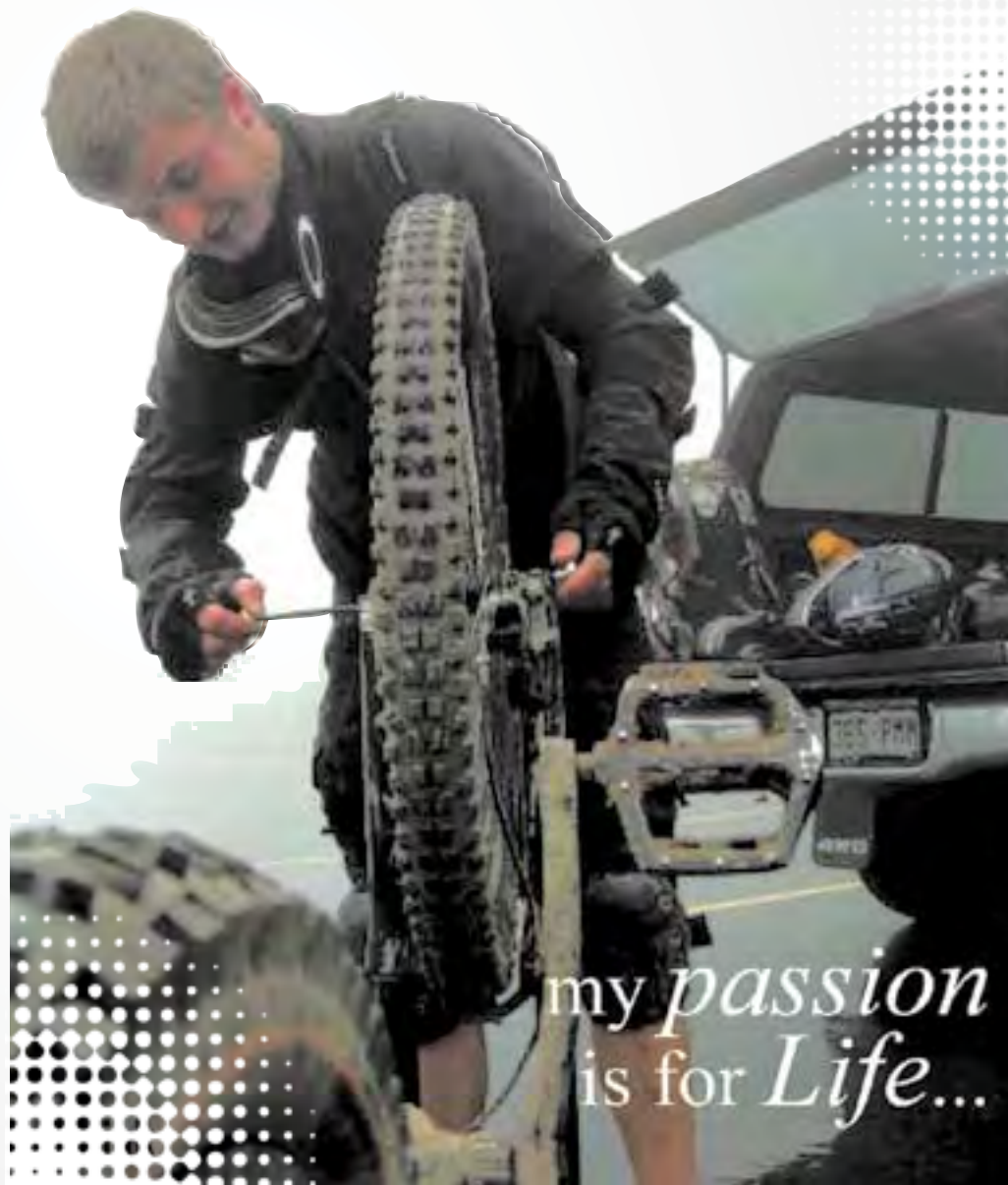
"I wanted to build bikes, I wanted people to know and share the bike experience with me," comments Dave Hudson, owner of Recycled Cycles. And build bikes he has. "Looking back, it's easy to estimate that we have sold over 150,000 bikes throughout Northern Colorado, so we have touched a lot of cyclists in this part of the state, people know who we are and most people have at least one Recycled Cycles story."

If you haven't been to the store, you might be surprised. "Don't let the name fool you, we don't sell 'used' bikes," says Brent Straw, store manager. "Each bike is reconditioned and outfitted, recycled. The bike is serviced and often completely disassembled and reassembled with new components. About 60% of our inventory is new bikes, with heavy emphasis on classic American brands like Schwinn and Raleigh."

In fact, Recycled Cycles is one of the nation's largest Raleigh dealers. But these classics aren't the only thing the store can boast about. "We have the largest service bay in the state, and can service multiple bikes at a time; our parts room is always a great place to find one-of-a-kind deals, and then there are the specialty items," says Straw.

Specialty items include tandem bikes, unicycles and children's trailers. "We think cycling should be a family activity, so we make sure we carry stuff for mom, dad, and all the kids," says Brent. "The racer, cyclocross rider, mountain biker, casual rider, we have it all."

Perhaps one of the most successful programs for the store is the Kids' Guaranteed Trade In Program. Recycled Cycles understand that kids grow. To



address this, Recycled Cycles Guaranteed Trade-In Program guarantees that when a customer buys their kids' bike from the store, that customer will receive at least 50% of what they paid for the bike towards the purchase of an upgraded size. "I am a parent, too, I completely understand the fact that keeping a kid in a safe-sized bike can get expensive," says owner Dave Hudson.

Through the 'Cycle of Giving' Program, Recycled Cycles donates service and products to local schools and charitable events throughout the state. "In the first quarter of 2010, we have pledged and delivered about \$5000 in community projects, and we plan on doing even more as the year goes on," says Roman.

"This is our opportunity to foster the skills and enthusiasm of young riders and to support cycling in the region that has been our home for over three decades," says Hudson.

One remnant of retail from days past include

layaway. "With the credit crunch and consumers trying to buy with cash, this allows a customer to come in and pay at their pace on a good bike," explains Brent Straw.

What the store really wants people to know is that there is a lot more value to the service than you might have thought. Dave Hudson mentions, "I've been doing this for over 32 years, I've had a lot of time to get it right." When you need a bike, take a moment and rethink Recycled Cycles.

*Recycled Cycles' main store is at 4031 South Mason Street in Fort Collins and the only store on the CSU campus is the Recycled Cycles branch in the lower level of the Lory Student Center near the Transit Center. You can shop online at: [www.recycled-cycles.com](http://www.recycled-cycles.com), follow the store on facebook – search recycled cycles, or you can call them at 970-223-1969.*



Jason Sheffield helps fit a bike for Roscoe Cummins at Lee's Cyclery North.

## THE RIGHT BIKE

Get a bike that meets your needs and fits your body

BY JASON SHEFFIELD

BUYING A BIKE can be an intimidating process. What kind should you buy? Where should you buy it? What makes a good bike? How much do you want to spend? Here are a few things to make your buying experience more enjoyable.

### THE BIKE SHOP ADVANTAGE

You can purchase a bike many ways these days: big-box stores, Internet providers, craigslist. But buying from a local bike shop is invaluable. Shop staff will be able to ensure a proper fitting and that your new bike is mechanically sound when it leaves the store. Plus, they will provide mechanical support in the future.

### MEETING YOUR NEEDS

What kind of riding do you want to

do? Mountain biking, road biking, cruising, commuting? How often will you ride? Where will you ride? What goals do you have in riding your bike? No bike will do everything, but some bikes can do lots of things well. When buying your bike, make sure that it will meet the majority of your needs. If you are commuting, riding five miles a day, and are never on dirt, you don't want a mountain bike, for example. You want a bike that will be efficient for riding on the pavement, comfortable for the length of the ride, and have the ability to have fenders and a rack. This setup will make your ride to work, the grocery store or wherever it may be the most enjoyable. When you buy your bike,

ask these questions and allow shop experts to direct you to the right bike.

### COMFORTABLE FIT

Comfort is hands-down the most important aspect to buying a bike. What makes your bike comfortable is the fit, which is determined by the size of the frame, height of the saddle, and length from the saddle to the handle bars. From here the bike can be manipulated down to the specific millimeter for the correct fit. This is only necessary if the riding determines it. If you are on a cruiser, right saddle height and the handle bars being comfortable is all that you will really need. Yet, if you're getting a road bike, a millimeter can make all the difference.

### TEST RIDE

You want to make sure that your bike rides properly. The best way to find this out is to ride. Ride a lot of bikes. Most shops will allow you to take a bike out for a test ride. If it is a cruiser, you may only need a few minutes to get the right feel. Whereas for a mountain bike or road bike, ask if the shop offers demos or 24-hour test rides.

### ACCESSORIZE

When buying a bike, you need more than just the bike to make your ride enjoyable. What accessories you need will be determined by what kind of bike you are buying. So, let's look at three different types of bikes and the accessories that might be needed for the ride. First, for the commuter, your bike needs to be reliable. A puncture-resistant tire will help with flats; fenders will keep you dry; panniers and a rack will allow you carry your stuff. All of these are important. For a mountain biker a hydration pack that allows you to carry water, tools, and clothing is important. For a road-biker, a computer, a seat pack to carry your tools, and water bottle cages will make your ride much more enjoyable. You might need other things, so listen to the person selling you your bike. Ask what they use on a ride.



# SUPPORT BUSINESSES THAT SUPPORT BIKES!

The following businesses have donated generously to support bicycling in northern Colorado. Please support them this summer and all year round.



*Pedersen*  
AUTO PLAZA



**TOOTHZONE**



The **RIO GRANDE**  
Mexican Restaurant

**AE** ADVANCED ENERGY®

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WOOD-FIRED PIZZA  
AND HARDWARE STORE

**ACE**

*Peloton*  
cycles

A Step Ahead  
Foot & Ankle Center

**Youth Clinic**



**VISION**  
EYELAND  
SUPER OPTICAL

**1** First National Bank



**FULL CYCLE**  
COLORADO

**FedEx Kinko's**  
Office and Print Center



Quality Import Car Service  
**A&B**  
IMPORT AUTO, INC.

**GEORGE'S**  
REPAIR SHOP

**Breakaway**  
CLOTHING

**SAFeway**  
Ingredients for life.

**Ed Carroll MOTOR COMPANY, Inc.**

**THE FORT CO**  
CUPBOARD

**Downtown Fort Collins**

**ID Dellenbach**  
SUBARU MOTORS



**EYE CENTER**  
OF NORTHERN COLORADO, P.C.



**LOVELAND**  
CYCLE 'N' FITNESS  
www.lovelandcycle.com



**Todd Fields**  
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**4+ Educators Outlet**  
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**CO'S BMW CENTER**



# RACING TOWARD THE SAME GOAL

Community-based coalition works to promote and support competitive-cycling events in northern Colorado

BY ROBINSON NOBLE

COMPETITIVE CYCLING has been a part of the cultural fabric of Fort Collins for decades. Many riders and racers have moved to Fort Collins specifically for our bicycle-friendly culture, our marvelous terrain and our mild climate. Over 40 competitive cycling events occur every year in our city, but it has been difficult for cycling enthusiasts to keep current on all the events. And promoters often scheduled events on top of one another, making riders choose.

Local cycling-event promoters have recently joined forces in an effort to cross-promote all cycling events in our area. The result is Northern Colorado Cycling Events (NCCE), a public coalition that serves to promote and support competitive bike events. The group recognized the need to coordinate competitive schedules, cross-promote events and share knowledge, resources and political capital.

The formation of the NCCE can be credited to local cycling promoters. Tim Anderson (Fort Collins Velodrome Association), Charlie Weinbeck (Fort Collins Cycling Fest), Andy Clark (Ciclismo Racing), Dave Kemp (FCBikes), Ben Miller, Rob Noble (Ciclismo Racing) and Jason Trujillo (New Belgium Brewing Company), each has a strong interest in raising the profile of Fort Collins as the place to compete

in premier cycling events. It was natural for these promoters to start working together to promote all local cycling events.

The group met formally in October 2009 to start a dialog of issues, objectives and an overall mission to form a central voice for competitive cycling in northern Colorado. From these conversations, the NCCE was born. The goals of the group include:

- Maintain a comprehensive calendar
- Be the clearinghouse for events
- Share the expertise of members
- Be a collective voice for competitive cycling

- Educate the cycling populous on the importance of image
- Assist in the promotion of a nationally ranked (NRC) competitive event.
- Integrate Eventr.com registration/scoring with YourGroupRide.com (YGR).
- Advise new events
- Increase awareness of NCCE.

The group invites all local cycling promoters, riders, racers and enthusiasts to become involved with the NCCE. For information, visit Web page at [www.yourgroupride.com/ncce-home](http://www.yourgroupride.com/ncce-home).

## Competitive cycling events

Northern Colorado Cycling Events is helping to promote these rides.

**Fort Collins Cycling Festival** — Saturday, June 5, ACA Rist Hill Climb Road Race, Citizens Ride de Rist, US Hand Cycling Hill Climb. 7:30am. [www.fccyclingfest.com](http://www.fccyclingfest.com).

**The 6 Day Races at the CSU Oval** — Sundays May 16 through June 20. Volunteers and citizen-racers welcome. CSU Oval. FC.Registration-2-3:45pm; Races-4:30-7pm. [www.fcvelodrome.org](http://www.fcvelodrome.org).

**City Street Crits** — Tuesdays June 22 through July 27. Volunteers and citizen-racers welcome. FC Streets Department, SW corner 9th (Lemay) and Vine Dr., FC. 5-7:30pm. [www.fcvelodrome.org](http://www.fcvelodrome.org).

**Lory State Park Mountain Bike Series** — Tuesdays Aug. 3-24. Mountain bike racing for all ages. Lory State Park, 4:30pm. [ryanscalva@gmail.com](mailto:ryanscalva@gmail.com). [www.yourgroupride.com](http://www.yourgroupride.com).

**Rocky Mountain Criterium** — Sunday, August 29, Rocky Mountain Criterium, US Hand Cycling, USAC Masters, Pro Women, Pro Men, Kids Crit. 7am-6pm. Old Town, FC [www.fccyclingfest.com](http://www.fccyclingfest.com).



## profile: ROBINSON NOBLE

Independent creative consultant with a focus on marketing and building brand value...also a writer, urban designer, community gardener, and a cycling enthusiast.

**FAVORITE CYCLING EVENT:** 18-hours of Fruita and City Streets Crit

“Cycling connects me to my community. Some of my best, longest-lasting relationships have been developed from the seat of my bike. Cycling keeps me grounded by providing a direct conduit to my natural world. I also love cycling because it is hard. What can I say...I like to test my limits. Cycling in northern Colorado is as good as it gets. We have a great local racing scene.”



# Partnering with Parents

"I grew up around medicine.

My Father was a physician and from a very early age I knew I also wanted to become a physician." Part of the fun for Dr. Barry O'Brien is watching families grow including his own. "I love working with families and enjoy building relationships with parents and kids."

If you are looking for a lasting partnership with a fellow parent and pediatrician, visit Barry O'Brien at the Youth Clinic.  
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# BIKELONOMICS 101

Bicycling blends ecology and economics

BY BRUNO GERARD KRIOUSSISL

ARE YOU FAMILIAR with the word Ecolonomics? The late actor Dennis Weaver, founder of the Institute of Ecolonomics, IOE, created this word. It means “a healthy relationship that exists between ecology and economics.” Based in Loveland, the IOE explores the theory and practice of environmentally sustainable business.

Our lives affect the environment and our cost of living in three main areas: how you live at home, how you work for a living, and how you transport yourself. Transportation accounts for 67 percent of U.S. oil use, mainly in the form of gasoline.

As for how you live and how you work, I have developed those topics in the Green Guide, available at [www.ecolonomics.org](http://www.ecolonomics.org).

For how to transport yourself, bicycling has many benefits, for you, your family, your business or your job, your local community, and above all for the environment and the future of your children and grandchildren.

And if you are a business owner, encourage bicycling to work by providing incentives such as bike maps, bike racks and, if possible, even a shower.

Here's why I think bicycling is better:

- Costs very little per mile—do your own lifecycle cost analysis of your

own bike. You can't beat it.

- Emits zero CO<sub>2</sub>
- Emits zero noise pollution—except if you fall off and scream loudly.
- Promotes healthier habits—lose excess weight by biking.
- Reduces your stress level both before going to work and coming back home—what a bargain and you won't need so much therapy.
- Reduces air particles pollution—due to the friction of automobile tires on asphalt.
- Emits zero ozone and/or smog pollution—smoking when biking is not an option.
- Promotes family bonding—pick from one of our many bike trails
- Increases local community belonging and awareness—so many of us in northern Colorado bike. Isn't it great when we can slow down and look at our surroundings?
- Follows the rules of Ecolonomics—a combination of “ecology” and “economics.”

*Bruno Gerard Krioussisl is the Director of Sustainable Business Development for the IOE. Contact him at [bruno@ecolonomics.org](mailto:bruno@ecolonomics.org) and check out The Green Guide at [www.ecolonomics.org](http://www.ecolonomics.org).*



## profile: BRUNO GERARD KRIOUSSISL

Director of Sustainable Business Development  
for the Institute of Ecolonomics

**FAVORITE CYCLING EVENT:** Tour de France

“ I love cycling because it is the best family activity and it is healthy. I love the way bicycling is much more accessible for everyone around all the cities in northern Colorado, especially Fort Collins.”



# REACHING OUT TO CSU STUDENTS

University committee aggressively pursues cycling opportunities

BY DAVE "DK" KEMP

MORE THAN 15,000 CYCLISTS a day ride to and from the Colorado State University's campus. The majority of students bicycle to and from CSU from the west side of campus making Plum Street, Elizabeth Street, and Springfield Drive major biking corridors; however, crossing over Shields Street has posed a real threat to cyclists and has sometimes led to crashes, close calls, or simply influenced students to leave their bicycles at home and drive cars to campus instead. It's this type of scenario that led CSU, the City of Fort Collins, and community members to address cycling conditions in and around campus.

As part of the UniverCity Connections' Transit and Mobility Task Force, a series of CSU Bike Summits took place in 2008 and 2009 with the goal of understanding and addressing cycling at CSU. As a result, a campus-led bicycle advisory committee was formed to help steer CSU in a bicycle-friendly direction.

The CSU Campus Bicycle Advisory Committee develops and implements bicycle safety and education strategies.

Students learn about proper riding etiquette and rules of the road. The committee also reviews enforcement measures, creates encouragement techniques, and advises on infrastructure improvements including bicycle connectivity and bike parking.

CSU staff embrace bicycling and have invested in bicycling by providing more-than-adequate facilities for bicyclists. Currently, there are 8,500 bicycling parking spots on campus, up from 6,500 last year. Additionally, CSU's Facility Department has created a bicycle-trail master plan. CSU staff are also working with the Mason Corridor design teams to plan for the continuation of the Mason Trail through campus and the addition of the bus rapid-transit stop near University Drive.

In addition, the committee is applying for the new Bicycle Friendly University program with the League of American Bicyclists. CSU has been selected to help develop the program and will be one of the first universities to receive this new designation.

The CSU Bicycle Advisory Commit-

tee is comprised of the City's Bicycle Coordinator, Bike Fort Collins, the Bike Co-op, and several CSU departments including the CSU Police Department, Hartshorn Health Center, Facilities Department, Housing and Dining Services, ASCSU, and Parking Services.

Both CSU and the City of Fort Collins staff are optimistic that educational-outreach efforts will encourage more students to bike and bus, while also educating them on the importance of riding respectfully on campus and throughout the city.

As for the issue of cyclists crossing dangerously over Shields Street, the City and CSU have recently been awarded a grant to install a bike box at Plum and Shields Street. A bike box is markings on the road at intersections to allow cyclists to advance ahead of other traffic, which makes it safer for cyclists to cross over major roads and avoid "right hooks" from motor vehicles. The City's Traffic Operations Department is also working with CSU's Facilities Department to address other unsafe areas around the university.

## PROFILE: KERRY BYRNE

PhD student in the CSU Graduate Degree Program in Ecology; member of Campus Bicycle Advisory Committee; founder of Ramcycle—educates freshmen about bike safety.

**FAVORITE CYCLING EVENT:** Fort Collins Winter Bike to Work day! I love seeing all of the hard-core winter commuters out on a December morning.

**"**I love the beauty and simplicity of the bicycle. You don't have to fuel it up or insure it. There is nothing better than speeding by in the bike lane while car traffic is at a stand-still. I hope to see a big increase in bike commuting and recreational riding.**"**

## PROFILE: LORIN SCOTT-OKERBLOM

Masters of Public Health degree student in Health and Exercise in the Colorado School of Public Health; member of Campus Bicycle Advisory Committee.

**FAVORITE CYCLING EVENT:** Tour de Fat—promotes protecting our environment and increasing bicycle ridership...plus, the awesome costumes.

**"**I love cycling because it increases physical activity and improves health for people and the environment. I've discovered amazing resources for cyclists here—clubs and organizations that promote cycling at all levels and allow people to get out and get moving...and the environments that are safe and bicycle-friendly.**"**



# WE ALL ROLL TOGETHER

Join an organization to support cycling in your community

**THE BIKE CO-OP'S** stated mission is Building Community Through Bicycling. Programs include public tools and workspace to learn how to fix your own bike, bike-safety education, earn-a-bike, bikes for Ghana, and bike-valet service. The Bike Co-op accepts donations of anything bike-related and will reuse everything possible. They recycle everything that is unsafe or beyond repair including tires, tubes, frames, and parts. They rely on the sale of low-cost bikes and parts to pay the rent. For more information, visit [www.fcbikecoop.org](http://www.fcbikecoop.org).

**BICYCLE PEDESTRIAN AND EDUCATION COALITION (BPEC)** is comprised of bicycle advocacy groups, non-profit agencies, state and local governments, school districts, youth, parents and teachers. Through education and encouragement, the BPEC works to reduce the number of motor vehicle/bicycle/pedestrian crashes in our community, and increase knowledge and awareness about how to safely share roads. It works to increase the number of bicycle riders and pedestrians in the community. [www.healthylarimer.org/bpec.htm](http://www.healthylarimer.org/bpec.htm)

**BIKE FORT COLLINS** has been involved with and continues to create new Bicycle programs to encourage safe and enjoyable cycling. Bike Fort Collins works to instill bicycling as a viable form of transportation and recreation. Their projects include and are not limited to the FC Bike Library, the Safe Routes to School Program, and the Vintage Bicycle Museum Without Walls. [www.bikefortcollins.org](http://www.bikefortcollins.org).

**CSU RAMS CYCLING CLUB** is open to all students. Whether or not you have raced before the club is happy to get you on your bike and rolling. Their goal is to get more students on bikes, so if you don't want to race you can meet them for their group rides. [www.ramscycling.com](http://www.ramscycling.com).

**EPIC BMX** supports BMX racing at the new ABA-sanctioned track in south Fort Collins. The organization sponsors races on Thursday evenings and Saturday mornings. They also conduct BMX skills clinics. ABA membership required. [www.epicbmxfc.com](http://www.epicbmxfc.com).

**FC BIKES** is the City's bicycle program. FC Bikes promotes bicycling as a safe and attractive means of transportation and recreation in Fort Collins. FC Bikes works to build the cohesiveness of the bicycle community and also educates residents on bicycle safety and awareness while encouraging the Fort Collins community to use bicycles as a preferred method for getting around. Bicycling as a way of life! [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

**FORT COLLINS CYCLING CLUB** represents cyclists of all kinds. The club's more than 150 riders include recreation riders, commuters, and racers. During the fall and winter the club meets every third Thursday at Mulligan's Pub, 2439 S. College Ave., for a presentation of interest to cyclists. They also have group rides, socials, and events. Junior, individual, family, and senior membership information is available at [www.fccycleclub.org](http://www.fccycleclub.org).

**FORT COLLINS VELODROME ASSOCIATION's** vision is to create a multifaceted VeloPark, a recreational facility in downtown Fort Collins, to promote cycling and fitness in northern Colorado. The VeloPark will be open to people of all ages and abilities. Unparalleled in North America, it will be designed to attract competitive cyclists from the region, nation, and world for year-round, high-altitude training and events while also accommodating recreational cycling and other sports. [www.fcvélo.org/](http://www.fcvélo.org/)

**NEW WORLD SPORTS** provides outdoor enthusiasts and weekend warriors an opportunity to spend a day in the backcountry, learn new skills on a mountain bike, have their bikes professionally tuned

and repaired, explore the city's parks and shops or rent a bike for their own adventures [www.newworldsportsllc.com](http://www.newworldsportsllc.com).

**NORTHERN COLORADO CYCLING EVENTS** promotes and supports competitive cycling events. Formed as a coalition among five local cycling promoter, the group seeks to coordinate competitive cycling schedules, cross-promote events and share knowledge and resources. [www.yourgroupride.com/ncce-home](http://www.yourgroupride.com/ncce-home).

**OVERLAND MOUNTAIN BIKE CLUB**, formally Diamond Peaks Mountain Bike Club, is an all-volunteer nonprofit organization that promotes responsible mountain biking. Education is their main means to encourage low-impact and shared-use ethics. Overland Mountain Bike Club also does trail maintenance and provides emergency medical care, mechanical advice and information on backcountry preparedness. [www.overlandmtb.org](http://www.overlandmtb.org).

**P.E.D.A.L.** (Peoples' Efforts to De-emphasize Autos in Loveland) began on Earth Day in 1970 and is still educating the public on bicycle-related issues and organizing group rides. [www.pedalclub.org](http://www.pedalclub.org).

**TEAM B.O.B.**, also known as Babes on Bikes, has been promoting women mountain biking since 1992. The group offers group rides for novice and experienced riders as well as skills seminars. The team also does trail maintenance and cycling-related community events. [www.coteambob.com](http://www.coteambob.com).

**VELO-ONE CYCLING OF COLORADO** wants to build a supportive and friendly riding, racing, and social environment for all, from seasoned racers to new recreational riders. Their goal is to put together a club where members know each other, ride together, race together, and share the common bond of cycling. [www.velo-one.com](http://www.velo-one.com).



# 2010 BICYCLE *Calendar* AND DAILY RIDES

Fort Collins · Greeley · Loveland · Windsor

## SATURDAY, MAY 1

**"2nd Annual Wellington Warm-Up Bike Tour"** Four routes to choose from. Benefits Boys & Girls Club and Wellington Food Bank. Main Street and Market Street. Wellington. 7:30, 8 & 8:30am. Wellington Warm-Ups. 568-3188. [www.wellingtonwarmup.com](http://www.wellingtonwarmup.com).

## SUNDAY, MAY 2

**"2nd Annual Ram Bicycle Classic"** Three rides including a metric-century, half-metric-century & family cruiser ride. Start and finish celebration at New Belgium. Proceeds support CSU Global Social & Sustainable Enterprise Program. *New Belgium Brewery*, 500 Linden, FC. 9am for long rides. 11am for cruiser ride. CSU GSSE program. [www.rambicycleclassic.org](http://www.rambicycleclassic.org).

## WEDNESDAY, MAY 5

**"Bike Town Meeting"** Wrap up to community listening sessions. 7-9pm. *New Belgium Brewery*, 500 Linden St., FC. Bike Co-op. 310-5238. [www.FCBikeCoop.org](http://www.FCBikeCoop.org).

## THURSDAY, MAY 6

**"Safety and Education Presentation #2"** Fundamentals of bicycling for all ages and abilities. *Senior Center*. 1200 Raintree Dr., FC. 6-8pm. FCBikes. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

## FRIDAY-SUNDAY, MAY 7-9

**"VeloOne Spring Cycling Camp"** Estes Park, *Velo-One Cycling*. 631-5664. [www.velo-one.com](http://www.velo-one.com).

## MONDAY, MAY 10

**"Co-Pilots"** Tandem and piloted ride for blind and low-vision riders. Mason Trail South. *New World Sports*, 308 Ruth St., FC. 4:30pm. Ensign skills Center and New World Sports. 224-5857. [www.newworldsportsllc.com](http://www.newworldsportsllc.com).

## WEDNESDAY, MAY 12

**"Bike Lunch Talk"** Discussion concerning bicycle facilities in Fort Collins. *Become Fit*. 1611 S. College Ave., Suite 2A, FC. 12-1pm. FCBikes. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

## THURSDAY, MAY 13

**"Safety and Education Presentation #3"** Fundamentals of bicycling for all ages and abilities. *Senior Center*. 1200 Raintree Dr., FC. 6-8pm. FCBikes. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

## SATURDAY, MAY 15

**"Fort Collins Brewery Tour on Bikes"** Visit New Belgium Brewery, O'Dells Brewery, Fort Collins Brewery, and Coopersmiths. *Full Cycle Bike Shop*, 230 S. College Ave. at back door, FC. 11am-4pm. Northern Colorado Outdoors. [www.northerncoloradooutdoors.com](http://www.northerncoloradooutdoors.com).

## "Safety and Education Class #1"

Hands-on bike safety and education class. *Senior Center*. 1200 Raintree Dr., FC. 9am-12pm. FCBikes. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

## SUNDAY, MAY 16

**"Community Classic Bike Tour"** 10- 30-, 37- & 62-mile ride options. Benefits McKee Medical Foundation. *McKee Medical Center*, 2000 Boise Ave., LV. 6:30, 7:30, 8:30. McKee Foundation. 203-2519. [www.bannerhealth.com/Giving+Back/Banner+Foundations/Colorado/McKee+Loveland/Special+Events/CCBT.htm](http://www.bannerhealth.com/Giving+Back/Banner+Foundations/Colorado/McKee+Loveland/Special+Events/CCBT.htm)

## SATURDAY, MAY 22

**"Take a Kid Mountain Biking Day"** Leveled, guided rides for kids. Reservations required. Maxwell Natural Area. 1/2 mile west of Overland Trail off Dixon Canyon Road (CR42C) near CSU Football Stadium, FC. 9:30am-12:30pm. Overland Mountain Bike Club. 568-4200. [www.overlandmtb.org](http://www.overlandmtb.org).

## "Safety and Education Class #2"

Hands-on bike safety and education class. *Senior Center*. 1200 Raintree Dr., FC. 9am-12pm. FCBikes. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

## THURSDAY, MAY 27

**"Safety and Education Presentation #4"** Fundamentals of bicycling for all ages and abilities. *Senior Center*. 1200 Raintree Dr., FC. 6-8pm. FCBikes. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

## SATURDAY, MAY 29

**"Velo One Trail Ridge Road Ride"** Estes Park, *Velo-One Cycling*. 631-5664. [www.velo-one.com](http://www.velo-one.com).

## MONDAY, MAY 31

**"Got Skills Kid/Teen Mountain Bike Camp"** Skills clinics for boys and girls. Clinic runs five consecutive Mondays. Ages 8 to 16. 8am-3:30pm. *New World Sports*. 224-5857. [www.newworldsportslc.com](http://www.newworldsportslc.com).

## FRIDAY, JUNE 4

**"Women's Beginner Mountain Bike Class"** Skills clinics for women. Clinic runs four consecutive Fridays. Cottonwood Glen Park, 3074 Overland Trail Rd. 6-8:30pm. *New World Sports*. 224-5857. [www.newworldsportsllc.com](http://www.newworldsportsllc.com).

## **SATURDAY, JUNE 5**

**"Fort Collins Cycling Festival"** Saturday: ACA Rist Hill Climb Road Race, Citizens Ride de Rist, US Hand Cycling Hill Climb. 7:30am. [www.fc-cyclingfest.com](http://www.fc-cyclingfest.com).

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## **SUNDAY, JUNE 6**

**"Fossil Creek Family Bike Festival"** Bike rides, bike games, food, and music. Safety info and traffic skills course. *Fossil Creek Park*, 5821 S. Lemay Ave., FC. 10am-4pm. City of Fort Collins. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## **MONDAY JUNE 7**

**"Co-Pilots"** Tandem and piloted ride for blind and low-vision riders. Spring Creek Trail East. *New World Sports*, 308 Ruth St., FC. 5pm. En-sight skills Center and New World Sports. 224-5857. [www.newworldsportsllc.com](http://www.newworldsportsllc.com).

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## **MONDAY-THURSDAY, JUNE 7-10**

**"Boys and Girls Club Bike Camps"** For ages 10-14. Based on League of American Bicyclist class. 1-4:30pm. *Wellington Boys and Girls Club*, 3815 W. Harrison, Wellington. Boys and Girls Club. 224-3815. [www.bgclarimer.org](http://www.bgclarimer.org).

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## **MONDAY-FRIDAY, JUNE 7-11**

**"B.I.K.E. Camps"** For ages 8-12. Bike safety, rules of the road, bike maintenance, games and contests. *Lee Martinez Park*. 600 N. Sherwood St., FC. City of Fort Collins. 224-6032. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## **SUNDAY, JUNE 13**

**"Tour de Poudre"** Two loops, 30- and 60 miles along the Poudre River Trail. Sag wagon support. Funds go to plant trees. Includes lunch and beverages at the brewery. *New Belgium Brewery*, 500 Linden St, FC., 7:30am-1pm. Colorado Tree Coalition. [www.coloradotrees.org](http://www.coloradotrees.org).

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## **MONDAY-FRIDAY, JUNE 14-18**

**"Boys and Girls Club Bike Camps"** For ages 10-14. Based on League of American Bicyclist class. 1-4:30pm. *Fort Collins Boys and Girls Club*, 1608 Lancer Dr., FC. Boys and Girls Club. 484-5198. [www.bgclarimer.org](http://www.bgclarimer.org).

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## **SATURDAY, JUNE 19**

**"Fort Collins Brewery Tour on Bikes"** Visit New Belgium Brewery, O'Dells Brewery, Fort Collins Brewery, and Coopersmiths. *Full Cycle Bike Shop*, 230 S. College Ave. at back door, FC. 11am-4pm. Northern Colorado Outdoors. [www.northerncoloradooutdoors.com](http://www.northerncoloradooutdoors.com).

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## **MONDAY-FRIDAY, JUNE 21-25**

**"B.I.K.E. Camps"** For beginners ages 8-12. Bike safety, rules of the road, bike maintenance, games and contests. *Fossil Creek Park*. 5821 S. Lemay Ave., FC. City of Fort Collins. 224-6032. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## **MONDAY-SUNDAY, JUNE 21-27**

**"Fort Collins Bike Week"** Celebration of cycling with a week of events. FCBikes. 416-2411. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## **WEDNESDAY, JUNE 23**

**"Bike to Work Day"** Fort Collins, Greeley, Loveland. Ride your bike to work and receive a free breakfast at any one of the breakfast stations.

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## **THURSDAY, JUNE 24**

**"Downtown Bike Show"** 6-8pm. *Bean Cycle*. 144 N. College Ave., FC. FCBikes. 416-2411. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## **FRIDAY, JUNE 25**

**"Bike n' jazz"** 6-8pm. *Gardens on Spring Creek*. 2145 Center Ave., FC. FCBikes. 416-2411. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## **SATURDAY, JUNE 26**

**"BMX Beginner Skills Clinic"** Racing sanctioned by American Bicycle Association. 12:30-3pm. *BMX track*. Saber Cat Drive between Lady Moon Drive and Ziegler Road, FC. 206-1355.

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**"Children's Bike Parade"** Dress up yourself and your bike. 8:30am. *Farr Library*. 1939 61st St., GR., Greeley Trails and Open Spaces Foundation. 302-7618. [www.gtofoundation.org](http://www.gtofoundation.org).

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## **"Velo One Mount Evans Road Ride"**

Velo-One Cycling. 631-5664. [www.velo-one.com](http://www.velo-one.com).

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## **SUNDAY, JUNE 27**

**"Fashion Show"** 7-10pm. *Armory Event Hall*. 314 E. Mountain Ave., FC. FCBikes. 416-2411. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## **MONDAY-FRIDAY, JUNE 28-JULY 2**

**"Boys and Girls Club Bike Camps"** For ages 10-14. Based on League of American Bicyclist class. 8:30am-12pm. *Loveland Boys and Girls Club*, 2500 East 1st St., LV. Boys and Girls Club. 663-5450. [www.bgclarimer.org](http://www.bgclarimer.org).

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## **MONDAY, JULY 5**

**"Monday Night Bike Movie Series"** 7:30-10:30pm. *Agave Room Rio Grande*. 143 W. Mountain Ave., FC. FCBikes. 416-2411. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## **MONDAY-FRIDAY, JULY 5-9**

**"B.I.K.E. Camps"** For ages 8-12. Intermediate bike safety, rules of the road, bike maintenance, nutrition, racing, tricks.. *Lee Martinez Park*. 600 N. Sherwood St., FC. City of Fort Collins. 224-6032. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## **TUESDAY-FRIDAY, JULY 6-9**

**"Boys and Girls Club Bike Camps"** For ages 10-14. Based on League of American Bicyclist class. 1-4:30pm. *Fort Collins Boys and Girls Club*, 1608 Lancer Dr., FC. Boys and Girls Club. 484-5198. [www.bgclarimer.org](http://www.bgclarimer.org).

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## **WEDNESDAY, JULY 7**

**"Wednesday Night Bike Speaker Series"** 7:30-9:30pm. *Agave Room Rio Grande*. 143 W. Mountain Ave., FC. FCBikes. 416-2411. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## FRIDAY, JULY 9

**"Bike Prom"** 7-11pm. *Club Tico City Park*. 1599 City Park Dr., FC. FCBikes. 416-2411. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## MONDAY, JULY 12

**"Got Skills Kid/Teen Mountain Bike Camp"** Skills clinics for boys and girls. Clinic runs five consecutive Mondays. Ages 8 to 16. 8am-3:30pm. *New World Sports*. 224-5857. [www.newworldsportllc.com](http://www.newworldsportllc.com).

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**"Co-Pilots"** Tandem and piloted ride for blind and low-vision riders. Spring Creek and Poudre Trail. *New World Sports*, 308 Ruth St., FC. 5:30pm. En-sight skills Center and New World Sports. 224-5857. [www.newworldsportllc.com](http://www.newworldsportllc.com).

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**"Monday Night Bike Movie Series"** 7:30-10:30pm. *Agave Room Rio Grande*. 143 W. Mountain Ave., FC. FCBikes. 416-2411. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## WEDNESDAY, JULY 14

**"Wednesday Night Bike Speaker Series"** 7:30-9:30pm. *Agave Room Rio Grande*. 143 W. Mountain Ave., FC. FCBikes. 416-2411. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## SATURDAY, JULY 17

**"Velo One Hot 100"** Velo-One Cycling. 631-5664. [www.velo-one.com](http://www.velo-one.com).

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## SUNDAY, JULY 18

**"Urban Assault Ride"** Bike scavenger hunt, obstacle courses, raffle, and party. Benefits Fort Collins Bike Co-op. *El Monte Grill*. 611 S. College, FC. 9am. [www.urbanassaultride.com/ftcollins](http://www.urbanassaultride.com/ftcollins)

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## MONDAY, JULY 19

**"Co-Pilots"** Tandem and piloted ride for blind and low-vision riders. Spring Creek and Poudre Trail. *New World Sports*, 308 Ruth St., FC. 5:30pm. En-sight skills Center and New World Sports. 224-5857. [www.newworldsportsllc.com](http://www.newworldsportsllc.com).

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**"Monday Night Bike Movie Series"** 7:30-10:30pm. *Agave Room Rio Grande*. 143 W. Mountain Ave., FC. FCBikes. 416-2411. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## MONDAY-FRIDAY, JULY 19-23

**"Boys and Girls Club Bike Camps"** For ages 10-14. Based on League of American Bicyclist class. 8:30am-12pm. *Loveland Boys and Girls Club*, 2500 East 1st St., LV. Boys and Girls Club. 663-5450. [www.bgclarimer.org](http://www.bgclarimer.org).

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## WEDNESDAY, JULY 21

**"Wednesday Night Bike Speaker Series"** 7:30-9:30pm. *Agave Room Rio Grande*. 143 W. Mountain Ave., FC. FCBikes. 416-2411. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## FRIDAY, JULY 23

**"Moonlight Ride"** Group ride. Minimum age 12. Children in trailers allowed. 8:30pm. *Greeley Police Department*, 2875 W. 10th St., GR. Greeley Police Officers Association. [www.gpoa.us](http://www.gpoa.us).

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## MONDAY, JULY 26

**"Monday Night Bike Movie Series"** 7:30-10:30pm. *Agave Room Rio Grande*. 143 W. Mountain Ave., FC. FCBikes. 416-2411. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## WEDNESDAY, JULY 28

**"Wednesday Night Bike Speaker Series"** 7:30-9:30pm. *Agave Room Rio Grande*. 143 W. Mountain Ave., FC. FCBikes. 416-2411. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## SATURDAY, JULY 31

**"BMX Beginner Skills Clinic"** Racing sanctioned by American Bicycle Association. 12:30-3pm. *BMX track*. Saber Cat Drive between Lady Moon Drive and Ziegler Road, FC. 206-1355.

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## MONDAY-FRIDAY, AUGUST 2-6

**"Boys and Girls Club Bike Camps"** For ages 10-14. Based on League of American Bicyclist class. 1-4:30pm. *Fort Collins Boys and Girls Club*, 1608 Lancer Dr., FC. Boys and Girls Club. 484-5198. [www.bgclarimer.org](http://www.bgclarimer.org).

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## SUNDAY, AUGUST 8

**"Pedal to the Point Bike Tour"** Tour through northern Colorado offering distances of 35, 50, and 75 miles, ride in open farmland to the streets of Loveland. Includes ride support and aid stations, an after-ride BBQ. Registration fees support counseling and drug and alcohol treatment for youth. *Waverly School, North of Fort Collins*, 10431 N County Road 15. 7am. Realities for Children and Turning Point. 567-6459. [www.turningpnt.org](http://www.turningpnt.org).

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## WEDNESDAY, AUGUST 11

**"Safety and Education Presentation #1"** Fundamentals of bicycling for all ages and abilities. *Senior Center*. 1200 Raintree Dr., FC. 6-8pm. FCBikes. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## SATURDAY, AUGUST 14

**"Bicycle Poker Run"** For families and recreational riders alike, cycling school, prizes. 8am-1pm. *Spring Park*. 2100 Mathews St., FC. Bike Fort Collins. [Ron.winston@bikefortcollins.org](mailto:Ron.winston@bikefortcollins.org). [www.bikefortcollins.org](http://www.bikefortcollins.org).

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## MONDAY, AUGUST 16

**"Co-Pilots"** Tandem and piloted ride for blind and low-vision riders. Spring Creek Trail West. *New World Sports*, 308 Ruth St., FC. 5:30pm. En-sight skills Center and New World Sports. 224-5857. [www.newworldsportsllc.com](http://www.newworldsportsllc.com).

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## WEDNESDAY, AUGUST 18

**"Safety and Education Presentation #2"** Fundamentals of bicycling for all ages and abilities. *Senior Center*. 1200 Raintree Dr., FC. 6-8pm. FCBikes. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## WEDNESDAY, AUGUST 25

**"Safety and Education Presentation #3"** Fundamentals of bicycling for all ages and abilities. *Senior Center*. 1200 Raintree Dr., FC. 6-8pm. FCBikes. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

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## **SATURDAY-SUNDAY, AUGUST 28-29**

### **"Bikes, Beer & Bluegrass Weekend"**

Saturday: Citizen Road Rides, Cruiser Brewery Tour, Blue Grass, 9am-5pm. Sunday: Rocky Mountain Criterium, US Hand Cycling, USAC Masters, Pro Women, Pro Men, Kids Crit. 7am-6pm. *Old Town*, FC [www.fccyclingfest.com](http://www.fccyclingfest.com).

## **WEDNESDAY, SEPTEMBER 1**

**"Safety and Education Presentation #4"** Fundamentals of bicycling for all ages and abilities. *Senior Center*. 1200 Raintree Dr., FC. 6-8pm. FCBikes. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

## **SATURDAY, SEPTEMBER 4**

**"Tour de Fat"** Bicycle parade and festival. New Belgium Brewery, 500 Linden, FC. *New Belgium*. 221-0524. [www.newbelgium.com](http://www.newbelgium.com).

## **SATURDAY, SEPTEMBER 11**

**"Velo One Rist Canyon"** Velo-One Cycling. 631-5664. [www.velo-one.com](http://www.velo-one.com).

## **MONDAY, SEPTEMBER 13**

**"Co-Pilots"** Tandem and piloted ride for blind and low-vision riders. Watson Lake. *New World Sports*, 308 Ruth St., FC. 5:30pm. Ensign skills Center and New World Sports. 224-5857. [www.newworldsportsllc.com](http://www.newworldsportsllc.com).

## **SATURDAY, SEPTEMBER 18**

**"Safety and Education Class #1"** Hands-on bike safety and education class. *Senior Center*. 1200 Raintree Dr., FC. 9am-12pm. FCBikes. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

## **SATURDAY-SUNDAY, SEPTEMBER 18-19**

**"Eleventh Annual Sustainable Living Fair"** 250 exhibitors, 100 workshops, an Eat Local Grow Local Pavilion and Market, an expanded Familyland with music and activities, National Center for Craftsmanship demonstrations, live music and entertainment, a beer garden, and four keynote speakers; on the river, along the Poudre trail. Saturday, 10am-6pm; Sunday, 10am-5pm. Legacy

Park, 300 Woodlawn Drive, FC. [www.sustainablelivingfair.org](http://www.sustainablelivingfair.org).

## **WEDNESDAY, SEPTEMBER 22**

**"World Car-Free Day"** [www.carfreemetrodc.com](http://www.carfreemetrodc.com)

## **SATURDAY, SEPTEMBER 25**

**"B3 Bike. Board. Blade."** Two-mile parade in your favorite superhero costume. Part of Oktoberfest. *Downtown Greeley*. 9th Street and 9th Avenue, GR. [www.bikeboardnblade.com](http://www.bikeboardnblade.com).

### **"Safety and Education Class #2"**

Hands-on bike safety and education class. *Senior Center*. 1200 Raintree Dr., FC. 9am-12pm. FCBikes. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

## **SATURDAY, OCTOBER 2**

**"Take a Kid Mountain Biking Day"** Mountain biking on trails and in the bike park. Pizza, food, more. *Lory State Park—Corral Center Mountain Bike Park*. Northwest side of Horsetooth Reservoir, FC. 9am-1pm. Overland Mountain Bike Club. 568-4200. [www.overlandmtb.org](http://www.overlandmtb.org).

**"Co-Pilots"** Tandem and piloted ride for blind and low-vision riders. Poudre Trail from Windsor to Greeley. *New World Sports*, 308 Ruth St., FC. 10am. Ensign skills Center and New World Sports. 224-5857. [www.newworldsportllc.com](http://www.newworldsportllc.com).

## **SATURDAY, NOVEMBER 6**

**"Velo One Chili Metric Century"** Velo-One Cycling. 631-5664. [www.velo-one.com](http://www.velo-one.com).

## **WEDNESDAY, DECEMBER 15**

**"Winter Bike to Work Day"** *Fort Collins, Greeley, Loveland*. Ride your bike to work and receive a free breakfast at any one of the breakfast stations. [www.fcgov.com/bicycling](http://www.fcgov.com/bicycling).

# ONGOING RIDES & Events

## Mondays

**"Rio Recovery Ride"** Mid-level. Not fast. During daylight savings time. *Rio Grande Restaurant*, 149 W. Mountain, FC. 6pm. [Scottifg@comcast.net](mailto:Scottifg@comcast.net).

## Tuesdays

**"Milliken Loop"** 18.41 miles@15 to 20 mph. *St. Michael's Amphitheater*. Hwy 34 & 67th Ave., GR. 5:45pm. Two Rivers Cycling Club. 356-3663. [www.tworiverscycling.org](http://www.tworiverscycling.org).

**"Team BOB Rides"** Women's mountain bike club rides. All levels welcome. *Horsetooth Mountain Park, Soderberg Trailhead*. West of Horsetooth Reservoir off road to Masonville (first Tuesdays alternate ride location), FC. 5:30pm. Team Babes on Bikes. [www.coteambob.com](http://www.coteambob.com).

**"Go the Distance Rides"** 30-50 miles. Moderate. *Kmart parking lot*. 2665 W. Eisenhower Blvd, LV. Morning start time varies. 667-6957. [www.pedalclub.org](http://www.pedalclub.org).

**"Laid back Rides"** 10-25 miles. Easy. *Thompson School District Service Center*. 1st St. and Wilson Ave., LV. 6pm. 218-8665. [www.pedalclub.org](http://www.pedalclub.org)

**"New Belgium Brewery 2010 Short Track MTB Race Series"** April 27 through May 18. Mountain bike races for all ages. *New Belgium Brewery*, 500 Linden, FC. Starting at 4:30pm [FortCollinsCross@gmail.com](mailto:FortCollinsCross@gmail.com). <http://yourgroupride.com/local-races/new-belgium-short-track>



**"Your Group Ride Time Trial Series"** May 25 through June 15. Individual time trial open to all ages and abilities. *North Taft and 287 Under the Overpass.* 5:30pm. info@yourgroupride.com, http://yourgroupride.com

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**"City Street Crits"** June 22 through July 27. Volunteers and citizen-racers welcome. *FC Streets Department*, SW corner 9th (Lemay) and Vine Dr., FC. 5-7:30pm. www.fcvelodrome.org.

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**"Let's Take a Mulligan Ride"** 10-20 miles. Entry level with mid-level options. No drops. Post-ride meal at Mulligan's. *Behind Mulligan's Pub*, 2439 S. College Ave., FC. 6-8pm. Fort Collins Cycling Club. 221-2901. www.fccycleclub.org.

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**"Lory State Park Mountain Bike Series"** Aug. 3-24. Mountain bike racing for all ages. *Lory State Park*, 4:30pm. ryanscalva@gmail.com. http://yourgroupride.com.

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**"Mountain Bike Group Ride"** Trail varies. Blue Sky trail entrance, *South Horsetooth Reservoir inlet*, FC. 5:30pm. Velo-One Cycling. 631-5664. www.velo-one.com.

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## Wednesdays

**"Bike to Work Wednesdays"** June - August

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**"Social Group Ride"** All levels welcome. Socializing afterward. *Maxwell Natural Area*. 1/2 mile west of Overland Trail off Dixon Canyon Road (CR42C) near CSU Football Stadium, FC. 6-8pm. Overland Mountain Bike Club. 568-4200. www.overlandmtb.org.

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**"Wednesday Night Group Ride"** Moderate to fast pace, A-AX ride. Slower-pace option. *Lee's Cyclery South*, 931 E. Harmony, FC. 5:30pm. Velo-One Cycling. 631-5664. www.velo-one.com.

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**"Ladies Night"** 10 miles@10 to 15 mph. *Bike Peddler*. 5240 W 9th Street Dr., GR. 6pm. Two Rivers Cycling Club. 356-3663. www.tworiverscycling.org.

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**"Rattlesnake/Pinewood Hill Rides"** 20 miles. Difficult. *Namaqua Park*. N. County Road 19E, LV. 6pm. 227-8708, 669-7596. www.pedalclub.org.

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## Thursdays

**"Crittter Critz"** Open criterium-style racing for all levels. *TREK Bicycle Store of Loveland*, 4880 Thompson Pkwy, LV. 6-8pm. Velo-One Cycling. 631-5664. www.velo-one.com.

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**"Water Tower Ride"** 22.34 miles@15 to 20 mph. *Bike Peddler*. 5240 W 9th Street Dr., GR. 5:45pm. Two Rivers Cycling Club. 356-3663. www.tworiverscycling.org.

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**"Go the Distance Rides"** 30-50 miles. Moderate. *Kmart parking lot*. 2665 W. Eisenhower Blvd, LV. Morning start time varies. 613-9012. www.pedalclub.org.

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**"Thursday Night Road Rides"** 20-40 miles. Moderate pace, beginners welcome. *Spokes*, 1215-J Main St., WS. 5:30pm. 686-9275. www.spokesinc.com

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**"BMX Races"** All ages and abilities. Sanctioned by American Bicycle Association. 6pm. *BMX track*. Saber Cat Drive between Lady Moon Drive and Ziegler Road, FC. 206-1355.

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**"Bike-in Movies"** Beginning Aug. 12 for 6 weeks. *New Belgium Brewery*, 500 Linden, FC. New Belgium. 221-0524. www.newbelgium.com.

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## Saturdays

**"Saturday Base Miles Ride"** All levels, no drops, 20/40/60 miles. *The Buzz Coffee Shop*. 1923 59th Ave. #135, GR. 10am. Two Rivers Cycling Club. 356-3663. www.tworiverscycling.org

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**"VeloOne Ride"** Moderate to very fast pace. Groups split by ability. *Lee's Cyclery South*, 931 E. Harmony, FC. 9am summer; 10am winter. Velo-One Cycling. 631-5664. www.velo-one.com.

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**"Saturday Rides"** 30-50 miles. Moderate with easy options. June & July. Start times and locations vary. www.pedalclub.org.

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**"Saturday rides"** Check at the shop for times and locations. *Spokes*, 1215-J Main St., WS. 5:30pm. 686-9275. www.spokesinc.com

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**"Fort Collins Cycling Club rides"** 20-60 miles. Friendly, no-drop road bike rides at various paces (12 to 18 mph), various times, mornings. *Spring Creek Fire Station*, 2000 Mathews, FC, www.fccycleclub.org.

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**"Women Mountain Bike Rides"** Advanced rides. Full Cycle. 230 S. College Ave., FC. Email for times and locations. *Full Cycle*. tamiperrin@comcast.net. 484-1800. www.fullcyclebikes.com.

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**"BMX Races"** All ages and abilities. Sanctioned by American Bicycle Association. 9am. *BMX track*. Saber Cat Drive between Lady Moon Drive and Ziegler Road, FC. 206-1355.

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## Sundays

**"Brunch O' Bikes"** First Sundays. Leisurely ride through town (on cruisers if you have one) followed by a brunch at a favorite eatery. *Brave New Wheel*, 105 E. Myrtle., FC. 10:30am. 416-0417. www.bravenewwheel.com.

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**"Women's Group and B Ride"** Mild to moderate pace ride for all abilities. Lee's Cyclery South, 931 E. Harmony, FC. 9am-1pm. *Velo-One Cycling*. 631-5664. www.velo-one.com.

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**"Show and Go Rides"** 40-60 miles. Moderate. *Loveland Library*. 300 Adams Ave., LV. Mornings. 669-1316, 218-8665. www.pedalclub.org.

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**"Rio Base Mile Rides"** 2-3 hours. Mid-level. No drop. April through August. *Rio Grande Restaurant*, 149 W. Mountain, FC. 10:30am. Scottifg@comcast.net.

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**"The 6 Day Races at the CSU Oval"** May 16 through June 20. Volunteers and citizen-racers welcome. *CSU Oval*. FC. Registration—2-3:45pm; Races—4:30-7pm. www.fcvelodrome.org.

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**"Sunday Base Miles Ride"** All levels, no drops. *The Buzz Coffee Shop*. 1923 59th Ave. #135, GR. 10am. Two Rivers Cycling Club. 356-3663. www.tworiverscycling.org

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# CHECK OUT OUR BIKES

The Fort Collins Bike Library brings more smiles per mile

BY JEFF MORRELL

WHEN FRIENDS AND RELATIVES are visiting and you need a bike...when you need a bike for a few days while yours is being repaired...or when a client is in town for the week, where can you find a bike or two or three? The Fort Collins Bike Library is ready to help lend you a bike for free.

## ORIGINS OF THE BIKE LIBRARY

In 2002, CSU Rams Cycling Team members began work on a community bike project with the mission to provide free, no-hassle bikes to travel around campus as a service to the Colorado State University students, faculty and surrounding community. With my interest in bicycling and my work on the CSU Transportation Committee, I was asked to act as Staff Advisor to the newly formed Ramwheels Student Organization in 2006. In 2007, I brought my Ramwheels experience to the City for a citywide bike-lending program that was beginning to develop and funded by a federal Congestion Mitigation Air Quality grant.

Bikes had to be brought into inventory, a custom Internet-based software checkout application had to be refined, people had to be hired for fleet and library management, and a process to get the program rolling had to be redefined to fit the more open and public nature of business.

New Belgium Brewing Company sponsored the first 20 bikes to the Fort Collins Bike Library. These bikes were stripped down to the bare metal and inspected then powder coated red, and built up with mostly new parts. These original bikes, built by the Fort Collins Bike Co-op are still in use and just as popular as our newest acquisitions.

## THE BIKE LIBRARY OPENS

April 4, 2008 marked the opening day of the Fort Collins Bike Library. The

months of preparation and hard work were now on the line as we opened the doors of the Café Bicyclette in Old Town Square. With just two paid part-time workers, and a handful of volunteers, we were able to satisfy just 20 customers at a time. Long lines queued up for the bikes faster than happy riders were returning them. We clearly needed more bikes to cater to our international customer base.

We ordered more bikes and by the end of the first year. Our numbers were impressive. 2008 was a great year for learning. We learned that Money Magazine rated Fort Collins as the "2nd Best Place to Live in the United States," citing the Fort Collins Bike Library and the great bicycling culture in Fort Collins as reasons for this rating. We also know that more than one homeless person was able to borrow a bike to get to a job interview and is now gainfully employed.



## EXPANSION OPPORTUNITIES

The 2009 bike season began by reviving the original Ramwheels program and folding it into the Fort Collins Bike Library system. An agreement between the Associated Students of Colorado State University (ASCSU), Bike Fort Collins, FCBikes, and Recycled Cycles was forged to expand the Fort Collins Bike Library program into the CSU campus. This partnership brings more free bikes to CSU's students, faculty, staff, and conference visitors.

## 2010 AND BEYOND

The Fort Collins Bike Library partnership between Bike Fort Collins and FCBikes is as strong as ever and will continue to bring safe and free bicycles to the visitors and citizens of Fort Collins. The Café Bicyclette in Old Town Square is still our premiere library location while adding locations at the Lory Student Center at CSU and at 222 LaPorte Avenue. These three locations give us great coverage in north Fort Collins. Other locations are on

## Riding Saves

More and more riders are using the bicycle library. This has reduced traffic and CO2 emissions substantially. The numbers speak for themselves.

	2008	2009
Bikes in fleet	125	201
Patrons	1,974	4,240
Bikes checked out	1,419	3,539
Tons of CO2 not released into atmosphere	9.7	11.4
Happy rider days	7,191	11,650

the drawing board to give additional free bike loans in south Fort Collins, particularly along the Mason Corridor. Watch us for our mobile bike library at Spring Canyon Park, Lyons Park, Fossil Creek Park and other locations through the summer. We are currently seeking partnerships with local hotels to check out bicycles to their guests. Watch us bring bicycles to small- and medium-sized businesses to reduce vehicle miles driven. Watch us cater to wedding parties, family and class reunions from our LaPorte Avenue location. And watch us as we continue to bring more smiles per mile in the coming years.





# BIKE SU MM ER FORT COLLINS

**BIKE TO WORK WEDNESDAYS  
JUNE - AUGUST**

**BIKE WEEK**  
JUNE 23<sup>RD</sup> • BIKE TO WORK DAY!

JUNE 24<sup>TH</sup> • DOWNTOWN BIKE  
SHOW • BEAN CYCLE • 6-8PM

JUNE 25<sup>TH</sup> • BIKE N' JAZZ  
GARDENS ON SPRING CREEK 6-8PM

JUNE 27<sup>TH</sup> • FC BIKES FASHION  
SHOW • ARMORY EVENT HALL • 7-10PM

JULY 9<sup>TH</sup> • BIKE PROM • CLUB  
TICO AT CITY PARK • 7-11PM

JULY 5, 12, 19, 26 • MONDAY NIGHT  
BIKE MOVIE SERIES • RIO GRANDE'S  
AGAVE ROOM • 7:30-10:30PM

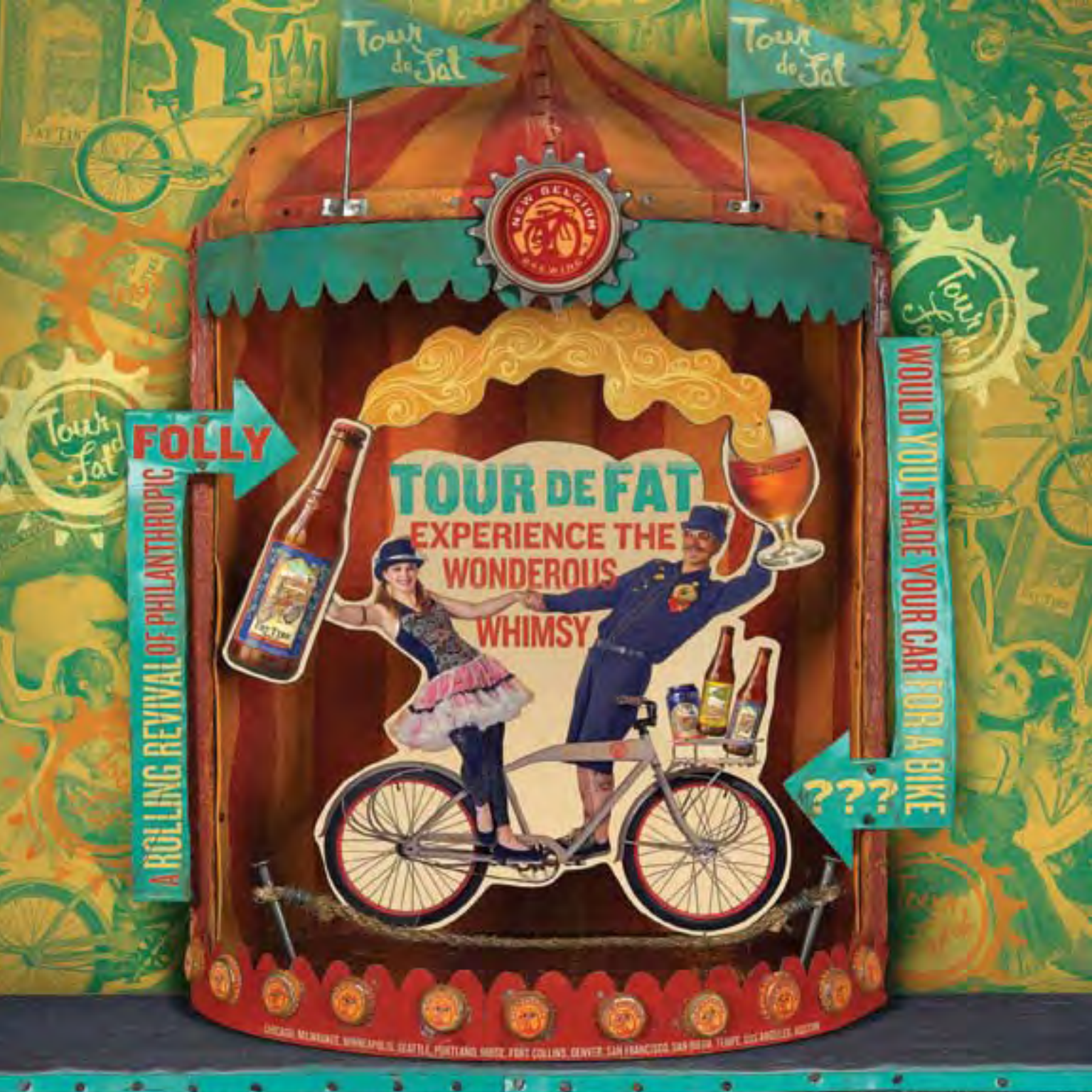
JULY 7, 14, 21, 28 • WEDNESDAY  
NIGHT BIKE SPEAKER SERIES • RIO  
GRANDE'S AGAVE ROOM • 7:30PM-9:30PM

**FOR MORE INFORMATION,  
CALL: 970.416.2411  
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PHOTO BY ELLIOT ROSS





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