

**BICYCLING GUIDE
TO NORTHERN
COLORADO**

Ride

2011

BIKE STYLE P8

**FUN • DAMENTALS
OF CYCLING P10**

**CALENDAR
OF BIKE EVENTS P30**



Have you ever had a moment on your bike when you wished for a little extra boost?

Here is the power and storage your bike has been missing.

Hook the Ridekick™ electric-powered trailer onto your bike and get a 19 mph boost.




Designed in Fort Collins - Assembled in Northern Colorado
ridekick.com

Indoor Training
that Brings the Outdoors In



become fit
SPINNING® & SPORTS YOGA

Personal Fitness Perfected.

becomefitfc.com
On the corner of Prospect & College Avenue • 970.482.3868

ASSOCIATES IN FAMILY MEDICINE PRESENTS:
BICYCLE RACING FOR EVERYBODY!

6 Day Races
at the **CSU Oval**
Every Sunday **3-7pm**
May 15th-June 19th
Rain Date June 26th

www.fcvelo.org



Race categories range from adults on track bikes...

...to kids of all ages on their bikes.



The Fort Collins Velodrome Association is a 501(c)(3) nonprofit organization whose mission is to promote, develop, and facilitate bicycling as a sport and a way of life in Fort Collins.




Ride

BICYCLING GUIDE TO NORTHERN COLORADO

From the Editor. 4

Northern Colorado shifts into high gear

Starrs of the road. 6

Cycling club unites and empowers women

Fun•damentals of cycling. 10

Mastering the basics of safe cycling

Share the road in northern Colorado. . 11

BPEC educates cyclists, pedestrians and motorists about rules of the road

Check out our bikes. 12

Welcoming visitors one trip at a time

Made in Fort Collins. 13

Local builders offer specialty bicycles and trailers

Silver cyclers take to the streets. 14

Brush up on skills, learn the rules, and discover the fun of riding with a group

Weather or not.... 15

Getting the hang of all-season commuting

Bikes with a boost. 16

Riders charge ahead on electric-assist bicycles

Support local peddlers 22

Retailers alliance aims to grow local economy

Bike-friendly U. 24

CSU earns national silver-level designation from the League of American Bicyclists

You Know Me, I Ride a Bike.... . . . 26

Bike Fort Collins rolls out campaign to build awareness

We all roll together. 28

Join an organization to support cycling in your community

Embrace the elements. 38

Explore your sense of place through cycling

BIKE Calendar

CYCLING EVENTS 30

REGULAR RIDES 33

RACE SERIES 35

BIKE CLASSES 36

8

The unfashion statement

Unleash your inner cycling fashion designer



18

Historical roll call...

Bicycle advocates have promoted bicycling for 135 years in America



Cow-Horn Handles.

Head, Handle Bar, and all bright parts Nickeled.

BALANCE, HARRINGTON ENAMEL.

Hollow Forks and Backbone.

20

Get bike wise

Linking northern Colorado



FROM THE EDITOR

Northern Colorado shifts into high gear

BY DAVE "DK" KEMP



WELCOME TO THE 2011 edition of the Ride Guide. The northern Colorado community continues to make great strides advancing the many facets of cycling.

Local and regional bicycle advocates and organizations, as well as city and county planners, continue to collaborate on many projects that benefit bicycle transportation and recreation.

In March, the cities of Loveland and Fort Collins, with guidance from the Bicycle Pedestrian Education Coalition, received a combined \$260,000

from the Colorado Department of Transportation's Colorado Safe Routes to School (SRTS) program to put into action comprehensive projects that encourage children to walk and bike to school. Both cities will use their funds to continue robust safe-walking and -bicycling education programs in all elementary and middle schools, purchase new bike racks for schools, and install critical missing links of sidewalk near certain schools.

Also in March, the Fort Collins' City Council adopted the Bicycle Safety Education Plan with a goal to teach bicycle safety and build awareness through programs and infrastructure improvements geared toward bicyclists of all ages and abilities.

On June 18, the Northern Colorado Bicycle Exposition will instruct northern Colorado residents about safe bicycling. The event marks the official launch of the Bike Wise program, a regional collaboration of planners, engineers, and advocates that will encourage and expedite regional bicycle connections, and promote bicycle safety across the region.

On August 19-20 the sixth annual Fort Collins Cycling Festival will take place in Old Town Fort Collins. This year's cycling festival will be accompanied by Echelon's Gran Fondo national event series. This event combo will attract hundreds of visitors to Fort Collins from across Colorado and the nation.

In addition to bicycle events and safety programs, city and county staff are also working on a number of infrastructure projects to help make Fort Collins and surrounding communities safer for bicycling. Expect to see an increase in the use of Shared Lane Markings and other innovative bicycle safety facilities. These events, programs, and infrastructure improvements are all a part of a comprehensive effort to make Fort Collins a Platinum level Bicycle Friendly Community and to encourage surrounding communities in the northern Colorado region to adopt similar best practices.

Pedal on,
DK

Ride

BICYCLING GUIDE TO NORTHERN COLORADO

PUBLISHER

Scott Titterington
scott@rockymountainpub.com

EDITOR

Dave "DK" Kemp
dakemp@fcgov.com

COPY EDITOR

Kristin Titterington;
editor@rockymountainpub.com

MANAGING EDITOR

Molly North
mnorth@fcgov.com

CREATIVE DIRECTOR

Emily Zaynard
mlezaynard@hotmail.com

ADVERTISING SALES DIRECTOR

Greg Hoffman
greg@rockymountainpub.com

ADVERTISING SALES

Sara Bernhardt
sara@rockymountainpub.com

COVER PHOTO

Monica Smith

CONTRIBUTING WRITERS AND PHOTOGRAPHERS

Andrew Carney, Sylvia Cranmer, Chris Johnson, Dave "DK" Kemp, Josh Kerson, Steve Marshall, Jeff Morrell, Molly North, Jeff Nye, Kevin Presley, Nora Prazan, Rick Price, Elliot Ross, Lorin Scott-Okerblom, Kim Sharpe, Todd Simmons, Scott Titterington, Sarah Uhl, Katie Wallace, Desmond Yap

ROCKY MOUNTAIN PUBLISHING

825 Laporte Ave., Fort Collins, CO 80521
Voice 221-9210
Fax 221-8556
www.rmparentmagazine.com

Ride! 2011, is a special publication of Rocky Mountain Publishing, Inc. Publication of this magazine does not constitute an endorsement of the products or services advertised. The opinions expressed by contributors or writers do not necessarily reflect the opinions of Rocky Mountain Publishing.

Copyright 2011 Rocky Mountain Publishing, 825 Laporte Ave., Fort Collins, CO 80521, 970-221-9210. All rights reserved. Reproduction without written permission is prohibited.

OUR COMMUNITY PARTNERS:



FULL CYCLE

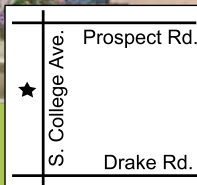
Everything you need
to get out and ride!

**SPEND \$100
RECEIVE \$10 IN STORE CREDIT**

Limit one per customer; does not apply to sale items,
other offers or previous purchases; credit cannot be
used same day as qualifying purchase; coupon required
for discount; expires 8/31/2011.

**Buy one tube,
GET ONE FREE!**

Limit one per customer;
coupon required for discount; expires 8/31/2011.



2101 S. College Ave. • 484-1800
fullcyclebikes.com

ROCKY MOUNTAIN RECUMBENTS

Your Colorado
Recumbent Specialist!

The world is changing,
and so are your cycling choices.

**Our cycles are comfortable
and easy to ride!**

Use this coupon for:

15% OFF

Any one Accessory at regular price

Expires 8/31/11

Use this coupon for:

\$50 OFF

Any new Bike or Trike Purchase

Expires 8/31/11

970-221-4838 • Fort Collins, CO
rockymountainrecumbents.com



STARRS OF THE ROAD

Cycling club unites and empowers women

BY NORA PRAZAN

WE ARE RAMBUNCTIOUS WOMEN of the road and trail. The Belle Starrs, an all-women bicycle club in Fort Collins, strives to capture the spirit of female solidarity and empowerment through cycling.

The Belle Starrs began as a few local ladies who shared the love of riding bicycles. We organize group rides to show our strength as women, but we like to enjoy ourselves as well. There is always some sort of funky aspect to our group rides, such as wearing silly costumes or having a fun destination. Sometimes there is no destination; we just see where the road takes us.

Cycling can be intimidating for some; so we try to make it fun and accessible for all ladies. Motivation and support are big factors in our group. There are women of all different levels and riding styles, so it is an opportunity for those less experienced to learn from a seasoned rider in a positive environment. Although hard to pin down, there is just something amazing about a group of women accomplishing something together.

Our mutual love of cycling comes from many different directions. Some ride bikes as a form of sustainable transportation. Others use it as a form of exercise. And

probably everyone can agree that riding a bicycle is just plain fun! The Belle Starrs gives us an excuse to explore the many aspects of cycling and inspire members to do the same outside of the group. Someone might join in on a short social ride, but in turn be motivated to start riding their bike to work a few days a week. We like the idea of taking what we learn while in the saddle and drawing upon it in our personal lives.

In anticipation of warmer weather the Belle Starrs have expanded on our goals as an organization. We have put together Women's Wrenching sessions to teach basic bicycle maintenance. The goal is to teach women to be self-reliant while on a ride and to be able to tackle any issue that comes up. We are also excited to participate in upcoming volunteer opportunities and help with events throughout the community. We hope that these events, and more group rides, will increase our membership and our presence in the cycling community. Most importantly, we're looking forward to those warm, sunny days along the Front Range that remind us why riding a bicycle is so wonderful.

For more information on the Belle Starrs visit: <http://thebellestarrs.wordpress.com>.



PHOTOS COURTESY OF NORA PRAZAN



Snapshot: NORA PRAZAN

Vice President/Co-Founder of the Belle Starrs. Art Committee Head and volunteer for the Fort Collins Bike Co-op.

I cycle because...I love the independence. I can get to my destination under my own power and it is very liberating.

I like cycling here because...there are so many different types of cyclists, and we can all connect and support each other through cycling.

Favorite ride is...out to Bellvue with my ladies to hit up the Bellvue Bean coffee shop!

Around town I ride a hot pink single speed named Lola. She's foxy.

Live Music 1st Saturday all Summer



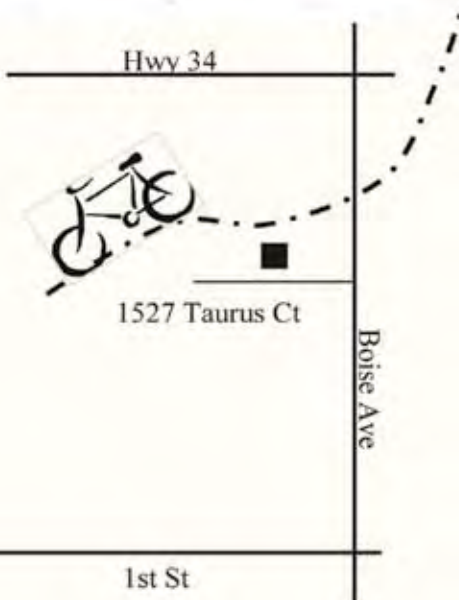
**DANCING
PINES**
DISTILLERY

Bourbon

Rum

Liqueurs

Spiced Rum



Tastings • Tours • Cocktails

Wed & Thu 12-7

Fri & Sat 12-8

Just off the Loveland Bike Path

dancingpinesdistillery.com

THE UNFASHION STATEMENT

Unleash your inner cycling fashion designer

BY KATIE WALLACE AND SARAH UHL

WHEN IT COMES TO STYLE on your bicycle, forget everything you learned from Vogue magazine or even the Tour de France. You don't need the newest moon-age spandex to ride across town (or even the world, really), and a designer bag over your shoulder won't turn our heads. So what's fashionable? YOU are! We're bored of the Jones' style and we want to see your own. Here are a few tips to unlock your inner cycling fashion designer:

CYCLING IS ABOUT CYCLING

It's true, this is an article about bike fashion, but more because it's fashionable to bike than it is to be fashionable. But we know you want to "show up" while you're parading around on two wheels. So let's just cut to the chase: You can make anything look good. It's not about what you wear, but how you wear it. Focus on the fact that cycling is SEXY, pleasurable, and

purposeful. It's just like eating, sleeping, or any part of being alive. Riding a bike is a form of self-expression and this should be your greatest guiding principle if you ever start to feel bewildered about what to wear to do the darn thing.

HELMETS ARE HIP



We like your pretty smile and we want you to keep it. Mussy helmet hair is a sign that you've been riding a bicycle—which we find incredibly sexy.

If you're still working your way to fully embodying your cycling soul, mussy helmet hair is nothing a stylish cycling cap or fedora can't cover up.

FREE YOUR BACK, GET A RACK

An essential ingredient to looking good is feeling good. And, anyway, grocery-getters and panniers are SO hot right now. Our friends at Green Guru Gear are fashioning panniers from old bicycle

Snapshot: SARAH UHL



I own seven bikes and love them all.

I cycle because...bikes are a portal to an abundance of beautiful places—both physical and metaphysical.

I like cycling here...Fort Collins sets an example for communities everywhere. I enjoy having the bike paths and the single-track less than a half-mile from my doorstep.

My favorite rides...are found on trails so high up in the mountains you can't see civilization anywhere.

My bike is called beautywild. She is a beautiful and wild, but also old and mature, fixed gear. She is also Italian.

Snapshot: KATIE WALLACE

In riding my bicycle, I know nature...morning and night...geese migrating and the rise and fall of the Poudre River. I breathe more deeply.

I cycle because...it's playful, it's better for the planet, and it reminds me what a capable and brilliant human being I am!

I like cycling here because...I can ride two miles to work without seeing a car.

Favorite cycling event is...Tour de Fat when the bicycling souls reveal themselves en masse (and in style)!

My bike is an SUB (Sport Utility Bike). All weather. 100-pound hauler. Well loved.



tubes and the Fort Collins family operation, Wool Hat, turns old bowling bags into one-of-a-kind saddlebags. Don't have \$60 to \$100 to throw down? Make your own! Stop in at Eco-Thrift and keep a keen eye for anything you can second as a pannier with a few added clips and a strap.

THERE'S A TIME AND A PLACE

A few words on spandex... First up, if you're going to wear spandex bike shorts, skip the skivvies. Nobody needs to see those undie lines and there is really no need for such doubling up. That big fat pad that looks like a diaper is there for a reason: protection! Bike shorts are designed to befriend your behind on long rides, nothing more. If you think these tight pants are a ticket to some forgotten kingdom only true cyclist are invited to, think again. You can ride around the globe, huck every feature you encounter and pass every parked

car you can imagine in a straight up suit if you want to.

SAVE A BUCK, TRY YOUR LUCK

The simple solution to acquiring that fancy pair of brand XYZ cycling capris your cycle-stud buddy sports on sunny days: cut offs! Save any fine pair of pants from the deadly drags of getting caught in your chain with the closest pair of regular old scissors. Thought you needed a jersey with pockets and a zip neck? Just sew some onto any shirt you already own!

DON'T THINK ABOUT IT!

Open your sock drawer—what screams out at you? “Pick me! Pick me!” Rainbow striped knee-highs? Do it! Feel like flying under the radar? Those gray woolies are calling your name. Fashion is an artistic expression, a liberating release of society's expectations. Take off the thinking cap and let your heart guide you.



Up-cycled Bicycle Pannier by Wool Hat. \$65 US, available on www.etsy.com/shop/woolhat. Photo courtesy of Wool Hat.

Need a Ride to DIA?

Airport Shuttle Serving:

Northern Colorado
Southern Wyoming

Fort Collins

Windsor

Loveland

Longmont

Laramie

Cheyenne

Senior Discount Rates available on line
(888) 472-6656 www.greenrideco.com

Rocky Mountain Cyclery
504 N Garfield Ave
Loveland CO 80537

Mountain, Road,
Touring, Fixed,
Family and Kids

Buy · Sell · Trade · Repair

10% off

Storewide

with this ad

**Full Selection of
New and Used Bicycles**

Northern Colorado's Largest
Authorized Rocky Mountain
Bicycle Dealer.

Full Service Repair Shop

669.2361

FUN•DAMENTALS OF CYCLING

Mastering the basics of safe cycling

BY MOLLY NORTH

“WELCOME TO FORT COLLINS where they make you ride a bike whether you want to or not,” once remarked a newcomer to cycling in northern Colorado.

But before heading out for a ride, take a few moments to complete a safety check.

ABC QUICK CHECK

First, check your tires to make sure they have proper air pressure. Ensure that your wheels spin freely and then squeeze the brake levers to see that they do not touch the handlebars. Check that your chain is spinning easily and does not have visible debris or rust spots. Make sure the quick releases on your bicycle are all closed tightly; they may be found on the wheels, seat post and brakes. Check the front and rear lights as well as the reflectors to ensure they are working and visible.

Completing a thorough bike check enables you to ride confidently knowing that your bike is in good working condition and safe to take to the road.

TRAFFIC SKILLS

Once you have completed the safety check and your bike is rubber side down, follow these guidelines to ride visibly and predictably. The best way to avoid crashes is to make sure other road- and trail-users know where you are and where you are going.

- Ride on the right side of the road, with the flow of traffic; ride in the farthest right lane that takes you to your destination
- Ride in the bike lane or in the right third of the traffic lane; ride in the middle of the traffic lane if there is not room for a bike and a car to share
- Obey stop signs and traffic lights
- Scan over your shoulder for traffic and then use hand signals to communicate your intention to turn or change lanes
- Ride predictably
- Use an audible signal, such as saying “on your left” or ringing a bike bell, and slow down when passing bicycles, pedestrians or other road or trail users so that you don’t startle them
- Use a front white light and rear red reflector (or red light) when riding at night

EDUCATION

Educating children and adults alike is one of the best ways to promote bicycle safety. Teach children to always wear a helmet, the parts of the bike and how they function, how to balance on a bike, and to watch for cars. As they get older, bike laws and handling skills can be introduced and practiced, including shifting, avoiding road hazards, recognizing traffic signs, riding with traffic, and group cycling. The adult learner can continue learning about basic bicycle maintenance, traffic skills, and riding etiquette.

Regionally, the Bicycle and Pedestrian Education Coalition (BPEC) offers presentations to educate cyclists of all ages and ability levels as well as motorists about how to best share the road. BPEC is hosting Traffic Skills 101 classes which teach a variety of bicycle safety skills. For more information on TS101 classes, or to set up a Bicycle Safety Presentation for your community, email fcbbikes@fcgov.com.

A^{IR}

B^{RAKES}

C^{HAIN}

A quick way
to start a
safer ride.



The ABC Quick Check

From the League of American Bicyclists' Smart Cycling Curriculum.



SHARE THE ROAD IN NORTHERN COLORADO

BPEC educates cyclists, pedestrians and motorists about rules of the road

BY KIM SHARPE

A NEW GROUP IN FORT COLLINS is all about encouraging more people to cycle or walk, and how to make both safer for everyone.

The Bicycle and Pedestrian Education Coalition (BPEC) hopes that by educating cyclists, pedestrians and motorists alike about the safe use of our roadways and recreation trails, we can reduce the number of vehicle/bicycle/pedestrian crashes in our community, and increase the number of people who use bikes and their feet to get around.

WHO IS BPEC?

BPEC members come from all walks (or rides) of life, including: Bike Fort Collins, Boys & Girls Clubs of Larimer County, City of Fort Collins, City of Fort Collins Police Department, City of Loveland, CSU Colo-

rado Injury Control Research Center, CSU Police Department, Fort Collins Bicycle Co-op, Fort Collins Cycling Club, Loveland Pedal Club, Poudre School District, PVHS Ambulance Service, Safe Kids Larimer County and Thompson School District. Just recently, a couple of safety-minded community members heard about BPEC and joined the group.

WHAT DOES BPEC DO?

BPEC makes educational presentations to a variety of groups, including kids and families, businesses and the more seasoned senior crowd. The presentations emphasize rules of the road, sharing the road and having fun!

OTHER ROLES

Maintains a community calendar of lo-

cal bicycling and walking-related activities and events, plus a Web page that contains relevant information (healthylarimer.org/bpec.shtml)

Helps implement Fort Collins' newly adopted Bicycle Safety Education Plan

Helps implement the Safe Routes to School curriculum in schools throughout Poudre School District

Supports the City of Loveland in developing a more robust bicycling and walking culture, and consults on the development of its Pedestrian and Bicycle Education Plan.

For more information about BPEC, visit its Web page at www.healthylarimer.org/bpec.shtml. To schedule a bicycle and/or pedestrian safety presentation, contact Kim Sharpe, HCC and BPEC coordinator; 970-495-7503 or krs4@pvhs.org.



Snapshot: KIM SHARPE

I cycle because...it's the best way to get around town. I get fresh air, exercise and save money.

I like cycling here because...I love the bike trails and the collaborative efforts we have to help educate all users of our streets and trails how to share them.

Favorite place to ride...is mountain biking in Fruita.

Both my commuter bike and my mountain bike were custom built by my son, Blake. Neither has a name, but Blake added a "lucky panda" sticker to my commuter bike's handle bar stem that makes me smile.

Cycling burns 600 calories an hour which is another reason to eat more chocolate!

CHECK OUT OUR BIKES

Welcoming visitors one trip at a time

BY JEFF MORRELL

IN 2002, two CSU students began to work on a community bike project (Ramwheels) 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. At the time, I was the CSU staff advisor to the program. In 2007 David “DK” Kemp (City of Fort Collins Bike Coordinator), and Rick Price (previous president and cofounder of Bike Fort Collins) asked me to bring my Ramwheels experience to the City for a citywide bike-lending program that was beginning to develop.

IT TAKES A VILLAGE

Fast forward to 2008. By this time city

staff understood that a bike library could not succeed without help from the greater community and a core team was developed with members of Bike Fort Collins and the Fort Collins Bike Co-op. This team partnered with the city transportation folks to make the Fort Collins Bike Library, second to none in the bike-lending world.

We learned quite a lot in the early days. We now know that national magazines and newspapers like to mention the popularity of the Fort Collins Bike Library (Sunset Magazine, Money Magazine, the Denver Post), and that promotion of these kinds of programs contributes to local economic development and tourism. We also know that at least one homeless person



PHOTO COURTESY OF THE FORT COLLINS BIKE LIBRARY

was able to borrow a bike to get to a job interview, and is now gainfully employed. No doubt there are many more success stories that have gone undocumented.

2011 AND BEYOND

More Fort Collins Bike Library check-out locations are on tap, making it a cinch to check out a bike from any point in town. We are also investing in a new variety of bicycles, and listening to our customers. Since demand for the bikes changes, be sure to keep checking the Fort Collins Bike Library Web site (www.fcbikelibrary.org) for the most current info and hours of operation.

By the numbers:

	2008	2009	2010
Bikes and trailers in fleet	125	201	202
Patrons	1,974	4,240	7,930
Bikes checked out	1,419	3,539	3,912
Miles ridden	21,244	46,864	65,142
Tons of CO2 not released	9.7	11.4	30
Happy rider days	7,191	11,650	17,737



Snapshot: JEFF MORRELL

I cycle because...it's just fun. The morning commute is the best way to awaken the mind and spirit. The afternoon commute is the perfect way to de-stress from the day's work.

I like cycling here because...the infrastructure here is the best for cycling and, for the most part, I don't need a car.

My favorite trail ride...is still the Spring Creek Trail.

I ride a red Surly Cross-Check that's as fast as I want to go, as smooth as steel can make it, as comfortable as an old pair of jeans and not nearly as forgiving as my dear wife.

In the 1960's I was a cyclocross racer along Spring Creek when it was the south edge of town. I didn't even know it was called cyclocross, we just called it fun.



MADE IN FORT COLLINS

Local builders offer specialty 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.

BIG SHOT BIKES

775-1233, www.bigshotbikes.com

Big Shot Bikes specializes in made-to-order fixed gear and single-speed bikes. Using the unique customization tool on the Web site, customers are able to design their very own bike, choosing everything from the color of the chain to the style of handlebars. With millions of combinations to choose from, customers can design a bike that is truly one of a kind.

1 BLACK SHEEP

218-5952, www.blacksheepbikes.com

Black Sheep bikes 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.

CYCLETOTE

482-2401, www.cycletote.com

CycleTote 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.

MEETSAUCE CYCLES

581-6692, www.meetsaucecycles.com

Meetsauce 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.

2 PANDA BICYCLES

372-2123, www.pandabicycles.com

Panda Bicycles specializes in an earth-friendly new 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.

3 RIDEKICK INTERNATIONAL

877-974-4440, www.ridekick.com

Ridekick International produces electric-powered trailers that attach to bicycles to carry loads and provide a boost of up to 19 miles per hour. At an affordable cost, it takes you beyond the reasons why you might not use your bike for short trips by going farther, faster, and having more fun. It is designed in Fort Collins and assembled in northern Colorado.

RUNABOUT CYCLES

416-6803, www.electricbike-kits.com

RunAbout Cycles 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.

YIP SAN

672-0168, www.yipsanbicycles.com

YiPan bicycles 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.

Note: This story was updated in 2011 from Josh's original story published in 2010.

SILVER CYCLERS TAKE TO THE STREETS

Brush up on skills, learn the rules, and discover the fun of riding with a group

BY DAVE "DK" KEMP

AMERICANS ARE LIVING LONGER and stronger. The number and percentage of people over the age of 55 continues to increase, particularly as the baby-boomer generation matures. They say you never forget how to ride a bike, which was the favored mode of transportation for many baby boomers in their youth. Seniors from the baby-boomer generation are rediscovering the joy of bicycling. They can use a bicycle to run errands or visit family and friends. Bicycles are also a good way for anyone to get good exercise.

Bicycling is hard to beat as a form of exercise. The cardiovascular bike workout is gentle on older joints. It improves muscle tone, flexibility, and agility, burns calories, helps keep your mind sharp, and gets you out in the sunshine for your daily dose of vitamin D, which helps to strengthen bones. Although the normal rules of bicycle safety also apply to seniors, there are some special areas of concern.

Some older people have impairments, such as reduced sight or hearing. Seniors are also more prone to suffer injuries in a fall, due to brittle bones. Others have reduced cognitive skills, slower reaction times, balance problems or less physical strength and endurance. If these added risks are addressed, older adults can continue to ride bicycles for a long time.

Special equipment is available to make bicycling safer and more comfortable for seniors. Bicycle saddles are now ergonomic and more comfortable. Certain handlebars allow arthritis sufferers to grip the bars more securely without adding extra stress to hands and arms. Adjustments to the stem and handlebars can also be made in order to provide a more upright position thereby eliminating potential lower back pain. Wider tires can increase balance and lowering the saddle

so that both feet can touch the ground can improve stability and confidence.

A recumbent bicycle might be easier to ride and maneuver than a normal bike for some. Recumbent bicycles are low to the ground and are usually comprised of three wheels and provide a comfortable seating position. Rocky Mountain Recumbent, 2111 South

ditionally, seniors can brush up on current laws and rules that relate to bicyclists and sharing the road, discuss how to safely navigate through intersections, complex traffic situations, and learn to recognize and avoid road hazards. "Back on a Bike" includes both classroom and hands on instruction and meets on Tuesdays, May 3-24



College Ave., 221-4838, is a great, local resource for recumbent bicycles.

Take a bicycling safety course before heading out on the road. Conveniently, the City of Fort Collins and the Bicycle Pedestrian Education Coalition is offering a senior bicycle safety course to help seniors get back into bicycling. This four-day course will teach senior cyclists about the various styles of bikes and which ones best suit their needs, and also how to select and purchase a properly fitting helmet.

This class covers the different ways of carrying cargo, and what lights and other accessories, they may need. Ad-

from 10am-1pm. Cost is \$13.

If cycling is already a part of your daily routine, but you are looking for other seniors to ride with, then sign up for the Intermediate Senior Social Cycling group. This group will discuss bicycle safety fundamentals followed by 1-2 hours of riding and lunch. This class meets on Thursdays in May, 10am-1pm. Cost is \$13.

To register for either class, Contact Dave "DK" Kemp, Bicycle Coordinator, 416-2411 or register on-line through the City of Fort Collins' spring Recreator (page 52.) www.fc.gov/recreator.

WEATHER OR NOT

Getting the hang of all-season commuting

BY CHRIS J. JOHNSON

"YOU DIDN'T RIDE TODAY, did you? In this weather?" says a coworker.

I throw up my hands. "If I'm here, the bike's here," is my stock reply these days.

After a decade, the novelty of attention from co-workers has worn off. I increasingly find that I'd rather trade stories and advice with kindred spirits than recite the same prepared responses to their incredulous questions.

It's comforting that there are a lot of people in northern Colorado who love the crunch of light powder under knobbies, the stiffening of a wool face mask heavy with frozen breath, the dance of snowflakes in a blue-hued LED headlight, and the wave of an oncoming fellow adventurer.

We are fit and we are humble stewards of the earth, in at least one small way.

But even more so, we're often

genuinely a little embarrassed by the attention. Because it doesn't really FEEL like work. It doesn't really FEEL like an accomplishment. It's so easy once we get the hang of it that it feels like we're fooling people into thinking we're doing something impressive. When in reality, for most of us, riding in the snow and the cold every morning is like getting a ski vacation before work.

We are fortunate to live in this staggeringly beautiful and dynamic area, where sky and the wind are full of surprises, where the seasons roll along, each offering new ways to commune with the world around us.

And we are grateful to live in an area where our neighbors and our leaders value the purity and grace of the bicycle.

Five tips for winter commuting

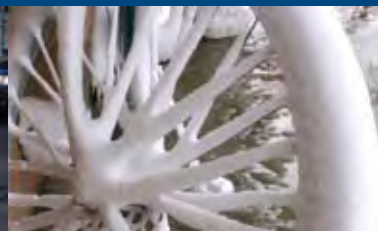
1) Have two of everything (sets of gloves, caps, neck gaiters, etc). Depending on the distance you have to go, it can be downright dangerous riding with wet, cold gloves, etc. Ultimately, wet is a much bigger enemy of the winter cyclist than cold.

2) Carry a portable USB battery. There are a number of affordable bright, USB-chargeable LED headlights, and several companies make very compact (smaller than a deck of cards) USB batteries that you'll be glad to have if your light or phone poops out at a critical moment.

3) Layers are key. It's easy and effective to add and remove layers, as conditions require. Rain covers for regular bike helmets trap warm air inside the helmet and breathe. Different weights of liners make one or two pairs of gloves enough to cover just about any weather. A thin, waterproof jacket works as a shell in anything you'll experience; just add more wicking and insulating layers as the temperature drops.

4) Cooking Spray such as PAM on your frame and drive chain when it's cold and slushy can minimize buildup of ice on the bike and reduce the likelihood of your drive chain freezing up.

5) Smartwool, smartwool, smartwool.



Snapshot: CHRIS J. JOHNSON

Former Chicago messenger, all-season commuter, endurance rec rider, Cat 3 road racer for Echelon Energy, Director of Northern Colorado Cycling Events

I cycle because...my car has a clutch and I never learned to work it.

I like cycling here because of...free breakfast burritos twice a year.

Favorite events are...Mount Evans Hill Climb, Fort Collins Cycling Fest, NCOE Tuesday Night Races

I have a road bike, a cx commuter, and a time trial bike at the moment. Descriptors: abused and spoiled.



BIKES WITH A BOOST

Riders charge ahead on electric-assist bicycles

BY JOSH KERSON

BICYCLES WITH ASSISTIVE technologies are becoming popular around the world. Over one thousand E-bike companies exist today, producing a wide array of electric bicycles. A typical electric bike is actually 90 percent traditional bicycle design. With federal classifications, these emerging technologies are finding homes with a wide spectrum of today's vehicular cyclists.

Classified as a bicycle, not a motor-

ized vehicle, E bikes are restricted to 750 watts of extra energy, (1hp) 20 miles an hour on motor alone, and weighing no more than 100 pounds. Most E bikes weigh in at around 55 pounds, partly because of advancements in Lithium-ion batteries that reduce the weight to one-third of lead acid alternatives. A five-cent charge, for about half of a kilowatt-hour of energy, can take a rider around 45 miles. This is about the equivalent of a

little over 2,000 miles to the gallon of gasoline. For example, if you were to spend three dollars on electricity, and charge your battery 60 times, at five cents a charge, your typical rider can cover 2,400 miles, during a cycling season.

Today's E bikes are built for fun, hill-climbing power, and to do work. Some are equipped for transportation, while others have been designed for recreation. A good way to find out more information on E bikes is to visit one of the new E bike stores, see the line up of new vehicles, and take some out for a test ride. Like any good bike shop, they will help you find the right bike for your riding interests and needs. Small Planet E Vehicles has a store in Fort Collins, and another in Longmont. Boulder has Pete's electric bikes, and California has over a dozen new E bike stores.

These are the days, and with advancements in these assistive technologies, more people are able to reduce their carbon footprint, increase their aerobic exercise, and enjoy their commute by bicycle. As more and more communities embrace these emerging technologies, we will see more clean technology developed to enable people to charge their 100-percent recyclable batteries with solar, and reduce dependence on fossil fuels, while enhancing their cycling experience!



Snapshot: JOSH KERSON

Bicycle Designer, Hand Builder. Owner of RunAbout Cycles Inc, Manager of Small Planet E Vehicles, BAC board Member, Northern Colorado Bicycle retailers alliance member, High Speed electric human hybrid record holder, 72mph, 12 second 1/8th-mile drag race. PIR, 2009.

I cycle because...it is a way of life; I like floating through quiet neighborhoods, and experiencing life at bicycle speeds.

My favorite places to ride...are the Streets of Las Vegas at night, and my favorite event is Interbike, the cycling trade-show of the year.

My Electric Cargo Cruiser is a utilitarian work machine, getting around 2,000 miles to the gallon equivalency with clean electricity. It's fast and quiet. I love to charge my bike with solar.

Making your home safe for your family...

We only use eco-friendly, biodegradable non-toxic cleaning products. Call now and we will help you to customize your cleaning service in a way that suits your lifestyle.



50% OFF
YOUR THIRD
CLEANING
with this ad.

GreenSweep
CLEANING & MAINTENANCE



FREE ESTIMATES: 970.481.1314

3787 Sandy Shore Ln. • Fort Collins, CO • 80528

www.GreenSweepCleaning.com

Serving Fort Collins, Loveland and Windsor



ReCycled Cycles
BICYCLES & FITNESS

All Brands Available

New & Used • Layaways & Rentals

Complete Fitness Equipment Department

24-Hour-Turnaround Service on Anything!

SCHWINN GT Raleigh

"Serving Northern Colorado Since 1978"

Mon-Sat 9am-8pm • Sun 10am-6pm

223-1969

www.recycled-cycles.com

4031-A S. Mason • Just west of Barnes & Noble

CSU • Lory Student Center, lower level

Breakaway Cycles

NOW ACCEPTING TRADE-INS

FREE LIFETIME SERVICE
with Bike purchase

SERVICING ALL MAKES AND MODELS



ROAD



MOUNTAIN



COMFORT

COUPON

FREE ACCESSORIES

WITH ANY BIKE
PURCHASE RECEIVE
10% OF PURCHASE IN
FREE ACCESSORIES.

OFFER NOT VALID WITHOUT
COUPON. EXP. 12/31/11

FOLLOW US ON:



Bikes for the **WHOLE** Family

www.breakaway-cycles.com

970-663-1726 • 2237 W. EISENHOWER BLVD. • LOVELAND



Historical roll call...

Bicycle advocates have promoted bicycling for 135 years in America • By Rick Price, Ph.D.



Albert Pope, an entrepreneur from Connecticut, saw opportunity in the penny-farthing or velocipede displayed at the 1876 US Centennial Exhibition in Philadelphia. So enamored was Pope of this early bicycle that he traveled to England, bought the European patents and began the Pope Manufacturing Company in 1878. Pope's bicycle, the Columbia High Wheeler, became the wheel of choice in the US at that time.

Pope anticipated conflicts between the new invention and horses or pedestrians, so in 1880 he and a cadre of velocipede enthusiasts launched a national club, the League of American Wheelmen (LAW). Their goals were to improve conditions for bicycle riding, to create local clubs, and to launch the national "good roads movement" to improve the quality of roads necessary to enjoy the high-wheel velocipede.

By the third annual LAW convention in 1883, the organization claimed 2,000 members, estimated to be about one-tenth of the cyclists in the nation.

The 1890s brought technological change to the male-dominated high-wheel bicycle. Innovations such as a chain to drive two wheels of equal size, softer-riding pneumatic tires, and a freewheel, which allowed the bike to coast so the rider didn't have to keep spinning the pedals, made this new safety bicycle, as it was called, safer and more appealing to women. The step-through frame, designed to accommodate skirts further brought women into the world of the wheel. Susan B. Anthony is quoted as crediting the bicycle with having "done more to emancipate women than anything else in the world. It gives women a feel-

ing of freedom and self-reliance." By the mid-1890s the LAW boasted over 100,000 members.

The bicycle waned as quickly as it flourished when young men took to motorcycles and to the fledgling automobile and as the street car opened up a new world of mobility after 1900.

Two world wars and a worldwide depression slowed the spread of bicycling, though innovators continued to plan for a resurgence. Among them were Ignaz and Frank Schwinn, a father and son combination from Germany. Frank saw a need for well-built, fat-tire bicycles and introduced fat-tire cruisers into the US. Schwinn dominated the market after WWII with a variety of fat-tire bikes for adults and children, including the classic "Black Phantom."

When President Eisenhower suffered a heart attack while vacationing in Denver in September 1955, the nation's most prominent cardiologist, Paul Dudley White, was called in to help. White was an outspoken proponent of physical exercise and preventive cardiology. Using the bully pulpit of national television, he admonished the nation to walk and bicycle more. White is credited with launching a physical-fitness craze that was picked up by the Kennedy administration five years later resulting in a baby-boom generation that was ready to ride.

Bicycling boomed. The bicycle-riding Chancellor of the University of California-Davis, Emil Mrak, decreed in 1961 that the UC campus would be car-free and bicycle-friendly. In Homestead, Florida the Paul Dudley White Bicycle Club inaugurated the nation's first modern bikeway in 1962. And



Keith Kingbay, a bicycle salesman for Schwinn Bicycles partnered with other advocates to revive the defunct League of American Wheelmen in 1965.

Clubs popped up around the country and by 1972 more bikes were sold in the US than automobiles for the first time since the invention of the automobile.

The US Bicentennial provided the occasion for a celebration of bicycling just as the first centennial celebration had done in Philadelphia in 1876. The result was Bikecentennial, a transcontinental bike ride involving 4,000 cyclists on tours across the US. Out of Bikecentennial came the Adventure Cycling Association, which is today the biggest advocate of a national bicycle route system.

One of the visionaries for Bikecentennial was Dan Burden, who went on to become the first Bicycle and Pedestrian State coordinator in the US and to be a leader in advocating for bicycling and walking. Time Magazine listed him as one of the top social innovators in the world in 2001.

Other important bicycling advocates have played major roles. Bill Wilkinson founded the Bicycle Federation of American (BFA) in 1977. Its primary activity is the National Center for Bicycling and Walking, which acts as a clearinghouse for information and policy

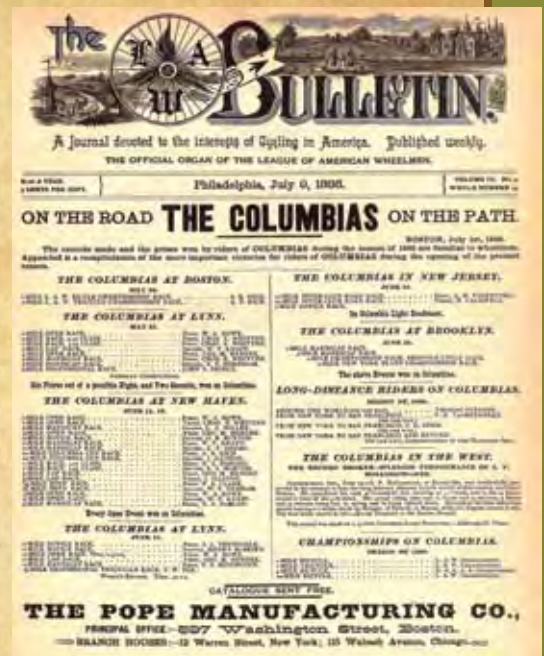
issues from the local to national.

The fight for federal funding for bicycle facilities has roots in the early 1960s. Sociologist Daniel Patrick Moynihan complained that the interstate highway system threatened to devastate our cities. In the 1990s then Senator Moynihan's concerns were brought to the table and the 1991 Intermodal Surface Transportation Efficiency Act (ISTEA) provided a small percentage of funds specifically for bike paths, trails, and related facilities. That federal legislation and subsequent bills have funded the Fort Collins Bicycle Coordinator and most state Bicycle and Pedestrian Coordinators during the past two decades.

Nationally the lead bicycle advocacy groups remain the League of American Bicyclists, the Adventure Cycling Association, and the Alliance for Bicycling and Walking, a group founded in part by Bill Wilkinson from the National Center for Bicycling and Walking in the 1990s. Called the Thunderhead Alliance at the time, it was created by concerned advocates fearful that federal funding might not be continued. Today we have a bicycle coordinator in Fort Collins in large part because of efforts by these groups.

Just as with Albert Pope's company and with Schwinn Bicycles, the industry plays an important role today in bicycling

advocacy. Bikes Belong, based in Boulder, provides broad industry support to advocacy organizations at the grass-roots level to put more people on bicycles. Additionally, the national advocacy groups benefit from the support of bicycle manufacturers, parts suppliers, and related businesses to support such programs as the League of American Bicyclists Bicycle Friendly America Program. Fort Collins, of course, is a Gold-level bicycle-friendly community under this program!



Snapshot: RICK PRICE, Ph.D.

I cycle because...it's good for mind, body and soul. Helps one connect with the local environment, friends, and neighbors.

I like cycling here because...bicycling builds community. Bicycling IS our community.

My favorite place to ride is Italy because it is full of Italians. Bicycling St. Petersburg, Russia to Istanbul, Turkey is my favorite cycling event.

I collect bikes, especially Italian road bikes. My favorite is a 1976 factory-rebuilt Tommasini that I bought from Irio Tommasini himself at his shop in Grosseto, Italy. It is sleek, fast and smooth like a sports car. It has all Campagnolo components, of course.

Tidbit...teaching theory and philosophy of bicycling to kindergartners through 3rd grade is a learning experience for all.

Get Bike Wise

Linking Northern Colorado

By Molly North and Dave “DK” Kemp

BICYCLE ENERGY IS GAINING MOMENTUM in northern Colorado as many cities and towns are beginning to understand the benefits of planning and promoting a high quality of life. Vibrant, healthy neighborhoods and residents, good air quality, tourism, money savings, and the attraction of new employers and residents can all result from properly planning and promoting safe bicycling. In order to accomplish these characteristics of a healthy society, we must step outside the borders of our cities and towns and work together as a region. Regional bicycle coordination and planning will have a profound effect on the intertwining transportation system in northern Colorado.

Bike Wise (Linking Northern Colorado) is the regional extension of the City of Fort Collins' bike program. Bike Wise was created in order to encourage and expedite regional connections among cities in northern Colorado; to share best bicycle planning practices with respect to infrastructure and facilities; and to provide consistent bicycle safety education and encouragement outreach throughout northern Colorado. Bike Wise strives to create a bicycle friendly region, so that, no matter what city or town you travel in, bicycle safety and accessibility will be a priority.

Several representatives from municipal and county governments, the North Front Range Metropolitan Planning Organization, and nonprofit organizations throughout the northern Colorado region will act as an advisory committee to provide guidance, direction, momentum, resource sharing, and overall collaboration to plan for and create a bicycle-friendly region. Working together, these resources hope to safely boost transportation and recreation options, as well as,



Snapshot: MOLLY NORTH

FC Bikes Assistant Coordinator, Women on Bikes MeetUp Organizer, former co-founder and co-owner of Rolling Spokes Bike Tours, Bike and Build alumni.

I bicycle because...I love the communities that unite around the bicycle. I feel healthy and happy when I ride.

I like cycling here because...I love seeing smiles on the trails, and families on bicycling adventures, or the gentle, affirming nod from a solo rider on winter days and the streets loud with cyclists on summer evenings.

My favorite rides are...to new places—downtown alleys, mountain trails, and long country roads without stop signs.

My Trek 1000 got plastered with stickers when I rode from North Carolina to California in 2007. Since then she has transformed into my perfect commuter.

create tourism destination opportunities in northern Colorado.

This June, Mia Birk, former Bicycle Coordinator for the City of Portland, will facilitate a workshop for city and county staff as well as elected officials in northern Colorado to bring to light new innovations and best practices in sustainable transportation management. Hopefully Birk's knowledge, experience and lessons from Portland will inspire and encourage community leaders to adopt similar practices with respect to safely accommodating an anticipated increase in cyclists in northern Colorado.

Mia Birk, President of Alta Planning + Design, has over 20 years of experience in sustainable transportation focused on pedestrian, bicycle, trail planning, design and implementation. Mia is also the author of the groundbreaking book, *Joyride: Pedaling Toward a Healthier Planet*.

What we'll learn from Birk will not only be shared with city and county staff and elected officials, but also the public. On June 18, the Northern Colorado Bicycle

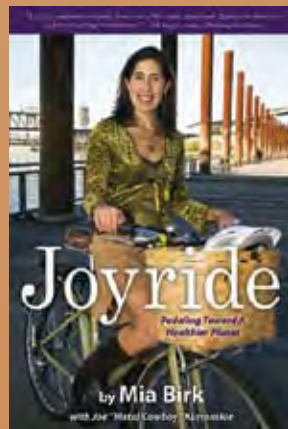
Exposition kicks off the Bike Wise regional effort. The event will include a vintage bike show, bike swap, bike safety clinics for children and adults, gear and bike demos, and free, basic tune-ups for event attendees. The event will also offer several educational seminars regarding the application of innovative bicycle facilities, best practices of law enforcement and bicycling, bicycle safety, providing incentive for your community to ride bicycles, data collection methods, and how to start a Safe Routes to School program in your community. The Noco Bike Expo event will serve as an excellent springboard to advance bicycling in Cities throughout Northern Colorado.

The time is right to connect our cities and towns via bicycle. As we brush off the dirt from the recent economic de-

cline, we have a fresh start at promoting and planning for a clean, sensible transportation system. Bicycling is not the sole answer to address all of the social, environmental, and economic issues, but it does act as a major contributor to the overall goal of creating a high quality of life for residents in northern Colorado.

Today's bicycle advocates and planners stand on the shoulders of giants. We have arrived at this tipping point where bicycling is viewed as a normal transportation mode through all of the past and current work of City Councils, County Commissioners, and local government staff. They have paved the way to allow continued collaboration among our communities and to make bicycle dreams a soon to be reality.

Visit www.NoCoBikeExpo.com for a full schedule of events during the Northern Colorado Bicycle Exposition.



PHOTOS BY DESMOND YAP, JOSH KERSON, KEVIN PRESLEY AND EMILY ZAYNARD



Snapshot: DAVE "DK" KEMP

City of Fort Collins Bicycle Coordinator since March 2006.

I love cycling here because...I love everyone's commitment, dedication, and passion to make cycling a fabric of society in Fort Collins.

My favorite ride is...Rist Canyon on my single-speed Bianchi and I like spending summer mornings touring around Lory State Park.

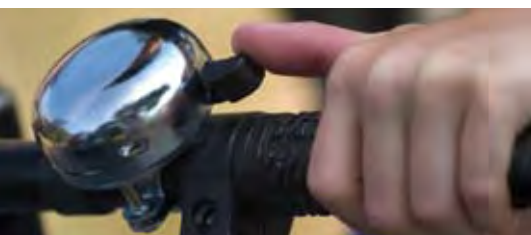
Commuter & Sport: 2006 Bianchi San Jose (single speed); Family ride: 1984 Schwinn Voyager; Mountain: 2005 Black Karate Monkey; Track: 1987 lime green Schwinn Paramount.

I launched the Tour de Fat event with New Belgium Brewing from 2000-2004.

SUPPORT LOCAL PEDDLERS

Retailers alliance aims to grow local economy

BY STEVE MARSHALL



BICYCLE RETAILERS are enthusiastic about cycling in northern Colorado. With \$13 million in annual sales spread among 21 shops in Fort Collins and another five in Loveland, I don't think anyone could say that it is just a hobby business.

The truth is that the bicycle business as an industry is flat; just as many people are leaving the sport as are coming into it. The average sale for a bicycle is still around \$500 nationally, although here in northern Colorado we average about \$750. The point remains, though, that with annual sales (nationally) of 18 million bicycle units, that average sale price number has remained unchanged since 2000.

As a result, we have a great looking pie that has not grown overall, but cer-

tain pieces of the pie have waxed and waned according to the latest trends in cycling, whether it is cyclocross, mountain biking, gravity, or fixed gear or single speed. It is time to let down the barriers between competitive bike shops and to work together to increase the size of the cycling pie—a true win-win for all of us.

Bike shops play an integral role in our communities and their connections with northern Colorado residents run deep.

Buying bicycles locally ensures a high-quality level of service and a long-term commitment to your bicycling needs.

Imagine the potential if local bike shops were to work together toward common goals through a unified voice. There is a substantial amount of untapped power, energy, and resources waiting there to help grow and support cycling for both transportation and recreation purposes. Together the Alliance can develop and prioritize numerous action items to grow overall bike sales and continue to support bicycle infrastructure and programmatic efforts in northern Colorado.



Northern Colorado Bicycle Retailers Association

Below is a list of action items to collectively work toward:

- Encourage local bike shop sales (quality & service) Buy local! Local tax dollars support local services.
- Instill bicycle safety education and trainings/messages for staff and customers.
- Create community recognition for individuals/organizations that significantly contribute to cycling.
- Provide a unified voice for issues and local government affairs.
- Execute collective bike expos, sales and swap meet events.
- Draft a common advertising campaign to promote cycling.
- Determine the overall economic benefit of cycling by supporting the production of a bicycle economic impact study.
- Collaborate with City's Neighborhood Bicycle Ambassador Program.



Snapshot: STEVE MARSHALL

General Manager of Peloton Cycles Fort Collins and Loveland. IMBA and USA Cycling member. Since 1974 I have been riding a bike a lot.

I cycle because...it allows me to always move into the future.

I like cycling here because...there is lots of it and it is almost year-round.

Favorite place to ride...Winter Park and all trails around Larimer County.

I have 3 bikes; a XC bike, an AM bike and a FR bike. No names, but all are kick-ass.

I once rode 205 miles in one day on the Seattle to Portland Bike Classic. It damn near killed me.

Working Together to Reach a Better Future.

Climate Wise. Business Smart.



JILL CHODAK PHOTO
BY CAMBON STUDIOS

Whole Foods.

Whole Foods was founded with sustainable core values. Their sustainability program has been in existence for a long time; they care about their communities and the environment. The partnership with Climate Wise provided them with the framework for measuring and quantifying their local sustainability efforts along with tools to record historical data. Food for thought!

Poudre School District.

PSD is a Platinum level partner, the highest attainable level in the Climate Wise program. With help from Climate Wise staff, PSD has saved \$538,000 on average annually by implementing energy savings programs.

In addition, collaboration and ideas through networking with Climate Wise business partners has helped PSD reach district goals. PSD makes the grade.



PETE HALE PHOTO
BY CAMBON STUDIOS

Cambon Studios.

Jim Cambon's partnership with Climate Wise has made it easy for him to move forward with implementing stepped-up waste reduction, energy and water conservation programs. In addition, he can now accurately calculate the accomplishments of his efforts using a tracking system supplied by Climate Wise. One small business making a positive impact.



JIM CAMBON PHOTO
BY CAMBON STUDIOS

Climate Wise recognized as

- A Top 50 Innovative Government Program by Harvard University.
- An Outstanding Achievement in Local Government Innovation Award recipient by the Alliance for Innovation.

Join Climate Wise. It's easy. It's fun.
(970) 221-6700 • fcgov.com/climatewise



BIKE-FRIENDLY U

CSU earns national silver-level designation from the League of American Bicyclists

BY LORIN SCOTT-OKERBLOM

BICYCLING IN FORT COLLINS is a way of life! That may be the best way to characterize this city, which has been a Bicycle Friendly Community since 2003 and continues to grow and support the cycling culture.

Currently, Fort Collins is designated a Gold Level Bicycle Friendly Community by the Leagues of American Bicyclists, which is an honor for a community to receive. The award recognizes our community's efforts to create an environment that encourages safe cycling both as a form of recreation and a transportation alternative. A major component of the cycling culture in Fort Collins is Colorado State University (CSU). There is not a time during the day when there are not students, faculty, and staff bicycling through and around campus. In fact, there are around 15,000 bicyclists on campus every day.

Because of this large number of bicyclists, the City of Fort Collins, CSU representatives, and many passionate cyclists created an innovative campus organization called the Campus Bicycle Advisory Committee (CBAC). This committee helps

create and enhance the bicycle-friendly atmosphere at CSU by working to ensure that cyclist needs are addressed and that all new projects, programs, and regulations consider the prevalent cycling population. The committee is made up of a diverse group of members representing the CSU Police Department, CSU Facilities Management, CSU Parking Services, ASCSU, CSU Housing and Dining Services, CSU Recreation, CSU cycling team, various student representatives and the City of Fort Collins. These members represent the many constituencies that are vital to promoting safe cycling and a bicycle-friendly campus.

CBAC continues to work on numerous projects to encourage students to commute using their bikes. These include cyclist education programs, encouragement events, creation of a campus-specific bicycle map, and the development and maintenance of bicycle-friendly infrastructure. All of these projects have helped enrich the cycling culture on campus today.

This dedication to cycling led the CBAC to apply for the first Bicycle Friendly University award. Similar to the Bicycle



PHOTO BY ELLIOT ROSS

Friendly Community award, the designation recognizes universities throughout the United States that are exemplary in promoting and encourage cycling. Learn more about their Bicycle Friendly America program here: www.bikeleague.org/programs/bicyclefriendlyamerica/index.php. In March 2011 CSU was designated a Silver Level Bicycle Friendly University, one of only a few universities in the country to achieve this recognition. This award recognizes CSU for its commitment to encourage and educate cyclists on campus and throughout the community.



Snapshot: LORIN SCOTT-OKERBLOM

CSU Campus Bicycle Advisory Committee and the Bicycle and Pedestrian Education Coalition, and the CSU Triathlon Team.

I cycle because...I enjoy the different perspective I have when I am on my bike.

I like cycling here because of...the sense of family that the cycling community has.

Favorite cycling event is...Tour de Fat. It is awesome to see so many people out on their bikes.

My bike is a Black Sheep road bike that is painted bright orange. It has a lot of character, plus I am supporting a local bike company.

We Love Kids



Youth Clinic

established 1964

*"Committed to quality care for children
from infancy through adolescence"*



Mark Your Calendar
for Upcoming Events
At the **Youth Clinic**

Healthy Minds, Healthy Bodies

May 5, 2011 • 6:30pm - 8:00pm
at the Coloradoan Community Room
1300 Riverside Avenue

Join us for an interactive discussion with
physicians and community experts on keeping
your child/adolescent healthy this summer.

TO REGISTER, VISIT US ONLINE AT: WWW.YOUTHCLINIC.COM

For an appointment call: **970-482-2515**

LOVELAND

2695 Rocky Mountain Avenue, Suite 260

SOUTH FORT COLLINS

1214 Oak Park Drive

NORTH FORT COLLINS

1200 East Elizabeth Street

(970) 267-9510 • FAX (970) 207-9967

www.youthclinic.com

YOU KNOW ME, I RIDE A BIKE...

Bike Fort Collins rolls out campaign to build awareness

BY SYLVIA CRANMER

DOT DICKERSON IS A MOM, a community activist, and she rides a bike. Barbara Leibler is a grandmother, a small-business owner, and she too rides a bike. These are just a few of the many faces of the 'You Know Me—I Ride A Bike' (YKM) campaign, a new advertising campaign fueled by Bike Fort Collins (BFC), geared to increase awareness of responsible bicyclists by putting names and faces on our local cycling community.

BFC is a local nonprofit dedicated to advocating for safe and enjoyable cycling in Fort Collins. BFC president Jeff Morrell developed the idea of YKM, in an effort to get BFC on the forefront of bicycle safety, featuring local cyclists. "I chose the riders because of their interest in cycling and their willingness to help us with this program, which will make a difference for all cyclists." YKM ads are evolving to include a video, social media splashes, Web site testimonials, and guest appearances by the YKM spokes' folks.

SAFETY

YKM increases safety for cyclists by educating the community about who 'those riders' are. We are individuals – individuals

who may be close to you, your associates, and everyone else in our community. We are cyclists who teach your kids and the doctors who take care of your heart or teeth. YKM puts a name and a face to all the vulnerable, anonymous bicyclists on our streets. The ultimate message is that as drivers (and cyclists), we should all be careful because a simple mistake could potentially lead to a tragedy involving those we know and respect.

AWARENESS

YKM raises the awareness of bicycles, and the connectivity among us: that we are all individuals who have different interests, lives, and families – yet we have in common the fact that we all ride bikes. You know us, we ride a bike.

MOTIVATION

YKM encourages those who are on the

fence about riding to get out and try it—if my friends and associates can do it, so can I. Age, gender, occupation—all perceived barriers that are dispelled through the diversity of the YKM spokes' folks. Keeping up with the Jones'!

YKM will kickoff the 2011 campaign during the First Friday festivities downtown Fort Collins June 3, to coincide with Bike Month. Concurrently, BFC will be rolling out a new membership package, providing bonafide members with exclusive benefits and cool engagement opportunities.

Check out all that's new with BFC, as well as the YKM ads and video by visiting www.bikefortcollins.org. While you're at it, check out the new Facebook page and 'Like' them if you want to be in the loop on all things bicycling in Fort Collins. We are one community of cyclists, motorists and pedestrians. Travel safe today!



Snapshot: SYLVIA CRANMER

Board Member Bike Fort Collins; formerly with SmartTrips and City of Fort Collins Bike Coordinator; avid recreational cyclist; long-time bike commuter.

I cycle because...human-powered bike transportation is good for the environment, your health, and a positive mental attitude.

I like cycling here because...living in Old Town, you can get to nearly anywhere by bike. Most of our friends are this part of this community of cyclists.

While commuting by bike to a well-baby check (5 1/2 months pregnant with my now, 14 year-old daughter), I was hit by a car and broke my collar bone; and the baby? The doc said, "Takes a licking and keeps on ticking!"

BRING YOUR
BICYCLE FOR A
FREE
BASIC
TUNE-UP!



NORTHERN COLORADO BICYCLE ★ EXPO ★

JUNE 18, 2011

THE RANCH
5280 Arena Circle, Loveland, CO
NOCOBIKEEXPO.COM

9AM-12PM, BICYCLE SEMINARS:

Innovative Bicycle Facilities
Law Enforcement & Bicycling: Best Practices
Bicycle Safety Presentation
Incentivizing Your Community
Data Collection Methods
Safe Routes to School: Getting Started

PRODUCED BY:



10AM-6PM, BICYCLE EXPO:

Gear and Bicycle Demos
Bicycle Safety Rodeos for Families
Good Food • Gear Swap
Vintage Bicycle Show
Local Craft Beer Garden
Commuter and Recreation Info



WE ALL ROLL TOGETHER

Join an organization to support cycling

THE BELLE STARRS are an all-women bicycle club in Fort Collins that strives to capture the spirit of the Women on Wheels and inspire each other. The mission is to bring together women who love bikes, organize group rides to show their strength as women and silliness as girls, give back to the community, find group volunteer opportunities, provide a forum to make connections for biking. www.thebellestarrs.wordpress.com

BICYCLE PEDESTRIAN AND EDUCATION COALITION (BPEC), through education and encouragement, 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. The BPEC is comprised of bicycle advocacy groups, nonprofit agencies, state and local governments, school districts, youth, parents and teachers. www.healthylarimer.org/bpec.shtml.

BIKE FORT COLLINS has been involved with and continues to create new bicycle programs to encourage safe and enjoyable cycling. Their projects include and are not limited to the FC Bike Library and the Vintage Bicycle Museum Without Walls. Bike Fort Collins hosts Community Forums to gather feedback and help prioritize issues in the city. www.bikefortcollins.org.

BIKE WISE (Linking Northern Colorado) is the regional extension of the City of Fort Collins' bike program. Bike Wise strives to create a bicycle-friendly region, so that, no matter what city or town you travel in, bicycle safety and accessibility will be a priority. Also, Bike Wise encourages connections among cities in northern Colorado to share best bicycle-planning practices with respect to infrastructure and facilities and to provide consistent bicycle-safety education and promotion throughout northern Colorado. www.fcgov.com/bicycling.

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.

EPIC BMX supports bicycle motocross (BMX) racing at the 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.

FC BIKES is the City's bicycle program. FC Bikes promotes the efforts of local bicycling organizations while building the cohesiveness of the bicycling community. FC Bikes is the liaison for the City of Fort

Collins on all bicycling matters. FC Bikes also encourages and educates residents on the benefits of bicycling and provides a foundation of support mechanism for bicyclists. www.fcgov.com/bicycling.

FORT COLLINS CYCLING CLUB is a not-for-profit club whose mission is to promote cycling in Fort Collins and the surrounding area. The club's 150+ membership is made up of mostly recreational riders and bike commuters. Riders of all ages and abilities are welcomed and our rides are non-competitive, no-drop social rides. During the fall and winter, the club meets every third Thursday at various locations in Fort Collins. The club holds regular group rides and special events. Membership, ride and event information is available at 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. 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.fcvelo.org/

NORTHERN COLORADO CYCLING EVENTS, a public coalition, promotes and supports competitive cycling events. The group coordinates competitive cycling schedules on a single calendar, cross-promotes events and shares knowledge, resources, and political capital to increase exposure to and participation in collective events. www.yourgroupride.com/ncce-home.

OVERLAND MOUNTAIN BIKE CLUB promotes mountain biking by providing education and assistance to all trail users, and by working to build and maintain quality, sustainable trails that enhance the mountain-biking experience. Overland hosts an array of fun events, group rides, and volunteer events. 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. The group's diverse members represent every type of northern Colorado cyclist. www.pedalclub.org.

TEAM B.O.B., also known as Babes on Bikes, has been promoting women mountain bikers 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.

THE BIKE CO-OP, Building Community Through Bicycling, provides tools and expertise to learn how to fix your own bike, bike-safety education, earn-a-bike, bikes for Ghana, and bike valet service. They accept donations of anything bike related. The sale of low-cost bikes and parts helps pay their rent. www.fcbikecoop.org.

VELO-ONE CYCLING OF COLORADO wants to build a supportive and friendly riding, racing, and social environment for all to enjoy, 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.

Be part of the solution!



Please drive cautiously and obey the speed limit!
Call Traffic Operations for more information about the
Neighborhood Traffic Mitigation Program:
221-6630
City of Fort Collins
TRAFFIC OPERATIONS
626 LINDEN • FORT COLLINS



Full Service Professional Repair • Free Lifetime Adjustments for all bike sales • Northern Colorado's Most Complete Selection of Specialized Mountain, Road, Hybrid, Cross and Path Bikes • Complete selection of Accessories and Clothing, including Specialized and Pearl Izumi

Fort Collins • 970-449-5595
3027 E. Harmony Road

www.peloton-cycles.com

Loveland • 970-669-5595
1310 E. Eisenhower Boulevard

2011 BICYCLE

Calendar

EVENTS • REGULAR RIDES • RACE SERIES • CLASSES

Fort Collins • Greeley • Loveland • Windsor

SATURDAY, APRIL 16

Rist Canyon Double Shot Classic

Supported ride with rest stop at Stove Prairie School. *Lee's Cyclery South*, 931 E. Harmony, FC. 9am-2pm. Sponsored by Velo-One Cycling. 631-5664. www.velo-one.com.

MONDAY-FRIDAY, APRIL 18-22

Give a Watt

Ride a stationary bike to produce energy that will be donated to The Bike Co-op and The Bicycle and Pedestrian Education Coalition. *Lory Student Center Plaza*.

SATURDAY, APRIL 30

13th Annual Spring Warmup Ride

12-, 26-, 43-, and 62-mile routes. Sag support, breakfast snack and lunch provided. Proceeds benefit Health District of Northern Larimer County's Tooth Fairy Fund. *Spring Canyon Park Pavillion*, 8:30am-3:30pm. Sponsored by Fort Collins Cycling Club. www.fccycleclub.org.

Shoreline-Foothills Trail Day

Help work on the trail. Lunch, tools, training provided. 9am, Overland Mountain Bike Club. 430-5336. www.overlandmtb.org.

MONDAY-FRIDAY, MAY 2-6

Poudre School District Bike to School Week

Districtwide event to promote safe, fun, and healthy biking. 472-3837.

THURSDAY, MAY 5

Cinco de Mayo Mountain Bike Ride

Fun ride followed by Mexican beers and margaritas. All abilities, self-paced. 5pm-9pm. Sponsored by Velo-One Cycling. 631-5664. www.velo-one.com.

SATURDAY, MAY 7

Poudre Trail-athon

Discover the Poudre Trail on this self-paced morning of fun with 9 event stations. *Poudre Learning Center*, 83 Ave. & Poudre River, GR, 9am-12pm. Sponsored by Poudre River Trail Corridor. 336-4044. www.poudretrail.org.

SUNDAY, MAY 15

Community Classic Bike Tour

10- 30-, 37- & 62-mile ride options. Benefits McKee Medical Foundation. *McKee Medical Center*, 2000 Boise Ave., LV. 6:30am, 7:30am, 8:30am. McKee Foundation. 203-2519.

FRIDAY-SUNDAY, MAY 20-22

VeloOne Spring Cycling Camp

Estes Park, Sponsored by Velo-One Cycling. 631-5664. www.velo-one.com.

SATURDAY, MAY 21

Glendo Trail Day

Help work on the trail. Ride after. 9am, Overland Mountain Bike Club. 430-5336. www.overlandmtb.org.

SUNDAY, MAY 22

3rd Annual Ram Bicycle Classic

Four rides including a 101-mile, metric-century, half-metric-century & family cruiser ride. Post-ride party. Proceeds support CSU Global Social & Sustainable Enterprise Program. *CSU Campus*, FC. 7am and 8am for long rides. 9am for cruiser ride. Sponsored by CSU GSSE program. www.rambicycleclassic.org.

Mill Linkage Trail Work

Help work on the trail. Ride after. 8:30am, Overland Mountain Bike Club. 430-5336. www.overlandmtb.org.

SATURDAY, JUNE 4

Curt Gowdy Summer Slam

Family fun event. 9am, Overland Mountain Bike Club. 430-5336. www.overlandmtb.org.

SATURDAY, JUNE 11

Curt Gowdy Trail Day

Help work on the trail. Ride after. 8:30am, Overland Mountain Bike Club. 430-5336. www.overlandmtb.org.

SATURDAY, JUNE 18

Northern Colorado Bicycle Expo

Vintage bike show, bike swap, bike safety rodeo, gear and bike demos, food, beer garden, vendors, educational seminars, Safe Routes to School program. *The Ranch in Loveland*. 9am-6pm. The Ranch and Bikewise. www.nocobikeexpo.com.

Curt Gowdy Trail Day

Help work on the trail. Ride after. 8:30am, Overland Mountain Bike Club. 430-5336. www.overlandmtb.org.

WEDNESDAY, JUNE 22

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. 6:30-9:30am. www.fcgov.com/bicycling.



You know me, I ride a bike.

We are one community
of cyclists, motorists,
& pedestrians.

Travel safe today.



Dr. Bradley
Abrahamson
Husband, dad,
physician,
cycling coach,
road rider.

**HARPER
POINT**





6 DAY RACES AT THE OVAL
May 15, 22, 29, June 5, 12, 19,
CSU Oval, 11am-7pm, www.fcvelo.org

**SHORT TRACK MOUNTAIN
BIKE SERIES**
April 26, May 3, 10, 17, New Belgium,
4pm, younggroupride.com

TRAFFIC SKILLS 101
April 10, May 7, Northside Azatlan
Center, 8am-4pm, please email
fobikes@fcgov.com to register

KIDS I BICYCLE CLINIC
April 23, Northside Azatlan
Center, 9am-12pm, please email
fobikes@fcgov.com to register

BACK ON A BIKE
May 3, 10, 17, 24 Northside Azatlan
Center, 10am-1pm, please email
fobikes@fcgov.com to register

**INTERMEDIATE SENIOR
SOCIAL CYCLING**
May 5, 12, 19, 26 Northside Azatlan
Center, 10am-1pm, please email
fobikes@fcgov.com to register

KIDS II BICYCLE CLINIC
May 28, Northside Azatlan Center,
8am-3pm, please email
fobikes@fcgov.com to register

THURSDAY, JUNE 23

Downtown Bike Show

6-8pm. *Bean Cycle*. 144 N. College Ave.,
FC. Sponsored by FCBikes. 416-2411.
www.fcgov.com/bicycling.

FRIDAY, JUNE 24

Bike n' Jazz

Gardens on Spring Creek. 2145 Center
Ave., FC. 6-8pm. Sponsored by FCBikes.
416-2411. www.fcgov.com/bicycling.

SUNDAY, JUNE 26

Tour de Poudre

Two loops, 35 and 60 miles along the Pou-
dre River Trail. Sag wagon support. Funds
go to plant trees. Includes lunch and bever-
ages at the brewery. *New Belgium Brewery*,
500 Linden St, FC., 7:30am-1pm. Spon-
sored by Colorado Tree Coalition.
www.coloradotrees.org.

SATURDAY, JULY 9

40 in the Fort

Endurance Mountain Bike Race

40-mile endurance race. Sport, Open, and
Single-Speed categories. *Lory State Park*
and *Horsetooth Mountain Open Space*, FC.
Sponsored by Overland Mountain Bike
Club. www.overlandmtb.org.

SATURDAY, JULY 16

Hewlett Gulch Trail Work Training

Preparation for extension at Hewlett.
8:30am, Overland Mountain Bike Club.
430-5336. www.overlandmtb.org.

SUNDAY, JULY 17

Urban Assault Ride

Bike scavenger hunt, obstacle courses,
raffle, and party. Benefits Overland Moun-
tain Bike Club. *New Belgium Brewery*, 500
Linden St, FC. 9am. Sponsored by New
Belgium Brewing.
www.urbanassaultride.com/ftcollins.

SATURDAY, JULY 23

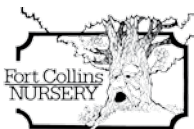
Moonlight Ride

Group ride. Minimum age 12. Children
in trailers allowed. 8:30pm. *Greeley Po-
lice Department*, 2875 W. 10th St., GR.
Sponsored by Greeley Police Officers
Association.

SATURDAY-SUNDAY, JULY 23-24

Hewlett Gulch Trail Days

Help fix a favorite trail. 8:30am, Overland
Mountain Bike Club. 430-5336.
www.overlandmtb.org.



THURSDAY, AUGUST 11

Bike-in Movies

Beginning Aug. 11 for 6 weeks. *New Belgium Brewery*, 500 Linden, FC. Movies start at dark. New Belgium. 221-0524. www.newbelgium.com.

SATURDAY-SUNDAY, AUGUST 13-14

Hewlett Gulch Trail Days

Help fix a favorite trail. 8:30am, Overland Mountain Bike Club. 430-5336. www.overlandmtb.org.

SUNDAY, AUGUST 14

Pedal to the Point Bike Tour

10, 24, 52, and 72 miles. Includes ride support and aid stations, an after-ride BBQ. Supports programs and services for at-risk Youth at Turning Point. *Waverly School*, North of Fort Collins, 10431 N County Road 15. 7am. 567-0885. Sponsored by Turning Point. www.turningpnt.org.

FRIDAY-SUNDAY, AUGUST 19-21

Fort Collins Cycling Festival

Watch on the Jumbo Tron. Friday: Concert, beer, & food; Rawhide Time Trial. Saturday: Hand Cycling, Rocky Mountain Criterium. Sunday: Rist Canyon Road Race, Echelon Gran Fondo, music, awards. *Old Town*, FC www.fccyclingfest.com.

SATURDAY, AUGUST 20

Shoreline-Foothills Trail Day

Help work on the trail. Lunch, tools, training provided. 9am, Overland Mountain Bike Club. 430-5336. www.overlandmtb.org.

SATURDAY-SUNDAY, AUGUST 27-28

Hewlett Gulch Trail Days

Help fix a favorite trail. 8:30am, Overland Mountain Bike Club. 430-5336. www.overlandmtb.org.

SATURDAY, SEPTEMBER 3

Tour de Fat

Bicycle parade and festival. *New Belgium Brewery*, 500 Linden, FC. New Belgium. 221-0524. www.newbelgium.com.

SATURDAY, SEPTEMBER 10

Glendo Trail Day

Help work on the trail. Ride after. 9am, Overland Mountain Bike Club. 430-5336. www.overlandmtb.org.

SATURDAY, SEPTEMBER 17

Curt Gowdy Trail Day

Help work on the trail. Ride after. 9am, Overland Mountain Bike Club. 430-5336. www.overlandmtb.org.

SATURDAY-SUNDAY, OCTOBER 8-9

USGP of Cyclocross New Belgium Cup

National cyclocross races. Kids clinic, races, after-event party at New Belgium. Races at 5757 S. College Ave., FC. www.yourgroupride.com

SATURDAY-SUNDAY, OCTOBER 15-16

Hewlett Gulch Trail Days

Help fix a favorite trail. 8:30am, Overland Mountain Bike Club. 430-5336. www.overlandmtb.org.

WEDNESDAY, DECEMBER 14

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. 7-9am. www.fcgov.com/bicycling.

REGULAR RIDES

Mondays

Laid Back Rides

20 miles. Easy. Loveland. 9am. 667-6879. www.pedalclub.org

Co-Pilots Tandem Rides

Free rides for low-vision/blind and other disabled individuals; volunteers and tandems needed. All ability levels. One Monday each month (except final ride) Please RSVP. *New World Sports*, 308 Ruth St., FC. 4:30pm. 224-5857. Sponsored by Ensign Skills Center and New World Sports. www.newworldsportsllc.com.

Rist Summit Ride

Climb Rist Canyon then descend or loop through Masonville. *Cache La Poudre Elementary school*, 3511 WCR 54G, Laporte. 5-8:30pm. Velo-One Cycling. 631-5664. www.velo-one.com.

Rio Recovery Ride

Mid-level. Not fast. During daylight savings time. *Rio Grande Restaurant*, 149 W. Mountain, FC. 6:30-8pm. Scottifg@comcast.net.

Tuesdays

TTH Ride

Fast friendly ride. Full drop. *Peleton Store*, 3027 E. Harmony Rd, FC, 11:07am, www.yourgroupride.com.

Tuesday Night Group Ride

20 miles. *St. Michael's Amphitheater*. Hwy 34 & 65th Ave., GR. 6pm. Two Rivers Cycling Club. 356-3663. 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. Sponsored by Team Babes on Bikes. www.coteambob.com.

Laid back Rides

20 miles. Easy. *Thompson School District Service Center*. 1st St. and Wilson Ave., LV. 6pm. 663-3364. www.pedalclub.org.

Let's Take a Mulligan Ride

10-15 miles. Entry level (10/12 mph) with intermediate (15/20 mph) options. No drops. Post-ride get-together at Mulligan's. *Behind Mulligan's Pub*, 2439 S. College Ave., FC. 6-8pm. Fort Collins Cycling Club. www.fccycleclub.org.

Wednesdays

Social Mountain Bike Ride

All levels welcome. Socializing afterward. Foothills Trail System, locations vary. Sept.-April, 5:30pm; May-Aug., 6pm, Overland Mountain Bike Club. 430-5336. www.overlandmtb.org.

Fast Ride

Moderate to fast pace, A-AX ride. Slower-pace option. *ProVelo*, 100 E. Foothills Parkwa, FC. 5:30-8:30pm. Velo-One Cycling. 631-5664. www.velo-one.com.

Rattlesnake Bite/Pinewood Hill Rides

20 miles. Difficult hill climb. *Namaqua Park*. N. County Road 19E, LV. 6pm. 593-2851, 593-2767. www.pedalclub.org.

Thursdays

Thursday Morning Rides

Fun social rides. Start times and locations vary. LV. 613-9012. www.pedalclub.org.

TTH Ride

Fast friendly ride. Full drop. *Peleton Store*, 3027 E. Harmony Rd, FC, 11:07am, www.yourgroupride.com.

Intermediate Senior Social Cycling

Social group bike rides for senior citizens, includes 1- to 2-hour rides followed by lunch out (participants must provide own lunch). Cost is free. *Northside Azatlan Center*, 112 Willow St., FC. 10am-1pm. Sponsored by FC Bikes. 416-2411. www.fcgov.com/bicycling.

PEDAL Pushers

Cyclists will have fun learning bicycle handling skills and safety while increasing their endurance. Ages 8-14. *Fairgrounds Park*, 700 S. Railroad Ave., LV. 4:30pm. 663-3364. www.pedalclub.org.

Rist Summit Ride

Climb Rist Canyon then descend or loop through Masonville. *Cache La Poudre Elementary school*, 3511 WCR 54G, Laporte. 5-8:30pm. Velo-One Cycling. 631-5664. www.velo-one.com.

Fun Ride

Pace and route determined at the start of each ride. *Lee's Cyclery South*, 931 E. Harmony, FC. 5-8pm. Velo-One Cycling. 631-5664. www.velo-one.com.

Thursday Night Road Rides

20-25 miles. Moderate pace, beginners welcome. *Spokes*, 1215-J Main St., WS. 5:30pm. 686-9275. www.spokesinc.com.

Thursday PM Ride

20-25 miles. *Bike Peddler*. 5240 W 9th Street Dr., GR. 6pm. Sponsored by Two Rivers Cycling Club. 356-3663. www.tworiverscycling.org.

Light Up the Darkness Mountain Bike Ride

Bring a helmet and good lights. *Maxwell Trailhead by CSU Stadium*. 6:30-8:30pm. Sponsored by Lee's Cyclery. 226-6006. www.leescyclery.com.

Saturdays

Saturday Group 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.

VeloOne Ride

Moderate to very fast pace. Groups split by ability. *Pro Velo*, 100 E. Foothills Parkway, FC. 9-12am summer; 10am winter. Velo-One Cycling. 631-5664. www.velo-one.com.

Saturday Rides

30-50 miles. Moderate with easy options. April 30- July 30. Start times and locations vary. Loveland. www.pedalclub.org.

Saturday Rides

Road and Mountain Bike rides. Check at the shop for times and locations. *Spokes*, 1215-J Main St., WS. Times vary. 686-9275. www.spokesinc.com.

Saturday Rides

30-50 miles. Road bike rides at various distances and paces. Varying morning start times. No drops. Meet at *Spring Park Fire Station* parking lot, Spring Park Dr. and Matthews St., FC. Fort Collins Cycling Club www.fccycleclub.org.

Sundays

Show and Go Rides

Moderate. *Loveland Library*. 300 Adams Ave., LV. Mornings. 593-2767, 218-8665. www.pedalclub.org.

Rio Base Mile Rides

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

Sunday Group 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.



RACE SERIES

Tuesdays

Horsetooth Time Trial Series

April 5-28. Last race is on Thursday. Individual time trial open to all ages and abilities. *North Taft and 287 Under the Overpass.* 5:30pm. info@yourgroupride.com, www.yourgroupride.com.

New Belgium Brewery 2011 Short Track MTB Race Series

April 26 through May 17. Race 2 is on Monday. Mountain bike races for all ages. *New Belgium Brewery*, 500 Linden, FC. Starting at 4:30pm. www.yourgroupride.com.

City Street Crits

June 14 through July 5. Volunteers and citizen-racers welcome. *FC Streets Department*, SW corner 9th (Lemay) and Vine Dr., FC. 5-7:30pm. www.fcvelodrome.org.

Lory State Park Mountain Bike Series

Aug. 2-23. Mountain bike racing for all ages. *Lory State Park*, 4:30pm. www.yourgroupride.com.

Cyclocross Series

Oct. 4-25. www.yourgroupride.com.

Thursdays

BMX Races

All ages and abilities. Sanctioned by American Bicycle Association. June-October. *Epic BMX track*. Saber Cat Drive between Lady Moon Drive and Ziegler Road, FC. 5pm. 412-3726. www.epicbmxfc.com.

Taft Hill Time Trial Series

May 19 through June 7. Individual time trial open to all ages and abilities. *North Taft and 287 Under the Overpass*. 5:30pm. info@yourgroupride.com, www.yourgroupride.com.

bike summer FORT COLLINS

BIKE TO WORK WEDNESDAYS: *Shreeve Canyon* • **BIKE WEEK: BIKE TO WORK DAY**, June 22, 6:30-9:30am
DOWNTOWN BIKE SHOW, June 23, *Beacon Cycle*, 6-8pm • **BIKE 'N JAZZ**, June 24, *Gardens on Spring Creek*, 6-8pm
For more information on the events above, call 970.416.2411 or visit us online at fcgov.com/bicycling

BIKEWISE, LINKING NORTHERN COLORADO

June 11, The Ranch, 9AM-6PM
nocobikeexpo.com

CITY STREETS CRIT

June 14, 21, 28 and July 5
City Streets Bldg, 4pm,
yourgroupride.com

LORY MOUNTAIN BIKE CHALLENGE

August 2, 9, 16, 23
Lory State Park, 4pm
yourgroupride.com

8TH ANNUAL BIKE-IN CINEMA

August 11, 18, 25, September
1, 8, 15, New Belgium Brewing
at dusk, newbelgium.com

FORT COLLINS CYCLING FESTIVAL AND ECHELON GRAN FONDO

August 19-21, fcyclingfest.com



Saturdays

BMX Races

All ages and abilities. *Epic BMX track*. Saber Cat Drive between Lady Moon Drive and Ziegler Road, FC. 9am-12pm. 412-3726. www.epicbmxfc.com.

Sundays

4th Annual 6-Day Races at the CSU Oval

May 15- June 19. Volunteers and citizen-racers welcome. *CSU Oval*. FC. 11am-7pm. 484-3297. www.fcvelodrome.org.



CLASSES

SUNDAY, APRIL 10

Traffic Skills 101 for Cyclists

Nine-hour course covers bicycle safety checks, fixing a flat, on-bike skills and crash-avoidance techniques. Classroom and hands-on instruction. Ages: 15 and up. Cost is free. Lunch provided. *Northside Azatlan Center*, 112 Willow St., FC. 8am-4pm. Sponsored by FC Bikes. 416-2411. www.fcgov.com/bicycling.

SATURDAY, APRIL 23

Kids I Bicycle Clinic

Designed for parents, instructors explain how to teach a child to ride a bike. *Northside Azatlan Center*, 112 Willow St., FC. 9am-12pm. Sponsored by FC Bikes. 416-2411. www.fcgov.com/bicycling.

TUESDAY, MAY 3

Back on a Bike

This four-day course is oriented toward senior citizens and covers the fundamentals of safe cycling. Includes classroom and hands-on instruction. Cost is free. *Northside Azatlan Center*, 112 Willow St., FC. 10am-1pm. Sponsored by FC Bikes. 416-2411. www.fcgov.com/bicycling.

SATURDAY, MAY 7

Traffic Skills 101 for Cyclists

Nine-hour course covers bicycle safety checks, fixing a flat, on-bike skills and crash-avoidance techniques. Classroom and hands-on instruction. Ages: 15 and up. Cost is free. Lunch provided. *Northside Azatlan Center*, 112 Willow St., FC. 8am-4pm. Sponsored by FC Bikes. 416-2411. www.fcgov.com/bicycling.

SATURDAY, MAY 28

Kids II Bicycle Clinic

This 7-hour class covers bicycle safety checks, fixing a flat, on-bike skills and crash-avoidance techniques as well as choosing safe routes. Classroom and hands-on instruction. 5th- and 6th-graders. Cost is free. Lunch provided. *Northside Azatlan Center*, 112 Willow St., FC. 8am-3pm. Sponsored by FC Bikes. 416-2411. www.fcgov.com/bicycling.

MONDAY-FRIDAY

B.I.K.E. Camp

Learn basic road rules, safe riding strategies, emergency skills, bike handling skills and drills, nutrition and hydration, and bike maintenance in this fun camp! You'll get your own safety pack and tool kit. 6-10 years, beginner; 11-14 years, Intermediate. 8:30am-12:30pm. Sponsored by FC Bikes, the Bike Co-op, Boys & Girls club and

City of Fort Collins Recreation. 416-2411. www.fcgov.com/bicycling. June 6-10, *Boys & Girls Club*, FC; June 13-17, *Soft Gold Park*; June 20-24, *EPIC*; June 27-July 1, *Fossil Creek Park*; July 11-15, *Spring Canyon Park*; July 18-22, *Fossil Ridge HS*; July 25-29, *Environmental Learning Center*.

BIKE
Winter
FORT COLLINS

LIGHT UP THE NIGHT
December 2, 6-8pm
Location TBD

BIKE LUNCH TALK
December 7, Home State Bank (Mountain Avenue location), 12-1pm

WINTER CYCLING SKILLS CLINIC
December 10, Gardens on Spring Creek, 2-5pm

BIKE TO WORK DAY
December 14, 7-9am

For more information, call 970.416.2411 or visit us online at fcgov.com/bicycling

Recumbent Cycling can be about RELIEF⁺

WE LOOK TO CYCLING FOR RELIEF from the stressors in our everyday existence. We go out for a ride and as we pedal and breathe, our troubles take a back seat for a while. What do we do when the act of cycling itself causes problems? Do we stop riding because our seats no longer fit our physiology, our necks get stiff, or our hands go numb or get hot spots, our shoulders ache, or we develop balance issues? How do we get relief from the pains of cycling? We start pedaling on a recumbent. Whether you are a 20-year-old with neck issues, a 30-year-old with hip and knee problems, a 40-year-old with back problems, or even a 70-year-old developing balance issues, there is a recumbent out there for you. Recumbents are worthwhile even if you aren't experiencing any cycling position issues; lots of people think they are just plain fun.

There are many different styles but they are grouped into four major categories. There are two versions of the two wheel recumbents, long and short wheelbase. There are recumbent tricycles in two wheelbase versions as well. The two wheel versions can be categorized into low racers, high racers, touring bikes and recreational bikes. The tricycles can

be categorized into Racers, touring trikes, recreational trikes, folding trikes and kids' trikes (we don't mean a bigwheel).

The recumbent position (laid back with your hips forward of your spine) can eliminate most common cycling position problems. Many recumbents use seats that are stretched around a framework, making a hammock. This distributes weight over a larger area and takes pressure off of the perineal area and sit bones. The more natural position of the recumbent seat has another advantage; it allows your neck a gentler curve in line with your spine, keeping it from getting stiff.

Recumbents have two main handlebar styles, above-seat steering and under-seat steering. Above-seat steering positions your hands about chest level, some close to the chest and some further away. This takes the body weight off of the hands and does away with numbness and hot spots. Under-seat steering not only does away with the hot spots and numbness but puts your shoulders in their natural position at your sides which makes them much less likely to ache.

If you have balance issues, riding an upright frame where your feet cannot touch the ground when you are seated can be dangerous. Most



recumbents have low seats positioned in such a way that it is easy to sit and have your feet on the ground. The lower seat also means there isn't as far to fall if you do tip over. While recumbent trikes are slightly heavier than two wheelers, they have an advantage when climbing. If you get tired while on a hill and can't maintain speed or cadence, you don't have to worry about tipping over.

If you are one of the many people who love to be outside instead of exercising inside a gym but just cannot get comfortable on a bike, check out a recumbent. Rocky Mountain Recumbents has a selection of different styles for you to try. It's a great way to get relief.

ASSOCIATES IN FAMILY MEDICINE PRESENTS: BICYCLE RACING FOR EVERYBODY!

6 Day Races
at the **CSU Oval**

Every **Sunday 3-7pm**

**May 15th-
June 19th**
Rain Date June 26th

www.fcvelo.org



Race categories range from adults on track bikes...



...to kids of all ages on their bikes.



The Fort Collins Velodrome Association is a 501(c)(3) nonprofit organization whose mission is to promote, develop, and facilitate bicycling as a sport and a way of life in Fort Collins.

EMBRACE THE ELEMENTS

Explore your sense of place through cycling

BY TODD SIMMONS

THE ELEMENTS—water, wind, dirt and sunlight (fire) are a cyclist's best friend.

Water is a cyclist's best friend because it reminds us to be conservationists—if there's too much water on the road you pay attention to cutting corners, and you may just stay at home and rest your bones to ride again another day. Water reminds us to keep our tires on the ground, to avoid slippery slopes, to consume enough to stay hydrated but not too much that we constantly need to pee. In not-so-many words, water keeps us human.

Wind is a cyclist's best friend because of the necessity of resistance. Where would humanity—or any cyclist worth his salt—be without a bit of resistance? Many times during the summer when there is no wind I can imagine just giving up—things are just too easy,

all one really wants or needs to do is dangle one's feet in the Poudre River and never worry about anything. However, during the spring and fall, when the wind is like a train driving at your forehead, life becomes real. Life

becomes something due to resistance.

The dirt. When one meets the dirt on a long and grueling bicycle ride—whether from exhaustion or an endo—the next obvious step is to pray, because if you're still conscious after meeting the dirt, then all you can really say is, wasn't that fun! Did you see how I survived

that grueling test of bicycling? Regardless of your religious bent, everyone can bow down to the dirt. In a literal sense, the dirt is all your ancestors, all the dinosaurs, all the thoughts of

Alexander Pope and Henry Ford combined, and all the hopes and dreams of the human race ground down to that which grows our food.

Fire: which I interpret as sunlight. I've never made it through one of Jason Shelman's Winter Ralleye bicycle rides without calling on the fire in my gut. When I'm riding along and I just can't take any more hills, or can't imagine slogging through the 36 miles back to Fort Collins down Poudre Canyon (after riding to Red Feather), I imagine the fire in my gut as bright sunlight. I imagine there is a sun in my stomach and all it can do is radiate energy outward. What a beautiful image of me, irradiated by the sun in my stomach. If you see me riding down Poudre Canyon, glowing from the inside out, pay me no mind.

As you can see, cyclists owe so much to the elements. We are all one and the same. If you are still in the camp that curses the wind, hates the rain, doesn't like to get dirty, and sunburns easily, then my advice to you is to shed your skin and grow some dirt.

Snapshot: TODD SIMMONS

Publish Boneshaker: A Bicycling Almanac, board of Bike Fort Collins (former), Bike Co-op (occasional help).

I cycle because...being in automobiles drives me crazy. Bicycling is more fun than walking.

While cycling here, I like...waving to people, smelling the seasons, taking back alleys.

Favorite rides are...the gravel roads east, west, and north of Fort Collins.

I ride a...Birch Bark Rocket Ship. Rough, rusty, broken-in, durable, cheap, and dependable.



PHOTO BY ANDREW CARNEY

TheRoubaixBicycleCompany.com



**SPRING TUNE-UP
SPECIAL \$50**
with this ad, reg. \$65



911 16TH St.
Greeley, CO
970.356.7617

GIANT

MOOTS



twitter

Sales & a Whole Lotta Service

Serving Windsor's Bicycle,
Skateboard, and **NOW...** Disk Golf
needs since 2006.

Spokes Inc.

FINISH WELL

1215-J Main Street Windsor, CO 80550 (970) 686-9275

Rocky Mountain Cyclery
504 N Garfield Ave
Loveland CO 80537
Buy · Sell · Trade · Repair

**Mountain, Road,
Touring, Fixed,
Family and Kids**

10% off
Storewide
with this ad

**Full Selection of
New and Used Bicycles**

Northern Colorado's Largest
Authorized Rocky Mountain
Bicycle Dealer.

Full Service Repair Shop

669.2361

**24th Annual
Community Classic Bike Tour**
62, 37, 30 and 10-mile Routes
May 15, 2011 - 6:30 a.m.
McKee Medical Center,
Loveland, CO

Register at:
McKeeFoundation.com
Call (970) 593-6038
\$50 (\$65 after 4/30/11)

Volunteer by calling:
(970) 593-6038

Photo by: **HARPER POINT**

RANGER IPA



NOW AVAILABLE IN PACKS OF 12

NEW BELGIUM
BEER RANGER
NOB
TO PROTECT
TO POUR - TO PARTAKE

RANGER
INDIA PALE ALE
12 BOTTLES

NEW BELGIUM
INDIA PALE ALE

NEW BELGIUM
INDIA PALE ALE

EXPLORE ALL
THINGS RANGER



NEWBELGIUM.COM