

# The Spoke



## Introducing the Spoke

By Annie Toth, BikeNet Secretary

We are delighted to introduce "The Spoke," the Laramie BikeNet newsletter. We intend to make this a biannual publication to be distributed electronically through the BikeNet Google Group and to be archived on the [Laramie BikeNet webpage](#). The goal of this and future editions is to keep BikeNet members informed and involved. Since this is the first edition of the newsletter, we'd love to hear what you think. Please e-mail us with thoughts and ideas! ([info@laramiebikenet.com](mailto:info@laramiebikenet.com))

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## BikeNet Elects New Officers

By Annie Toth, BikeNet Secretary

In May, BikeNet met and elected officers. Cindy Dywan is now president, taking over for Evan O'Toole who served six years in this position. BikeNet thanks Evan for his service! Bill Gorman and Mike Harokopis will serve as vice-president and treasurer, respectively, and Annie Toth, a new member of the BikeNet board, will be secretary. Below is a short bio of each officer.

### President: Cindy Dywan

Previously the secretary for BikeNet, Cindy will now serve as president. Cindy is an accomplished road, mountain and cyclocross racer, as well as a bike mechanic and coach for the Laramie High School mountain bike team. Cindy recently finished the "Tour Divide", a 2700 mile self-supported mountain bike race from the Canadian to Mexican border. As president of BikeNet, Cindy hopes to promote all things cycling in Laramie, and is particularly interested in recruiting young people to the sport.

### Vice-President: Bill Gorman

Bill was re-elected as vice-president of BikeNet. Bill has been riding since 1987! In his career as a cyclist, he has raced road and cyclocross. Often seen riding



*BikeNet Officers: President Cindy Dywan (top left); Vice-President Bill Gorman (top right); Treasurer Mike Harokopis (bottom left); and Secretary Annie Toth (bottom right).*

with his wife Jayne Jenkins, he is a faithful participant in the BikeNet TT series, and has done the Tour de Wyoming four times. Bill owns an engineering firm in Laramie and is a busy guy, but he is always willing and ready to help out with anything bike-related in Laramie.

*New officers, continued***Treasurer: Mike Harokopis**

Mike was re-elected as treasurer of BikeNet. Mike has been riding for over 40 years! He enjoys commuting and bike touring. Mike has given a great deal to the cycling community in Laramie. In addition to his 14 years of service to BikeNet, Mike was also the race director for the Dead Dog Classic Stage Race from 2002-2013.

**Secretary: Annie Toth**

Annie is new this year to the BikeNet board. Annie is a runner-turned-cyclist, who debuted as a road racer in the local Dead Dog in 2010. A regular at the BikeNet TT and a alumnus of Rolland Cycling, Annie is particularly interested in promoting bike safety and bike racing in the Laramie community.

## Notes from May BikeNet Meeting

By Annie Toth, BikeNet Secretary

On May 21, 2014, BikeNet met at the Laramie Recreation Center. In addition to electing new officers, a few other topics were discussed. Evan O'Toole led a discussion on the [Laramie BikeNet Calendar](#), which can be viewed on the Laramie BikeNet webpage. Many events including races and group rides are on the calendar. Check it out! Evan, Cindy, and Rich Vincent led a discussion on future activities that BikeNet will be sponsoring, including a **Roger Canyon cleanup, a high school mountain bike skills clinic and camp, and a youth skills clinic**. Evan and Larry Foianini discussed the activities of the [The Parks, Trails and Recreation Master Plan Ad Hoc Advisory Committee](#). This committee,

comprised of 11 citizens and two people from Laramie Parks and Recreation department, is working on a plan for the town for the next 50 years which includes, among other things, expansion of the bike path system.

With election of new officers, BikeNet plans to meet three or four times per year. Meetings are open to the public and will be announced through the Google Group and the Laramie BikeNet Facebook page. Please stay tuned and join us at our next meeting!

## Medicine Bow Rail Trail Update

By Mike Harokopis, BikeNet Treasurer

You may or may not be aware of the Medicine Bow Rail Trail, a 21 mile packed gravel trail that begins about 2 miles north of Lake Owen and ends near the Colorado border. The non-motorized trail is open to bikes, horses, and pedestrians. Access to the trail can a little tricky, but the cultural history and natural beauty encountered make it well worth the trip! For more information on the trail and a trail map, see the [Laramie BikeNet webpage](#) and the [Cycle Wyoming webpage](#).

BikeNet played a participant role in the construction of the trail, and first started collecting donations for the project in 2002. In 2004, BikeNet



*The caboose at the Lake Owen Trailhead of the Medicine Bow Rail Trail.*

*Rail Trail, continued*

applied for and received a USDA Forest Service grant for nearly \$4,000 which was used to purchase signage, carsonite posts, a post driver and a pilot hole starter to install signs as directed by the Forest Service on the Medicine Bow Rail Trail. BikeNet has also donated time to put up Forest Service Information signs at one trail head near Fox Park, and offered additional volunteer manpower to the Forest Service when needed. The portion of the trail from Fox Park to Highway 230 is 'unimproved'

and gets frequent 4-wheeler travel. At some point, hopefully, with monies already provided to the Forest Service by Cycle Wyoming, this last portion can be made more 'bike friendly' as is the rest of the trail. All hope for continuing the trail further north to Centennial were recently ruined when the US Supreme Court ruled that the Forest Service cannot run the trail through the land owned by the old Brandt & Wickland logging operation.

## Rolland Cycling Recruiting Racers

By Eric Wright, BikeNet Member

Rolland Cycling, Laramie's competitive bicycling team, is seeking adult riders of all abilities who are interested in racing. The team is looking for cyclists who are eager to compete in local and regional mountain bike, road, and cyclocross events. Rolland offers a supportive environment where riders can set, pursue, and surpass competitive goals as well



*Rolland Cycling jerseys.*

as contribute to cycling advocacy in and around the community. Currently, several rider clinics are planned for August and September, including skills classes tailored to the various disciplines as well as cross-training and off-season workout classes. Members also receive discounts on services such as massage and chiropractic care. Additionally, team rides are held on a weekly basis so Rolland riders can train together and push one another. The late summer racing calendar offers up a host of unique challenges, including the Laramie Enduro and Steamboat Springs Stage Race, so now is a great time to join the team. Cost to become a member is \$60. This fee includes a new jersey in white (road) or black (mountain and cross). Please see the team's website at <http://rollandcycling.org> for more information, and thank you for your interest in the team.

## Youth Bike Skills Clinics

By Cindy Dywan and Lisa Marno

A series of youth bike skills clinics will be held this summer. The series, sponsored by BikeNet, will be led by Cindy Dywan and Lisa Marno, and will be held in Kiowa Park on the following Thursday nights at 5:30: July 17, July 31, August 14, and August 28. Participants can expect to take riding beyond losing the training wheels! Whether you've been riding for a day or years our clinic is designed to build basic bike skills. We will cover the basics of mountain biking: bike set up, body positioning, riding techniques for climbing, descending,

cornering, braking, shifting, and obstacles. Pizza will be served at 6:15PM. The clinic is open to all youth ages 7-18 and is free to BikeNet members, but BikeNet membership of \$15 per individual or \$25 for a family is required (membership can be done on-line or at the clinic). Also required are a signed BikeNet waiver, a helmet, and a bike. If there is an interested student who does not have a bike or helmet, or for more information, please contact us! Lisa: 970-846-8533 or Cindy 307-460-1699.

## Summer Time Trials

By Annie Toth, BikeNet Secretary

The BikeNet Summer Time Trial Series is underway again for 2014! We are currently meeting every Monday night at 6PM. The course alternates between Soldier Springs, Herrick Lane, and Rogers Canyon. See the BikeNet calendar on the BikeNet webpage for specific meeting location each week, or email Annie ([secretary@laramiebikenet.com](mailto:secretary@laramiebikenet.com)) to be included on the email invitation. The time trials are open to all BikeNet members; first time guests are welcome also, but must join BikeNet before participating in subsequent time trials. Times are recorded and archived on the BikeNet website, so you can see your performance improve from week to week and year to year. The time trials are low-key and great for everyone - from the recreational rider out to improve fitness to the serious competitor interested in trying out his or her newest TT gear.



*The usual crowd at the Laramie BikeNet TT.*

Thank you again for supporting BikeNet!  
Remember that your BikeNet membership card also gets you discounts!  
Laramie Mountain Bike Series  
Local Bike Shops

*Questions?*

*Comments?*

*Would you like to contribute an article to the next edition of the Spoke?*

*Contact us!*

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