



Happy New Year! BikeNet has some exciting bike-related activities for 2015. As you can read about in this edition of the Spoke, races, rides, and trail maintenance are planned. We hope that you participate in some of these activities and also consider attending the next BikeNet Board meeting, scheduled for February 3rd at 6PM (location TBA). By supporting BikeNet, you can help spread your passion for pedaling. As always, have fun and be safe out there!

INSIDE THIS ISSUE

Notes from November BikeNet Meeting
High School Mountain Bike Team Update
Pole Mountain Winter Trail Use
Dad Dog Community Race/Ride
BikeNet Time Trial Series Update

Notes from November BikeNet Board Meeting

By Annie Toth, BikeNet Secretary

On November 4th, 2014, BikeNet met at the Banner Building. Several community members in addition to the BikeNet board attended the meeting. One major topic of discussion was bringing back the Dead Dog Classic Road Race, which you can read about on page 3. Dewey Gallegos led several discussions, and is now the chair of the "Winter Activities" board. Dewey also expressed his opinions on the subject of bicycle racing/riding in Laramie, and emphasized how he thought that BikeNet should be the "umbrella organization" for all things bike-related. He will host a membership drive at the Pedal House on Friday, January 30th. Ross Doman from WYDOT gave an update on 2015 road projects in Laramie, including resurfacing that will take place on Herrick Lane, parts of highway 130, and Sybille Road. Ross also talked about the [Harney Street viaduct](#), which is scheduled to begin construction in 2016, and will include a bike path/pedestrian bridge on one side and a five foot shoulder on both sides. Eric Wright gave an update on Rolland Cycling. This past fall, Eric worked out an MOU with Laramie Parks and Recreation to hold cyclocross practices and races in LaPrele Park, and he organized a race in the park in October.



The Clark Street viaduct is a less-than-ideal option for cyclists to access the west side of town. The Harney Street viaduct, scheduled to begin construction in 2016, will be much safer.

BikeNet president Cindy Dywan, together with Rich Vincent, talked about the 7220 high school mountain bike team, which you can read about on page 2. BikeNet secretary Annie Toth talked about the TT series, which continued throughout the summer of 2014 with a few faithful participants (read about on page 3-4). The TT series will start again in the Spring, so stay tuned! Finally, the Medicine Bow Rail Trail was discussed. There is talk that the Forest Service will open up the trail to Snow bike use in the near future.

7220 Racing Team Update

By Cindy Dywan, BikeNet President

7220 Racing is a high school mountain bike team composed of Laramie area 9-12th graders. BikeNet is a “silver level” sponsor of the team. 7220 seeks to help high school students develop as individuals and members of the community by fostering interest in mountain bike racing. Although highly competitive, students of all skill and experience levels are welcome and encouraged to participate.



7220 Racing at practice last August.

7220 Racing is part of the Colorado Interscholastic Cycling Association (NICA) League, and has been since its inception five years ago. We have consistently performed well in NICA competitions. In 2014, we finished 8th out of 44 in the overall team competition, and several individuals earned top accolades. Sierra Levene, a senior returning for her final season, finished 3rd overall in the Girls Junior Varsity category. Lucas Thorsness, in his third year with the team, placed 4th overall in the Boys Junior Varsity category.

The 2014 team was a pleasure to coach. Together, riders overcame mental and physical hurdles, and their cohesiveness enabled them to perform at the top. These students are a true inspiration to their coaches! The 2014 roster included the following students: Ali Briere, Nick Edwards, Heath Geil-Haggerty, Tighe Jones, Ryan Levene, Sierra Levene, Kyle Reynolds, Lucas Thorsness.

Pole Mountain Winter Trail Use

By Cindy Dywan, BikeNet President

A large number of skiers, cyclists, snowshoers, runners, and other recreationists use the trails up in the Pole Mountain area, and conflicts between those groups have increased in recent years. As a result, the Ruckelshaus Institute has stepped forward to provide a platform for discussion of these problems and to develop solutions. On November 20, 2014 the Ruckelshaus Institute hosted a meeting, and the following individuals representing various community groups were present: Dewey Gallegos and Rusty Reynolds, Pedal House; Ken Cramer, Cross Country Connection; Evan O’Toole, Laramie Bike Net; Bob Needles and Nick Needles, All Terrain Sports; Jeff French, High Plains Harriers; Cynthia Dywan, UW Outdoor Program; Bern Hinkley, Medicine Bow Nordic Association; Ted Benson, Frank Romero, Nate Haynes, and Mary Sanderson, Medicine Bow – Routt National Forest. At the meeting, two main solutions to the conflicts were discussed: communication and education.

The group decided that improved signage, markings, and maps guiding users to the different trailheads may prevent conflict. The MBNA put together multi-use trail maps to guide people to the trails that are not groomed for skate skiing, and the Pedal House has a Facebook page, Happy Jack Fat Bikers, INC to facilitate communication about the multi-use trail conditions and trail packing efforts. In addition the Forest Service reports snow packing at other areas such as Chimney Park in order to promote usage at those sites and reduce overall traffic at Happy Jack. Although the UW Outdoor Program was considered as a host for trail information, further discussions about a neutral location to post this information will take place at the next meeting in January 2015.

Acme Bike Shop, Rock on Wheels, the Bicycle Station, West Gate, and the Wyoming Department of Transportation will all be invited to the next meeting. If you have comments or concerns about the Pole Mountain trail use, please contact one of the above mentioned representatives.

“Dad Dog” Planned for Father’s Day Weekend this June

By Annie Toth, BikeNet Secretary

Mike Harokopis, currently BikeNet treasurer, served as the race promoter for the Dead Dog Classic Stage Race from 2002-2013. The Dead Dog Classic was a USA Cycling-sanctioned event that attracted amateur and professional cyclists from around the region. Over the years, more and more responsibility for organizing the event fell on Mike, and he decided that he needed a break from this enormous task. The Dead Dog did not happen in 2014, but its disappearance did not go unnoticed by either Laramie residents or cyclists from all over the Rocky Mountain region. BikeNet is hoping to bring back the race in its full form in the future.

Meanwhile, a different sort of bicycling event will happen this June in the spirit of the Dead Dog. Spear-headed by yours truly, the “[Dad Dog](#)” will take place on Father’s Day weekend (June 20th) and will be a one day non-USAC community race and ride. The race/ride course will be ~50 miles and will begin in Kiwanis Park in West Laramie. Riders will head out highway 130, turn right on Herrick Lane, turn around at the dirt at the end of the road, and finish just short of the intersection of Herrick and highway 130. A kids race is also planned, and the course will be on the dirt roads east of Kiwanis Park. After the race/ride, an awards ceremony and barbeque will be held in the park, which will be

BikeNet Weekly Time Trial

By Bill Gorman, BikeNet Vice President

The “Race of Truth” continued in 2014. The weekly Time Trial series sponsored by BikeNet brought out local “truth seekers” to test themselves against the clock.

This series has been around at least since 2003, and probably longer than that. Although rider numbers were down from previous years, a faithful few returned week after week to test their mettle. A total of 21 TT’s were held from mid May through late October.

The riders mixed it up this past season by adding a third venue, namely Herrick Lane.

catered by Alibi restaurant.

With the mentorship of Mike Harokopis, the Dad Dog planning committee is gathering funding for the race, including grants from Cycle Wyoming and WYDOT, as well as donations from local shops and vendors. This event will be fun, safe, and cheap (hopefully free to BikeNet members). Stay tuned for more details!



BikeNet President Cindy Dywan and local Laramie high school students work the wheel pit at the 2013 Dead Dog Classic. The Dead Dog didn’t happen at all in 2014, but “Dad Dog” is planned for 2015 in the spirit of this Laramie tradition.

The course on Herrick was an out and back ride for a 10 mile total distance. The other courses included Roger Canyon, an approximately 3 mile hill climb, and the old standby Soldier Springs 8 mile out & back course.

The weekly TT’s are a great way to gage your fitness. And once in a while you hit the perfect conditions and set a PR, or if you’re Justin or Annie, maybe even a course record. The most dedicated rider for 2014 was Allory Deiss. Allory made it out for 14 of the rides. And maybe that’s exactly why he was also the most improved rider, slashing over 2 minutes from his Soldier Springs TT.

continued on page 4

Continued from page 3

Allory showed us you don't have to be a youngster to ride fast! Thanks to Allory for giving us graybeards something to motivate us for next year.

Once again Annie Toth showed her superwoman powers by posting the scalding times of 19m 26s on Soldier Springs and 12m 01s on Roger Canyon. However, no one was able to come close to the course record for Soldier Springs, set by Erik Edgar on June 15, 2005 with a time of 17m 52s. Maybe next year.

So if you're looking for a good way to test your fitness or just like to feel that burn in legs and lungs, come join us for the 2015 TT series. Look for details on the Bikenet website this spring.



Allory Deiss was a consistent participant in the 2014 time trial series and was the most-improved rider for the season. Allory is excited about next season's TT and shows no sign of slowing any time soon. Here he is in the 2012 Senior Games. Photo credit: Shawn Osen Photography.

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



A special thanks to the Pedal House!
 They will be hosting the BikeNet membership drive on Friday, January 30th.

*Questions?
 Comments?*

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

*Contact us!
info@laramiebikenet.com*