



Can you believe summer is already more than half over? If you're like me, you've gotten in some good rides and will take advantage of what's left of the warm weather by spending a good chunk of it pedaling. If you're braver than me, perhaps your outdoor riding season will extend well into the fall and winter on a cyclocross bike or snow bike!

In this third issue of the *The Spoke*, you can read about bike-related activities that BikeNet members have been busy with so far in 2015. Enjoy!

INSIDE THIS ISSUE

Notes from Board Meetings

Tour de Wyoming 2015

Dog Determined: A Laramie Enduro Experience

BikeNet T-shirts

Dad Dog Recap

BikeNet Time Trial Series Update

Notes from Recent BikeNet Board Meetings

By Annie Toth, BikeNet Secretary

The BikeNet officers met three times so far in 2015 - once in February, again in April, and most recently in June. At each meeting, BikeNet officers and BikeNet members were present. For detailed notes on the meetings, see the [BikeNet website](#).

The February 3rd meeting started with a discussion of the membership drive. The event, which happened on January 30th at the Pedal House, was a great success. As a result of the membership drive and other BikeNet recruiting activities such as the Dad Dog, BikeNet now has a record high of nearly 350 members! Also at the February meeting, Evan O'Toole led a discussion about trail maintenance and his efforts on a cost-share agreement with the US Forest Service. Nat Dyck and Dewey Gallegos presented a vision/proposal for a snow bike trail packing program, and the BikeNet board expressed support. Secretary Annie Toth talked about the updating the BikeNet website, and later in March the new website was launched.

At the April 7th meeting, officer elections took place. All officers were unanimously re-elected into their positions - Cynthia Dywan as president, Bill Gorman as vice-president, Annie Toth as secretary,

and Mike Harokopis as treasurer. Also at the April meeting, Nancy Sindelar talked about the Laramie Pedestrian and Bicycle Assessment.

The June 2nd meeting, which took place at the Front Street Bar, was very well attended. Cindy summarized the financial situation of BikeNet. Heath Brown led a discussion on his visions for a bike park in Laramie. Dewey talked about diversity efforts, and thought that BikeNet should reach out to not just minorities, but age groups (the really young and the really old), as well as women, people interested in different types of bikes, and people of low income. Finally, many BikeNet members talked about bike-related activities planned or envisioned for the summer and fall, including the Dad Dog, the TT series, Freedom Has A Birthday, and the Cyclocross series, as well as more "fun meetings" such as scavenger hunts.

The next board meeting is scheduled for September 1st at 7PM at Altitude Chophouse and Brewery. The meeting is open to all BikeNet members and to the public. If there is a topic you'd like to discuss or if you simply want to become more informed about bike happenings in Laramie, please plan on attending!

Tour de Wyoming 2015

By Bill Gorman, BikeNet Vice-President

The organizers apparently lost their map of Wyoming when planning the route of this year's TDW. The ride spent most of its time in neighboring South Dakota! But I'm glad we did - the ride through the Black Hills was scenic and challenging. There is a reason they call it the Black "Hills" and not the Black "Flats." Although there were no major mountain passes as past TDW, each day was filled with plenty of climbing. You were either climbing or descending - not many flat sections - but it was definitely beautiful and the roads were good.

Some of the most interesting sections were the roads through the Needles. Riders were treated to spectacular vistas of soaring rock cathedrals and an intimate European style road woven onto the landscape, complete with narrow tunnels and very tight hairpin turns - super fun riding! We also got to test our mettle on the Alpe d'Huez-like climb of the Iron Mountain. You know it's a steep road when a fellow rider can shout encouragement from the next switchback up! After paying our toll on the climb, we got to cash in with a thrilling descent through the pigtails. The pigtails are road sections where the road curves so tightly that it crosses back on itself, one instant you are crossing a bridge and the next you are spiraling under the same bridge. Kudos to the clever engineers who designed this unique road section.

Dogged Determination:

The Laramie Enduro Through the Eyes of a Former DNFer

By Kyle Funke, BikeNet Member

August 1, 2015. The Laramie Enduro. 70 miles cross country on a mountain bike. Easy? No, at least not for mere mortals like me, but we try/do it nevertheless.

6:30 a.m., and the excitement is in the air, thick. Racers make last minute adjustments, start their warm ups, attach their number plates, etc. Traffic continues to stream in, the last of 400+ participants. Riders warming up expand their lungs with the still-crisp mountain air and dust. Suddenly,



Much of this year's Tour de Wyoming was in South Dakota! A highlight was the Needles Highway, famous for its "pigtail" bridges.

Before the ride I must admit to having mixed feelings about the route. I visualized being run off the road by RV's and sucking the exhaust of thousands of tourists heading to Mount Rushmore. But fortunately my preconceptions were completely off-base. The traffic was not bad at all and most drivers were very considerate. Although the roads didn't have much for shoulders, the surfaces were in good condition. The scenery was on par with Wyoming views, i.e., spectacular and the roads were epic. If you get the chance, go ride the Black Hills! You won't be disappointed.

it's time to line up. Gulp.

There goes the open class! Single speeds! 0-39 sport! Oh God, we're next! Go!

"It's just a race, right?" I ask myself as I quietly request the rider in front to let me by. "It's not Nationals, right?" I continue the conversation with myself as I nearly clip a tree with my bar. No, it's not Nationals, but it's not just any race - it's the Laramie Enduro!

Continued from page 2

The miles are coming easy. It's early. I'm flying. It's not hot yet. The Camelbak yields ice cold fluid. It won't for long! My bike is working well. Anything can happen. There's a whole lot of race left.

I see riders I know along the way. We offer words of encouragement to each other - such support always helps. The cycling brotherhood creates a strong bond that makes us better riders. What would we be without these other riders, our partners in crime? Pedal stroke by pedal stroke, we strengthen the bond over 70 miles of Wyoming terrain.

70 miles, 70 miles. 30 to go. There's the "real" heat. I'm not a fan. Aid stations. Top notch! Some stranger launches into the task of filling my Camelbak with cool refreshing fluid, just so I can wolf down some watermelon and bananas. Do they know I'm not a pro? Apparently not. I'm treated with the same respect and sent off with a heaping helping of encouragement. Thank you all!

Next up - climbing in the heat. Can it get any better? I'm exhausted, but I will finish. I WILL FINISH.

Just one final obstacle – the Headquarters climb - and the race is mine. I've climbed it before on training rides - a dab here and there, but I climbed it.

That was then, this is now.

Ride, walk, ride, walk - it's all I've got. I feel the pain of watching riders in my class go by. "Keep making forward motion. Forward motion," I tell myself.

Then, suddenly, I've crested the top. What a boost! The finish line is almost guaranteed now, and descending is bliss. Even slamming down Scenic Overlook is fun!

I spot the finish line, and someone encourages me to sprint and overtake the rider in my class that's ahead of me. I don't, but I feel no regret because I've done it! I've finished!

Close to 80 riders were "DNF" today, three letters that are all too familiar to me. Those 3 letters appear after my name in the results from the last two years. But not this year.

DNF - view it as defeat, or fuel for the next year!



BikeNet T-shirts

By Evan O'Toole, BikeNet Member

BikeNet is brainstorming about the first generation BikeNet T-shirts. We are thinking about having a T-shirt design contest and BikeNet members will vote on the final design. The T-shirts will probably cost ~\$15 and proceeds will go to BikeNet.

The T-shirt design contest/fundraiser will be discussed at the next board meeting on September 1st. Keep your eye on BikeNet emails and the BikeNet Facebook page for more details.

Stay tuned for details on the BikeNet t-shirt fundraiser and design contest.

Dad Dog Race and Ride Recap

By Mike Harokopis, BikeNet Treasurer/Dad Dog Committee Co-Chair

The first Dad Dog Race/Ride was a big success. Held on the Saturday just before Father's Day we had a turn out of 27 racers and 40 riders. The weather that Saturday provided clear blue sky, comfortable temperature and no wind! Thanks to a group of volunteers helping at registration, turn-around points and at intersections onto Herrick Lane, everyone was provided a safe and fun morning. The Wyoming Highway Patrol and Albany County Sheriff's office each provided two officers and vehicles to make the race a safe adventure for all. Thanks too, to our dedicated timers, Lindsay and Seth Sweley who braved the conditions of soft tarry asphalt at the finish line just short of the stop sign at Herrick Lane/Highway 130 intersection. One unfortunate rider's front tire got bogged down in the soft, gooey substance and needed a ride back to Kiwanis Park!

Following the Race/Ride everyone was treated to fresh pizzas prepared by the Alibi with their new, authentic 'pizza on wheels' trailer. Kerry and Ethan, owners of the Alibi, did a great job keeping up with the pizza preparation making 89 in total! We also enjoyed two small kegs of beer on tap from the Alibi. Such a deal for \$15 BikeNet membership! Frog lights were also distributed to all participants and volunteers.

A group of 15 kids participated in a short bike ride lead my Annie through the adjacent neighborhood of Kiwanis Park. Volunteers where stationed at all strategic intersections but a last minute decision/foible by Annie let the young cyclists onto their own unique route (editor's note: I planned that all along).

BikeNet Time Trial Series Update

By Annie Toth, BikeNet Secretary, TT Organizer

An executive decision was made at the beginning of the season to hold the time trial at the same place and time every week – Thursdays at 5:45 PM at Soldier Springs. We thought that consistency in time and place would avoid confusion and increase participation.

One-of-a kind trophies made by Larry Foianini were given to the top male and female finishers and framed drawing by Bill Gorman provided a third prize. The young cyclists received gift certificates to Dippin' Dots ice cream parlor.

We hope all participants and volunteers enjoyed a great event bringing together cyclists of all ranges of abilities. Perhaps we'll continue the Dad Dog into the future. Feel free to provide your feedback. Happy, safe cycling.



BikeNet member and overall Dad Dog winner Mark Johnson shows off his unique prize.

Although Thursday proved to be a terrible day for weather, especially early in the season, participation increased and several new "regulars" started showing up. Those who make a commitment to come out on a regular basis generally get faster throughout the season - take, for instance, Kyle Funke. Kyle, who showed up for 15 out of 16 weeks so far, has bettered his time by almost 5 minutes since the beginning of the season!

Continued from page 4

Likewise, the father-son pair of Adrian and Patrick Johnson both improved their times by over 9 minutes. Granted, equipment and wind play a role in speed, but the rider is the biggest factor, and if you keep trying you're bound to get faster. Even I had a personal record this year and I've been riding the course for 6 years!

Other highlights of the season have been reappearances of Justin Pruis, who is on track to being faster than ever, and Carl Legleiter, who is back in the saddle after a near fatal bicycle accident in 2013 in which he was struck by a distracted motorist. A visit from Jon Rader, former BikeNet TT regular and UW student who is now attending graduate school at UNC, was also a treat. We all enjoyed catching up with Jon who is now enjoying pedaling hilly terrain in North Carolina.

A big thank you once again to Curtis McCann for timing the TT again this year. Curtis has been timing on a volunteer basis for at least as long as I've been in Laramie (6 years). What a great guy!

If you still haven't tested yourself on the Soldier Springs TT course, there will still be plenty of opportunities to do so this season. We plan to continue meeting every Thursday at 5:45PM until the time changes in November. The TT series is a great way to increase your fitness and co-mingle with other BikeNet members. Hope to see you out there.



Kyle Funke rides to his own personal victory on the Soldier Springs TT course.

**Thank you again for supporting BikeNet!
Remember to take advantage of your member benefits!**

- Free participation in the BikeNet TT Series
- Free/Discounted Entry into Other BikeNet-Sponsored Event
- Discounts at Local Bike Shops

Many thanks to our wonderful sponsors!



*The Spoke is edited by Annie Toth.
Questions? Comments?*

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

Contact us!

info@laramiebikenet.com