

TRACKS

"Life is not a journey to the grave with the intention of arriving safely in a pretty and well-preserved body, but rather to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming--"WOW, what a ride!" -unknown

What better way to enjoy a Saturday than an afternoon on your bike, an evening of BBQ and a night of "live" barn-burnin' BLUES music! If this sounds good to you, join us for **Cruise The Blues** on **Saturday, August 28th, 2004**



CKMBC Notes cont. from page 8

The Renard ranch near Russell is opening up another new area for fat tire adventures and Brent Wilson, one of CKMBC's eastern members is laying some groundwork for new bike trails in the Abilene area. Watch for more on both on the CKMBC Yahoo groups' site. If you are a member and not logged onto the site you are missing much of what goes on in the club. If you are not a member of CKMBC and would like to check us out you can take a test ride at

<http://groups.yahoo.com/group/CKMBC/members/> Membership is \$10 annual for individual and \$15 for family memberships. Membership forms available online.

Official club business

Last year it was decided that in order to better promote that feeling of "one big happy family", the Solomon Valley Crankers and Earthsurfers chapter names will be dropped from the club rolls. CKMBC will be all inclusive of all the club's members. Any members of the club are welcome and encouraged to race under the Team LATR (Lower Altitude Team Racers) moniker. If you would prefer to retain your group or area's autonomy by putting together your own team under CKMBC, you are welcome and encouraged to do that as well.

CKMBC Officers

Brian Holdsworth Interim President

Erik L Peterson Treasurer

Sara Kay Carrell Interim Admin

Terry Spradley Team LATR head cook and bottle washer.

KANSAS TRAILS NEWS cont. from page 3

ing physical threats against trail builders of Lynn Creek Division of KRTC. The legal action in Shawnee Court seeks an injunction against the adjacent.

Clark H. Coan

Public Information Specialist

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Climbing the Cruise the Blues trails

Coming in Tracks #18

- Brad Cole Battles in Belgium
- "Coming Home" - the first in a traveling trilogy, thru Sedona AZ, Moab UT, Fruita CO, by TSLegends
- Cruise the Blues Coverage
- And whatever other interesting stuff you send me between now and then...

Tracks is back!

Feed me Seymour~



TRACKS

Team LATR Race Updates

As stated earlier in this publication, while I was basking in the dry sunny climate of the Arizona desert, several of the Team LATR faithful have been slugging it out in the mud of an unusually wet year in the Heartland.

Nick (Nickster) Renard made large strides jumping from his 12 and under category to race full course events in the 13 to 18 class. Finishing approximately three minutes behind the first place finisher at Lake Perry Nick showed he can be a competitor to be watched. The younger Renard amassed enough points to finish 4th overall in the Heartland Series races. At the Midwest Fat Tire Series Drywood Creek venue, Nick found himself battling mechanicals instead of other riders. Flattening out on the 7-mile course, the Nickster demonstrated his trailside repair skills by repairing the flat, and finishing the race.

Erin Renard has also shown considerable improvement in her rookie season. Race 5, the first race of the Heartland series Sunflower Rock doubleheader was at Lake Perry with race 6 the following day at Clinton Lake. Erin acquired some body damage with an unplanned dismount, but managed a first place win with a 4-minute margin at Perry. She opted to sit out the following day for recovery. The recovery period and subsequent training time proved worthwhile. Returning to the race circuit in Farlington KS, Erin made a strong run around Drywood Creek's 6 ½-mile course. Erin completed two laps finishing 10 minutes ahead of the pack of 8 women in her class.

SK Carrell has been busy winning races and amassing many training miles. SK joined Brad Cole, and Jon Schlitter at Blue Springs' Landahl Park for the Heartland Series finale. A steady downpour made the last race of the series very reminiscent of the rest of the season. Riders battled mud, wet rocks, fallen trail markers and a hard drenching rain. SK found, (or didn't find) one of the downed course markers. Along with a half dozen other riders she circled the Rim Trail one more time that she needed to. The extra distance put her in 4th for the day, but she collected enough points to win overall in the female sport class.

Newest CKMBC member Jon Schlitter slipped and slid through the mud for an impressive first place finish, crossing the start/finish line at 1:20, 18 minutes ahead of second place Earl Martling. Team LATR racer Brad Cole made even shorter work of Landahl's mud pit. Completing two laps on his fixed gear bike in 1:08, he proved that in the mud, when nothing works, the less crud you have on your bike the better.

Mark Flyin' Flynn has been representing Team LATR in the Midwest Fat Tire Series with occasional support from his daughter, Little LATR Racer Emma Flynn Tom Will, and Ryan Cole. With consistent finishes and racing through a few injuries, Flynn has managed to stay in the hunt for top honors in the Sport 40-49 class of series. At last posting he was 20 points out of first with 4 races remaining in the series. Mark retired the infamous Specialized, "Green Machine" earlier this season. Thanks to wife, Laura and advice from Golden Belt Bike Shop owner Flynn is now Flyin' one of the sweet Fisher 29" Excalibur's. Welcome to the Fisher family, but I do wonder when both the bike shop owner and your wife agree you need an extra three inches.

Team LATR/CKMBC has a strong group of racers from the 12-year-old Nickster to 50 something, Bob Nicholson. Many of the group will be competing next at the 6-Hour Cruise the Blue as teams or solo racers. Come out and cheer on your favorite riders. www.cruisetheblues.com for information or registration. For information on becoming a Team LATR racer e-mail tslegendsbikes@hotmail.com.



Flyin' Flynn, Mud monsters of Missouri



TRACKS

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Tracks Online at
<http://spradtracks.tripod.com>

*You don't need
mountains to
Mountain bike!
75Legends*

To become a member
of CKMBC go
online at [http://
sports.groups.yahoo.
com/group/
CKMBCmembers/](http://sports.groups.yahoo.com/group/CKMBCmembers/)

Individual member-
ships \$10

Family memberships
\$15



"It's not a Ride...
Until somebody Bleeds!"

*I ride because cycling is always unpredictable. I've met
people, been places, and done things because of cycling
that I never thought I would do.*

-Stella Carey

Singlespeed World Champion



First to Last Cont. from pg 9

there on out I go into what I call "Spradley mode". I start walking every climb, then bombing every downhill like its my last. After duttons drop Sara Kay catches me right before the final descent on this section of trail. Great, I got lapped by a woman. Well, I guess its ok, Sara is THE biker chic. Oh well, another day another race. When I finally get to the finish line, everyone but my friend Anna Krich is gone. "Jeez, what took you so long!!" are the first melodic words my ears hear. "Yeah, nice to see you to Anna." I saunter over to the tent were I know that a guy with a camera and a lit cigarette

is waiting. Spradley. My head hangs, he beat me again. I don't believe it. He freaking beat me for the third time in a row. The 40 something smoker beat me, the 18 year old athlete who has barely even touched a cigarette, much less put one up to my mouth, even unlit. This is a sad day.

Doug Chambers calls out my name just after I arrive. Somehow I've pulled a 3rd place out of the whole thing. I think it's because there are only three of us that did all three races. After receiving my prize I take a deep breath, step outside, and with a few complaints pull on the tutu. Oh well, I know Spradley won this one fair and square. At least he had been

riding before this one. It was a fair fight. As for quitting. Never!! The same bet is on for next year. Though now, any sport racer who wants to can enter in on this one. Spradley and I are still hammering out the details of that, but it's still on.

Sprad is THE man. Hands down. This was your year Terry. I hope you enjoyed it. Until next year.....

Josh, I was smiling all the way to the photo lab. ...and I rarely walk the climbs, except maybe that bastard at Dutton's drop! 7~

LATR~