

# T R A C K S

## Bikerpelli cont. from pg 6

ing about escape routes, Bam!! The cop who had snuck up on us in the cover of darkness turned on the light and had us all caught. After we convinced him we weren't minors, he finally got us chased back to our campsite and to bed.

Bikerpelli was an incredible epic adventure that I highly recommend if it's at all possible for you. Alex and his crew did a great job putting it on and it will be going on next year. Check out Bikerpelli.com for an excellent journey. If you don't know already, I'm guiding for Arkansas Valley Adventure out of Granite, CO and am gearing up to hopefully be running Class IV whitewater by the end of the summer. Let me know if you want to raft, I'd be more than happy to take some more flatlanders like myself. Latr, [Fish@ksu.edu](mailto:Fish@ksu.edu) 866.263.5543

## From the CKMBC group mail; MTB Kansas from SK Carrell

Wow! What a weekend! It was a mountain bike marathon across Kansas for SK, Dennis G, and John S. We accumulated over 60 singletrack miles thru the weekend. We started out right here on the Hays Big Creek trails Saturday evening, then moved on to Wilson for a night of camping and watching the lightning storms roll in from all around. Then we went out on the Wilson Rollercoaster original loop and also ventured onto all of the new miles of single track that are starting to form all over the hills there. If you haven't been on the new-new trails, you've got to get your two wheels on them!

From Wilson we ventured on to Farmer Doug's and checked out all of his pasture trails and wooded single track. His 6-hour is going to be one rippin good time!!

After Doug's ride, we loaded up and moved on to Coronado. Just as we were beginning to ride, Brian showed up with mower as his tool of destruction for the evening. He and Mark sure have been keeping busy keeping the Hill in shape. Its looking and riding real good! After we got in a couple loops and a few climbs up the road, we started cooking quesadillas and Brian finished his destruction just in time to join us for a feast.

The hill is quite the place to have a spectacular 360 degree view....you could look all around and see fireworks from all different towns!

It's official - "**Cruise the Blues**" (6-Hour Mountain Bike Race) will be held the weekend of August 28th at Fun-on-the-Farm near Glen Elder, KS

August 28th starting at 12:00 noon for 6 hours. Racers will ride SOLO or in TEAMS of 3 (three). Race for JOY (prizes), or Glory (cash) The 3 person teams will be separated by the sum of the ages of the riders on the team. 0-50, 50-100, 100-150, 150 +

The JOY riders will race on a 6 1/2-mile loop of all single-track of which 75% is in the timber and 25% is across open grassland. The GLORY riders will race on a 13 1/2-mile loop of all single-track of which 45% is in the timber and 55% is across open grassland. The GLORY course includes the same 6 1/2-mile loop that the JOY riders will ride and adds to it a beautiful and challenging climb through the "Blue Hills!" Following the race will be a BBQ and LIVE MUSIC. [www.cruisetheblues.com](http://www.cruisetheblues.com)

And once again, the moonlite night skys turned dark and became full of electricity, the winds came up, and the rain started coming down! But we didn't let the rain stop us from the next destination of MTB Kansas!

Monday morning, we arrived at Camp Horizon for a mud fest thru their slickery, rocky trails! It was so humid there that the mud



and sand splattering on us turned into sweat rivers that looked alot like the chocolate-brown churning Ark River that was near its flood stage.

Now, back at Hays, getting the bones rested up and getting ready for another MTB Kansas!! Anybody else ready to go?!

See ya!  
SK



Central Kansas Mountain Bike Club

## 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!" -**

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## CKMBC Notes by exiled President T Sprad

The club has gone through a few changes in 04. I left Brian Holdsworth in charge as I took off for a few months of a working vacation in Arizona. I am back but not necessarily back in charge. Bri has been doing a fine job, and CKMBC has always been a bit of a self-service type of group that doesn't require a whole lot of adult supervision anyway. Notice I said "a whole lot of adult supervision", I won't go so far as to say, no adult supervision required, but very little. I will continue to "supervise" you all and guide the club as I see fit. I think that next year we really should consider some official elections, for some official positions within the club. I will bug you more about that later.

Doug Palen, or Farmer Doug as he is also known, has been working his merry little band of trail builders and fat tire fans hard as they create new trails and prepare to host the *Cruise the Blues* 6-hour event near Glen Elder, KS. The Blues promises to be a fun event, cook-outs live entertainment and even a bike ride, Woo Hoo! The Blue Hills offer some gut busting climbs, great views, and adrenalin rush descents, not to mention the several miles of woodland trails Farmer Doug and company have created bordering his property.

For more info on *The Blues* go to [www.cruisetheblues.com](http://www.cruisetheblues.com).

When Farmer Doug isn't blazing trails around the Blue Hills he has been helping Doug Chambers, (uh Biker Doug?), and his group of trailblazers along with Hays member Bob Nicholson in carving two new loops at Lake Wilson. Those attending this summer's Fat Tire fest got a preview of one loop. After grinding and clawing my way around the soft new terrain during the race, I thought the name for that new loop might be "Make me wanna say bad things about my

friend loop" that's Indian for damn this is tough. It is already getting firmer and faster though. Bob completed the connection of the two new loops to the existing trail at the end of July. Once these trails have had some break in time and some wheels on them, they will provide many new challenges and some inspiring views of Wilson's bluffs and clear waters. Buy an annual state park sticker, because with the addition of the new trails this 12 + mile loop will have you wanting to come back again and again.

Coronado's Heights, north of Lindsborg will again play host to *Coronado's Downhill Challenge*. Slated for October 9<sup>th</sup> and 10<sup>th</sup> it will coincide with the Falun Classic on Sunday for those that prefer a more sedate asphalt ride. The Challenge will have a few changes from last year's inaugural event. Sunday's XC race will be a 4-hour timed event on a new longer course. The hill climb event will be held Saturday morning with downhill runs commencing Saturday afternoon. The off hill parts of the XC course will be open for pre-riding all day Saturday.

Lindsborg area members host a weekly ride Thursday nights on the Coronado trail system throughout most of the summer. Meet at the base of the hill around 7 PM or to ride out from town, meet at the public parking area at the corner of Lincoln and Main Street (downtown, public parking and restrooms). Be ready to ride by 6:45 pm. Locals will check the parking lot before heading out to the hill. Call Mark Flynn at 1-785-906-2543 for more info on the group rides or *Coronado's Downhill Challenge*.

The trails at Great bend are being improved and expanded almost constantly. The boys at Golden Belt can give you the daily lowdown on the trails and their weekly Tuesday night rides at 1-800-561-2453. (cont. on page 10)

## T R A C K S



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



*Tour de Lizard Sept.  
11-12th Camp Horizon  
Arkansas City*

## From First to Last. The Story of my Life. By Joshua Davison

My life. When it comes to racing bikes my life just flat out stinks. There is no way around it. I have never won an open, every-man-for-themselves, trash talking to the finish line race. As most all tracks readers know, I'm a powerful climber when I want to be and have been in the top 5 overall in every hill climb event I have entered. It's the coveted 1<sup>st</sup> place in the Sport Cross Country race that has always eluded me. I kill 'em in the hill climb, just to be beat out of site in the long course stuff. Now heres were the "From first to Last" part comes in. Every time I'm doing really well in a long course event, something always happens. Take an experience I had at Perry Lake a couple of years ago for instance. Terry and I went to a race that Lyle Reidy was putting on. Well anyway, during the course of the race I go from being in the lead and opening a gap on second. To finishing 2<sup>nd</sup> to last due to 3 flats. Not good. This type of pattern has continued on through. Let's take this year at the Roller Coaster for instance. I'm doing well. Riding only about 50 meters or so back from Spradley, who I have in my crosshairs. I want to

beat him. I am going to beat him. I want to pound his cigarette-smoking-charred-black lungs into the ground. We hit the new trail. I run out of power. Up to this point my track fitness has been working well. But something my coach never told me is that running doesn't really give you the deep-down power to ride over soft trails. I start falling back. Farther, and farther, and farther. By the time I get back on the packed trail of the original six miles, I have been passed by riders I normally have no problem riding with or staying ahead of. The long climbs that I rode up so fast the day before toast what is left of my legs and their precious strength. Then my worst enemy arrives. I feel it deep down in the muscle. Twinges. The twinges that will eventually lead to crippling cramps up and down my legs. I keep peddling. Come into the start/finish area desperately searching for a banana with, much to my dismay, no success. Though Paul Arnoldy gives me a couple of GU packets (Thank you Paul), and I head back out. Just I'm about to get back up to speed John McClure, calls out. He has bananas! I've never heard such great news. I

woof it down and toss the peel in the grass before I hit the trail. I'm not feeling much better. I can barely climb up the first hill. The thought of quitting crosses my mind. "You're so close, just a few meters away form the start/finish area. You can quit. There will be no more pain. You won't cramp. You can eat more bananas and cheer the other riders." This keeps running through my mind. But another goes through. If I quit, I won't finish the race. I make up my mind. I've never had a DNF, and I'm not gonna start today. I keep going, walking a little on the flats to try to work the cramp out. I keep hoping it will go away. On the climb after the tower hill my legs go into hard knots. I physically can't pedal anymore. I can barely walk to. From

Cont. on page 12



Anna teaches Josh the moves