



## SFT, YAC and Trips for Kids

Operating in the United States, Canada and Israel, Trips For Kids® has opened the world of cycling to over 60,000 at-risk youth through mountain bike rides and Earn-A-Bike programs. Santa Fe Trails Bicycle Shop in conjunction with the Leavenworth Youth Achievement Center (YAC), started a local chapter of this worthwhile program a couple of years ago, sponsoring rides on Wednesday afternoons.

After only one year, the program was doing so well, that Brendan Sheehan of Santa Fe Trails and the Deb Greggor of the Youth Achievement Center, applied and received a grant which allowed them to purchase five bikes to be used specifically for the kids in the Leavenworth program.

"We currently have approximately 6-10 children in the program," explained Brendan. "There are no costs for children to participate although their parents/guardians must sign a waiver. Each of the rides is lead by at least two adults, and we provide first aid, bike lessons, limited bike and helmet sizing, guidance and supervision."

While most of the rides are typically 3 - 5 miles in length around the Leavenworth Community, the capstone ride is the River Trail Mountain Bike Ride in Lawrence, Kansas ... a 9.5 mile mountain bike trail along the Kansas River. This year's adventure was held on Veteran's Day, November 11, shortly after the end of the infamous Leavenworth Veteran's Day Parade (reported to be the largest VD parade West of the Mississippi). "After several weeks of no rain and 60 - 70 degree weather, we were met with 49 degrees and

drizzling rain as we headed towards Lawrence," smirked Brendan. "But that did not deter the spirits of the kids ... or even of the adult volunteers. We arrived at the River Trail ready for a great ride with 6 children and 12 adults."

All but one child finished the 9.5 mile single track, with the 6th completing an impressive 6 miles. Most crashed. Most crashed multiple times. All had fun. Especially the adult volunteers, which included Toby Walch, Daniel Sheehan, Jess Patteson, Michelle Krawczyk, Shawn Morelli, Janet Dye, James Castle, Skip Luck, Clarence Porter, Deb Greggor and Brendan Sheehan. Michelle and Jess deserve an extra pat on the back for their patience and support as they stayed with one child all the way through the trail.

What a great day!!!

### Product of the Month



**CycleOps Fluid 2  
Trainer**

*see page 2*

**Santa Fe Trails Christmas Party**  
**Friday, December 10, 2010**  
**6:30 p.m.**

**GIVE THE  
GIFT THAT  
LASTS FOR  
MILES**

Enjoy your favorite beverage and party food as you prepare for the evening's festivities:

- Huffy Toss
- Tire Changing Challenge
- The Flaming Car Jump ...

This year featuring Lamont "The Fearless" Ealey on his SFT Mountain Bike

You don't want to miss it!

## Upcoming Events

Minion's Cross	November 21	Kansas City, Kansas
Black Friday Blow Out!	November 26	SFT (Starts at 5 AM!)
Boss Cross Three	December 4	Riverside, Missouri
Kansas State Cross	December 5	Topeka
SFT Christmas Party	December 10	 SFT (6:30 PM)
Cancerthon	January 29	Abele's Field, Leavenworth

### Product of the Month:

#### CycleOps Fluid 2 Trainer



- Larger flywheel for improved road-like feel.
- Infinite resistance curve.
- Self-cooling mechanisms keep the unit performing better, longer.
- Cam-Lever tightens resistance unit with one movement.

The Power's in You.

Unleash it.

\$ 329



## IT'S PSYCHO SEASON!!

Psycho Cross, that is. Okay, the more traditional term is Cyclocross, but let's face it ... it does take a certain amount of mental disturbance to actually participate in these events. And considering most of these dedicated folks also LOVE it ... well need we say more? Yes, going out in all kinds of weather, to events built to make you get off your bike, hoist it on your shoulder so that you can make it over a barrier, or through a trough of mud, sand, pig slop, whatever ... well ... it's ... well ...PSYCHO!! But, it is amazing entertainment for participants *and* onlookers.

Shawnee Mission Cross, Oct. 11  
Very fast and dry course – almost more like a criterium course -- with 3 sets of barriers, (2 were quite high), no sand, but plenty of bumps and fast corners.

#### Men's 4

5. Mike Loftus
22. Jeff Souter

#### Masters

7. Carl Fischer

#### Boulevard Cross, Oct. 18

Sun was shining, temperatures were moderate and the course was very well set up. More importantly, Boulevard provided great food and kegs of beer for post race activities! Thanks to Danielle Lansford and Shawn Morelli for providing the cheering section for our team.

#### Men's 4

6. Michael Loftus

#### Masters 40 +

23. Brendan Sheehan

#### Masters 50 +

5. Carl Fischer

#### Women's 4

6. Michelle Tope

#### Smithville Cross, Oct. 24

This was a tough one – hills, a beach section with wet sand for about 10 yards, twists and turns. But temperatures were a very mild 60 - 70 degrees, with no rain. *What? That's just crazy talk!* SFT experienced thrown chains, flat tires, crashes, slips and slides, but everyone finished.

#### Men's 4

7. Michael Loftus
22. Skip Luck
27. Brendan Sheehan
31. Jeff Souter

#### Women's 4

5. Michelle Krawczyk
6. Michell Tope

#### Masters 45+

3. Carl Fischer

#### Veteran's Cross, Nov. 7

The course was very impressive -- over a thousand meters of trails cut into a private property. Mud was introduced - yes - on purpose!

#### Master's Ladies 35-39

3. Michelle Krawczyk

#### Master's Ladies 40-44

2. Michelle Toupe

#### Master's 45-49

7. Skip Luck
8. Brendan Sheehan

#### Master's 50-54

1. Carl Fischer

#### Men's 3/4

11. Jeff Souter

#### Heartland Park GP, Nov. 13

The Heartland Park Grand Prix was awesome (or at least Brendan thought so). So much mud, you had to run about a 1/4 mile carrying your bike, each lap —everyone looked like Sasquatch by the end of the race! It was cold and dark with spot lights, making the course really fun. This course was really what Cyclocross is all about—mud, endurance and PAIN.

#### Women's Cat 4

3. Michelle Krawczyk

#### Men's 4

1. Michael Loftus
19. Gene Lamb

#### Master's 40 +

7. Mark Ramsden
11. Brendan Sheehan'

#### Master's 50+

17. Carl Fischer
19. Gene Lamb

There are OTHER things than PsychoCross ...

#### Octoginta October 10

A challenging, but fun 6.2 mile all-out Time Trial, the Octoginta is a perennial favorite.

#### Men's Category 4

5. Brendan Sheehan 15:33

#### Men's Category 5

16. Blake Langsford 16:15
19. Erik Anderson 16:57
21. Gary Luck 17:01
24. Ken Govenettio 19:26

#### Master's 45 +

6. Carl Fischer 14:41

#### Master's 35 +

2. Rob Wilshusen 15:06

