

## Bike Across Kansas

BAK is a recreational bicycle tour that crosses Kansas within the space of eight days. It is a unique way to discover the history and quiet beauty of the Great Plains region, experiencing the friendly hospitality of the many small communities along the way.

### BAK, an SFT Perspective

On Friday, June 4, 2010, Santa Fe Trails took off for Goodland, KS with 20 cyclists, their bicycles, bags, camping equipment and undaunting spirits. There our cycling friends began their trek from the Colorado border to Leavenworth ... a distance of approximately 475 miles. The SFT crew (Lamont and Brendan) also took a full shop's supply of accessories, clothing and repair parts. We worked alongside the riders every day, with the repair vehicle typically averaging less than 10 miles an hour, as we stopped to help stranded cyclists and broken bicycles. When we finally rolled into each day's final destination,

we were greeted by a long line of damaged, often dirty and/or water-soaked bicycles awaiting repair. While this made for many late nights, (and a few sore backs!) we received terrific support from our friends - Rachel, Michelle, Marian, Roo and many more. In fact, we cannot thank everyone enough for the meals, tent set-ups (okay maybe SOME of the tent set-ups didn't work out so well), water and, of course, BEER! Most of the Leavenworth cyclists finished the arduous ride with little difficulty and some amazingly cheerful attitudes ... especially considering some very tough days full of rain and hills. (What? There are no hills in Kansas!!)

### Cyclist's Perspective (from Richard Paz)

Biking Across Kansas 2010 was a 7-day odyssey of riding on beautiful back country roads through small town America with 800+ of your cycling friends. I was supported by my wife, Marian who drove our pick-up truck and camping trailer and took care of all our logistical needs ... including post-ride 'socials' with our Santa Fe Trail teammates and friends. I was also accompanied by my 14 year old son who rode almost 100 of the

nearly 500 mile total. BAK was a dream cycling vacation – 35 to 70 miles a day, through prairie landscapes with sightseeing breaks followed by hometown meals; and great visits with family and friends in the afternoons and evenings during our small town school grounds encampments.

This year's ride experienced rains and stormy weather but the positives were cool temperatures for fast riding. The BAK organizers selected a superb route through some wonderful small towns that welcomed all the riders with warm hospitality and great food. BAK participants were also very interesting, including riders of all ages, shapes, capability and spirit -- from 80+ year old men and women to the very young -- riding road bikes, hybrids, mountain bikes, quad tandems, recumbents and even hand cycles. The BAK must be experienced to be believed....a massive event that's good for the heart, lungs, soul and economy! ●



### Product of the Month



**Mavic Wintech  
Digital Wireless  
Computer**

*see page 2*



## Tech Tip: Preventing Shoulder Pain

Many of our cyclists are plagued by nagging shoulder pain. This article by Marianne McGinnis entitled "Shoulder the Load", was featured in the June, 2010 issue of *Bicycling Magazine*.

These Three Exercises Can Prevent Tension and Pain



On a road bike, pain is usually a sign of poor fit, says Craig Denegar, PhD, a cyclist and professor of kinesiology at the University of Connecticut, who says to watch your on-bike posture and not let your shoulders scrunch or your head sag. On a mountain bike, you use your shoulders and related muscles to pull yourself up hills. If you start to feel tension, Denegar says, circle your shoulders back down, loosen your grip and change your hand position. To boost your upper body for better control, try these off the bike moves, using 10 to 15 pound dumbbells. Do three sets of 8 to 10 repetitions, twice a week on nonconsecutive days: **Bent over Row, Reverse Fly, and Shoulder Press.** ●

### Product of the Month: Mavic Wintech Digital Wireless Computer



\$ 49.99

This is the preferred wireless computer of the Santa Fe Trails Bicycle Racing Team! A 2.4 GHz digitally-coded bike computer with a speed sensor capable of front or rear wheel mounting, this versatile device features speed, average speed and maximum speed (Cadence is available with an upgrade for \$39.99). It also includes elapsed time, odometer, trip meter and many more functions. This is an easy to read computer which mounts conveniently almost anywhere.

## Tour of Kansas City

### Cliff Drive Circuit Race

Saturday, June 26 is the Tour of Kansas City Cliff Drive Circuit Race in Kansas City -- the Granddaddy of all the Kansas City races! The Cliff Drive Classic is an awesome circuit race through some of the finer parts of downtown Kansas City, including "The Hill". The folks that produce this race also conducted the

"Hell of the West" in the movie "American Flyers". I would strongly advise anyone interested to participate. More information is available at the shop.

### Power & Light Criterium

The former Overland Park Grand Prix Criterium has been changed to the Power and Light Criterium, and is set for Sunday, June 27.

It is a rectangular course in Kansas City's new downtown district, offering a unique and exciting racing experience. If you don't want to race, think about just going to watch some of the best racers in the Midwest as they spar in this no-holds-barred slugfest. Shops and fine restaurants abound on the course... BONUS!! ●

## Twilight Criterium Adult and Kid's Race

Wednesday, June 23rd was our first "Late Night Under the Stars" criterium, sponsored by Santa Fe Trails Bicycle Shop in cooperation with the Leavenworth Parks & Recreation, and the Lanterne Rouge (Roger Harrison). This was a make-up date since the originally scheduled June 15th event was cancelled due to rain. The 3-part series offers free races for kids from 3 to 18, as well as three different categories for adults, at a nominal fee.

Results from this first race are: **Kid's 1-5 --**

1. Michael Bert, 2. B.J. Smith; **Kid's 6-8 --**

1. Abby Olsen, 2. Sedona Smith, 3. Joshua

Murdock, 4. Elizabeth Bert, 5. Michael Bert, 6. Andrew Kohl, 7. Maren Oneill; **Category 5**

**Men --** 1. Brian Oneill, 2. Mark Madden, 3. Bruce Archambault, 4. Kent Harms, 5. Kestor

James, 6. Terry Hawkins; **Category 4 Men --** 1. Carl Fischer; **Category 1,2,3 Men --**

1. Adam Morris, 2. Carsten Duke, 3. Matt Deloia; **Category Ladies' --** 1. Michelle Krawczyk (\*\*Carsten Duke, Adam Morris, and Kester James are part of a British Officer Training Program currently operating out of the SFT shop).



The next two races will be on July 7 and August 11 at Warren Middle School. Flyers are available on line at [www.santafebikes.com](http://www.santafebikes.com), or at the shop. ●