

**Official Newsletter of the
Cyclists of Gitchee Gumee Shores**

COGGS Talk



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Summer 2008

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Chairman's Address

Beloved Bikers,

The first part of the cycling season has been a very productive and enjoyable one for COGGS. Here is a summary of our accomplishments so far:

- We hosted the Dirtspanker MNSCS race at Mont du Lac on June 22 and it was a huge success. We had a solid field of riders who enjoyed a fantastic course, thanks to the hard work of Jeff Fraboni, Greg Minerich and Sisto Santodonato. Since last season they have cut new singletrack and replaced and added bridges, making this one of the best trails in the entire state. If you haven't been to Mont du Lac in awhile, you have to come out for a Tuesday night ride as it has never been better. On June 17th we had 47 riders enjoy its fast and flowing singletrack.
- On National Trails Day, we helped Kurt Lange reroute trail in Hartley Park to take the existing trail off private property. Over 30 people showed up and we hammered it out in only 1 ½ hours. It was a beautiful day and a lot of fresh faces showed up to help out. Later that evening we had a BBQ at Matt Evingson's house to celebrate, with over 40 people in attendance.
- Nine bridges (all built by Jeff Fraboni) have been installed at Piedmont and the trail is really starting to take shape. Ryan Nelson and David Stenehjem have been extremely active in helping clear and mark the trail. We had two large work days this season to complete a few reroutes and install the bridges Jeff built. Matt Evingson's four-wheeler has been a huge asset for hauling the bridges in so we can avoid the laborious task of bringing them in by foot for long distances. Moving forward, the plan is to install three more bridges and three large sections of boardwalk, along with some bench cutting and rock removal before we have 8 completely finished miles. Once that is complete we will begin building the two remaining sections we haven't started yet and then begin to mark out trail for below Skyline Parkway down to Wheeler Field. It is tentatively planned to begin building trail on the west side of Haines road next summer.

If you're interested in becoming more active in COGGS, there are three ways to do it. One is to come out on Tuesday night rides. As I mentioned earlier, the trail has never been better. It's a fun and challenging ride and there are always several new people to get to know and ride with. Another way to help is to volunteer for the Powder Monkey, which is on July 27th at Spirit Mountain. The trail will need to be marked and cleared and we'll also need race day volunteers. Stay tuned for dates as to when trail work will be done for the Powder Monkey. The final way to become more involved is to help with trail work. Building trail is a great time as you get to see a work in progress and feel the satisfaction of helping take part in a project that hundreds of others can enjoy. And I can tell you firsthand, a trail is way more fun to ride when you build it. The people who have been helping out this year are a great group and I love spending a couple hours with them building trail and then going for a ride. Come on out and help out as we continue to improve the trail riding opportunities around us.

Ride on,

-Adam Sundberg

Membership

Notice: Please remember to send in your membership form and dues so that you can continue to receive future issues of COGG Talk.



Trail Work Member Appreciation Program

Trail building may lead to sore muscles and time less spent on your bicycle. So, the COGGS board has created the procedure outlined below to show appreciation for COGGS members who participate in building and maintaining the trails we all love to ride.

PROCEDURE

For each trail work day there will be a sign-in sheet that members will sign when they start and end trail work. We have individuals who are trail stewards for each trail in the area. They are:

Jeff Fraboni - Mont du Lac
 Matt Evingson - Hartley
 Ryan or Sherie Nelson — Lester
 Adam Sundberg - Piedmont
 Gerry Olson - Pokegama
 Todd McFadden - Spirit Mountain



These are the people who you need to notify when you have done trail work in an area. A COGGS trail steward will be at each Trail Work Day to sign people in. They then report to the Trail Coordinator, Matt Evingson, to track the total hours for the year.

PRIZE

For every 20 hours of trail work in a season you will be rewarded with a wicking COGGS trail building T-shirt. This is different from our membership T-shirts as only someone who has completed the work will be able to earn a T-shirt. These shirts will not be for sale. The T-shirt will have a trail building logo on the front and on the back will be our COGGS logo with the phrase "I build single-track".

HOURS FOR 2008

The hours are retroactive for 2008, so if you've done work at any of the local trails please contact the Trail Steward from the list above and let them know how many hours you worked. A very important note: **DO NOT DO ANY TRAIL WORK UNLESS YOU'VE CONTACTED THE TRAIL STEWARD FOR APPROVAL.** People can work on their own if they desire, but don't ever do anything unless it's been approved by a steward.

If you have any questions please email Adam Sundberg at adamsundbergdc@hotmail.com. Trail stewards can be contacted either by asking Adam or posting to the list serv.

More Member Benefits

Now your membership benefits got even sweeter! As a COGGS member you will receive 10% off bicycle *accessories* as a thank you from the stores below for all the work you do in building and maintaining trails. To receive this discount, you will need a membership card that is available at the Tuesday night ride at Mont du Lac. The stores offering 10% off bicycle *accessories*:

Continental Ski & Bike
Lakeside Video and Bike
Stewart's Bikes and Sports
Twin Ports Cyclery

Easy Protein Bar Recipe Fuel

up with these easy and tasty protein bars. Not only are they nutritious and delicious, but more cost effective than buying individual commercial brands. I suggest using non fat instant dry milk powder for the protein powder to make these even more affordable (plus an excellent source of whey), otherwise choose whey (top choice for post exercise muscle recovery), soy, or hemp protein powders from your local health food store. Recipe warning: make sure to measure all ingredients to ensure adequate cohesion.

Granola Nut Protein Bar

- 2 ½ cups natural peanut butter
- 2 cups honey
- 2 ¼ cups protein powder
- 3 cups uncooked oatmeal
- ½ cup chopped walnuts
- ½ cup dried fruit (your choice)
- ¼ cup flax meal



Warm peanut butter and honey together. Stir together remaining dry ingredients. Mix all together. Place in 9 x 13 pan, pushing down equally into pan. Cut into 32 bars and wrap into plastic wrap for convenient carrying. Optional variations: ½ cup mini chocolate chips, almonds, pecans, or peanuts in place of walnuts, wheat germ in place of flax meal.

Nutrition Facts per 1 bar: 232kcal, 27 gm carbs, 8gm protein, 10gm total fat, 2 gm saturated fat, 3gm fiber, 94mg Na, 1gm cholesterol

Submitted by Sherie Nelson, RD, LD

And The Winner Is...

The essay below is written by one our beloved fellow members, Patrick McEnaney. He wrote this after being one of the finalists in a contest to win a mountain biking trip to British Columbia in August. Patrick's love for mountain biking shone through his words, winning him an all expense paid week long trip for him and his wife, Andrea, to beautiful BC to ride some seriously sick singletrack.

Why I Want to Win the Ultimate Road Trip

My bikes and I are interwoven; they are essential to my existence, a conduit for sustaining a love of being alive. Mountain biking is the weapon of choice for magnifying my body's motion and adventure cravings. Any day ends in catatonic bliss after a magical session meshing muscle with spinning gears and wheels.

The obsession reaches back long before I could drive a car, ceaselessly moving me to my job, through places; forests and mountains explored at the perfect speed for absorbing life and the world beneath. I leapt from tricycle to bicycle without a moment of hesitation on training wheels; my body and mind were hard-wired to the physics of the bike, it was destined to happen. Dreams of exploring terrain on my bike are unending, only paused for tasks guaranteeing basic essentials of life: food, shelter, and a functioning bike. Mountain biking entered my life in the Keweenaw Peninsula of Michigan, a fat tire promised-land and jewel of technical, twisting singletrack hidden in ridges and billion year old hills. The ruggedness of volcanic-formed land demands fluidity, a symphony of movement between the bike and me. As I pedal my eyes are open wide to find the most intoxicating, gripping, fractal maze of lines, climbs, and berms.

Since I started mountain biking two decades ago, in all places I've ridden two wheels on a trail: sacred "Repack" of the Santa Cruz Mountains, "Hole in the Wall" of the Sierra Nevada, "Porcupine Rim" outside Moab, and the north shore of Lake Superior, I sought community in mountain biking. Driven by a sense of pervasive brotherhood while building new trails, I cop a no-boundaries attitude for loving life and hanging with a fat-tire bike train moving like a centipede. I yearn for my next session and the ultimate mountain tour.



COGGS

PO BOX 161261

DULUTH, MN 55816



www.coggs.com

Find inside Adam's address, how to get a cool T-shirt, upcoming race date, protein bar recipe, and more...

MARK YOUR CALENDAR!

Powder Monkey

Sunday, July 27, 2008

Cross-Country Mountain Bike Race and Trials Competition at Spirit Mountain, Duluth

See MNSCS at <http://www.mnscs.com/page/show/4822> for more information



Women's Mountain Bike Ride at Hartley Nature Center

Wednesday, August 6, 2008 at 6:00PM

Enjoy a night out with the ladies...come for a ride only for women, and led by women. Be ready to go by 6PM in the Hartley Nature Center parking lot. All ability levels welcome. Members and nonmembers welcome. Please invite others you know who may be interested in a fun women's ride.

Bike Tune Up Clinic at Continental Ski & Bike

Wednesday, July 23, 2008 at 7:00PM

One clinic of 3 left! Presented by none other than Continental's head mechanic Bryn Jacobson. He will teach you proper fit, indexed and integrated shifting, brake maintenance (rim and disc), cleaning and lubricating the chain, and wheels and drive train maintenance.