

CONTENTS

1.2 | Issue 06

MY BIKE SPACE

Your biking guide to the coolest trails, races, repairmen, a velodrome update and staying healthy on two wheels.



WHERE TO FIND WHAT YOU WANT TO READ

Hit the trails. **Page 06-07**
A bike museum? **Page 07**
Ultimate commuter bike. **Page 08**

Races, rides and shops. **Page 09**
Bike needs fixed? **Page 11**
Pro rider races in Europe **Page 11**

Velodrome update **Page 12**
Getting paid to ride **Page 13**
Spinning all the rage **Page 13**

GET OUT

HR'S BAD PUNK MESSAGE
Bad Brains frontman HR is in a good place now. **Page 16**

REDBONE: MUSIC IS UGLY
Leon Redbone believes that beauty is missed in music. **Page 16**

BE THE BEST YOU CAN BE
Writer and speaker John C. Maxwell will tell you how to be your best at the Lincoln Center. **Page 18**

AUTUMN BURN
Fort Collins trio ready to burn up the summer months with performances all over town. **Page 19**

NEXTNC CALENDAR PICKS
Check out our picks for the week and listings for everything else. **Pages 22-24**



leon redbone



autumn burn

SIDETRAX

ALEC'S APOLOGY
Alec Baldwin goes on "The View" to say he made a mistake in leaving that voicemail for his daughter. **Page 25**

SMELLS LIKE AN AUCTION
Courtney Love is set to auction off Kurt Cobain's stuff. **Page 25**



alec baldwin

CRAVE

FEARFUL OF FISH
Lose that fear of buying, preparing and cooking fish at home. **Page 27**

FOOD CALENDAR
Find fresh ideas and helpful hints from area cooking classes offered around town. **Page 28**




fish

ON THE COVER: A rider takes his mountain bike off road somewhere in Larimer County. **PHOTO BY:** Heidi Muller for NEXTnc

GO ONLINE TO: www.nextnc.com for more!

Watch NEXTnc's web cast, The Xcast. www.NEXTnc.com



I want to **RIDE** my **BICYCLE**, I want to ride it **WHERE** I like!

When Freddie Mercury wrote those lyrics, he wasn't thinking of northern Colorado, but he just as well have. On the road or off, we ride in 100-degree heat, or when it's 20 below. That said, here's our bike issue in all its glory.

the scoop:

- | | |
|---------------------------|------|
| Hit the trails, Jack | P6-7 |
| A bike museum? | P7 |
| Ultimate commuter bike | P8 |
| Races, rides and shops | P9 |
| Bike need fixed? | P11 |
| Pro rider races in Europe | P11 |
| A velodrome update | P12 |
| Getting paid to ride | P13 |
| Spinning all the rage | P13 |

Fort Collins resident Felix Wong, pictured here, is one of those cycling hounds you'll see out pedaling a century on the weekend.

Donovan Henderson
dhenderson@nextnc.com

C
a
ha
no
th

B

cooper

Luck
city is
who ar
lenge.

Rick
Price, S
Fort C
is one
many v
cyclists
the are
is presi
dent an
foundi
memb
of Frie
of the
Progra
that pr
bicycle

"We
involv
said. "T
we all
doesn't
It com
decisio
and co
involv

Price
'60s an
busines
Experie
tours in

He r
everyw
miles l
year be

4,000-6
"I rid
day," P