



SPOKE TALK

Exploring the idea of a bike hub

For my final Spoke Talk of the (dirt) riding season, let's discuss what a bike hub might look like here in Steamboat Springs. What it would do, how big should it be, and where should it be located?

The bike hub would serve the needs of Steamboat's cyclists by providing a space for maintenance and safety education, tools and work stands for volunteer mechanics to repair and match bicycles and storage space for bikes and parts so that Bike Match can continue taking donations later into the season. It would also provide space, so we can stop in and perform quick maintenance on our own bikes.

We can use the bike hub to provide free or inexpensive recycled bikes so that as our kids grow, we can find affordable replacement bikes. Those of us new to cycling shouldn't have to get a loan to get a functional bike that meets our needs. A used hardtail bike is a great learning tool for most aspiring mountain bikers to start.

In many places, free bikes come with an obligation to help fix donated bikes and mandatory rider education. Understanding trail etiquette helps develop courteous trail users. Other places also require community service for a free bike.

Based on the current level of maintenance to repair donated bikes and assuming that Steamboat's cyclists would use the facility, we would need about three work areas plus storage. The bike hub needs parts storage bins, some racks for wheels and frames and storage for up to 20 bicycles.

To accomplish this, we don't necessarily need a dedicated, year-round space. We could easily share functions with a winter program and even move some of the bikes and tools to a pre-identified storage facility during the winter months. Solutions for this could range from a shipping container box or two and some pop-up tents to a dedicated space for the bike hub, or something in between, where workspace is provided, but storage is in temporary containers. Ideally, we'd need about the same space as a two- to three-car garage.

In order to be accessible to most Steamboat residents, the bike hub should

ROCHON, 20

SAILORS DEFEAT HUSKIES



SHELBY REARDON/STEAMBOAT PILOT & TODAY

William Haden, a freshman on the Steamboat Springs High School soccer team, scored the second goal during a game against Battle Mountain on Thursday evening. Read the full story on Page 20.

Continuing conversations

SSWSC coaches undergo Youth Mental Health First Aid training

Shelby Reardon
Steamboat Pilot & Today

Over the past year, the topics of mental health and athletics have been forcibly overlapped to the point that separating the two topics isn't possible. Tennis player Naomi Osaka cited mental health as the reason for dropping out of the French Open in July. Gymnast Simone Biles missed most of the Summer Olympics due to her mental state later that month.

The pandemic broke down whatever dam was holding back the mental health conversation among athletes. Some of the best athletes of our time have spoken up about the topic, not only humanizing our idols, but reminding the public that nobody is immune to struggle.

Steamboat Springs Winter Sports Club Athletic Director Dave Stewart didn't want to dodge the tough subject, so he made it the theme of coaches training this summer. Program directors and coaches at the SSWSC recently took a Youth Mental Health First Aid class, equipping them with skills to handle the mental side of sport in addition to the physical side.

"I think it's really valuable," Stewart said. "I think anyone who's working with young people should have this training."

Fifteen of the SSWSC's program directors and coaches took part in the eight-hour mental health first aid training.

SSWSC Freestyle program director Tony Lodico enjoyed getting together with fellow coaches and considering what their young athletes are going through, within and outside of their sports, especially through the pandemic. The training served as a great reminder that athletics are just a part of the person.

Now that mental health is being talked about, coaches have to know how to listen. Both Stewart and Lodico noted that learning how to listen was the most valuable takeaway from the training.

"To me the biggest thing and the hardest thing for all of us as humans, in my experience, is to listen nonjudgmentally," Lodico said. "We're just judgy, right, as humans. We like to put it against our experience and judge it. To get into that spot and say, 'I'm just going to hear what's happening and just take it for what it is and work through it.'"

The U.S. Ski Team has also made mental health a point of focus. Matt Whitcomb, the head coach of the U.S. Cross Country Ski Team, spoke with the SSWSC coaches a few weeks ago, as well, about what U.S. Ski and Snowboard is doing to improve integration of mental health into its

FOR MORE

Youth Mental Health First Aid

Grand Futures and Mind Springs Health both offer mental health first aid classes.

■ MindSpringsHealth.org/mental-health-first-aid

■ GrandFutures.org/our-work/ymhfa

programming. Stewart said the U.S. Ski Team requires each athlete to work with a sports psychologist.

The SSWSC brought in Luke Brosterhous as the mental strength coach in September 2019. His position helped athletes focus on the state of mind they needed to be in to succeed. His position has since been retitled to the mindset performance coach.

"That's something we've invested in the last three years, as well," Stewart said.

Additionally, the coaches sat in for a presentation from the University of Colorado Anschutz about mental wellness for coaches and athletes.

The topics at the U.S. Ski and Snowboard annual trainings have shifted as well, according to Lodico.

"Pre-COVID, two years ago, all the topics were tracking performance, performance and performance and technique and performance," Lodico said. "All the topics this year, there was a little bit of performance, but there were five different speeches on mental health. It's becoming more of a topic."



SPORTS



SHELBY REARDON/STEAMBOAT PILOT & TODAY

Cam Daly and Laiken Roth, juniors on the Steamboat Springs High School soccer team, both go up for a header during a game against Battle Mountain on Thursday evening.

THE VOTES ARE IN!

Please be patient as we tally the votes

Winners will be announced
November 4

Sailors soccer serves Battle Mountain its first conference loss

Shelby Reardon
Steamboat Pilot & Today

SPORTS BRIEF

Going into Thursday night's game at Gardner Field, the Battle Mountain boys soccer team was 5-3 overall and 4-0 against Western Slope teams.

Steamboat Springs High School used three first-half goals to defeat the Huskies 4-3, serving them their first conference loss.

The Sailors looked great in the first half, dominating in every aspect of the game. Junior Cam Daly scored nine minutes in, and nine minutes later, freshman William Haden added another goal to make it 2-0 with 22 minutes to play.

The last time the Sailors and the Huskies played, Battle Mountain won at home 2-1. Scoring two goals to take an early lead was a major improvement for Steamboat.

The Sailors didn't stop there, though. Senior Joe Scoppa scored off a header that arched over the

advancing Huskies keeper with 10:03 in the first half.

Five minutes into the second half, Daly scored his second goal of the night off a through ball from sophomore Charlie Reisman.

Steamboat was thankful for the big lead. Battle Mountain scored three unanswered goals to end the game. The game ended before they could tie.

Twenty seconds after Daly's second-half goal, Battle Mountain got its first off a defensive error from Steamboat.

The defense playing too high and goalkeeper Charlie Welch being too aggressive resulted in another goal 10 minutes later. The Huskies weren't out of it, at 4-2 with 23 minutes to play.

Steamboat held them off, but the Huskies held out hope, scoring off a free kick with 41 seconds to play. They desperately put the

ball on goal, but the buzzer sounded before the Huskies tied it.

Steamboat is now 5-4-1 overall and 2-2-1 in league play. The victory snapped a cold spell for the Sailors, who haven't won since Sept. 4, losing or tying their last four contests.

The team next plays against Rifle at 11 a.m. Saturday at home.

STEAMBOAT SPRINGS 4, BATTLE MOUNTAIN 3

SS 31 - 4
BM 03 - 3
First half
■ **SS** - Cam Daly (Laiken Roth), 31:19

■ **SS** - William Haden (Liam Catterson), 22:00
■ **SS** - Joe Scoppa (Charlie Reisman), 10:03

Second half
■ **SS** - Cam Daly (Reisman), 34:46
■ **BM** - Yahir Eguis, 34:24

■ **BM** - Bryant Ramirez, 23:48
■ **BM** - free kick goal, 0:41

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ROCHON

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be centrally located and along the Yampa River Core Trail, so that it can be accessed by bicycle. The natural place is at the Howelsen Hill base area. Howelsen is accessible by car, bike or walking and is fairly central to many of Steamboat's lower income housing areas. Both Emerald Mountain and the Core Trail are easily accessible from the Howelsen base

area, meaning that a bike hub located there could serve all types of cyclists here in the 'Boat.

Space on a bike hub could come in many ways. Space could be donated or leased. The bike hub could join a new project like the proposed dry-land training area behind the rodeo grounds, or fill in the space currently occupied by those functions if they move. If this is something we want, Routt County Riders is our advocate. Joining Routt

County Riders makes our collective voice louder. Together, we can make this happen.

Matthew Rochon is the Routt County Riders community outreach program manager. He loves living in a community that shares his passion for cycling. If you want to donate, learn more or volunteer, reach out to Matthew and RCR Bike Match at matthew@routtcountyriders.org.