

# Instructions for Lab 5 – Cycle Pathology

## CIS 195 Web Authoring 1

### Introduction

The objective of this lab is to introduce you to controlling the design and layout of web pages using CSS.

For each web page, try to just look at the picture in the book and then make your web page look like the picture. Look at the step-by-step instructions if you run into difficulty. If you have any questions or comments be sure to post them in the Q and A Forum.

### Part 1

- A. **Tutorial 4:** Do the tutorial exercise on pages 221 through 303 of your textbook to create the *Cycle Pathology* web site
- B. **Review:** Create the *Cycle Pathology Tour Page* on pages 304 – 306 of your textbook. Again, it's best to just look at the picture of the completed page and write HTML code to make a web page that looks just like the picture.

**Best Practice:** Make the web page by just looking at the pictures of the completed pages (shown at the end of this document) and then trying to write HTML that makes a web page look just like the picture. If you run into difficulty, then look at the step by step instructions. In “real life” you wouldn't have step by step instructions.

### Part 2

Do any one of the case problems, 1 – 3, for Tutorial 4.

### Submitting your lab work


1. Use an FTP client to publish your web site to the citstudent web server.  
Test the URLs to make sure they work!
2. Upload a document to Moodle containing the URLs for the tutorial, review, and case web pages on citstudent.
3. Upload the zipped tutorial.04 folder to Moodle.

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Picture of the completed tutorial web site

# Cycle Pathology




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### From the President's Desk

— Dan Atwood

Hi fellow Cycle-Paths! The riding season is well underway and I'm recovering from the *Grand Mesa Century*, our first event of the summer tour schedule. Thanks to the volunteers who worked the relief and refreshment stations, and congratulations to all who finished.

Our next club meeting is Tuesday, July 8th at the DoubleTree Hotel in Grand Junction. Kaylee Frieze will talk about the upcoming *Gunnison Challenge* tour. Be sure to stay afterward for refreshments and fun.



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### Upcoming Events

#### July 5 Rose Hill Rally

Start from Canyon View Park and choose the Century or Metric Century ride. The \$35 entry fee includes breakfast, support vehicles, rest station refreshments, and a post-ride meal.

#### July 12 Tour the Palisades

The Wine Tour season starts with our annual tour of the *Fruit & Wine Trail*. Stay afterward to enjoy samples of local wine from the valley.

#### July 26 Gunnison Challenge


Join us for this non-competitive tour through the Black Canyon of the Gunnison. Proceeds from the event benefit the Montrose Medical Mission.

#### August 9 Steamboat Springs Rally

Come to the Steamboat Ski Mountain for this epic 60-mile ride across the Continental Divide. A second ride has been added for those interested in enjoying the cross-country trails within the Steamboat ski area.

### Riding the Rim

— Kathy Rawlings

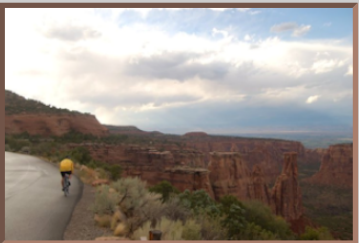


Rim Rock Drive in Colorado National Monument has tested many of the world's strongest riders, but is still accessible to the weekend cyclist. If you decide to *Tour the Moon*, here are some tips to help you have a great ride:

**Keep Hydrated** The canyon sun can quickly sap your energy. Make sure you carry plenty of water; there are no watering holes along the Rim.

**Bring Lights** All bikes must be equipped with front and rear lights for safe passage through the Rim's tunnels. Cyclists must use a white light visible at least 500 feet in front and a red light visible at least 200 feet from the rear.

**Ride Single File** Rim Rock Drive is narrow, with sheer drop-offs to the canyon valley. Leave plenty of room for drivers to pass you and your group.



*Cycling in Colorado National Monument*


Cycle Pathology • 100 Redstone Drive • Grand Junction, CO 81501 • (970) 555 - 8944

# Instructions for Lab 5 – Cycle Pathology

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Picture of the completed review web site

## Cycle Pathology



Events Page

Rose Hill Rally  
Tour the Paliades  
Gunnison Challenge  
Steamboat Springs Rally  
Copper Triangle  
Durango Tour  
Montrose Meander

Route Sheets & Maps  
Grand Junction Bike Fest  
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### Rose Hill Rally

The Grand Junction Neonatal ICU is proud to sponsor this year's Rose Hill Rally. Please join us and Cycle Pathology for the Century Ride, Metric Century (62 miles), or 50K (31 miles). Rest stations and aid stations will be spaced throughout the Century and Metric Century routes.


- Come to Grand Junction a day early. Visit historic downtown Grand Junction, explore the Grand Valley, ride the Colorado National Monument, or tour local wineries.
- Riders begin the course between 7:00 a.m. and 9:00 a.m. for both the Metric Century and the 50K distance. Pick up your ride packet at Canyon View Park between 6:00 a.m. and 9:00 a.m.
- Entry fee includes rider breakfast & hot lunch, Rose Hill Rally t-shirt, and course map.
- Stay and enjoy your post-ride meal with music provided by the Dam Busters.
- Teams of six or more riders will receive special t-shirts. Team entry forms must be received two weeks prior to the rally.

The Grand Junction Neonatal Intensive Care Unit offers comprehensive neonatal diagnostic and treatment facilities for critically ill newborns. We're dedicated to providing the highest quality care for all newborns, ranging from healthy neonates to sick or premature newborns requiring close observation or intensive care.

All of the neonatologists are board certified. We believe it's critical that our clinicians learn about the latest advances in neonatal intensive care to better serve the community of Grand Junction.

### Ride the Century

— Alisha Smith




While riding 100 miles in a day may sound extreme, most casual cyclists can complete a century if they follow a comprehensive training routine. Your bike should be comfortable and fit you well. Consider having a tune-up before the ride, and carry a spare tire and patch kit, tools, and a pump.

If you're not a regular cyclist, start your training at least 12 weeks before your century. Hills are a great way to train for your ride, and don't forget to allow for recovery days after your longer rides.

A few days prior to the ride, you should keep hydrated and cut back on caffeine and alcohol. On the day of your century, eat a light breakfast of high-carbohydrate foods and drink lots of water. On the ride, drink water or a sports drink *before* you're thirsty.

A century isn't a race, so adopt a relaxed pace that you can follow for several hours. Alter your position throughout your ride, getting up off the saddle, stretching your back, and moving your hand position. The ride goes easier if you share it with a friend or two.

Above all, *enjoy the ride!* Most centuries are designed to go through scenic areas of the state. Peddle on and remember to watch the scenery.



Pictures from Last Year's Rose Hill Rally!