



New Publisher:

This month Hampden Press is taking over the printing and mailing of the Chain Chatter. Thanks to them for their help!

Club Meetings:

Club meetings are held on the first Tuesday of every month at 7:00. All members are invited! We meet at the Denny's at I-25 and Park Avenue. While most board members would prefer to meet at the Chop House, Charlie won't let us.

Membership:

Cost is \$25 per year, which goes toward printing program information, newsletters, and other club activities. Contact:

Tom Foss
7301 W. 32nd Ave.
Wheat Ridge, CO
80033

RMCC Online:

The best place to get any late breaking news with the club is to check us out on the web. Our address is:
www.rmccrides.com

Wanna Climb?

by Tim Dodge, Sam Fisher, and Mike Prendergast

A new section was recently added to the RMCC website listing many of our favorite climbs and mountain passes. You can click the link on the left side of the club's home page, or you can access the database directly at www.rmccrides.com/climdbdb/main_page.html. Either way, the database is a great resource if you are planning a ride, or if you simply want to see how one climb compares to another.

One of the challenges in compiling the database was to find an objective way to compare climbs. While we started with *Cycling Colorado's Mountain Passes* by Kurt Magsamen, it quickly became apparent that his ratings were subjective. More importantly, there was no clear method to use when adding new climbs to our database.

The solution to this problem came from the komcycling.com website. In an article written by Luddo Oh, he describes four different methods for rating climbs. The one we ultimately selected, which originated from the Dutch bicycle magazine FIETS, combines Grade with Altitude Gain.

The formula is the vertical rise multiplied by the average grade ($\text{height}^2 / \text{distance} \times 10$). Under this formula, a 6.2 mile climb with a height difference of 3281 feet (10% grade) will be rated at 10. A 12 mile climb with a height difference of 4560 feet (7% grade) would receive the same rating.

So what is the "hardest" climb in the database? Mt. Evans earns that distinction with a rating of 9.0. Only three of our climbs rated greater than a 6!

For European references: L'alpe d'Huez scores a 10.0 (and it is only about 1/3 as long as Mt. Evans), and Ventoux rates 12.7! The highest rated climb listed at komcycling.com is the 2865 meter climb up Pic Du Midi Di Bigorre in the French Pyrenees with a rating of 19.7. We don't know about you, but a climb that is twice as hard as Mt. Evans would get our attention.

Regardless, the locator map on the website will show users where each of the climbs are in the state. When your cursor moves over a marker, the climb name is displayed and clicking on the marker brings up the climb details.

The database currently has information on 67 passes and "classic climbs" in the state.

When you visit the database online, it would be great if you would take a moment to input the climbs you have done. The database will keep a record of your ascents and you can update your records as you complete more climbs. We are taking a tally of how many people have done each of the climbs, and we are also logging comments for each climb. We hope you enjoy the database, and please let us know what you think.

News and Notes

by Mark Michel

Anyone who has hung around the RMCC for a while has hopefully gotten to know Val Phelps. Val has been a big part of the club's success over the past few years, leading numerous rides, and inventing the Wednesday Handlebar & Grill Rides as well as the New Year's Century. He has also served on the board and was on the committee that puts together our ride schedule every year.

Val always had a funny or ironic comment to share, for example explaining that the Golden to Echo Lake ride is actually a flat ride—just at an angle.

While this is starting to sound like an obituary, Val hasn't actually died. He has just moved to Durango, as many of you already know. Rumor has it that he packed everything he owns into his "suitcase" saddle bag and rode down there. Regardless, Val seems to keep moving to better places, as he used to live in Kansas City.

Best of luck to Val! He has said that we should expect to see him at some of the future brevets.

In case you missed it, the club recently got some good publicity in the form of a fairly extensive article in the Denver Post about our brevet riders, especially club president Charlie Henderson. It talks about various rides on the RMCC schedule such as Denver to Aspen, the Grand Loop, and ultra-distance events like Paris-Brest-Paris. The article is quite good--If you did miss it, it is linked on the website at rmccrides.com



Brevet News and Results

A Grueling Denver-Aspen!

Headwinds and hail made a tough ride even tougher for the 17 riders starting this year's Joe Lookingbill Memorial Denver-Aspen 300k. The headwinds started in Littleton and persisted through Conifer, over Kenosha Pass, and up the Arkansas.

As riders summited Trout Creek Pass, a dark cloud loomed ahead. On the descent, rounding a bend in US-285, many confronted an inches-deep blanket of hail on the roadway, dangerous for cars, much less bikes.

After all this travail, the Woody Creek Tavern's warm welcome provided a comforting finale.

The D-A has settled into an aficionado event with an enthusiastic core ridership, plus some new faces, such as father and son Alan and (18-year-old) Ian Nansel.

Results:

RUSA#	Time	Rider
	15:40	Benson, Gary
2497	15:40	Bobak, Voytek
	16:40	Bookman, Ron
796	15:15	Farnsworth, Rex
1471	14:23	Foley, Paul
2313	11:40	Howe, James
	11:40	Kalisch, Tim
	14:25	Knoblauch, Tom
	14:23	Leo, Travis
	14:1	Nansel, Ian *
	15:15	Nansel, Alan *
	13:0	Pareman, Joseph
	dnf	Rice, Kelly
	dnf	Schroeder, Jerome
	11:40	Shannon, Kelly
	13:50	Simmons, Alan
	16:30	Struzeski, Kevin

*1st Denver to Aspen

First Time "Peak-to-Peak" 300k!

Coyotes howled - and not that far away, either - as the 12 starting riders climbed the Morgul-Bismark "Wall" in the 5am darkness to kick off the inaugural Peak-to-Peak 300km.

This new route climbed Coal Creek Canyon just before dawn, and spent nearly 50 miles on the Peak-to-Peak Highway getting to Estes Park. Reaching the Peak-to-Peak around 8:00 AM, riders found it delightfully quiet and not that chilly. And despite a boisterous me'lange of clouds atop the Divide, the weather remained essentially dry and fine for the day.

RMCC club riders such as Tom Foss and Mike Prendergast were there atop the Devil's Gulch switchbacks to greet the breveteurs, and more RMCC and UMCA luminaries, including Charlie Henderson, John Hughes, Felix Gallo (with his dad Victor) greeted the randonneurs-of-taste who stopped at the Glen Haven General Store for cinnamon rolls.

Ilka Archambault from Ft. Collins was going after her first 300k. Carol Chaffee and Jim Kraychy were imbedding this 300k (186.6 miles) in a 400-mile training ride for this autumn's Furnace Creek 508. The brevet drew actually four Furnace Creek veterans: Jim and Carol, plus Mike Sturgill and Stuart Kroonenberg - Stuart eschewing the benefit of drafting as a prep for riding the 508. Mike Sturgill came all the way from Phoenix for his first Colorado event, did great, and gave it high marks.

Results:

RUSA#	Time	Rider
	13:28	Archambault, Ilka
	12:00	Chaffee, Carol
2401	13:37	deRosset, William
153	12:05	Ellis, John Lee
1003	15:28	Higgins, Kerry
	12:00	Kraychy, Jim
1635	12:05	Kroonenberg, Stuart
1800	14:57	Lewis, Norm
	12:00	Simmons, Alan
1847	12:05	Sturgill, Mike

Upcoming Events:

Last Chance 1200K: Monday 9/13. Sign in at 3AM, depart at 4AM. Boulder to Kansas and return, mainly on US 36.

Horsetooth Reservoir 200K: Sunday 9/19. Sign in at 7AM, depart at 8AM Horsetooth, Poudre Canyon, then the nine to fifteen percent grades up scenic Stove Prairie. There is a wintry-weather alternative.



Upcoming Rides

Date	Start	Description	Miles	Starter
Saturday 9/11	Copper Mtn.	Cooper Triange Clockwise	41/78	Charlie Henderson (303-972-8733)
Sunday 9/12	Mineral P&R	Littleton-City View-Chatfield	58	Rick Melick (303-730-7322)
Saturday 9/18	Golden	Golden-Idaho Springs-Echo Lake	48/71	Volunteer Needed
Sunday 9/19	Northglenn	Northglenn-Hudson Figure 8	41/80	Rex Farnsworth (303-618-6210)
Saturday 9/25	Lyons	Lyons-Raymond-Ward Loop	47	Tom Boyle (303-948-8947)
Sunday 9/26	Golden	Golden-Evergreen-Soda Creek	48/54	Rick Melick (303-730-7322)
Saturday 10/2	Boulder	Boulder-Apple Valley Loop	59/77	Sheridan Garcia (303-258-3565)
Sunday 10/3	Pine Junction	Pine Junction-Deckers	50	Rick Melick (303-730-7322)

Schedule Notes:

--September rides start at 8:45 AM. October rides start at 9:45 AM.

--The September 11th Copper Triangle and the October 2nd Apple Valley rides are also Populaires. Charlie Henderson will be starting the first one, while Tom Foss is starting the second. Plan on arriving a little earlier than usual to sign-in.

--Thanks to the people who have stepped up to lead some recent rides. Aside from the 9/18 ride noted above, we need ride starters for several rides in October and November. You can find a ride to lead by checking out the schedule page on rmccrides.com and then contacting John Klever at 303-321-1265 or rmccwebmeister@msn.com.

Brevet Cont.

First Ever July 200K!

For the 20 riders heading out on our first ever midsummer 200k, the heat and the climbing started right away. The climb from Castle Rock took in scenic Lake Gulch Road then Hwy. 83 before joining the spring 300k course to Elbert and Black Forest.

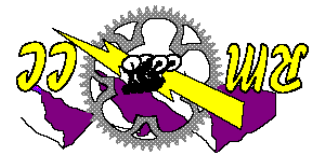
Afternoon shower-bearing clouds provided some welcome shade, and the Larkspur Renaissance Festival gave a change of pace from the route's general tranquility. More than one rider got time out for a break at the level crossing before Palmer Lake, as long coal trains inched their way up the Palmer Divide. And despite the heat, the lush greenery suggested spring rather than summer.

Results:

RUSA#	Time	Rider
	8:29	Archambault, Ilka
	7:20	Benoit, Diane
	7:20	Boyle, Tom
	7:23	Butyn, Mike
	6:22	Caruso, Scott
	6:15	Dodge, Tim

RUSA#	Time	Rider
153	7:23	Ellis, John Lee
1471	7:39	Foley, Paul
	8:37	Froehlich, David
6	8:44	Henderson, Charlie
	8:16	Jacobshagen, Eric
	6:15	Kalisch, Tim
	7:07	Knoblauch, Tom
1635	6:49	Kroonenberg, Stuart
1741	8:29	Mack, Jerry
	dnf	McDonald, Sargent
2667	8:48	Mayer, John C.
	7:20	Miller, Bob
1503	10:03	Simmons, Eric
	9:14	Wolf, Douglas

Rocky Mountain Cycling Club
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Submissions Wanted!

Do you have a good story, and opinion, or some information to share? Then submit an article for Chain Chatter. You'll be famous. Just contact Mark Michel at michel95@comcast.net with your ideas.

Advertisements

Help Wanted: A rider is seeking someone to provide personal support for him at this year's Last Chance, September 13th through the 16th. Expenses are covered, but a vehicle is required. Please contact John Lee Ellis for details at 303-604-1163.

For Sale: Colorado Used Bikes End of Summer Promotion! Sell your road bikes, mountain bikes, and other cycling gear on coloradousedbike.com for no charge in September, 2004. Just enter the item spec, upload pictures, and enter promotional code "CUB4\$" on the payment screen to get your ad online for free.

Travel: The Rocky Mountain Inn & Hostel is simply the best lodging if you're going to be in the Winter Park area. We offer dormitory-style accommodations from \$19/nt. and gorgeous private rooms from \$59/nt. Best of all, our guests enjoy the use of a gourmet kitchen, and for bikers, we have a bike work area (includes water hose, stand, tools, and lockable storage) plus laundry facilities too. We're walking distance from the stores, and you can start your ride from our parking lot. Call toll free: 1-866-467-8351 or visit www.therockymountaininn.com

Travel: The Leadville Hostel and Inn is an inexpensive and clean place for the adventure minded visitor to the mountains. Rates are \$15 to \$20 per person per night, depending on the season. Group rates available. Shuttle service can be arranged for hikers, bikers and river runners. 719-486-9334 or www.leadvillehostel.com

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