



2005 Schedule

The scheduling committee will soon start meeting to put together the 2005 ride schedule. If you have any suggestions for new rides that the club should consider, please contact Tom Foss at 303-233-4972.

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 since that is a central location.

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

The "Yo-Yo Ride"

by Dan Wallace

(Ed Note: This is the story of the one of the Last Chance 1200K brevet riders, a ride which turned out to be no picnic! For the full results of the event, see page two.)

Last Chance was an experience. I'm calling it the Yo-Yo ride. Not only because You're-On-Your-Own without support but because of the hills. They repeated continuously for several hundred miles. Constant up and down like a Yo-Yo.

I remember climbing a hill and looking out to the horizon and seeing the same road. Nothing between me and the horizon but hills. No towns. No farmhouses. Just road and hills...

The real challenge of the ride is that it's set up like a true Randonnee. Each rider is responsible for his own support (equipment, food and water). The support the organizers provided was limited to delivering and picking up bags to the bag drops. Few facilities along the course and the dawn-to-dusk hours of most of the stores in the few towns along the route meant that we all had to make sure we had sufficient provisions to last until stores reopened the following day.

There were 14 riders including John Lee Ellis, Ken Bonner, John & Nancy Guth, and Mike & Nancy Myers. John Hughes supervised the start and Dave Buzzee and Charlie Henderson supported the bag drops. John Lee did a great job organizing the event including both the pre- and post-ride dinners. I learned so much from John Lee, Charlie, John Hughes, and Ken Bonner. Ken was very generous with his time, and we spent several hours after the race talking about riding.

The headwinds off the prairie were ferocious. A bad storm swept through on the second night with thundershowers and tennis-ball size hail in parts. Riders sought shelter in farm houses and one had to resort to hiding in an empty school bus. After the storm passed, the temperature dropped and the wind shifted 180 degrees. So it was a headwind on the return too.

I didn't make it. On the first night, my light system failed, then my computer. I limped along on a weak Cat Eye backup and arrived at the first overnight stop (mile 256) twenty-six hours after starting. I was six hours behind where I wanted to be. After futzing around for a few hours trying to rest, I started up again, but the temperature quickly

rose to the 90's. Heavy sun, no shade, lots of hills. By the middle of the afternoon, it was clear that without a decent lighting system, I'd miss the cutoffs at the 7th and 8th controls, so there was no point in continuing.

Ken said the course was as difficult as any other 1200k he has ridden. I'm told John & Nancy Guth said it was more difficult than the Furnace Creek 508. All in all, it was a great trip. I'm glad I went, and I'm looking forward to returning and finishing---although Ken was trying to talk me into London-Edinburgh-London next year.

Book Review:

The Art of Urban Cycling, by Robert Hurst

review by Mark Michel

In this new book, author Robert Hurst argues that the rules we've all learned about safe riding apply--except when they don't. Hence the title of the book. Getting around safely on a bike is more an art than a science, and Hurst explains this art in surprising detail.

The author is actually a native Coloradan who has worked as a professional bike messenger in Denver for seven years. While he aims to be general in terms of discussing locations, it is fun to find the "local" stuff in the book, from the cyclist riding next to the RTD bus on the cover to his taking a shot at the design of the Cherry Creek bike trail.

The book begins with a brief history of the bicycle, the "bicycle craze" of the 1890s, and its eclipse by the automobile. He emphasizes that from the start, cyclists have faced conflicts with other road users. Today, of course, it's with cars; in the 1890s, it was with wagons and coaches. He notes, "Bicyclists have always been rather poor at making friends on the roadways. Let's face it: Cyclists suck at resolving conflicts."

Given that, along with the fact that the cyclist loses in any conflict with a car, or even with the pavement, he urges the rider to cast aside notions of blaming others for the problems he encounters. "The urban cyclist should cast the twin concepts of blame and legal liability onto the scrap heap and forget about them. Thinking in terms of blame while out on the road is a perfect example of a self-fulfilling prophesy. Blame is dangerous." Instead, the rider should seek to be responsible for

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Brevet/Populaire Results

Hottest, Coldest, Windiest Last Chance yet?

On a summery, moonless night, 14 riders - our largest field yet - headed out from Boulder for an adventure on the vast plains.

Weather was pretty much par for the course: balmy breezes off the Rockies wafting the riders out, then stiff crosswinds on the plains of Colorado and Kansas. Arid conditions during the day; thunderstorms, tumbleweeds, and a tornado threat in the evening. Highs in the 90's under cloudless skies; lows dropping into the 30's the final night in Colorado.

As in years past, riders praised the smooth, quiet roads, and the friendly drivers and inhabitants. This helps to balance out the very challenging nature of this event.

This year saw our first tandem - Mike and Nancy Myers. We also had riders finish in RAAM-qualifying time - Todd Kalchbrenner, Mark Metcalfe, and Nancy Guth.

Big thanks to Dave Buzzee, former Ohio RBA, who came all the way out here to help staff the Byers bag drop, and John Hughes, former Utah RBA, who came from north Boulder County to manage the ride start and drop bags. As in 2001 and 2002, we especially owe a great deal to Charlie Henderson for the bag drop setup, the encyclopedia of services, the rancher ambiance, and the motivation behind this ride!

Results:

RUSA#	Time	Rider (State)
1349	86:40	Berg, Bruce (CA)
894	71:58	Bonner, Ken** (BC)
153	dnf	Ellis, John Lee (CO)
1060	dnf	Grealish, Chris (CO)
787	73:28	Guth, John (VA)
933	73:28	Guth, Nancy* (VA)
1003	86:40	Higgins, Kerry*** (CO)
1852	64:10	Kalchbrenner, Todd* (TX)
1131	84:11	Knutson, Ken (CA)
	85:27	McLeod, Grant** (SK)
1589	63:41	Metcalfe, Mark* (TX)
413	83:42	Myers, Mike (KS)
414	83:42	Myers, Nancy (KS)
1555	dnf	Wallace, Dan (FL)

* RAAM Qual. Time

** 2002 Veteran

*** First 1200k

First Clockwise Stove Prairie 200k!

Balmy weather welcomed 14 riders on the first-ever clockwise Stove Prairie 200k. A nice tailwind up Buckhorn Canyon only slightly softened the 12% to 15% grades to Stove Prairie - but riders enjoyed fresh, smooth asphalt all the way to Poudre Canyon.

Poudre Canyon wafted a refreshing breeze, and riders had a good welcome at the Columbine Lodge checkpoint in Poudre Park. Alas, after the triple climbs over Lower Horsetooth, stormy winds greeted everyone - sparing neither the faster nor the more sedate - for the final 30 miles.

We were pleased to be joined by Janice Tower and her son J. J. from Anchorage. Janice is one of ten Americans honored by the ACP with special 200km certificates, commemorating their 100,000th 200k rider, and she chose our event as her commemorative 200k.

Results:

RUSA#	Time	Rider
356	8:28	Billingsley, Ken
	6:57	Brewer, Mike
	7:07	Chaffee, Carol
153	8:12	Ellis, John Lee
	7:10	Erickson, Karl*
	6:49	Kalisch, Tim
1635	7:55	Kroonenberg, Stuart
	6:55	Kraychy, Jim
1800	8:12	Lewis, Norman
	6:49	Rosenthal, Harris
	7:19	Simmons, Alan
2275	8:12	Tower, Janice*
	8:12	Tower, Jonathan*
	8:12	Zeisig, Theo

* First time Colorado Brevet

Cooper Triangle 125K

Results:

RUSA#	Time	Rider
	4:57	Chaffee, Carol
	5:59	Foss, Tom
	4:13	Gregory, Robin
	6:20	Harris, Nick
6	6:26	Henderson, Charlie
	4:20	Kellagher, Bill
	4:57	Kraychy, Jim
	4:20	Rosenthal, Harris
	5:00	Snavely, Henry



Upcoming Rides

Date	Start	Description	Miles	Starter
Saturday 10/9	Exit 255	Exit 255-Rist Canyon Loop	38/85	Rick Melick (303-730-7322)
Sunday 10/10	Colfax/Tower	Aurora-Strasburg	40/67	Tom Foss (303-233-4972)
Saturday 10/16	Mineral P&R	Littleton-Deer Creek-High Drive	35/49	Rick Melick (303-730-7322)
Sunday 10/17	Northglenn	Northglenn-Barr Lake-Dacono	41/60	Kelly Rice (303-403-8838)
Saturday 10/23	Larkspur	Larkspur-Monument-Black Forest	60	Rick Melick (303-730-7322)
Sunday 10/24	Northglenn	Northglenn-Broomfield-Morgul	46	Tom Foss (303-233-4972)
Saturday 10/30	Rooney Road	Rooney Road-Deer Creek Canyon	44	Rick Melick (303-730-7322)
Sunday 10/31	Exit 243	E243-Carter Lake-Loveland	45/58	Tom Foss (303-233-4972)
Saturday 11/6	Northglenn	Northglenn-Louisville-Erie	39	Kelly Rice (303-403-8838)
Saturday 11/13	Colfax/Tower	Aurora-Bennett	40	Charlie Henderson (720-480-9714)
Saturday 11/20	Mineral P&R	Littleton-Ken Caryl-Chatfield	33	Rick Melick (303-730-7322)
Saturday 11/27	Boulder	Boulder-Morgul Loop	26/35	Sheridan Garcia (303-258-3565)

Schedule Notes:

--October rides start at 9:45 AM; November rides start at 10:45 AM

--Once again there will be Sunday "show-and-go" rides out of the RTD Park-and-Ride at C-470 and Ken Caryl Road in November. The rides start at 10:45 and are 30 to 50 miles in length. Contact Tom Boyle (303-948-8947) or Rick Melick (303-730-7322) for information.

--In December and January, the club has Saturday "show-and-go" rides at 10:45 out of the Wagon Road Park and Ride in Northglenn. If there is bad weather, Sunday is the make-up day. The rides are 30-50 miles in length. Contact Tom Foss (303-233-4972) with any questions.

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everything that happens to him. "From now on—if some bastard breaks every law in the book and then runs over you in the process, it will be *your* fault and nobody else's. That is the meaning of true freedom."

From there, he launches into a discussion of the various situations that a cyclist encounters, and how to deal with them.

A significant portion of the book is dedicated to topics such as road hazards, equipment, and bike maintenance. While the the comments in these sections are good, little that is written there would really be new to a typical RMCC member.

The most useful, and most extensive, portion of the book is dedicated to dealing with traffic. He starts by discussing the "vehicular-cycling principle." This approach argues that cyclists should ride in a predictable fashion and should act as a vehicle. This is the approach most of us learned to follow as we became active cyclists.

While Hurst says this is a good starting point, it's not flexible enough because it leaves the cyclist too vulnerable to the mistakes of others; acting like a vehicle just doesn't make good sense in some cases.

Any cyclist, experienced or not, can learn from this section. For example, I found his discussion of the "Gap Effect" to be quite enlightening. He argues that at intersections, cyclists are actually the most vulnerable when they occupy a gap between cars. In this situation, many drivers

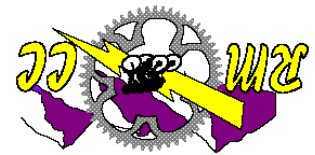
just don't see you, or just pretend you aren't there, and turn left in front of you or pull out into you. Better to actually be amidst the cars when going through an intersection, as they will help keep you safe from other vehicles.

Overall, the strongest point about this book is the author's rejection of rigid ideologies about cycling. For example, while he encourages helmet use, his discussion of what a helmet will and won't do for you (and when one can actually cause an injury) is refreshing and enlightening. Or, while he generally recommends following traffic laws, he notes that it often causes more problems if you don't roll through a four-way stop when everyone else there is expecting you to.

Perhaps the only negative comment I would offer is that the book is *too* comprehensive--it can leave you feeling a little overwhelmed with things to think about while you're riding. While his goal is to help you ride in a safe and efficient manner, you might start to think that replacing car trips with bike trips is not really worth the trouble.

So, should you rush out and buy this book? I don't know that there is such a thing as an essential book about cycling, so maybe not. But, if you have always been a recreational rider who now wants to ride into work, I recommend it. Or if it seems like you experience more conflicts with motorists than everyone else you know, the book will be helpful. Regardless, I think most everyone will learn from it, and find this well-written book to be an enjoyable read in any case.

Rocky Mountain Cycling Club
P.O. Box 201
Wheat Ridge, CO 80034



Submissions Wanted!

Do you have a good story or some information to share? Then submit an article for Chain Chatter. Your contributions will be appreciated by cyclists worldwide. Just contact Mark Michel at michel195@comcast.net with your ideas.

Advertisements

Help Wanted: Mavic Ksyrium SL wheels w/ Michelin Race Pro tires. Used for one season; recently serviced. \$450. Contact Tim Kalisch at 303-956-7245.

For Sale: Specialized road cycling shoes and Look PP 206 Clipless Pedal System. Used once. Size 40 (EU)/7 (USA). Grey and black. \$60 for both. Contact Carolyn Lyons at 303-893-6510.

For Sale: Johnny G Spinner Pro Exercise Bike. Just over 1 year old; new condition. \$650. Carolyn Lyons (303-893-6510)

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 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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