



**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. 32<sup>nd</sup> 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](http://www.rmccrides.com)

**Best Chance for a Real Randonnée**

by Nancy Guth

*Ed Note: Thanks to the Ultra Marathon Cycling Association (UMCA) for allowing us to reprint the following article. For more information, check out [www.ultracycling.com](http://www.ultracycling.com)*

The Last Chance Randonnée may be the best chance for a true western prairie experience of a lifetime—an experience often only read about in westerns or viewed on reruns of "The Little House on the Prairie." It is a ride complete with huge western skies, skies so big and so blue, it is truly "Big Sky" country. The people we met were kind, chatty, helpful, and unflappable in wind, electric storms, sun, or bone chilling cold.

At the pre ride meeting on Sunday, September 12<sup>th</sup>, ride organizer John Lee Ellis cautioned the fourteen riders to pack thoughtfully, as services were few and far between. Then everyone went out for a pre-ride meal, joined by the director of the UMCA, John Hughes, his friend Carol Garnand, and devoted volunteer Dave Buzzee. Buzzee had driven from Ohio to help John Ellis so John could ride the Randonnée.

The predawn was clear and cool as we cycled to the park-and-ride, where the Randonnée officially began at 3 a.m. with an official John Hughes send off. The beginning was fast and social, with several of us riding together, enjoying the tail wind and sharing stories as we pedaled towards the first stop in Byers. Leaving Byers, the wind shifted to a head wind, and gradually picked up throughout the day. The skies were so blue, it looked like a movie set, but the sun was a constant reminder of the reality of the harsh western plains. By the time we reached Kansas, I felt like a prairie girl in a wagon train, because I was parched and getting tired from battling the wind. However, after a cool shower at Atwood, and some drop-bag food, John and I were ready to continue in the cool of the evening with Mark and Todd, the Texas guys trying to qualify for RAAM. We enjoyed our ride to Oberlin, pulling into a motel under a pitch-black sky dotted with countless stars. The relentless RAAM duo continued on their quest. After a few hours of sound sleep, we pushed on to the turnaround point in Phillipsburg, Kansas.

*A Grocery Store and Frozen Spinach*

Phillipsburg was the only "real" town since leaving Boulder (real being defined as having a

grocery store). We took advantage of the store to purchase food supplies, and I bought a package of frozen spinach. I tucked the package inside the rear of my shorts and it cooled my back and soothed the pain for several hours as I continued riding. Plus, it is biodegradable when it thaws out!

Just as John and I started out on the next leg from Atwood to Byers, Charlie Henderson, the rancher, randonneur and extraordinary support official, came out of his motel room and said "Better not leave—there is a strong electrical storm over yonder, about 60-100 miles in the direction you're going." Full of food, coffee and Vivarin, we returned to the bag drop room and tried to rest as we heard the wind howl accompanied by vivid lightening, and occasional hail. We were happy to see Nancy and Mike Myers come blowing into the room, exclaiming about the challenge of keeping the tandem on the road in the wind.

Three hours later, about 10:30 p.m., Charlie told us the severe weather restrictions had been lifted and we were free to go. We took off for Byers with a tail wind, which lasted about 30 minutes, then switched to a side wind, growing in intensity to gusts of over 50 miles an hour. Lightening again illuminated the sky and when it got really close, we decided not to ride any further, laid our bikes down with red lights flashing and huddled together on the shoulder. Fortunately, a van came along, and the gentleman offered us a lift, but refused to go west because of the winds and hail, so he brought us back to Atwood. Charlie did not even look surprised when we dragged back to the motel several hours later.

*Third Time's the Charm*

After drying out, we lay down again. John slept and I watched the weather. By 3 a.m. the stars came out twinkling. We took off again enjoying the bright stars and then a glorious sunrise. We made it into town called Joe's expecting that with a name like Joe's we could find a coffee shop, but the only public building was a post office. Joe's postmistress had a strong pot of coffee she was willing to share, and thus fortified, we cycled on. The next town had a small country store and the friendly ladies offered advice and pads for John's saddle sore. The sun shone relentlessly all afternoon and with no clouds and constant wind, I was getting dangerously dry. We came across a Methodist church with a sign on the

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### Populaire Results: October 2<sup>nd</sup> Apple Valley 125K

It was a fine, clean, crisp fall day after the usual weekly torrential rains, at least for 2004, for the club's first ever October populaire. The smell of sage on US 36 and the fall colors of Apple Valley made for a pleasant ride.

Peter Noris, retiring Central/South Florida brevet administrator and a new rider to the club, missed the Mead checkpoint and the turn to CR13 and continued straight towards Kansas. When he discovered his error, he was so diligent that he retraced the route to get his brevet card signed in Mead.

#### Results:

RUSA#	Time	Rider (State)
	3:53	Chaffee, Carol
	4:37	Erickson, Karl
2032	5:00	Foss, Tom
2313	3:31	Howe, James
	3:29	Kellagher, Bill
	3:53	Kraychy, Jim
	4:31	McCamman, Dan
1140	5:48	Noris, Peter
	3:52	Simmons, Alan
	4:15	Snavelly, Henry

### Thank you!!

Thank you to everyone who came out to lead club rides during 2004 (hopefully I haven't missed anyone):

Audrey Krosnowski  
Beth Long  
Bob Miller  
Brent Myers  
Charlie Henderson  
Gerry Newton  
John Hart  
John Lee Ellis  
Kelly Rice  
Mark Michel  
Mike Prendergast  
Norm Lewis  
Philip & Vickie Baker  
Rick Melick  
Robert Pogorelz  
Ross Pokorny  
Scott Bernheim  
Sheridan Garcia  
Tom Boyle  
Tom Foss  
Val Phelps

Next year's schedule will be coming out sooner than you think! Please do volunteer to start some rides next year if you ride with us a lot!

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door, "Downstairs door open" so we went on inside. A group of ladies were busy quilting beautiful handmade quilts, welcomed us inside, offered cold water and ice, and blessed us as we continued on our way.

#### *From Quilts to Garbage Bags*

We refreshed at the bag drop motel room in Byers and continued with the sun setting below the mountainous horizon of the Front Range. As the sun set, the temperatures dropped...and dropped. I wished for my tights, which were still in my bag drop at Byers. Our last notable stop was somewhere outside of Greeley, where we thankfully saw a 24-hour truck stop. Almost frozen, we shivered in to savor steaming coffee and purchase a few garbage bags. The attendant enjoyed the diversion by helping us cut up the bags for leg and arm warmers.

We dropped off our brevet cards at the last control, John Ellis' house, and pedaled to the motel, thankfully entering the lobby still wearing garbage bags. The attendant congratulated us and quickly offered a room! We were greeted by Mark and Todd, the Texans RAAM guys, already hitting the free breakfast at 5 a.m. John immediately joined them for breakfast,

I opted to discard the garbage bags and enjoy a long, hot shower!

The Last Chance was an extreme adventure in all senses, with warm friendly people, varied scenery and temperatures. It was extremely challenging, as the wind more than made up for the lack of steep hills. We enjoyed meeting and cycling with new friends, John Ellis, Chris Grealish, Mike and Nancy Myers, Ken Bonner, and "old" friends like Todd and Mark from Texas. John and I marveled at the dedication of volunteers like Charlie Henderson, Dave Buzzee, and John Hughes. Challenge yourself next year to try this true western brevet, and see how satisfying the experience can be! It makes for a great story back at the office: "What I did on my summer vacation!"

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### Upcoming Rides (All Rides Start at 10:45)

Date	Start	Description	Miles	Starter
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)

In November, there are Sunday “show-and-go” rides out of the RTD Park-and-Ride at C-470 and Ken Caryl Road. 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. These rides are becoming more popular every year!

Lastly, you'll want to make sure you stay in good condition this winter, as the 3<sup>rd</sup> Annual New Year's Day Century is coming! The ride will be on Sat. January 1<sup>st</sup>. It starts at the Wagon Road Park and Ride at 8:00 AM. Shorter options are also available. Watch for next month's newsletter and well as the website for more details.

### Winter Spinning

*by Carol Chaffee*

How about hanging out inside for a two-hour spin class occasionally this winter? Some of you came out for our "First-Ever Spinathon" last winter, and it was so much fun that I thought perhaps we would plan ahead for them this year.

In the event of bad weather—when we're all sick of watching Bronco games and consuming way too many nachos and beer—we can pull ourselves out of the "winter doldrums", and ride inside.

If you're even slightly interested, please send an e-mail to [carol.chaffee@oracle.com](mailto:carol.chaffee@oracle.com), and I'll put you on my group mailing list. That way when the weekend is not looking promising, I can schedule a class and send out an invitation.

Our class last year was at Athletic Club at Denver Place, which is centrally located in Downtown Denver. The exact address is 1849 Curtis Street, Denver, CO 80202. You can look them up on the web at <http://www.acdp.com>. Goto “About the club > Club info” in case you need a map.

Classes will always be on a Sunday, starting at 8:30. The advantage to that is that meters are FREE downtown on Sunday!

Guest fees are \$10. I'll make sure you get your money's worth in class! There are 35 bikes in the room, so should be plenty of room for everyone. Depending on the interest that I see, we might need to have a sign-up sheet at the front desk .. but I'd let everyone know about that in advance.

It is really a fun time, and a great opportunity to work on your spin / form.

Please feel free to pass this information along to anyone who you think might be interested, but may not have seen the newsletter. And, of course, please don't hesitate to e-mail me if you have any questions, or suggestions.

### From the Editor: How Many is Really Enough?

*by Mark Michel*

As many of my friends in the club know, I bought a new bike this summer. While that has helped make bicycling more fun, I've found that it's made discussions with my non-cycling friends a little more complicated.

During the warmer months of the year, I try to ride my bike into work as much as I can. One of the conversation-starter questions I got asked by colleagues who know that I do a fair amount of riding is, of course, “So that's your bike?”

At the beginning of the summer, that could be answered with a simple, “Yep.” Now, I find a need to add qualifiers, such as, “Well, this is my commute/everyday/messy weather bike.”

That then leads to the discussion of what a “weekend bike” is. I have to explain how it's nice not to get the bike I'm going to pedal for 100 miles on Saturday all messed up in an afternoon downpour and so forth. Plus, my weekend bike fits me perfectly (thanks to Hans at Bike Source, who is now one of my favorite people!), whereas my “old” bike fits me fairly well, but is not ideal. I then have to further explain how small changes make a big difference in how well a bike fits, especially after 100 miles in the saddle

They will then say, “Well, I guess I can see why it's nice to have two bikes” To that, I then have to respond that I actually have a mountain bike as well. They will finally conclude that I'm pretty well set.

Well, maybe. It would be kind of nice to have a cyclocross bike too. Plus there's the fact that I really wish I wouldn't have given away the Miyata that I bought back in 1989—while I really have no use for it, but it does still have sentimental value being the first bike that I did longer rides on.

Yeah, if I only had five bikes, then I'd really be set...

Rocky Mountain Cycling Club  
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Wheat Ridge, CO 80034



### Submissions Wanted!

Looking for something to do on a snowy day this winter? Write an article for the Chain Chatter! If you can't ride, you may as well write about riding. Just contact Mark Michel at [michel95@comcast.net](mailto:michel95@comcast.net) with your ideas.

### Advertisements

**For Sale:** Sampson Contrail, 56cm., less than 2 yrs. old. New Ultegra components, Shimano Wheels. \$1900. Contact Blair Cavern at [blaircavner@netzero.net](mailto:blaircavner@netzero.net) or 303-933-2745

**For Hire:** If you need a personal trainer, club member Jazzmyn Aranda may be the answer. E-mail at [wolfrunning@earthlink.net](mailto:wolfrunning@earthlink.net) or call 720-323-7203.

**For Sale:** 2003 De Rosa Merak matte blue frame with fork and handlebars. 48cm seat tube, 54.5 top tube. Low miles and in great shape. Call 303-884-8666 and make offer.

**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)

**For Sale:** 56cm (c-t) Waterford 2200 frame/fork. Stock geometry (56 top tube c-c, 73.5 seat angle, 74 head angle). Blue/Black marble paint with cream headtube. Never raced/wrecked. All paint chips touched up. 3 ½ years use. All papers available. Pictures on request. \$550. Call William deRosset at 970-498-8714.

**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](http://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](http://www.leadvillehostel.com)