



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 for an individual and \$35 for a family, which goes toward printing program information, newsletters, insurance, 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 2005 Schedule

Attached to this month's newsletter is the 2005 schedule. The schedule is very similar to last year, featuring the same rides we all love, along with a full schedule of brevets and populaires.

There are a few changes to note: In terms of scheduling itself, some rides were switched around to make for a smoother mileage progression in the spring. The Foothills Climb Fest is now earlier in the year to avoid the summer heat. Also, the populaires have been concentrated in the earlier part of the season in order to better serve as preparation for riding brevets.

The Exit 243 start location has been moved. It is still at that exit, but it will be at the Conoco station instead of the John Deere parking lot.

For the time being at least, we've given up on using the Air Force Academy. To compensate for this, a new ride out of Larkspur going southeast has been created. In this area, we will again use Spruce Mountain Road as it has fresh pavement.

Several changes were made due to safety/traffic concerns. County Road 13 around Firestone, Frederick, and Dacono will be avoided due to increasing traffic counts. McCaslin Blvd. from US 36 to South Boulder Road has been taken out.

A big "thank you" goes out to those on the schedule committee who put in many hours to give us the premier slate of rides in Colorado!

Shifting to the Big Ring

Returning as a club sponsor in 2005 will be Big Ring Cycles. Scott Morman is the sole owner of the store, which he has been involved with for six years. Scott has been involved in racing in the past, and has had many roles in the bicycle industry, working for Giant Bicycle as well as in bicycle importing.

The store carries a wide variety of road

Notice of Dues Change

by Tom Foss

Effective for 2005, the RMCC family membership fees will be raised by \$10, from \$25 to \$35 (individual memberships will be unchanged). If your family membership is due for renewal after January 1st, your membership fees will increase.

RMCC pays an additional surcharge for each family member for liability insurance. In the past the club has paid the extra premiums without passing the added cost along to a family membership; with the projected increase in insurance rates in 2005, the club can no longer afford to do this. If you currently have a family membership and you are the only person in your family to ride with the club consider changing to a single membership to avoid the increase.

bikes, from makers such as Litespeed, Kestrel, Look, Cannondale, Parlee, and Independent Fabrication. And, of course, they carry mountain bikes, and a good assortment of accessories, clothing, and nutrition products.

Big Ring is a smaller store with experienced employees. Every person working there has been in the industry for ten or more years, so you know you'll be working with someone knowledgeable when you go in there. They have a Serotta certified fitter who has been doing fits for eleven years, so they can get you on a bike that fits you. And, of course, they will competently service your bike—I have used them in the past for mine and have been very happy.

Scott is very excited about some of the 2005 bikes he has in. With mountain bikes, he says that the new suspension bikes from Giant and Cannondale with inertial valve technology are "unbelievable." With road bikes, he spoke most highly of the new carbon fiber frames from Scott and Parlee (which is what he personally rides).

Big Ring is located at 2401 Ford Street in Golden. They can be reached at 303-216-2000, and are on the web at www.bigringcycles.com.



Take the Year-Rounder Century Challenge

by John Hughes and John Lee Ellis

Century-length rides are the highlight of many endurance riders' seasons: the fun of a day on the bike with friends and the challenge of riding 100 miles. And, at least for the day, an unrestricted diet!

The UltraMarathon Cycling Association's new Larry Schwartz Year-Rounder Century Challenge is for century riders looking for a new challenge: Consistent performance throughout the year. Can you ride a century every month of the year? You can maintain your fitness and have more fun cycling.

We RMCC members are fortunate: while the RMCC doesn't offer any "century rides" as such (like the Elephant Rock), the RMCC calendar offers 35 rides over 90 miles, starting with the New Year's Day Century. Any of these can be used for the Year-Rounder. For months such as February and March with no 90+ mile rides on the calendar, you can ride a "Personal" century of your own design, alone or with friends.

The Year-Rounder is a division of the UMCA Mileage Challenge. All you need to do is sign up for the Mileage Challenge and submit your rides—the UMCA does the rest. (See the Mileage Challenge info at www.ultracycling.com/standings/umcrules.html for how to submit rides.) Rides can be either Organized events or Personal rides that you design yourself (explained below). Mileage Challenge participants receive:

- an e-book Century Tips on training, nutrition, equipment and technique;
- an e-newsletter, sharing tips and stats;
- a bi-monthly Year Rounder column by Crista Borrás and Chuck Wood, who ride centuries every weekend;
- a section at ultracycling.com devoted to the best century stories sent in by riders;
- a rider with at least 1000 miles in the Mileage Challenge gets a discount on Accelerade and EnduroXR4.

If you reach the goal, you will be awarded a Year-Rounder medal. Although the goal is a century a month, there are situations where it might be too snowy or icy some months; so they allow two make-up rides. For example, if you get snowed out in January, just do two centuries in February.

In the Mileage Challenge a Century is a ride of 90 to 149 miles, thus including rides billed as centuries but that fall just short of a 100 miles.

The Year-Rounder honors Larry Schwartz, who won the UMCA Mileage Challenge in 2001, was second in 2002, and was leading in 2003 when he was struck and

killed by a school bus. For a profile of Schwartz go to: www.ultracycling.com/about/hof_schwartz.html

To get started, join or renew your UMCA membership at: www.ultracycling.com/about/join.html, add in 10 bucks for the Mileage Challenge, put on your wool jersey and head out the door!

Rules Summary

An "Organized" century is a ride with: a name, designated start/finish location and starting time(s), route plan, organizer, and advance publication of the ride or ride series in club newsletters, etc. (RMCC club rides fill that bill.)

A "Personal" century is a personally designed ride. For credit, you must complete at least 90 miles in an 11-hour period including off the bike time (and maintain an 8.33 mph average after that). Personal centuries provide century-length riding opportunities in seasons or locales where Organized centuries are sparse.

Any Mileage Challenge ride counts in the Year-Rounder - brevets, double centuries and ultra events.

We like to keep the holidays free for time with the family, so the Mileage Challenge and Year Rounder will end on December 21, 2005.

For complete rules and ride documentation form, go to: www.ultracycling.com/standings/umcrules.html

New Year's Day Century Coming!

A few years back, Val Phelps came up with the idea of having a club century ride on New Year's Day. That first year, a hardy group of riders braved cold temperatures and snow flurries and completed the ride. Last year, the weather was beautiful and there was a large crowd.

The New Year's Day Century is in its third year this year. The ride starts at 8:00 at the Wagon Road Park and Ride (120th and Huron). The ride will proceed provided the roads are safe for cycling. This is a fun event and a good way to start the Year-Rounder Challenge (see above) for those who are so inclined.

The ride is a flat-to-rolling ride—it leaves from Northglenn going west on 112th, by the Jeffco Airport, down the "Wall" to Superior, then goes up to Jay Road and over to US 36 into Lyons. Once in Lyons, the route goes through Apple Valley then back east on Highway 66, going past I-25, back down county road 19, then back to the park-and-ride. Options are available to shorten to route if you want to ride but don't want to do 100 miles.



Winter Ride Schedule

While the regular club schedule goes on hiatus in December and January, that doesn't mean that there are not plenty of opportunities to ride! The RMCC has Saturday and Sunday rides scheduled for both months, with starting locations on both the north and south ends of town. The rides follow a "show-and-go" format, which means that the ride leader will arrive at the ride start with a route that is appropriate for conditions. Rides will happen provided conditions are safe.

The Saturday rides start at 10:45 out of the Wagon Road Park and Ride in Northglenn. They are 30-50 miles in length. Contact Tom Foss (303-233-4972) with any questions. These rides are becoming more popular every year!

The Sunday rides also start at 10:45, and go out of the Ken Caryl Park & Ride (just east of C-470 on Ken Caryl) and are 30 to 40 miles in length. Contact Tom Boyle (303-948-8947) or Rick Melick (303-730-7322) for information.

As mentioned above, the New Year's Day Century will start at 8:00 at the Wagon Road Park and Ride.

Lastly, two members are providing additional riding opportunities. Carol Chaffee is leading a two-hour spin class on Sundays if there is bad weather. For more information, contact Carol at carol.chaffee@oracle.com. Mike Prendergast is leading fixed gear ride on Sundays. Contact Mike at 303-344-6326 or mprender1@yahoo.com.

Advertisements

For Sale: Titus Racer-X Mountain Bike. Medium size frame. Sid Air front shock. Fox Float R Rear Shock. Good Components. New owner must be passionate yet tender, bold yet wise, willing yet thoughtful. New owner must also have \$1150 to spend on good times. Call Bruce Epstein at 303-526-2155 for more information.

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

For Hire: If you are getting ready for Ride the Rockies, club member Jazzmyn Aranda is offering a cycling training class in January. You can contact her at 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.

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

Submissions Wanted!

The newsletter editor needs help with the Chain Chatter in the winter! Since the winter issues are not full of brevet results and the like, we have plenty of room for your story or thoughts. Just contact Mark Michel at michel95@comcast.net with your ideas.

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