



Water Bottles!

Official RMCC water bottles are now available from Rick Melick for \$3 each, or two for \$5. They will be available until Rick runs out.

Club Meetings:

Club meetings are held on the first Tuesday of every month at 7:00 provided there isn't a snowstorm.. 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

Why Can't I Just Coast Now?

By Tom Foss

When fellow club member Mike Prendergast suggested converting our spare road bikes to fixed gear versions for the winter, little did I know what I was in for.

The first problem we encountered was that our bikes have vertical dropouts. This makes it problematic to get the correct chain length: you can't use a derailleur or slack adjuster to take up any slack like a single speed. (Oh, you ask what's the difference? A single speed, while having only one gear like a fixed, allows you to coast—a fixed gear does not. On a fixed, if the rear wheel rotates, the pedals rotate.)

To make the vertical dropout frame work, a White Industries 'ENO' eccentric hub was ordered, along with spokes and a rim to build a fixed gear rear wheel. The ENO has bolts that are off-centered from the axle allowing the axle of the wheel to be positioned within an oval in relation to the center of the dropouts. While Mike opted to have professionals build his wheel, I decided to do it myself. It was my first attempt at wheel building, which later turned into a problem, but you have to learn sometime, right?

We finally decided that a 42x16 was the gearing we wanted. On a warm fall morning sitting in the sun outside on the deck, Gunnar in the workstand, and the newly built rear wheel alongside, I started to build my first fixed gear bicycle. I removed both derailleurs and their shift cables. I removed the outside chainring from the triple and replaced the chainring bolts. I would have removed the granny gear for aesthetics, but that required removing the right crank arm and I was trying to keep the work to a minimum. Next I positioned the rear wheel with the ENO hub in the dropouts, determined the correct chain length, rotated the hub to get a nice tight chain and then tightened the axle bolts. The final step was to align the rear brake pads to the new rim position. Some people ride a fixed gear without brakes but it's not very safe.

Thanksgiving morning I made a first attempt to ride the fixed gear. Think about how you clip into your pedals—while straddling your bike you clip into the left (or right) pedal first and then push off and while coasting you bring the pedals back around to a position the other foot can step into the pedal. Snap! And off you go.

But wait, you can't coast on a fixed gear! After several attempts I finally learned how to get the bike started without falling over. I discovered

New Club Jerseys!

For several years now, the RMCC has had the orange and red version of the club jersey. As that design had grown somewhat dated, Rick Melick decided to work with a designer on a new club jersey for this year. The new jersey features the RMCC logo and colors (see the website for a color picture of it).

Page 3 of this newsletter has the order form. We have a minimum order of 25 like items (short sleeve and vests are "like" items and all long-sleeve items are "like" items). And we are also happy to report that the prices have not changed significantly from last year!

Orders are due by April 15th, and shipping will be after June 3rd. If you have any questions, contact Rick Melick at 303-730-7322.

Thanks again to Rick for all of his work on the jerseys this year!

that before you start moving and while straddling the bike you have to pick up the rear wheel to get the pedals in the right position to step into the first pedal of your choice; then pushing off you pedal very, very slowly while trying to position your other foot over the pedal, while it's moving, and try to step in while not crashing. Nothing to it! Speed doesn't help here; in fact it's a hindrance.

My ride from home through Confluence Park and on to Wash Park via the Cherry Creek bike path was a poor choice for a first ride on a fixed gear: the sparse holiday traffic was still too much traffic and there were too many stops and starts on city streets. Besides, there's that small matter of the descent from north Denver to the Platte River valley. On the descent the 42x16 is not fast enough and on the return climb the gearing is not low enough; our chosen gearing was meant for flats and gently rolling terrain.

On the ride back from Wash Park I stopped at a convenience store for a pint of half & half for the Thanksgiving dinner mashed potatoes and discovered that simple things like stowing something away in your jersey pocket becomes a task of split concentration. If I was on a bike that could coast on, I would just stop pedaling while I concentrated on reaching behind me and stuffing the half & half in my jersey pocket, but there's NO COASTING! After almost spilling myself off the bike, I had to split my concentration between turning the pedals over and stowing my cargo.

My second ride a week later was with Mike

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Fixed Gear continued from Page 1

from his house in Erie to Platteville and back. It was slightly less stressful but still a learning experience. For example, you can't stand on the pedals and stretch the hamstrings while coasting! The 57mile trip was long side for a second ride. I quickly discovered how much coasting you actually do on a regular bike.

Towards the end of the ride I thought I was beginning to hallucinate when my rear wheel started to feel out of round—it turns out I have 999 more wheels to build before I become an expert at wheel building.

Learning is great and I'm looking forward to more rides on the fixed gear, but do you think I should put a cog with a freewheel on the other side of the hub?

New Year's Century A Big Hit

by Mark Michel

The third annual New Year's Day Century proved to be a big success this year. Once again, we were blessed with good weather (for January) on this ride—temperatures in the 30s and 40s with sunny skies and relatively light winds.

We more than doubled last year's participation with forty-five riders. This included two tandems, as well as a small contingent on their fixed-gear bikes.

The course was very similar to past years. We started in Northglenn and went west, then down The Wall into Superior, then past Boulder. We then got onto US 36 where many of us got passed by Tyler Hamilton. Lyons was the regroup point. From there, we did the Apple Valley loop, then headed east into a headwind on Highway 66, and eventually came back south, went by the Riverdale Golf Course, and then rode back west, with the tailwind, to the Park-n-Ride.

Like many of the riders, I was in fine mid-winter condition (i.e. out of shape), so I didn't finish with the greatest time. But, we did have a great time. If you haven't done this ride in the past, you should mark your calendar for next year!

Upcoming Rides:

Date	Location	Description	Length	Starter
Saturday 1/29	Littleton	Ken Caryl-Chatfield Reservoir Loop	22/33	Dan McCamman (303-229-1753)
Saturday 2/5	Boulder	Boulder-Morgul-Boulder	26/35	Devin Quince (720-840-4643)
Saturday 2/12	Tower Rd.	Aurora-Bennett	20/38	Mark Michel (303-738-1958)
Saturday 2/19	Castle Rock	Castle Rock-Palmer Lake Loop	33/47	Norm Lewis (303-973-0419)
Saturday 2/26	Littleton	Littleton-Deer Creek-Kittredge	43/56	Norm Lewis (303-973-0419)
Sunday 2/27	Northglenn	Northglenn-Brighton-Dacono Loop	33/49	Dan McCamman (303-229-1753)
Saturday 3/5	Golden	Golden-Lookout-Bergen Park	29/45	Sheridan Garcia (303-258-3565)
Sunday 3/6	Boulder	Boulder-Lyons-Longmont	44/53	Sheridan Garcia (303-258-3565)

All of the above rides start at 10:45AM

Start Location Descriptions:

Littleton: The northwest corner of the Park-n-Ride at Mineral & Santa Fe

Boulder: The far west lot at the East Boulder Community Center; 55th Street near US-36 Table Mesa/S. Boulder Rd. Exit

Tower: The Highway Commission parking lot at the SE corner of Colfax & Tower Road

Castle Rock: The lot adjacent to the Big-O Tires (note: not the rest of the strip mall parking), 2 block SE of I-25 exit 181.

Northglenn: The southwest corner of the Wagon Road Park-n-Ride at 120th & Huron

Golden: The Parfet Park parking lot at 10th & Jackson (one block east of Washington)

Continuing Sunday Show-and-Go Rides in February:

The Ken Caryl ride starts at 10:45 at the Park-n-Ride at Shaffer Parkway & Ken Caryl at 10:45. The ride is 30-40 miles. Call Tom Boyle (303-948-8947) or Rick Melick (303-730-7322) for more info.

The fixed gear ride starts at 9:45 at Meadow Sweet Park in Erie. The ride is about 50 miles. Geared and fixed geared riders are welcome. Call Mike Prendergast (303-344-6326) with any questions.

Rocky Mountain Cycling Club

2005 Club Jersey Order Form

NEW DESIGN!!



<u>Item:</u>	<u>Price:</u>	<u>Quantity:</u>
Short Sleeve Jersey:	\$69.50	_____
Long Sleeve Jersey:	\$76.50	_____
Wind Vest:	\$64.00	_____
Wind Jacket:	\$71.00	_____
Winter Vest:	\$87.00	_____
Full Winter Jacket:	\$99.00	_____

Men's Sizes:

XS S M L XL XXL

Women's Sizes:

XS S M L XL

Note: Women's sizes tend to run small.

Name: _____

Phone: (____) _____ E-Mail: _____

Address: _____

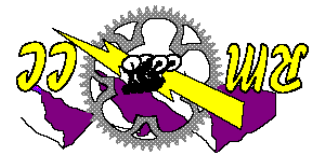
City: _____ State: _____ Zip: _____

Indicate Number of each item you are ordering above and select your size.

Cash or check only. Make checks payable to Rocky Mountain Cycling Club. Orders due by 4/15/2005 Mail to:

**c/o Rocky Mountain Cycling Club
5350 Ridge Trail
Littleton, CO 80123**

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



Advertisements

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.

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!

Articles such as this month's about fixed gear writing are just what we are looking for from you! If you have an interesting story, experience, or just some thoughts to share, please contact Mark Michel at michel95@comcast.net with your ideas.

Ride Leaders!

Good news on the ride leader front this month—many people have volunteered to lead rides this spring, including some who have not led many rides in the past. The second bit of good news is that there are still many rides left for you to volunteer for! Just go out to www.rmccrides.com, go the schedule page, and click on the “No Volunteer” link to volunteer for that ride.