



JERSEYS!!!

You have until April 15th to order your new club jersey. They will be delivered in June. Don't be the only one on your ride without one! If you've lost your order form, you can get a new one by going out to the website (rmccrides.com) and clicking the link in the middle of the home page. Contact Rick Melick at 303-730-7322 if you have any questions.

Water Bottles:

Rick Melick has water bottles for sale. They are \$3 for one and \$5 for two. If you happened to buy one of the ones with the misprint, Rick will be happy to exchange them for corrected ones (provided they are unused!).

Club Meetings:

Meetings are held on the first Tuesday of each month at 7PM. As the Denny's we used to meet at has closed, please check the website for the location of future meetings.

RMCC Online:

www.rmccrides.com

Announcing the RMCC Paceline Group Or, How to Improve Your Riding When You Don't Know Where to Start

by Rick Russon

For many of us, our training program looks something like this:

Sat: Ride as hard as possible for as long as possible
Sun: Try to ride as hard as possible for as long as possible.

Mon: Ibuprofen - try not to walk much—hide in meetings at work

Tue: After-work obligation.

Wed: Ride a mile - really stiff - perhaps tomorrow is better.

Thu: Coach son/daughter's soccer team.

Fri: Kid's big soccer game.

REPEAT

You love to ride and you want to run with the "big dogs" on the weekend. But you are in your mid-30's/40's/50's, busy with your career, time-sharing between family members, and trying to squeeze in some community service work. Your weekdays are full, so the only way that you know to get into shape is to ride on weekends. So you set out to design your training program. It may look something like this:

Frequency: Whenever possible

Intensity: Easy=good, harder=better, hardest=best

Duration: Short=good, longer=better, longest=best

Therefore: Ride as hard and long as possible. whenever possible.

Periodization: Ride hard - rest - ride hard - rest.

Extra effort: Wear Livestrong bracelet all the time to feel like a serious cyclist.

But seriously, I commend anyone who has the initiative to ride and the desire to ride better. That makes you a perfect candidate for the Paceline Training Group. The Paceline Group is NOT a racing team. The focus is on helping busy people who only have 2-3 days per week to ride to become better cyclists.

The Group is a single entity in spirit but on the road it is actually several groups. The main group fits right in the middle of the RMCC Saturday riders who do the long route. There are stronger Paceline members who ride with the faster group. We are trying to start a Novice Group that rides a completely separate route, spaced a little further apart, and on flatter terrain with the main purpose of trying to build endurance and more precise bike handling skills.

From the Editor

by Mark Michel

A couple of weeks back, I was talking with a friend about how I've improved as a rider over the past several years. Much of that really resulted from being a part of the RMCC.

When I first joined the club almost five years ago, I was actually just working up to being able to complete first century. Now I'll confidently ride a century on New Year's despite being "out of shape" (a definition which has changed over the years).

During the time I've been a member, it's been interesting to observe how the makeup of the club has, and continues to, evolve. For the last couple of years, I've seen a lot of people go much further and faster than they had before. Yet, this year, there seems to be a revival of interest among less intense riders and those who are just looking to improve, much as I was five years ago. That's one reason it's exciting to have Rick Russon bring his Paceline group to our club (see left).

But what I like most about riding with the club is the friendships. When you ride on your own, you may chat with another rider you meet at a convenience store, but it's fun to be able to ride with people you can actually develop friendships with.

If you haven't joined us in a while, come back out and see what you've been missing. Happy riding!

I started the group at another club to attract more experienced riders from whom I could learn. As a former runner, I was surprised that the cycling clubs didn't offer structured workouts like my old running club did. Other riders would give me tidbits of advice now and then. I checked out existing books, but they are written for people who have six or seven days to train.

Our Paceline Group progressed rapidly riding only 2-3 times a week. I wanted to know why we could improve so much so quickly and how much better we could get.

So I obtained my USA Cycling Coach certification. That gives me access to cycling information from the Olympic Center and other nationally recognized training programs.

To learn more about the group, check out the website (<http://www.rmccrides.com/pacelinetraininggroup.html>) I encourage you to ride with the Paceline Group or contact me if you want to do more with your riding but don't know where to start.



Heart Cycle Tours!

Over the years, a number of people from the RMCC have participated in Colorado Heart Cycle's Tours. Heart Cycle does a number of fabulous tours, both in Colorado and around the world. This year, the RMCC and Heart Cycle are teaming up—they will be joining us for many of our training rides, and the RMCC is endorsing their tour schedule. Take a look at the schedule listed below, and then head out to their website, www.heartcycle.org for more information.

Arizona Spring Training	\$825	6 Days	April 2 – April 8
Hawaii – The Big Island	\$1225	8 Days	April 17 – April 25
Katy Trail	\$825	6 Days	April 24 – April 30
Tres Parques	\$1150	9 Days	May 29 – June 7
Sierra Pacific Express	\$1375	9 Days	June 10 – June 19
Gems of Colorado	\$1250	9 Days	June 11 – June 20
Lupine Express – Nova Scotia	\$1000	7 Days	June 18 – June 25
San Juan Mountains	\$975	8 Days	June 24 – July 2
Reverse Border to Border	\$1025	8 Days	July 11 – July 19
Sky to Sea: Western Washington State	\$1125	8 Days	August 6 – August 14
Colorado Easy	\$1225	8 Days	August 13 – August 21
Lake Champlain	\$975	7 Days	October 8 – October 15
Big Bend – The Forgotten Park	\$1150	8 Days	October 8 – October 16
Mallorca (2006)	\$1600	14 Days	March 2006 (Tentative)

Memorial Day Tour Coming!

by Mary Melick

Here we go again - the Memorial Weekend Three-day Grand Loop Tour is on the calendar. The ride starts on Saturday, May 28th and runs through Monday the 30th. It will begin and end in Rifle, CO. The cost is \$210.00 per person, which includes accommodations, full SAG support, maps, and lunch/snacks/refreshments along the route as well as a "rider reward" dinner at the Melick's. Think of this ride as a romantic get-away for three days or the chance to make some new friends, as accommodations are based upon double occupancy.

The route is the same as last year, from Rifle to Paonia, then Paonia over the Grand Mesa into Grand Junction, and finally Grand Junction back to Rifle via Colorado National Monument. That makes for an approximate total of 330 miles.

In order to provide the quality support that RMCC riders deserve, the maximum space is limited to 10 riders. So that we can allow everyone the opportunity to register, we will not begin taking reservations until April 15th. To reserve your spot, just e-mail Rick or Mary at fromhome@earthlink.net. Space is allotted on a first come, first served basis. A deposit of \$100.00 is due by April 25th with the balance remitted no later than May 15th. If a rider books for two people, the deposit will be required for both. Should the ride fill up, a wait list will be set up in the event of any cancellations.

However you consider this ride, just remember you will be treated to the best in details and support. Look forward to seeing you there!

Upcoming Brevets, Populaire, and Special Events

4/3: 72 miles, starting at the Wagon Road Park-n-Ride. This is the flat Northglenn-Hudson Figure-8 plus Keensburg ride. Meet at 8:45.

4/10: 76 miles, starting at Exit 255. This is the Horsetooth Windsor Loop. Meet at 8:45.

4/23: 77 miles, starting at Lyons. This ride heads up Lefthand Canyon, along the Peak-to-Peak to Estes Park and back to Lyons. Meet at 8:45.

4/17: 200K. Meet at Show-Lo, AZ. This is a scenic route along the Mongollon Rim climbing to 9100 feet. It is run in conjunction with the Spring Contrail. Sign in 7AM; Depart 8AM (that's Pacific Time!)

5/7: 200K. Meet at Exit 243 (the Conoco station on the NE corner). This route covers Horsetooth, the Poudre Canyon, and the 9-15% grades up Stove Praire. There is a wintry-weather alternate. Sign-in 7AM; Depart 8AM.

5/14: Front Range Fleche. Applicants form teams and design courses of their own choosing that cover at least 360km in 24 hours. Lights required. Start time determined by the team.

5/21: 300K. Meet at the Mineral start point. This route is a roller-fest, taking in Littleton, Elbert, and the Black Forest. Light required. Sign in 4AM; Depart 5AM.

Pre-registration is required by for the Fleche (by 4/15), encouraged for these brevets (it will be required for the longer events later in the year), and not required for the Populaires (which are run in conjunction with regular club rides). For questions about brevets, contact John Lee Ellis at 303-604-1163. For questions about populares, contact Carol Chaffee at 303-921-8884. Thanks for John and Carol for their help!



Upcoming Club Rides

Note: see p. 2 for Brevets/Populaires

April rides start at 8:45 AM. May rides start at 7:45 AM

Date	Start	Description	Miles	Starter
Saturday 4/2	Larkspur	Larkspur-Black Forest Loop	53/65	Norm Lewis (303-973-0419)
Sunday 4/3	Wagon Road	Northlenn-Hudson Figure 8+Kennsburg	43/72	Tom Foss (303-233-4972)
Saturday 4/9	Littleton	Littleton-Evergreen-Chatfield Loop	35/61	Norm Lewis (303-973-0419)
Sunday 4/10	Exit 255	Exit 255-Horsetooth-Windsor Loop	50/76	Charlie Henderson (720-480-9714)
Saturday 4/16	Golden	Golden Gate Canyon Loop	38/58	Dan Shields (303-917-5076)
Sunday 4/17	Castle Rock	Castle Rock-Monument-Roller Coaster	45/81	Rick Melick (303-730-7322)
Saturday 4/23	Lyons	Lyons-Ward-Estes Park Loop	46/77	Alan Simmons (303-823-8426)
Sunday 4/24	Boulder	Boulder-Carter Lake Century	58/97	Dan Shields (303-917-5076)
Saturday 4/30	Rooney Rd.	Rooney-Conifer-Black Mountain Loop	62	Norm Lewis (303-973-0419)
Sunday 5/1	Exit 243	Exit 243-Horsetooth Century	53/99	Charlie Henderson (720-480-9714)
Saturday 5/7	Castle Rock	Castle Rock-Eastonville Century	62/97	Rick Melick (303-730-7322)
Sunday 5/8	Wiggins	Wiggins-Hillrose-Orchard Century	54/92	Barry Nash (303-758-2724)

Location Key:

Golden	The parking lot at Parfet Park at 10 th & Jackson.
Boulder	The far west lot at the East Boulder Community Center on 55 th Street near the US-36/Table Mesa exit.
Larkspur	The city parking lot ¼ mile north of the intersection of Spruce Mountain Road & Perry Park Avenue
Exit 243	The farm implements lot on the SE corner of the I-25/Exit 243 interchange.
Exit 255	The parking lot at the SW corner of the I-25/Exit 255 interchange.
Rooney Road	The Green Mountain trailhead parking 2 miles south of Colfax on Rooney Road
Wagon Road	The Wagon Road Park & Ride at 120 th and Huron (just west of I-25)
Lyons	The Park and Ride and 4 th & Broadway in downtown Lyons.
Littleton	The NW corner of the Park and Ride at the NW corner of Santa Fe and Mineral
Castle Rock	The lot directly to the south of the Big O Tires (not any of the surrounding area), 2 block SE of I-25 and exit 181.
Wiggins	Stub's Service Station just south of exit 66A off of I-76 (65 miles NE of Denver)

Weekly rides:

The RMCC offers three weeknight rides beginning in April and continuing through the summer:

--Tuesday is the "Tuesday Night Hill Climb," which usually involves climbing Lookout Mountain. We meet at 5:30 at the normal Golden start point. Contact Philip Baker (303-582-0770).

--Wednesday is the "Handlebar & Grill" ride. We meet at 5:30 at South High School and ride in Washington Park. Contact Rick Melick (303-730-7322).

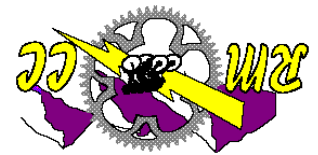
--Thursday is the "Erie Ride". It starts at 6:00 at Meadow Sweet Park in Erie. Contact Mike Prendergast (303-344-6326)

Note: There are descriptions for each of these rides on the website. Please check those out first before calling Philip, Rick, or Mike with questions.

Ride Starters Needed!

Many people have stepped up to start rides thus far in 2005. As they can tell you, it's pretty easy, but it's an important way to make sure that the club can continue to offer the broad array of rides that it does. As we head later into May and June, there are many rides that need starters! If you are planning on doing a ride anyhow, you may as well start it. You can find a ride to start by checking out the schedule page on rmccrides.com and then contacting John Klever at rmccwebmeister@msn.com or 303-321-1265.

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



Submissions Wanted!

How did you become a better rider? Share your story in a Chain Chatter article! Personal stories are the most popular articles in the newsletter, and they ensure that there is less space for drivel from the editor. Just contact Mark Michel at michel95@comcast.net with your ideas.

Advertisements

Therapeutic Massage: Therapeutic massage can be an effective treatment for many muscle specific injuries. It is also one of the best routes for deeper relaxation, enhanced vitality and greater self-awareness. I am a licensed Massage Therapist in Colorado holding a professional member status with the American Massage Therapy Association (AMTA). Call today to review your specific needs and/or to schedule an appointment: Healing Horizons and Marie McGowan. 303 East 17th Avenue, Suite 620. 303-229-6268.

Chiropractic: Cashin Chiropractic has provided honest, ethical, and reliable chiropractic services for over 12 years. We specialize in the enhancement of sports and fitness performance and the treatment of related injuries. 1747 Marion Street. Call 720-956-0631.

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

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