



Don't Forget

If you were planning on doing either of the Memorial Day tours (Loop the Grand Mesa or the Hardscrabble Self-Support), be sure to register ASAP!

Important Note!

The Summer Contrail has been cancelled. If you are interested in a alternate long summer tour, see p. 2.

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. Please check the website to confirm the location.

RMCC Online:

www.rmccrides.com

Nutrition Preparations for Centuries

by Jenny Hegmann

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When you are planning for a century or double century, your nutritional preparedness is as important as your physical training. Being nutritionally prepared, however, means more than just carbohydrate-loading the night before. During the months and days leading up to your ride you must eat wisely and learn what, when, and how to eat to fuel the distance.

Your Daily Training Diet: You should carbo-load not just the day before the century/double century but also every day during your training. This allows you to prevent chronic glycogen depletion, train better, and then ride better on event day. A cyclist's daily menu should derive 55 to 65 percent of the calories from carbohydrates. Achieve this by choosing wholesome grains, fruits, vegetables, and legumes as the foundation of your daily meals. Eat lesser amounts of lean meat, seafood, or poultry, and low-fat milk products.

You have three tasks during your months of training for your century or double:

1. Learn your carbohydrate targets. Before riding, replenish your morning-low liver glycogen levels by consuming 0.5 gram of carbohydrate per pound of body weight one hour before riding. This is 300 calories of carbohydrates for a 150-pound cyclist--roughly a bowl of cereal and a banana. If you can't tolerate solid food in the morning, consider liquid carbohydrates such as juice, sports drink, or low-fat chocolate milk.

During riding, maintain blood sugar levels and help spare muscle glycogen by targeting 0.3 to 0.5 grams of carbohydrate per pound of body weight per hour. For a 150-pound cyclist, that's 200 to 300 calories of carbohydrates per hour while riding. Learn during training how much you tolerate and if you do better with liquids only or in combination with solid food.

2. Learn your sweat rate and fluid targets. Every cyclist should know his or her sweat rate, the rate at which you lose body water. For optimal hydration you should replace fluid as you lose it. To find your sweat rate, weigh yourself before and after a ride. Each pound you have lost represents two cups (16 ounces) of fluid. To this amount, add the amount of fluid you drank during the ride. Divide this total amount by the hours you rode. This is your hourly sweat rate and is the amount of fluid you should drink per hour while riding. For example, suppose you rode for two hours and drank two cups of water. If you lost three pounds

(6 cups of fluid) your sweat rate is eight cups for two hours of cycling. You therefore should plan to drink one cup of fluid every 15 minutes while riding.

3. Practice during training to reduce unwanted surprises on event day. Avoid the stress of wondering if what you are eating or drinking will settle well. Experiment during training. Learn what and how much food or fluid work best for you, and when. Do you feel best eating one hour before a ride, or three? Should you consume just a banana, or a banana plus a bagel? Develop a schedule to meet your carbohydrate and fluid targets during the ride. Learn what to carry and where to keep it. Practice consuming the foods/drinks that will be available during the event if you will be consuming event food. Lastly, train at the time your event will occur. If your ride begins at dawn, or lasts all night, make sure you have ridden and eaten at this time.

The week before, you should taper your training but maintain your usual, carbohydrate-based diet. This allows your body to become saturated with glycogen.

Be sure to carbo-load, not fat-load! Cheesy pastas and French-fried potatoes fill the stomach with fat and leave you eating fewer carbohydrates. The result is poorly fueled muscles. Trade fat calories for extra carbohydrates: On toast, use honey instead of butter; instead of creamy pasta, enjoy spaghetti and tomato sauce.

The day before is the day to maintain glycogen stores by enjoying your usual carbohydrate-based meals. Try nothing new. Drink extra fluids to ensure you are fully hydrated. Abstain from excess wine or beer as they can be dehydrating.

On the morning of your ride, novice riders tend to either eat too little, fearing an upset stomach, or else eat too much, fearing that they will bonk. Today is not the day to figure out what to eat before riding! You should experiment in training, and on event day have a tried-and-true plan of familiar foods and fluids.

Drink plenty of familiar fluids up to two hours before the ride so you have time to absorb the water. Drink one more glass 5 to 15 minutes before you start riding.

During Your Ride do nothing new, special, or different. Your goals are to meet your fluid and carbohydrate targets, just as you did during your training rides. In doing so, you can be confident that you will be adequately fueled and hydrated. You will be able to sit back, pedal strongly, and enjoy the distance with energy to spare.



Results: April 3 Populaire: A Springlike Start to the Popularies!

116km: Ft. Lupton, Keensberg, Brighton

Balmy weather welcomed 28 riders on the traditional plains-fest out to Keenesburg for the season's first populaire. Riders included Val Phelps and Robin Favreau, who came all the way from Durango for this one. Val was a great help leading many a populaire before moving out west. Val and Robin are also riding the Casa Grande AZ brevet series.

Peter Noris replied to the observation that this was a recumbent-friendly course, that "it may look flat to you, but from down here ..."

Big thanks to Furnace Creek 508 veteran and all around bonne vivante Carol Chaffee on leading her first populaire - she has graciously volunteered to lead the April populaires!

RUSA#	Time	Rider
	3:50	Benoit, Diane
	4:25	Busch, Mike
2855	3:44	Chaffee, Carol
	4:42	Clancy, John
2844	3:40	Dodge, Tim
1576	4:04	Favreau, Robin
2434	3:44	Flanigan, John
2032	4:04	Foss, Tom
	4:36	Garcia, Sheridan
	4:45	Haas, William
	4:34	Hartman, Bob
	4:10	Knoblauch, Tom
2856	3:52	Kraychy, Jim
	3:40	Memelink, Chris
	4:04	Miller, Bob
1140	4:48	Noris, Peter
	4:04	Oehmen, Amy
2299	4:04	Phelps, Val
	3:44	Prendergast, Michael
2712	5:13	Quince, Devin
	3:40	Rudolph, Steve
	3:57	Snavey, Henry
	5:08	Walker, Charles

Results: April 10th Populaire: Winter Weather Nixes Populaire

122km: Horsetooth, Ft. Collins, Windsor

Balmy weather into the 70's on Friday bore no resemblance to Sunday's wintry blast--a foot or more of heavy, wet snow blowing in a blizzard--near white-out conditions!

Peter Noris e-mailed ostensibly from the ride start asking where everybody was - what a randonneur!

Upcoming Brevets and Special Events

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 Prairie. 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. Lights required. Sign in 4AM; Depart 5AM.

6/11: 400K: Meet at the US-36 Superior Exit. This route climbs Lefthand Canyon, goes down St. Vrain, then heads up to Carter Lake and Horsetooth Reservoir. 14,000 ft. vertical! Lights required. Sign in 3AM; Depart 4 AM. Pre-registration required by June 5.

6/11: 1000K: Does the same route as the 400K, but heads east to Ft. Morgan, and ending with a climb up Big Thompson Canyon. Lights required. Sign in 3:30AM; Depart 4AM. Registration required by June 5. Event subject to cancellation.

To register for brevets, or to ask any questions, contact John Lee Ellis at 303-604-1163.

Border-to-Border Tour!

by Vernon Smith

We are seeking serious long-distance cyclists for this eight-day (8 riding days, no days off) 1,200 mile tour traveling a north-south oriented border-to-border loop through several classic portions of Colorado. At the north end the route reaches into Wyoming, and at the south end it dips into New Mexico, having a one-night stay in each neighboring state. The start-day was chosen to optimize your enjoyment by carefully placing the weekend in a low-traffic portion of the tour.

Itinerary includes: LOVELAND CO, Stove Prairie, Rustic, Cameron Pass, Walden, ENCAMPMENT WY, Medicine Bow Mountains, Bags WY, Craig, MEEKER, Rifle, Glenwood Springs, REDSTONE, McClure Pass, Sapinero, Montrose, OURAY, Red Mountain Pass, Silverton, Molas Divide, Coalbank Pass, Durango, Pagosa Spgs, CHAMA NM, Cumbres Pass, La Manga Pass, Antonito, Alamosa, Poncha Pass, BUENA VISTA, Leadville, Freemont Pass, Loveland Pass, Berthoud Pass, WINTER PARK, Granby, Grand Lake, Trail Ridge Road, Estes Park, Glen Haven, and Loveland. (All CAPS indicate overnight stays).

Daily distances are 185, 139, 100, 180, 183, 178, 126 and 120 miles. Cyclists who participate in events like PBP, BMB and PAC Tour may enjoy this stage type of event. One sag vehicle will be used. Contact Vernon Smith (719) 598-0363 or vmcsprings@hotmail.com for details. More information is also available at www.heartcycle.org.



Upcoming Club Rides

Note: see p. 2 for Brevets

Rides start at 7:45 AM, except for the 5/21 Pine Junction ride, which is at 8:15

Date	Start	Description	Miles	Starter
Saturday 5/7	Castle Rock	Castle Rock-Eastonville Century	62/97	Rick Melick (730-730-7322)
Sunday 5/8	Wiggins	Wiggins-Hillrose-Orchard Century	54/92	Barry Nash (303-758-2724)
Saturday 5/14	Boulder	Boulder-Ward Century	62/103	Sheridan Garcia (303-258-3565)
Sunday 5/15	Aurora	Aurora-Roggen Century	54/110	Brent Myers (303-523-3100)
Saturday 5/21	Pine Junction	Pine Junction Woodland Park Century	50/96	Rick Melick (303-730-7322)
Sunday 5/22	Exit 255	Exit 255-Briggsdale Century	61/109	Tom Foss (303-233-4972)
Saturday 5/28	Golden	Foothills Climb Fest	60/108	Volunteer Needed
Sunday 5/29	Northglenn	Northglenn-Greeley Century	47/95	Volunteer Needed
Saturday 6/4	Golden	Golen-St. Mary's Glacier Century	71/99	Sheridan Garcia (303-258-3565)
Sunday 6/5	Northglenn	Northglenn-Roggen Figure 8	43/103	Dan Shields (303-917-5076)

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.
Exit 255	The parking lot at the SW corner of the I-25/Exit 255 interchange.
Northglenn	The Wagon Road Park & Ride at 120 th and Huron (just west of I-25)
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)
Pine Junction	The parking lot on the NE corner of US 285 & County Road 126 (30 mi. SW of Denver)
Aurora	The Highway Department Parking lot on the south side of the Colfax & Tower road intersection

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).

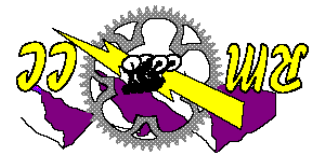
--Thursday is the "Erie Ride". It starts at 6:00 at Meadow Sweet Park in Erie. Contact Mike Prendergast (303-344-6326)

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. 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!

Please share your your stories or thoughts with the rest of the club by submitting a short article for the Chain Chatter! You don't have to be a professional writer to do so! Just contact Mark Michel at michel95@comcast.net with your ideas.

Advertisements

For Sale: Cannondale R500 58cm, fade paint, purple to blue. Used but well card for and in good condition. Full Ultegra 9sp. triple, Mavic Helium Wheelset. Incl. 2 red zippered carrying bags, Michelin Carbon 23-622 tires, Look A5.1 pedals. Wrench Force workstand with Park Tools toolkit: BK-1 Roll-Up Workstation. Spare tubes, tires & cleats. Extra tire pumps; Giro helmets (large); Profile aerobars; other misc. gadgets. \$500 for everything. Chuck Riggs thebicyclerider@comcast.net, 303-841-2976.

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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