



### Important Note on Tuesday Night Ride

The Tuesday Night Hill Climb now occurs only on the 2<sup>nd</sup> through the 4<sup>th</sup> (or 5<sup>th</sup>) Tuesdays of each month. There is no scheduled ride on the first Tuesday. See p. 3 for more info. about this ride.

### Cancellation

The Summer Contrail has been cancelled for 2005.

### Errata:

Chain Chatter has incorrectly been listing the exit 243 start location as the farm implements lot on the SE corner of this interchange. All rides at this location now start on the Conoco on the NE corner of the interchange. Do note that we are allowed to use the parking on the west side of the station only!

### Water Bottles:

Rick Melick has water bottles for sale. They are \$3 for one and \$5 for two. Those who have purchased them are reporting that these bottles make your drink taste much better.

### Club Meetings:

Meetings are held on the first Tuesday of each month at 7PM. We meet at the Denny's at 1605 Federal Boulevard.

### RMCC Online:

[www.rmccrides.com](http://www.rmccrides.com)

## The End of an Era: Aurora Ride Start Location to Change

From the very earliest days of the Rocky Mountain Cycling Club, we have started rides from the Colorado Department of Transportation parking lot at Colfax and Tower Road. Recently, however, a gate went up around the complex which prevented our access. While CDOT has been mum on the reason for this change, speculation is that it was to protect their engineers from the threat posed by Tom Foss.

The RMCC Board immediately began investigating other options. We thought we had found a solution with the Aurora Sports Park just to the east of where we used to meet, but we ended up having gate issues there as well.

Further discussion ensued about possible options. The newsletter editor suggested that we just replace the Aurora rides with more climbing rides, a solution the board rejected.

John Klever then headed out on his bike one nice day and scoured the area. Based on what he found, we concluded that the best option is the Park-n-Ride at 40<sup>th</sup> Avenue and Airport Road. This is a large lot with hundreds of spaces to accommodate our growing ridership.

To access this location, exit I-70 either at Chambers or Airport Blvd and go north to 40<sup>th</sup>. The lot is to the west of Airport or the east of Chambers.

Please note that there are currently no services immediately adjacent to this lot. If you do need to buy some food/drink or use a restroom, you would want to swing up to 48<sup>th</sup> first, where there are a couple of options.

We look forward to seeing you at the new start point for the upcoming rides out to Prospect Valley!

## Results: April 17<sup>th</sup> 200K: First Arizona and New Mexico Brevet!

Balmy weather welcomed 10 riders—5 from Colorado and 5 from Arizona—on the first-ever Colorado Brevet Series event in Arizona and New Mexico!

The Arizona riders had warmed up the day before with a Reserve-to-Show Low 200km organized by Arizona RBA Susan Plonsky to make it logistically simpler for local riders and to double the fun, of course. For the Colorado contingent it was the first day of their 600-mile Spring Contrail tour through the White Mountains of Arizona and New Mexico. So both groups had a good excuse to settle back and ride comfortably!

Of course for the Arizona riders, this was a week before their Tombstone 600k, while for Coloradoans, it was three weeks before our first traditional 200k, in May.

A mild breeze pushed riders up the first hills through open, volcanic terrain, but then the headwinds took over for the climb up to the Alpine Divide (8,550

## Results: Colorado Front Range Fleche: Smoothest Fleche Yet?

Under fine, mild weather conditions, 2 flèche teams took to the field, one fewer than in 2004 but with the same number of riders, only crammed into two veteran teams.

The teams' routes were quite distinct in character. Team Prairie Dog once again reprised their Glen Haven scenic route, but with a twist (see below!). Team Falcon started in Falcon, east of Colorado Springs, and rode an almost exclusively deep Plains route through Limon, Last Chance, and Fort Morgan - they get the award for fewest trees, and most Last-Chance-type experience without actually riding the Last Chance 1200k.

For the Prairie Dogs the twist was that, for the first time ever, the Glen Haven store was open - it was the store's first day of the season - so a majority of Prairie Dogs enjoyed mouth-watering cinnamon rolls!

Once again, at the finish, Falcons and Prairie Dogs breakfasted at the Huckleberry Inn in Louisville (their common endpoint) though at separate, neighboring tables, to preserve distance between predator and prey.

We especially congratulate rookies to this offbeat event: Felix Gallo, Kerry Higgins, and Glen Werner. With this ride, Glen has now satisfied his final requirement for the prestigious Randonneur 5000 award from Paris!

### Team Prairie Dog - 225 Miles

818	Barday, Bob
153	Ellis, John Lee (captain)
796	Farnsworth, Rex
2643	Gallo, Felix
6	Henderson, Charlie

### Team Falcon - 240.1 Miles

1003	Higgins, Kerry
1800	Lewis, Norman
1503	Simmons, Eric (captain)
341	Werner, Glen

ft.). Fortunately, the scenery offered lots to take your mind off the winds and climbing.

Everyone rode congenially and had a fine time, successfully finding the information checkpoint on the Continental-Divide-bound Cruzville spur ("Apache RV Park").

RUSA#	Time	Rider	State
2848	9:40	Allen, Mike	AZ
818	10:30	Barday, Bob	CO
1762	9:00	Boethling, Fred	CO
153	8:29	Ellis, John Lee	CO
2751	8:24	Enfield, Mike	AZ
1238	9:20	Glasgow, David	AZ
991	10:00	Plonsky, Susan	AZ
1503	10:03	Simmons, Eric	CO
341	8:35	Werner, Glen	CO



### Results: April 23rd Populaire: Neither Wind Nor Snow!

*122km: Lefthand Canyon, Estes Park*

A great turnout of 21 riders were blessed by an absence of both chinook winds and spring snows as in years past, so we can declare success with this Populaire!

Once again, a big thanks to Carol Chaffee for leading these April populaires. Carol is fast enough to finish in time to meet and greet most every other finisher - an added plus!

RUSA#	Time	Rider
	6:03	Carlson, James
2855	4:38	Chaffee, Carol
	5:17	Clark, Drew
1471	5:39	Foley, Paul
	4:18	Gregory, Robin
	6:09	Hoff, Peter
	5:11	Howard, Mark
2866	5:50	Jeter, Lukas
	5:25	Kahler, Geoff
	4:18	Kalisch, Tim
	5:39	Liedtke, Brian
	4:57	Marquette, Brian
	4:20	McDonald, Sargent
	4:53	Michel, Mark
	4:59	Oehman, Amy
	4:20	Rudolph, Steve
	6:17	Russon, Rick
	6:17	Seidel, John
	5:15	Snively, Henry
	5:21	Zeisig, Theo

### Results: May 7<sup>th</sup> Brevet: Lushest 200K Yet?

*200km: Exit 243-Stove Prairie*

Lush green spring vistas - plus the odd shower, lightning bolt, and scudding cloudbank - welcomed 52 riders, including 2 who'd ridden our Arizona-NM 200k the previous month and our own Val Phelps, tapering after riding the Tombstone 600km a couple weeks earlier and making his way from his new Durango home to ride with us.

Former Florida RBA Peter Noris, the lone recumbent rider, did not let the stiff climbs stand in his way, but does recount creeping up the final half mile of the Stove Prairie climb accompanied by snow flurries. At this rate, he'll sail through the Cascade 1200k in June.

Have a look at the first-time 200k riders on our finishers list. For some, such as Dan Shields, who came from the DBTC/RMCC Pacerline Training Group, this was their longest distance ever! And on a challenging course, to boot.

In a perverse payback for veterans of a 90% headwind Rawhide 200k a few years back, riders enjoyed a great amount of tailwind - or at least not adverse winds - this go-round. And Stove Prairie veterans appreciated the new, smooth asphalt on the north face of the Stove Prairie climb - they didn't suffer any less, but made 1-2 mph better time in the process.

We thank all you riders, especially those such as Merle Baranczyk, Joellen Fonken, Eric Simmons and Val Phelps who came from a greater distance to ride with us!

RUSA#	Time	Rider
	8:36	Archambault, Ilka
410	8:11	Baranczyk, Merle
818	9:47	Barday, Robert
	8:36	Busch, Mike
	8:40	Carlson, James *
2855	7:12	Chaffee, Carol
2401	8:02	deRosset, William
2844	6:49	Dodge, Tim
	8:36	Eckart, Glen *
	8:32	Egelhoff, Martin *
	8:05	Ellis, John Lee
1927	8:48	Elmblad, John
	8:32	Emme, Siegfried *
796	8:52	Farnsworth, Rex
2434	7:02	Flanigan, John
1471	7:29	Foley, Paul
	8:11	Fonken, Joellen *
2643	8:11	Gallo, Felix
2207	12:10	Gillespie, Michael
	7:29	Hallam, Eric
6	8:52	Henderson, Charlie
	8:48	Hiebert, Doug
	10:4	Hoff, Peter *
2313	7:02	Howe, James
2866	8:19	Jeter, Lukas
	6:37	Kalisch, Tim
	9:47	Kestner, Marcia
	8:24	Knoblauch, Tom
1635	7:52	Kroonenberg, Stuart
2708	8:20	Leinhart, Larry *
1800	8:24	Lewis, Norman
	9:23	Long, Beth
	6:37	McDonald, Sargent
	8:00	Michel, Mark *
	7:29	Miller, Robert
	9:23	Myers, Brent
	7:52	Nansel, Alan
1140	8:37	Noris, Peter
	8:00	Odorizzi, Greg *
2299	8:52	Phelps, Val
	8:42	Pogorelz, Robert
	6:37	Rudolph, Steve *
	9:28	Shields, Daniel *
	7:19	Simmons, Alan
1503	9:06	Simmons, Eric
1842	7:29	Smith, Vernon
	8:17	Snively, Henry *
	8:20	Valdez, Michael *
341	9:47	Werner, Glen
	8:32	Whitley, Robert *
2993	8:11	Wiss, Dick *
	8:05	Zeisig, Theo

(\* indicates first brevet)

### Submissions Wanted!

Please share your your stories or thoughts with the rest of the club by submitting a short article for the Chain Chatter! Just contact Mark Michel at [michel95@comcast.net](mailto:michel95@comcast.net) with your ideas.



## Upcoming Club Rides

### Rides start at 7:45 AM

Date	Start	Description	Miles	Starter
Saturday 6/4	Golden	Golden-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)
Saturday 6/11	Boulder	Boulder-Peak to Peak-Golden Gate	41/99	Sheridan Garcia (303-258-3565)
Sunday 6/12	Aurora	Aurora-Prospect Valley	70/96	Nancy Parker (303-969-9094)
Saturday 6/18	Copper	Copper Triangle	69/100	Sheridan Garcia (303-258-3565)
Sunday 6/19	Exit 243	Exit 243-Horsetooth Reservoir Loop	43/99	Carol Chaffee (303-921-8884)
Saturday 6/25	Rooney	Rooney-Echo Lake-Evergreen	41/92	Sheridan Garcia (303-258-3565)
Sunday 6/26	Aurora	Aurora-Roggen Century	67/110	<b>Volunteer Needed</b>
Saturday 7/2	Lyons	Lyons-Trail Ridge Road	47/110	<b>Volunteer Needed</b>
Sunday 7/3	Boulder	Boulder-Hygiene-Berthoud	48/70	Sheridan Garcia (303-258-3565)

### Location Key:

Boulder	The far west lot at the East Boulder Community Center on 55 <sup>th</sup> Street near the US-36/Table Mesa exit.
Exit 243	The Conoco on the northeast corner of the I-25 Exit 243 interchange. Use the west side parking only.
Aurora	The Park-n-Ride at 40 <sup>th</sup> Avenue and Airport Blvd., ½ mile north of I-70
Golden	The parking lot at Parfet Park at 10 <sup>th</sup> & Jackson.
Northglenn	The Wagon Road Park & Ride at 120 <sup>th</sup> and Huron (just west of I-25)
Rooney	The Green Mountain trailhead parking 2 miles south of Colfax on Rooney Road
Lyons	The Park and Ride and 4 <sup>th</sup> & Broadway in downtown Lyons.
Copper	The service station at the interchange of I-70 & Hwy. 91. After exiting I-70, it is your first left

### Weekly rides:

The RMCC offers three weeknight rides 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). *Note:* This ride does not happen on the first Tuesday of each month.
- 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.

## Upcoming Brevets and Populaires

**6/11: 400K/1000K:** 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! The 1000 will add in Ft. Morgan & Big Thompson. Lights required. Sign in 3AM; Depart 4 AM. Pre-registration required by June 5.

**6/18: 111K Populaire:** Copper Triangle + Turquoise Lake. Ride starts at 7:45 AM from the regular Copper Mountain start.

**6/25: 600K/1000K:** Meet at the US-36 Superior Exit. This route takes in St. Vrain Canyon, Estes Park, Big Thompson Canyon, and the plains out through Wellington & Windsor. 18,000 ft. vertical! Lights required. Sign in 3AM; depart 4AM. Pre-registration required by 6/19

**7/9: The Grand Loop 300K.** Meet at the normal Golden start point. Boulder, Trail Ridge, Berthoud Pass. Mile-for-mile, the toughest ride on the schedule. Lights required. Sign-in 2:30AM; depart 3AM. Pre-registration required by 6/15.

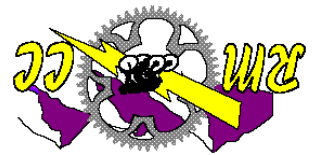
**7/16: 1000K:** Route and times the same as the 6/11 Brevet. Pre-registration required by 7/9.

To register for brevets, or to ask any questions, contact John Lee Ellis at 303-604-1163. Populaires are conducted in conjunction with regular club rides and do not require pre-registration. Contact Carol Chaffee at 303-921-8884 with any questions.

## Ride Starters!

Starting a ride is easy!! 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](http://rmccrides.com) and then contacting John Klever at [rmccwebmeister@msn.com](mailto:rmccwebmeister@msn.com) or 303-321-1265.

Rocky Mountain Cycling Club  
P.O. Box 201  
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## From the Editor: News, Notes, and Musings *by Mark Michel*

Don't forget that Bike to Work Day is June 22<sup>nd</sup>! For a long time, I always felt a little foolish telling my colleagues at work about all of the riding I was doing, but then I never actually rode into work. For me, riding in is actually pretty easy (it's about 10 miles), so I finally started doing it a couple of times per week. It's fun and a good way to get more days of riding in!

It appears some laws affecting cyclists will soon be changing in Colordao. The Legislature approved HB 1218, sponsored by Republican Greg Brophy and Democrat Ron Tupa this past session. It awaits the Governor's signature. The law would make three changes in Colordao law—changes which bring the law more into line with existing practice and with most other states.

First, it allows for signaling a right turn with your right arm extended instead of your left arm at a 90 degree angle. This is something most of us do anyhow.

Secondly, it make it legal for cyclists to ride through a crosswalk when they have the walk signal/green light. This, of course, doesn't affect us on RMCC rides since we don't use bike paths, but it does affect the many of us in the club who commute by bike. At least if you get hit by a car when going through a crosswalk while using a trail, at least you won't automatically get the ticket anymore, which has been the existing rule in Colorado.

Lastly, current Colorado law only allows for two-abreast riding when no vehicles are approaching within 300 feet in either direction. The new rule allows two-abreast riding when it would “not impede the normal and reasonable movement of traffic.” As with the

other changes, this doesn't necessarily have a huge impact on way one would ride, as the new law basically follows what most safe cyclists do in groups currently. As with the crosswalk rule, however, the real benefit of the new rule comes when assessing liability in an accident with a motorist—riders riding next to each other will no longer be automatically at fault, which is good to know if you are facing significant medical costs.

To learn more, and to confirm that the bill is actually signed into law, check out the Bicycle Colorado website at [www.bicyclecolo.org](http://www.bicyclecolo.org). Consider joining them while you're at at.

That all raises an important point about us as a club. The RMCC does not engage in lobbying and cycling advocacy. The people on the board are experts at designing great rides, conditioning, and the like. So, we focus solely on running rides and returning benefits to club members from our excellent sponsors. We leave the political work up to those who are actually skilled at that. The club does support Bicycle Colorado financially, and encourages you to do the same. The RMCC, however, is focused solely on actual riding.

Last Saturday, the club ride was the Pine Junction-Woodland Park century, which is generally accepted as one of the most difficult non-brevet rides that we do. It's one of my favorites. For the last 25 miles back from Deckers, I decided to push it as hard as I could. By the time I got back to the car, I could not turn another pedal stroke. That is actually a good feeling—to know you've given everything you have to offer to a ride. Generally, I don't worry a lot about how quickly I finish a ride—I do some quickly and some rather slowly, depending on who I'm riding with and what I feel like. But it is fun to really work at a ride now and then. And that's another thing I love about our club—we have plenty of rides that allow you to do that. Happy riding!