

**A Big Thanks...**

to Rick Melick for all of his work on the club jersey! The new design looks great. The club did purchase extras—if you meant to order one but did not, just talk to Rick.

Errata:

Last month's Chain Chatter incorrectly said that the new Aurora ride start location was west of Airport Blvd. It is east of Airport, at 40th and Salida Street.

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

Traffic: Driving You Crazy or Something you Can Get Along With?

by John Lee Ellis and Mark Michel

We are pretty fortunate, cycling in a relatively positive and supportive atmosphere, and with generally good road provisions (although some Front Range counties are better than others). As population and development increase, cyclists need to work to keep it that way. Dealing with traffic can be stressful and anger-inducing for new cyclists. As people start doing longer rides, they need to be able to deal with these challenges in a productive way if that are to continue having fun. Many riders in our club do many thousands of miles per year and rarely seem to complain about motorists. Here are some practices that they have found useful.

Distinguish Your Audience: There is an entire range of motorist attitude, from those that are extremely forbearant in the face the obnoxious rider, to those that who are primed to look for trouble. In the middle are folks who do their best, but are on the road to get somewhere, and may get ticked off by what they view as road-hogging cyclists. As such, a good place to start is simply to make a good impression. It may not immediately help you, but it will probably help the riders a mile or so down the road if we haven't made people angry.

Be Aware: Look around while you are riding. While it is easy to converse on an empty country road, those situations are the exception more than the rule. On most roads, there is a lot of information to take in, from road conditions, to potential traffic hazards up ahead, to what is coming up behind. As riders become more experienced, they take in a process a lot of information instinctively. If you are still getting into riding, you will need to be more conscious about it (e.g. "There's a blind intersection up ahead, so a motorist might not see me.").

One choice to make is whether to use a mirror. Many riders can hear, and even just sense, vehicles coming from behind—being on a bicycle isn't as isolating as a car is in that way. However, if you find that you are frequently surprised by cars coming up behind you, a mirror would probably be a good investment. If you do buy one, be sure to use it! You will see experienced riders who do and who don't use one—choose based on what works for you.

Use, don't hog, the road: Beginning cyclists often make the mistake of riding two inches from the right side of the road. They then find that

Results: June 11th 1000K: Coolest, Most Aquatic 1000K ever?

1000km: Lefthand-Fort Morgan-Big Thompson

Lush green vistas - as well as the 400k breveteurs - accompanied 3 starters on the first segment of their 1000k. Alas, on the middle (plains-oriented) loop, the accompaniment was drenching, blowing, tumultuous thunderstorms! Hefty downslope winds blew the clouds away for the final stiff climb up Big Thompson, and a brilliant day.

For Glen Werner this was his second Colorado 1000k in as many years. For Eric Simmons, it was his first, and cemented his hold on the prestigious Randonneur 5000 award from Paris!

RUSA#	Time	Rider
1503	64:09	Simmons, Eric
341	64:09	Werner, Glen

drivers pass them with about two inches to spare. Other riders take the opposite extreme—deciding to use the entire road pretty much as they please. This generates a lot of motorist anger—to say the least. Riders who use approximately two feet of a shoulderless road find that motorists will generally pass at a safe distance. But, you must be flexible. If you're doing 45 on a descent, you should take a lot more of the road; conversely, if you're on a narrow road with semis approaching rapidly from both directions, your best bet may be to get off the road entirely!

Act aware: One reason hand-held cellphone drivers affront people so much is that they are saying, "My attention is somewhere else," and "I do not acknowledge your existence." Being oblivious, or acting like it, does not send a positive signal - it is infuriating and dangerous behavior in motorists and cyclists alike. Use hand signals, look around, and make it look like you are paying attention.

Turn the other cheek: If you do a full-day ride, chances are you are going to get honked at or flipped off at least once. Get over it—you're still having more fun than they are!

Every time we ride, we can contribute to a good cumulative impression with subtle cues drawn from our behavior by acting aware, showing courtesy, acknowledging other road users, and acting like we do in fact belong on the road with them.



Results: May 21st 300K: Still Lush But Heating Up!

300km: Littleton-Black Forest

Still-lush green spring vistas continued to welcome 35 riders on the Black Forest 300k. But with Colorado Springs temps topping out at 90°F, hydration was the new watchword.

This was the least troublesome Black Forest 300k in recent years - no thunderstorms, no punishing winds, no ground frost outbound through Sedalia. But the heat and the absence of really helpful winds where riders have come to expect them led to a tough enough ride!

Amidst all of these moderate conditions, the one thing that seemed to catch most riders attention was the mile of rotograded hwy. 105 east of Monument.

As on the 200k, a number of riders were trying their first 300k, including Marty Egelhoff, Siegfried Emme, Eric Hallam, Peter Hoff, Greg Odorizzi, Henry Snavely, Rob Whitley and Dick Wiss. Congratulations to you all, on a course that is not a walk in the park!

We also welcome John Mazzola from northern New Mexico, and So. Arizona RBA Susan Plonsky from Casa Grande.

RUSA#	Time	Rider
410	13:02	Baranczyk, Merle
818	14:36	Barday, Robert
2844	10:39	Dodge, Tim
	15:57	Egelhoff, Martin *
153	12:05	Ellis, John Lee
1927	14:30	Elmblad, John
	13:17	Emme, Siegfried *
796	13:27	Farnsworth, Rex
1471	11:41	Foley, Paul
908	15:18	Fox, Mike
2643	12:05	Gallo, Felix
2207	14:04	Gillespie, Michael
	11:41	Hallam, Eric *
6	13:31	Henderson, Charles
	13:32	Hiebert, Doug
	14:30	Hoff, Peter *
2866	13:45	Jeter, Lukas
	10:28	Kalisch, Tim
	12:11	Knoblauch, Tom
	14:47	Long, Beth
3055	12:24	Mazzola, John
	10:28	McDonald, Sargent
	14:47	Myers, Brent
1140	15:55	Noris, Peter
	13:45	Odorizzi, Greg *
	13:17	Pogorelz, Robert
991	15:17	Plonsky, Susan
1842	11:41	Smith, Vernon
	12:22	Snavely, Henry *
341	12:58	Werner, Glen
	15:57	Whitley, Robert *
2993	12:49	Wiss, Dick *
	12:29	Zeisig, Theo *

*first 300K

Results: June 11th 400K: Cooling Down for a Sunny 400K

400km: Superior-Lefthand-St. Vrain-Horsetooth

Lush green vistas continued to persist, welcoming 29 riders on the Lefthand 400k. Riders headed off in the morning mist and ground fog, through air moist from recent rainfall. This was - to our unaccountably good fortune - a one-day window of sun and dryness after days of downpours. Cooler conditions (topping out in the low 70's) diminished storm chances, the only precipitation being a wave from the south towards evening.

Plummeting down St. Vrain Canyon, riders were treated to a friendly secret checkpoint at the base of the canyon, courtesy of John Hughes, Carol Garnand, and velo-racing luminary Victor Gallo. Thank you!

As on the 200k and 300k, a number (11 on this ride!) were trying their first 400k, including Ilka Archambault, Tim Dodge, Marty Egelhoff, Siegfried Emme, Larry Leinhart, Rob Lucas, Sargent McDonald, Alan Nansel, Rob Whitley, Dick Wiss, and Theo Zeisig. Congratulations to all!

Far-flung RMCCer's Val Phelps and Robin Favreau joined us, as did Susan Plonsky from Arizona.

RUSA#	Time	Rider
	18:49	Archambault, Ilka *
410	16:48	Baranczyk, Merle
2401	18:31	deRossett, William
2844	15:40	Dodge, Tim *
	21:12	Egelhoff, Martin *
153	16:48	Ellis, John Lee
1927	24:40	Elmblad, John
	17:38	Emme, Siegfried *
1576	18:31	Favreau, Robin
2434	16:48	Flanigan, John
	14:40	Fourney, Bob
908	24:40	Fox, Mike
2643	16:48	Gallo, Felix
2207	18:44	Gillespie, Michael
	18:31	Knoblauch, Tom
	16:48	Leinhart, Larry *
3083	16:48	Lucas, Rob *
	14:40	McDonald, Sargent *
	21:10	Nansel, Alan *
1140	20:45	Noris, Peter
2299	18:31	Phelps, Val
991	18:55	Plonsky, Susan
1842	16:48	Smith, Vernon
	21:10	Whitley, Robert *
2993	17:38	Wiss, Dick *
	17:38	Zeisig, Theo *

*First 400K



Upcoming Club Rides

Rides start at 7:45 AM. Exceptions: The 7/16 Mt. Evans ride starts at 7:15; the 7/23 Pine Junction Ride starts at 8:15.

Date	Start	Description	Miles	Starter
Saturday 7/2	Lyons	Lyons-Trail Ridge Road	47/110	Carol Chaffee (303-921-8884)
Sunday 7/3	Boulder	Boulder-Hygiene-Berthoud	48/70	Sherdian Garcia (303-258-3565)
Saturday 7/9	Exit 255	Exit 255-Rist Canyon Loop	57/83	Mark Michel (303-738-1958)
Sunday 7/10	Rooney	Rooney Road-Evergreen-Conifer	62	Tom Foss (303-233-4972)
Saturday 7/16	Idaho Spgs.	Idaho Springs-Mt. Evans	44/72	Sheridan Garcia (303-258-3565)
Sunday 7/17	Northglenn	Northglenn-Keensburg Century	67/106	Dan Shields (303-917-5076)
Saturday 7/23	Pine Junction	Pine Junction-Woodland Park Century	50/96	Mark Michel (303-738-1958)
Sunday 7/24	Northglenn	Northglenn-Hudson Figure 8 + Kennsburg	43/72	Dan Shields (303-917-5076)
Saturday 7/30	Littleton	Littleton-High Drive-Conifer	62	Tom Boyle (303-948-8947)
Sunday 7/31	Aurora	Aurora-Strasburg-88 th Avenue Loop	46/73	Brent Myers (303-523-3100)
Saturday 8/6	Bergen Park	Bergen Park-Mt. Evans	36/64	Tom Boyle (303-948-8947)
Sunday 8/7	Littleton	Littleton-Conifer-Evergreen	42/67	Dan Shields (303-917-5076)

Location Key:

Boulder	The far west lot at the East Boulder Community Center on 55 th Street near the US-36/Table Mesa exit
Aurora	The Park-n-Ride at 40 th Avenue and Airport Blvd., ½ mile north of I-70
Northglenn	The Wagon Road Park & Ride at 120 th 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 th & Broadway in downtown Lyons.
Exit 255	The Parking lot at the Southwest Corner of the I-25/Exit 255 interchange.
Idaho Springs	The lot across the street from the Forest Service building just south of the I-70/Hwy. 103 interchange
Pine Junction	The Parking lot at the northeast corner of the US-285/County Rd. 126 intersection in Pine Junction
Littleton	The northwest corner of the Park-n-Ride at the northwest corner of Santa Fe & Mineral
Bergen Park	The Park-n-Ride on the southeast corner of the Hwy. 74/County Rd. 66 intersection

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)

Upcoming Brevets and Populaires

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. Superior-Lefthand-St. Vrain-Ft. Morgan-Big Thompson. Lights required. Sign-in 3:30 AM; depart 4AM.. Pre-registration required by 7/9.

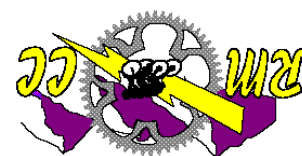
7/30: 200K. Castle Rock-Black Forest-Larkspur. Sign-in 6AM; depart 7AM (yes—the start time is earlier than usual for 200Ks).

8/6: 300K. The Joe Lookingbill Memorial Denver-Aspen 300K. Starts at the Mineral P&R. Lights required. Sign-in 3:30AM; depart 4AM. Pre-registration required by 7/31. *Note* that this is a point-to-point route.

8/20: 300K. Peak-to-Peak ride starting at the Superior P&R. Lights required. Sign in 3AM; depart 4AM. Pre-registration required by 8/13.

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.

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



Ride Starters!

Starting a ride is easy!! If you are planning on doing a ride anyhow, you may as well start it. All of the new people will think you're an expert. 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.

Writers Wanted

The Chain Chatter articles that are most enjoyed are those not written by me. As such, I need your help—please share your experiences, thoughts, or knowledge with the rest of us. Just contact Mark Michel at michel95@comcast.net with your article ideas!

Want Ads

For Sale: Steel Fuji Time Trial Bike. Fits Ride around 5' 7" to 5' 9". Call for measurements. Profile bars, aero brake levers, bar-end shifters. Shimano 600 group. \$400. Also available: Renn 575 disc wheel glued and ready to ride with Continental sprinter tire. Very low miles. \$350. Contact Tim at 303-956-7246.