

**Jerseys:**

If you've seen the new club jersey and wish you would have ordered one, the club did order some extras. Contact Rick Melick at 303-730-7322 for more info.

**Water Bottles:**

Rick Melick has official RMCC water bottles for sale. They are \$3 for one and \$5 for two.

**Club Meetings:**

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

**RMCC Online:**

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

### Results: The Grand Loop—Shirtsleeves at 12,000 Feet!

300km: Golden-Trail Ridge-Berthoud Pass

A balmy, dry day wafted 12 finishers (out of 17 starters) over the Continental Divide and back. The best biking of the day was definitely at altitude, as the Plains baked in the mid-90's. Wildflowers near and above timberline seemed in greater profusion than in recent years, no doubt due to our snowy, wet spring. They provided delightful distraction as riders toiled up beyond Rainbow Curve. Riders heard pikas, saw a marmot and some deer, and a raccoon window-shopping at 4am along Broadway in Boulder.

For a good half of the riders, this was their first Grand Loop, and for some of these, their first 300k! (See table to the left.) Always a challenging ride, this year's Grand Loop saw a 30% drop-out rate, higher than usual. Yet it also saw a new, sub-13-hour, course record, set by Tim Kalisch and Sargent MacDonald!

Bob Barday, fresh back from finishing the Cascade 1200, showed up and accompanied the peloton as far as Lyons. Charlie Henderson put in a strong performance piecewise, doing major climbing (and descending) taking time out from his organizational duties.

Thanks again to Wojciech, support vehicle driver, for his fine support, and most of all to Charlie Henderson for the event arrangements!

RUSA#	Time	Rider
	12:47	McDonald, Sargent *
	12:47	Kalisch, Tim
2855	13:20	Chaffee, Carol
	13:25	Erickson, Carl *
3107	14:02	Miller, Tim * §
3108	14:02	Shenk, Catherine * §
	15:08	Kaminsky, Jason * §
153	15:30	Ellis, John Lee
2993	15:47	Wiss, Dick *
	16:15	Emme, Siegfried *
	16:35	Werner, Glen
	16:40	Knoblauch, Tom

\* first Grand Loop  
§ first 300K

### Results: June 25<sup>th</sup> 600K—Quietest 600K ever!

600km: St. Vrain Canyon-Estes Park-Kersey

Lush green vistas left over from a moist June accompanied 14 riders (13 finishers) on a mild, dry ride. The showers of earlier June had departed and the 90's of the previous days had relented. Only a hefty wind on the Plains segment got riders attention, as they leaned and tacked into it on the way to Platteville.

Quietest 600k? No thunderstorms (traditional companion to the 600k), forest fires, or blowing tumbleweeds (or very few, at any rate), and even more side roads in place of highway miles.

Arizona RBA Susan Plonsky joined us for her third Colorado brevet this season, and RMCC expatriates Val Phelps and Robin Favreau finished off their Super-Randonneur series here, too. John Mazzola again came up from New Mexico, rode a convincing 400k first loop, but then had to hurry back on family business.

We missed Bob Barday, Merle Baranczyk, Tim Dodge, John Flanigan, and Peter Noris on this ride, as they were turning the pedals on the Cascade 1200 even as we were on the 600k.

With this finish, riders like Robert Pogorelz and rookie (but speedy!) breveteur Ray Rupel are now qualified for the Last Chance.

Finally, riders had Mike Fox to thank for the secret checkpoint at Glen Haven - replete with snacks and festooned with RUSA jerseys (not for sale!).

RUSA#	Time	Rider
	23:59	Fourney, Bob
2643	26:40	Gallo, Felix
	29:00	Rupel, Ray *
2207	31:30	Gillespie, Michael
1927	32:15	Elmblad, John
153	32:39	Ellis, John Lee
1576	33:00	Favreau, Robin
2299	33:15	Phelps, Val
	33:55	Pogorelz, Robert
2993	33:55	Wiss, Dick *
991	35:10	Plonsky, Susan
	38:20	Whitley, Robert *
	38:22	Egelhoff, Martin *

\*First 600K



## Results: July 16<sup>th</sup> 1000K—Most Comfortable 1000K Yet?

*1000km: Lefthand Canyon-Fort Morgan-Big Thompson*

Clear skies, moderating temps, and various forms of wildlife beckoned the 1-rider peloton on this July 1000k. Thanks to the solitary focus of Susan Plonsky, Casa Grande AZ RBA, this event boasted a 100% finishing rate, rare among this season's brevets!

Saturday the 16th was perfect weather (hot!) for the highest segment of the route, while Sunday and Monday moderated into the 80's, downright chilly for this Phoenix area rider. Susan managed to sight interesting wildlife each day, including a black bear crossing the Peak-to-Peak highway on the descent from Ward. Congratulations to the entire ridership!

RUSA#	Time	Rider
991	65:14	Plonsky, Susan

## Ride Review: Granby to Rand

One of the rides on our schedule that can cause some head scratching is the Granby to Rand via Willow Creek Pass ride that is always the first week of September. When I first joined the club several years back and saw that, I wondered why we would do a ride that starts so far from town? There are plenty of other mountain rides that are much closer.

This has become one of my favorite rides. It doesn't feature the hardest climbing (there isn't a huge amount of vertical on this ride), nor is there the most spectacular scenery like we have on, say, the Mt. Evans ride. The great feature of this ride is that it's quiet.

Aside from the Stove Prairie/Rist Canyon rides (which also feature a long drive!), we don't do any other climbing rides that are so quiet. You can comfortably ride two-abreast on this road without having to single up too often. This type of quiet ride is what riding in the mountains is supposed to be like! So, make the drive and join us for this ride on September 3<sup>rd</sup>!

## 2005 Ride For 65 Roses

The RMCC has been a supporter of the annual Ride for 65 Roses to Benefit the Cystic Fibrosis Foundation. This year's ride is on Saturday, September 17<sup>th</sup>, starting at Eldorado Artesian Springs facility at 1783 Dogwood Street in Louisville. The century ride starts at 7AM.

The century course takes in the backroads of Boulder County, including Louisville, Niwot, and Lefthand Canyon. Shorter options are available. To register or get more info., head over to [www.ridefor65roses.com](http://www.ridefor65roses.com).

## Book Review: Lance Armstrong's War

So, the guy's retired—who cares to read yet another book about Lance Armstrong? I picked up Daniel Coyle's book myself shortly before this year's Tour de France started. I thought it would be something good to read during the more boring sections this year's flat stages.

This book has much of the same premise as OLN's series, *The Lance Chronicles* did. That is, the author basically followed Armstrong around during the lead up and through the 2004 Tour. The installments of the OLN series all seemed to be the same—film a TV commercial, go for a ride, hang out with Cheryl. Repeat next week.

This book proved to be far more interesting than that. First, it provided a more detailed picture of the training regimen that Armstrong and the other riders underwent. Michele Ferrari, one of his coaches, focused intently on power-to-weight ratio. According to Ferrari, 6.7 is the magic number—if you aren't above that, you can't win the tour. That all kind of made me want to get a power meter to see what my ratio would be versus, say, Sargent McDonald or Tim Kalisch.

While Coyle never comes flat out and says it, in his

portrayal, Ferrari was much more important in the overall picture than Armstrong's other trainer and general TV personality, Chris Carmichael.

The most interesting, and slightly humorous, discussion about training was about being “on form.” Coyle writes, “Form is one of the more mysterious elements of bike racing. One does not get *in* form; rather, one tries to get *on* it, as one might walk across an ice-covered ridge, a visit made trickier by the fact that even the rider is never quite sure whether the edge begins... It is made possible by supercompensation, that physiological tendency of bodies under stress to protect themselves by getting stronger... up to a point. After that point... the body protects itself by shutting down.” The result is that riders before a TdF will be invincible on the bike, but get winded climbing a flight of stairs and become highly vulnerable to colds and disease.

Besides discussing Armstrong, Coyle also profiles a number of other riders, including Tyler Hamilton, Floyd Landis, Jan Ullrich, and Iban Mayo. The pictures he painted of these men were all fascinating. The common thread seemed to be the unlikelihood of these people being professional cyclists. Armstrong had cancer. Hamilton got into cycling after an accident interfered with his skiing career. Iban Mayo's legs were “ruined” in a 1997 auto accident. Endurance athletes that I know, whether they be cyclists, runners, or triathletes, all have interesting stories—these guys fit right in and even take it to another level.

In terms of writing style, Coyle hits the right note. There is no breathless, “here's-the-inside-view” tone to his writing. He is an outsider, and writes as one. The end result is that you learn more about elite bicycle racing here than in the other offerings out there. If you follow racing, and if you are still interested in reading about the now-retired Armstrong, this book is worth picking up.



### Upcoming Club Rides

**August Rides start at 7:45 AM. September rides start at 8:45 AM.**

Date	Start	Description	Miles	Starter
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)
Saturday 8/13	Ted's Place	Ted's Place-Stove Prairie Double Loop	56/87	Dan Shields (303-917-5076)
Sunday 8/14	Castle Rock	Castle Rock-Monument-Larkspur Loop	33/61	<b>Volunteer Needed</b>
Saturday 8/20	Lyons	Lyons-Glen Haven Century	73/90	<b>Volunteer Needed</b>
Sunday 8/21	Northglenn	Northglenn-Prospect Valley Century	52/106	Dan Shields (303-917-5076)
Saturday 8/27	Golden	Golden Gate Canyon Loop	38/58	Dan Shields (303-917-5076)
Sunday 8/28	Wiggins	Wiggins-Hillrose-Orchard Century	54/92	<b>Volunteer Needed</b>
Saturday 9/3	Granby	Granby-Rand return	42/64	Sheridan Garcia (303-258-3565)
Sunday 9/4	Boulder	Boulder-Ward return	46/58	<b>Volunteer Needed</b>

#### 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
Northglenn	The Wagon Road Park & Ride at 120 <sup>th</sup> and Huron (just west of I-25)
Lyons	The Park and Ride and 4 <sup>th</sup> & Broadway in downtown Lyons.
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
Castle Rock	Parking Lot between the Safeway and BigO Tires. 2 blocks SE of I-25/Exit 181. Note: park to south of BigO
Golden	The lot next to Parfet Park at 10 <sup>th</sup> and Jackson in Golden
Wiggins	Stubbs Gas Station at I-76 Exit 66A. 65 miles NE of Denver on I-76.
Granby	The wildlife viewing area at US 40/CO 125, 2 miles west of Granby
Ted's Place	The service station parking lot at the intersection of US 287 and Colo. 14 northwest of Ft. Collins.

#### 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

**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.

**9/13: 1200K/1000K:** Colorado Last Chance 1200km Randonnee. "Venture to Kansas" Boulder to Kansas and return, mostly on US 36. Lights required. Qualification required. Registration required by 8/24. Sign-in 2AM; depart 3AM. Starts at the Comfort Inn northwest of the US36/Superior Exit.

**9/16: 200K:** Last Chance 200K option. Byers-Kersey-Boulder. Sign-in 5AM; depart 6AM. Starts at the I-70/US 36 interchange in Byers. Registration required by 8/24.

**9/24: 200K:** Horsetooth & Beyond (Stove Prairie or Rawhide if weather is bad). Sign-in 7AM; depart 8AM. Meet at the Conoco at I-25 Exit 243.

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](http://rmccrides.com) and then contacting John Klever at [rmccwebmeister@msn.com](mailto: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](mailto:michel95@comcast.net) with your article ideas!

### Want Ads

**For Sale:** Freestanding bike storage column. Four bikes. Adjustable cradle arms with soft rubber. \$70. Call Alan at 303-693-3978.

**For Sale:** Thule Roof Rack System. Includes (4) 400 foot pack, (4) kit 2005 (VW Passat 1997-), (2) LB 50 load bars, (1) 555 fairing, (2) 589 Velo Vise Fork Mount, (2) 545 Front Wheel Holders, (8) Lock Cylinders. Check [www.thuleracks.com](http://www.thuleracks.com) for compatibility. Retail value over \$600. Excellent condition. \$325. Call Darrell at 303-470-8570.