



### 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:

The next Club meeting is on Tuesday, Sept. 6th at 7PM. We will meet at the Denny's at 1605 Federal Boulevard. This is our last meeting at Denny's! Starting in October, meetings will move to Monday and will be held at the downtown REI. Watch the website or next month's newsletter for final details on date and time.

### RMCC Online:

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

## Hardest Ever?

by John Hughes

On August 4 & 5 our clubmate Bob Fourney took fourth in the Round Czech Republic RAAM (Race Across America) qualifier. Afterwards Bob told me that it was the hardest race he's ever done. The race covers 1246 km (774 miles) with 11,500 M of climbing (38K ft). Bob finished in 54h 34m (14.2 mph), only 10 minutes out of third place.

Granted, that's a tough course - but Bob is a true ultra athlete, blessed with a very short memory! Last year Bob raced in Team RAAM as part of an HPV team that crossed in 5d 7h, averaging 23.14 mph. That's less than a mile/hour slower than the RAAM HPV record of 24.02 mph - which Bob helped set in 1989, in the first RAAM relay team event.

In between he won solo RAAM twice (1990 and 1991). Bob and RAAM legend Rob Kish are the only men to score back-to-back victories. In 1990 Bob crossed in 8 days 11 hours, averaging 14.40 mph, one of the top 10 fastest crossings!

In addition to racing speed and ultra determination, Bob loves an adventure. In 2002 he set a new winter trans-Alaska record, taking only 14 days 7 hours 40 minutes to ride from Anchorage to Nome. He spent several winters in Alaska training sled dogs for Joe Redington and ran several 200 and 300 mile Iditarod Qualifiers with sled dog teams as well as nine Iditasport runs.

In addition to his ultra racing prowess Bob is an active member of the RMCC. I've driven to ride planning meetings at Charlie Henderson's. Bob rides down - with lights - and then rides home.

Many of you know Bob from our brevets, as he does most of them. Last year he helped out a club member who'd forgotten his lights by loaning his spare light. He often rides the brevets in his fully faired recumbent—a bit slow on Left Hand canyon, but then he flies.

Our Last Chance 1200k was inspired by one of Bob's standard RAAM training rides. He'd ride to Kansas, take a nap under a tarp somewhere, and then ride home. We use the same route, out US 36, although most riders prefer to sleep in motel rooms. Ever the enthusiast, last year he came out to Kansas to cheer on the randonneurs.

Bob first started RAAM in 1986, before he was even 30! Twenty years later he's still racing and having adventures—an inspiration to all of us.

## Results: August 4<sup>th</sup> Denver to Aspen 300K: "Smooth Sailing!"

by John Lee Ellis

Generally fine weather welcomed 22 riders (and 21 finishers) to this year's Denver-Aspen. Two-thirds of the riders were first-timers, and did quite well! We were graced by some real out-of-townners, including Scott Guilfoil and Alan Sabo from Illinois, and John Stimpson from Alabama. Thanks for making the trip!

Unlike last year's hail inundation on Trout Creek Pass, the only precipitation reported this year was a shower on the west face of Independence Pass, catching only two riders - Catherine Shenk and John Stimpson.

Many thanks, again, to Charlie Henderson for leading the ride, including a couple hours ride from the start, then meeting the riders at the always hospitable Woody Creek Inn!

RUSA#	Time	Rider
	10:27	Thurston, Robin *
	10:42	Matteson, Tracy *
	11:16	Kalisch, Tim
	11:16	Loechell, Thor *
2313	11:20	Howe, James
2855	11:35	Chaffee, Carol
	11:46	Rosenthal, Harris
	11:46	Gregory, Robin
3108	12:35	Shenk, Catherine *
	12:35	Stimpson, John *
	13:18	Knoblauch, Tom
	13:20	Sabo, Alan *
	13:20	Schroeder, Jerome
	13:20	Mannsfeld, Boris *
	13:30	Guilfoil, Scott *
2993	13:52	Wiss, Dick
	14:00	Delfino, Darren *
3083	14:36	Lucas, Rob
	14:41	Marquette, Brian *
	14:45	Omland, Chris *
	16:44	Williams, Steven *

\* First Denver-Aspen!

## A Quick Note From the Editor

The fall is the most fun part of our club schedule, in my opinion. The rides are beautiful and the environment is pretty social. It's a great time of the year to invite your friends who are just getting into riding some longer distances (e.g. they may have just done their first century) to join us!



## Results: July 30<sup>th</sup> Black Forest 200K: Toastiest Black Forest 200K Yet!

by John Lee Ellis

None of the 21 starters (and 18 finishers) complained about the 7AM departure (an hour earlier than last year) on this Black Forest toastfest. The wise riders reflected upon and enjoyed the 7,000 ft. elevation of much of the route, diving into more sweltering climbs only at the finish.

This brevet engendered much discussion about proper hydration and salinization, but in general, folks did well and had great rides. Veterans reflected that they weren't drying out and warming up at the Black Forest VFD from chilling thunderstorms as on the 300k in May, 2000. Almost feels good to think about now, doesn't it?

Thank you to Charlie Henderson for leading this brevet, and for making the executive decision to bypass Larkspur and the ever-too-popular Renaissance Festival on the home stretch.

RUSA#	Time	Rider
	5:54	Rudolph, Steve
	5:54	Kalisch, Tim
2313	5:54	Howe, James
2855	6:17	Chaffee, Carol
	7:05	Snavelly, Henry
153	7:05	Ellis, John Lee
	7:05	Robertson, Catherine *
2993	7:09	Wiss, Dick
3083	7:25	Lucas, Rob
2866	7:57	Jeter, Lukas
	8:40	Myers, Brent
	8:40	Boyle, Tom
2032	8:40	Foss, Tom
2299	8:40	Phelps, Val
818	9:02	Barday, Robert
1003	9:02	Higgins, Kerry
6	9:02	Henderson, Charles
	10:02	Russon, Rick *

\* First 200k!

## Overhydration and Hyponatremia

by Lulu Weschler

(Ed. Note: Lulu Weschler is an ultracyclist who participated in the 1st International Exercise-Associated Hyponatremia Consensus Development Conference, Cape Town, South Africa 2005. Lulu is also an author of the Exercise-Induced Hyponatremia Consensus Statement, which is available at [www.cjsportmed.com](http://www.cjsportmed.com))

Overdrinking leading to hyponatremia is the suspected cause of the death of a young Washington D.C. policeman during a bicycle training program.

Every death, and every serious case of hyponatremia during or after exercise thus far reported has involved over-hydration. To be sure, you lose sodium during exercise, but by far the dominant factor in exercise-related hyponatremia is

over-hydration.

Hyponatremia means that when you divide the amount of sodium by the volume of blood plasma the number you get is too small. This number is called plasma sodium concentration. (Hypo means too small; -natremia means sodium status.) Theoretically, there are two ways to make this number too small: by decreasing the amount of sodium or by increasing the volume of fluid. Thus far, in symptomatic exercise-related hyponatremia cases, the increased volume of fluid caused the hyponatremia, not the amount of sodium being too small.

Note that over-hydration all by itself (regardless of whether or not sodium is "washed out") can cause hyponatremia by diluting the sodium. When the dilute blood gets to the brain, water seeps into brain cells and causes swelling. In hyponatremia deaths, brain swelling is the killer.

Overhydration can happen not only when you grossly overdrink, but also when you are moderately overdrinking, and for reasons that we are just now beginning to understand, retaining the overload that you would urinate at rest. Overdrinking a sports drink with electrolytes can cause overhydration and hyponatremia, because a sports drink has a much lower concentration of sodium than blood.

Therefore, take seriously any sign that you are putting on water weight during a ride. Weighing yourself before and after a ride is a good way to sort out your hydration needs. You should never finish with a weight higher than when you started. Other signs of over-hydration include evidence of bloating: puffiness in the hands or feet (at the sock line, watch, rings) or short line, "boggy" feeling flesh at the ankles, headache (especially noticeable when you ride on a bumpy road), looking like and/or feeling like the Michelin Man.

Since it is the brain swelling that kills, signs of weight gain plus any change in mental status (confusion, memory loss, disorientation) or any neurological symptom (incoordination, speech slurring) give a presumptive diagnosis of hyponatremia and represent a dire medical emergency. One other warning sign: nausea and vomiting are very often seen early in the development of hyponatremia.

What to do? Stop drinking. What you want is for urination to dump the fluid overload. Ingesting some concentrated salt could help get urination started. The recipe used by the Medical Staff at the Boston Marathon uses concentrated bouillon, one bouillon cube per ounce of water. This is the one exception to the no-drinking rule: use a very small amount of water as a delivery vehicle for salt. Other remedies include V-8 or tomato juice to which salt is added. Improvise ways to get some salt in. Then wait eagerly for urination to start.

Do not drink any sports drink: the concentration of sodium in sports drinks is too low, and the additional fluid will make the water overload worse. Do not resume drinking until you are certain that you have gotten rid of the overload of water.

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## Upcoming Club Rides

September rides start at 8:45 AM; October rides start at 9:45 AM

Date	Start	Description	Miles	Starter
Saturday 9/3	Granby	Granby-Rand return	42/64	Sheridan Garcia (303-258-3565)
Sunday 9/4	Boulder	Boulder-Ward return	46/58	Jim Kraychy ( <a href="mailto:jkraychy@aol.com">jkraychy@aol.com</a> )
Saturday 9/10	Copper Mtn.	Copper Triangle Counterclockwise	41/78	Sheridan Garcia (303-258-3565)
Sunday 9/11	Littleton	Littleton-City View-Chatfield	58	Dan Shields (303-917-5076)
Saturday 9/17	Golden	Golden-Idaho Springs-Echo Lake	48/71	<b>Volunteer Needed</b>
Sunday 9/18	Northglenn	Northglenn-Hudson Figure 8+Keenesburg	41/78	Dan Shields (303-917-5176)
Saturday 9/24	Pine Junction	Pine Junction-Deckers & return	50	<b>Volunteer Needed</b>
Sunday 9/25	Golden	Golden-Evergreen-Soda Creek Loop	48/54	Tom Foss (303-233-4972)
Saturday 10/1	Lyons	Lyons-Raymond-Ward Loop	47	Carol Chaffee (303-921-8884)
Sunday 10/2	Boulder	Boulder-Apple Valley Loop	59/77	<b>Volunteer Needed</b>
Saturday 10/8	Exit 255	Exit 255-Rist Canyon Loop	38/85	<b>Volunteer Needed</b>
Sunday 10/9	Aurora	Aurora-Strasburg-88 <sup>th</sup> Ave.	46/75	<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
Golden	The lot next to Parfet Park at 10 <sup>th</sup> and Jackson in Golden
Granby	The wildlife viewing area at US 40/CO 125, 2 miles west of Granby
Copper Mtn.	The trailhead parking lot on the SE Corner of I-70 and Highway 91.
Pine Junction	The parking lot at the SE corner of the US 285/County 126 intersection, 30 miles SW of Denver
Exit 255	The parking lot on the SW corner of the I-25/Exit 255 interchange
Aurora	The NE Corner of the Park-n-Ride at 40 <sup>th</sup> and Salida St. (which is between Airport Rd. and Tower)

### Weekly rides:

The weeknight rides continue through the end of September, with the exception of the Wednesday night ride, which goes through October 5<sup>th</sup>.

- 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

**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.

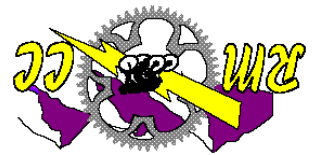
**9/16: 200K:** Last Chance 200K option. Byers-Kersey-Boulder. Sign-in 5AM; depart 6AM. Starts at the I-70/US 36 interchange in Byers. Registration required by 8/24.

**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.

**10/2: Populaire:** Boulder/Apple Valley Loop. Starts at 9:45 from the Boulder start point.

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!**

As we head into fall, we tend to have a harder time finding ride starters. So be a hero—volunteer to start ride! 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**

As we move into fall, the newsletter is no longer as filled with as many brevet results and the like, which means the editor needs more content! 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.