



Jerseys:

If you've seen the new club jersey and wish you would have ordered one, the club did order some extras. They are being sold on consignment at Turin Bicycles (7th and Lincoln). All sizes except medium are still available!

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 Monday October 10th at 7:00PM at the flagship REI downtown. We are in the small meeting room on the second floor. Going forward, our meetings are always on the second Monday of the month.

RMCC Online:

www.rmccrides.com

Never Summer Self-Support

by Sheridan Garcia

This was the third year for my three-day self support starting at Granby, encompassing 4 passes—Willow Springs, Muddy, Rabbit Ears and finally Gore. One good friend and dedicated RMCC rider, Dan Shields, faced the challenges and weather with me.

It was a splendid weekend, although it started off a bit frantic and unpredictable. I inadvertently showed up at the start location on Saturday without my seat post clamp, which was lost or left behind early that morning when I loaded my car at home. After securing a plumbing clamp purchased from Ace Hardware in Granby, we headed out.

The clamp and duct tape lasted to the top of Willow Springs Pass, slowly slipping down within 22 miles, leaving the remaining 32 miles to Walden to stand on my pedals or ride with my knees almost higher than my hips. Ouch! My aching knees!

Regardless of my handicap, we made good time to Walden, where I discovered the proprietor of the Chedsey Hotel, our nights lodging, is a machinist. He offered to make me a seat post clamp since every store in Walden was closed over Labor Day holiday except restaurants and a local grocery. We were invited into his workshop where he formed, cut, drilled and prepared a piece of galvanized steel secured with a high pressure blue bolt. I could then enjoy my evening meal in Walden and felt secure about the next days ride over Muddy and Rabbit Ears Passes.

The machined clamp held the saddle in position to the top of Rabbit Ears Pass. At mile 110, however, my seat had slipped down again!

Once in Steamboat Springs, we hurried to the Ski Haas, a local sporting goods and bike shop, where a bicycle mechanic secured the proper seat post clamp for \$7.50—what a relief!

The remainder of the tour on Monday was smooth sailing. We were in and out of our rain gear twice, briefly hailed on in Phippsburg, diverted by a cattle stampede in the lush open range of Gore, and delayed by a thunderstorm about one mile from the summit. Although always on the alert for the elusive beast, there was no Big Foot sighting at the third cattle guard...well, that's another story!

Results: September 24th 200K: "Mild and Autumnal!"

by John Lee Ellis

A mild, softly-lit day with touches of aspen gold in the canyons greeted 15 riders (all finishing!) for the 2005 season's final brevet. Accompanying for the initial miles were UMCA Managing Director John Hughes and PBP finisher and Iraq veteran Ben Staggs, already training up for PBP'07. It was very good to see Ben again after a long absence.

Out-of-towners included our friend Terry Zmrhal from the Seattle Randonneurs, UMCA Events Calendar chair and former records chair - sporting the only wool jersey in the bunch; and Mike Enfield from Mesa, AZ, for his third RMCC 200k this season, and clinching the ACP Super-Randonneur award with this ride.

As the peloton glided through Berthoud, a young lady of five or six waved and said: "Hi Bikers! I like to bike, too!" It reminded us why we do this - because we like to bike, too!

The semi-overcast conditions in the 50's and 60's were ideal for energetic biking, and a quartering tailwind late in the ride wafted riders home, in contrast to the blustery southerly winds last year.

This was the first brevet ever with only informational intermediate controls. This worked out well for the riders, as they could ride expeditiously and stop where they needed to. The final control, at Horsetooth Mountain Park, turned out to be a bit of a puzzler, though, and riders had to consult the park ranger.

With this the season's final brevet, and only one populaire remaining, we hope your season has been rewarding, full of challenges and growth, and has whetted your appetite for a great 2006.

RUSA#	Time	Rider
	6:22	Pasquini, Ron
2856	6:22	Kraychy, Jim
2313	6:22	Howe, James
	7:08	Snavey, Henry
	7:10	Emme, Siegfried
167	7:18	Zmrhal, Terry
153	7:37	Ellis, John Lee
	7:39	Knoblauch, Tom
2032	7:46	Foss, Tom
2751	7:51	Enfield, Mike
	8:03	Hoff, Peter
2866	8:11	Jeter, Lukas
1003	8:13	Higgins, Kerry
	9:46	Russon, Rick
	9:46	Shields, Dan



Results: August 20th Peak-to-Peak 300K: “Second Time's the Charm!”

by John Lee Ellis

The second annual Peak-to-Peak 300k saw 11 riders (and 10 finishers). After a fine, dry (and later, sunny) first part, enjoying the Peak-to-Peak highway from Coal Creek Pass to Devil's Gulch, many riders encountered showers later, but too late to dampen spirits.

Thanks to Carol Chaffee for leading this brevet in her typical high-spirited fashion!

RUSA#	Time	Rider
	11:42	McDonald, Sargent
	11:45	Kraychy, Jim
2855	11:45	Chaffee, Carol
	12:57	Odorizzi, Greg
	13:45	Knoblauch, Tom
2993	13:48	Wiss, Dick
2401	13:48	DeRosset, William
	13:48	Hoff, Peter
	14:44	Williams, Steven
	14:45	Zeisig, Theo

Winter Training

by Rick Russon

(Ed Note: Rick leads the soon-to-be-renamed Paceline Training Group, which is focused on helping riders moving up in distance and speed with a structured training program. For more interest, click on the link for “Paceline Training Group” on the RMCC homepage)

With the days getting shorter and cooler some of you may be tempted to put away your bike and start focusing on ski season. DON'T DO IT!!! Cycling is a great all-year sport and complements other winter activities.

When I look at my past cycling logs it appears that winter doesn't really arrive until February. It may snow earlier in the year than that but in a couple of days the roads and paths are usually clear again. Personally, I find that I can comfortably ride when temperatures dip as low as 40 degrees. The more fanatical cyclists will continue to ride even in 30 degree weather.

The colder weather is a great time to focus on endurance training. By riding slower you reduce the wind chill. And, once you find the right speed/clothing combination your body temperature stabilizes at a nice comfort zone and it seems you can ride forever. I like breathing in the cool, fresh air while my body stays toasty warm.

First consideration for winter riding is to invest in the proper cycling clothes. There are a lot of high-tech fabrics that keep you warm yet are thin so you don't feel like the Pillsbury dough boy. Right now most of the bike shops are having pre-season sales so you can pick up clothing at bargain prices.

As with any outdoor activity the key for dressing is to

layer. First layer should be some light thermal underwear. It is important to use the synthetic fabrics so that the moisture is wicked away from your body. For the next layer I like to wear my cycling shorts. The chamois provides the padding while also blocking the cold air. There is debate over whether to wear your long cycling pants over or under the shorts. I prefer to wear them over the shorts so I can remove the long pants if I get too hot.

For upper body there are a variety of tops. Your preference will depend upon your tolerance to the cold. A short jersey with removable arm warmers is good for cool weather. A full long-sleeve jersey can be worn for colder weather. And, finally, invest in a nice cycling shell. This is a lightweight jacket that blocks the wind and light precipitation yet allows moisture from sweating to escape. There are heavier 2-layer Gore-Tex parka style jackets—but if it is that cold I stay indoors riding the trainer by the fireplace!

I like to wear long wool socks. There is usually Velcro along the hem of the long cycling pants that creates a nice seal. Your normal cycling shoes are fine but you might want to get some windproof/waterproof booties to cover them. This will guard against cold feet and protect those expensive shoes.

You can wear head bands, scull caps, or a balaclava to keep your head warm. I like wearing glove liners with my regular riding gloves unless the weather gets very cold. Then I will switch over to the thick winter cycling gloves. Make sure to keep cream on your face and use lip balm. The cold air usually has lower humidity which can dry your skin and chap your lips. My nose will run sometimes so I take along some tissues. You can get a sunburn in winter so you should still use sunscreen.

It is easy to forget about hydration during the winter. The thermal underwear is so efficient at moving moisture away from your skin that you don't realize how much water you lose due to sweating. Also, you lose a lot of water through respiration in the dry air.

Now that you are taken care of we need to think about the bike. Some people have a bad weather bike. My bike has cheap hardware so a little dirt won't affect performance all that much. You will want to keep all moving parts well lubricated as the cold weather contracts metal and makes it fit tighter. Also, the lubricants will help repel moisture. Modern metals are of high quality and bearings are usually sealed so they can withstand some exposure to light dirt and moisture. It is the long term accumulation of sand and grit that will accelerate the wear on gears, chains, and bearings. I tend to clean my bike every ride or every other ride and haven't had any problems.

So have fun riding in the winter. It is refreshing change from the hot weather. It will help maintain your conditioning for the other winter sports and you will have a head start on your cycling training come next spring.



Upcoming Club Rides

October rides start at 9:45 AM; November rides start at 10:45 AM

Date	Start	Description	Miles	Starter
Saturday 10/8	Exit 255	Exit 255-Rist Canyon Loop	38/85	Jim Kraychy (303-684-9288)
Sunday 10/9	Aurora	Aurora-Strasburg-88 th Ave.	46/75	Tom Foss (303-233-4972)
Saturday 10/15	Littleton	Littleton-Deer Creek-High Drive	35/49	Rick Russon (303-229-5883)
Sunday 10/16	Northglenn	Northglenn-Barr Lake-Dacono	47/66	Dan Shields (303-917-5076)
Saturday 10/22	Larkspur	Larkspur-Monument-Black Forest	60	Volunteer Needed
Sunday 10/23	Northglenn	Northglenn-Broomfield-Morgul Loop	46	Dan Shields (303-917-5076)
Saturday 10/29	Rooney	Rooney Road-Deer Creek Canyon Loop	44	Tom Foss (303-233-4972)
Sunday 10/30	Exit 243	Exit 243-Carter Lake-Loveland Loop	45/58	Dan Shields (303-917-5076)
Saturday 11/5	Northglenn	Northglenn-Louisville-Erie	39	Dan Shields (303-917-5076)
Saturday 11/12	Aurora	Aurora-Bennett & Return	44	Volunteer Needed
Saturday 11/19	Littleton	Littleton-Ken Caryl-Chatfield	33	Volunteer Needed
Saturday 11/26	Boulder	Boulder-Morgul Loop	26/35	Devin Quince (720-840-4643)

Location Key:

Boulder	The far west lot at the East Boulder Community Center on 55 th Street near the US-36/Table Mesa exit
Northglenn	The Wagon Road Park & Ride at 120 th and Huron (just west of I-25)
Littleton	The northwest corner of the Park-n-Ride at the northwest corner of Santa Fe & Mineral
Exit 243	The west side of the parking lot at the Conoco at the northeast corner of the I-25/Highway 66 interchange.
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 th and Salida St. (which is between Airport Rd. and Tower)
Rooney	The Green Mountain trailhead parking on Rooney Road two miles south of Colfax

Show-and-go-rides:

Starting in November, there will be weekly "Show-and-go" rides on Sundays. These rides start at 10:45 from the Ken Caryl Park-n-Ride at Ken Caryl Ave. and Shaffer Parkway, just east of C-470. The rides are thirty to forty miles in length, with each week's route determined by the ride starter based on conditions. For more information, contact Tom Boyle (303-948-8947) or Rick Melick (303-730-7322).

In December, our longstanding Saturday show-and-go out of the Wagon Road Park-and-Ride (our usual Northglenn starting point) will start. These rides, which are generally 30-50 miles in length, have become quite popular. This is a great way to stay in some sense of cycling shape over the winter! As always, the meet time for these rides is 10:45. Contact Tom Foss (303-233-4972) with any questions.

Lastly, the Sunday fixed-gear rides will also be back. Please stay tuned to the newsletter and the website for the final details on start times, location, and contact info.

A Note on Weather:

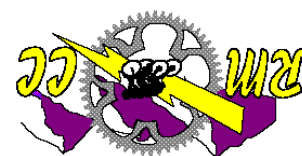
Rides are conducted in all weather, subject to the final decision of the ride starter at the starting point on the day of the ride. Rides are canceled if conditions are too dangerous. In the extremely rare instance that a ride is canceled ahead of time, you can check for this on the website. Otherwise, if you have volunteered to start a ride, do show up at the ride start on the day of the ride. Frequently conditions are bad in one area and okay in another.

Two Notes on Safety:

Wearing headphones while bicycling is unsafe and illegal. Headphones may not be worn on any RMCC rides. Besides, they interfere with the good conversation!

Unrelated to that, the Colorado State Patrol has a hotline for reporting reckless drivers. If a motorist engages in aggressive behavior while you are riding, simply call *277 from your phone to report them.

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



Ride Starters!

There are still a smattering of rides that need starters. Finish off the year strong—be a ride starter! 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

Please submit your articles, or even ideas for articles to the editor, Mark Michel. He can be reached at michel95@comcast.net. We have had many great articles by a variety of contributors over recent months—we would like to continue that!

Want Ads

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