

**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 (7<sup>th</sup> and Lincoln). All sizes except medium are still available! Also, Rick is ordering long sleeve jerseys for the winter and spring. They should be available sometime next month. Watch the website and this space for how to get yours!

**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 November 14<sup>th</sup> at 7:00PM at the flagship REI downtown. We are in the small meeting room on the third floor. Our meetings are always on the second Monday of the month. Thanks to REI for providing us this space!

**RMCC Online:**

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

## More Riders, Less Weather: The Last Chance 1200K

September 13, 2005

by John Lee Ellis

Nearly ideal conditions accompanied a record 32 Last Chance 1200k/1000k starters (and 29 finishers, a 90% finishing rate) on the fourth Colorado Last Chance. Ridership doubled from 2002 and 2004, bursting the seams of this year's new rider cap. As in years past, most came from far and wide (79% this year, 81% in 2004) to enjoy the prairie experience.

Local finishers included John Lee Ellis, Tom Knoblauch, Peter Noris, Robert Pogorelz, and Ray Rupel.

In addition Robert Pogorelz (CO), Paul Rozelle (OH), Ray Rupel (CO), and Mike Sturgill (AZ) qualified for RAAM by way of the Last Chance, all of them riding without support, or at times comfy accommodations, as when Ray Rupel and Mike Sturgill snoozed on a concrete slab in Anton, CO.

For 1000k riders Peter Noris, Tom Rosenbauer, and Chris Kaiser, this put the finishing touches on the prestigious Randonneur 5000 award from France. For Ken Bonner (riding his third Last Chance, and breaking his own course record), Dan Clinkinbeard, and Kevin Main, it was their fourth 1200k for the year! For others, such as Karen Bataille, it was their first 1200k ever, and a good first time out to boot.

After a chilly start, riders faced windy conditions heading to the Kansas line ... an improvement from VERY windy conditions in past years. A front passage overnight brought only a few showers, bestowing comfy highs the 80's, and actual tailwinds the second and third afternoons. As in 2004, the third night was chilly, dropping to 37 degrees by morning.

As always, a high degree of ridership and comradery shown through, while riders beamed at meeting "the friendliest people anywhere" in Kansas and Eastern Colorado.

A special thanks to the dedicated Last Chance staff: trail boss and Atwood bagdrop chief Charlie Henderson, starter and Byers bagdrop chief John Hughes, headquarters coordinator Patricia Heller, Tom Foss managing registration, and Catherine Shenk helping at the finish line.

Start thinking about Last Chance '06, same date, same place!

**Last Chance 1200K Results:**

RUSA#	Time	Rider
894	54:46	Bonner, Kenneth** ( BC, Can. )
1847	57:11	Sturgill, Michael * ( AZ )
2955	63:24	Rozelle, Paul * ( OH )
462	64:32	Weible, Jeff ( MO )
3112	64:42	Rupel, Ray * ( CO )
1009	66:10	Bol, Timothy ( FL )
	66:55	Pogorelz, Robert * ( CO )
1599	68:42	Kaiser, Kevin ( GA )
	71:30	Bouhuyzen, Henk ( ON, Can. )
41	74:00	Solanick, James ( FL )
	81:10	Knoblauch, Tom ( CO )
153	81:25	Ellis, John Lee ( CO )
1555	81:47	Wallace, Daniel ( FL )
2754	83:24	Miller, David ( OH )
1989	83:40	Klaassen, Spencer ( MO )
	83:41	Zimmer, Dean ( MB, Can. )
3086	83:41	Faust, Thomas ( MO )
60	83:53	Goode, Gerald ( AZ )
50	83:53	Main, Kevin ( CA )
679	86:34	Himschoot, Ron ( WA )
1837	87:00	Clinkinbeard, Dan ( MO )
991	87:00	Plonsky, Susan ( AZ )
2741	87:00	Bataille, Karen ( MO )
2318	87:02	Kehr, Jim ( CA )
	89:25	Burns, Rowan ( Tas, Aus. )
	89:25	Barach, Charlene ( AB, Can. )
3067	dnf	Ingold, John ( AK )
341	dnf	Werner, Glen ( CO )
934	dnf	Jones, Tim ( CA )

\*RAAM Qualified

\*\*Course Record

**1000K Results:**

RUSA#	Time	Rider
1742	57:36	Kaiser, Christopher ( GA )
2250	66:25	Rosenbauer, Tom ( PA )
1140	70:51	Noris, Peter ( CO )

**200K Results:**

RUSA#	Time	Rider
1742	11:59	Kaiser, Christopher ( GA )
1610	12:03	Stern, Paul (200K) ( MI )



### Results: October 2<sup>nd</sup> Populaire: “Record Warmth and a Mountain Thrown In!”

*by John Lee Ellis*

The final randonn  e of the year saw 88 degree temps, plenty of sun, plenty of wind, and a smattering of fall colors on the Plains. Road construction in Lyons nixed the spur up Apple Valley, the linchpin of the ride, so riders instead climbed the Rabbit Mountain road.

Thanks especially to ride leader Carol Chaffee, taking a break between setting a new UMCA Colorado border-to-border record the week before, and winning Furnace Creek 508 one week later!

RUSA#	Time	Rider
2856	4:03	Kraychy, Jim
	4:03	Rudolph, Steve
	4:08	Newton, Gerry
	4:21	Zeisig, Theo
153	4:34	Ellis, John Lee
	4:34	Kolm, Christopher
2032	4:35	Foss, Tom
1140	4:37	Noris, Peter
	4:50	McDonald, Sargent
	5:08	Snavely, Henry
	5:34	Knoblauch, Tom
	5:51	Garcia, Sheridan
2712	6:12	Quince, Devin
	6:12	Quince, Heidi

### From the Editor: Looking Back

*by Mark Michel*

Although many of us ride through the winter, it is fair to say that we have reached the end of the season. Kind of a good time to look back at the season.

I've written here before that I'm not much a goal-setter when it comes to cycling. Many people in the club focus on specific rides and events that they want to do well at, whether it's their first century or an event like the Last Chance 1200K. In those cases, one can evaluate the season by the results achieved in those events.

For many of us, however, the “goals” are more amorphous. Perhaps it's just to get more miles in than last year. Or maybe it's to come back from injury. Another worthy goal is to annoy as many motorists as possible. I usually sum up my plans as “ride a bunch and have fun doing it.”

But, really, most people who sum up their goals as I do actually have more specific things in mind. I wanted to become better at flat rides. Since I joined the club several years ago, I basically just worked on my climbing since I enjoyed that and have a physique, or lack thereof, that works well for that.

However, I had gotten tired of just being no good at the rides out to Keensburg or Bennett. Plus, many rides that are

### Wanna Feel Better?

If one goes through our list of excellent club sponsors, she will find a lot of the expected ones—bike shops, check. Restaurants with high-carb menus, check. Then we have a few that stand out as being unique, or at least not completely obvious.

One such sponsor is Lisa Fuester, Certified Massage. Lisa has been in business in the area for thirteen years. Actually, many of her first clients back then were people from a cycling club. Her current clients currently span a broad range of people. The largest group are weekend warrior types (she is a rock climber herself), but she also works extensively with pregnant women as well as people recovering from injuries—many of which are sports related.

In talking with her, I inquired as to what the benefit of massage therapy is for a regular, healthy cyclist. The biggest benefit is simply improved circulation, which alleviates issues like cramping.

Interestingly, she pinpointed the area between the shoulder as a real problem for cyclists. When we put our weight on the handlebars, our shoulder blades push toward each other, making that area between them a shock absorber. If this is causing a problem, the pain actually doesn't appear there so much as it does in the wrists. So, if your wrists bother you, your problem may lie elsewhere!

Regardless, massage therapy can also be helpful in coming back from certain injuries, as tight muscles tend to limit recovery. Doctors do refer patients to her to speed recovery.

Lisa has clients that come on a regular basis (e.g. monthly); others come on a more frequent basis for a shorter period of time (e.g. those coming back from injury). She does offer a discount to RMCC members. She is located at 3110 South Wadsworth, #308, and can be reached by phone at 303-986-4410.

considered “climbing” rides, such as the Copper Triangle, actually have quite a bit of flat in them.

All in all, I was pretty happy with the results I achieved on this front. That's possibly not the most interesting bit of information I could have published, but I did learn a couple of more general things from that.

First is that it you sometimes have to temporarily sacrifice something you're already good at to get better at something else. Because I worked harder on the flatter portions of rides and let the climbs fall where the may (at least early in the season), it wasn't until August that I finally felt like I was climbing well.

Second was that getting better at those things I wasn't as good at did a lot to enhance my enjoyment of the sport overall. There's just a broader range of rides that I can have fun with than before, which takes me back to my real goal—to have fun!

So, as you start to think about next year, trying something new or taking a somewhat different approach to your training may be just what the doctor ordered.



## Upcoming Club Rides

**Rides start at 10:45 AM unless otherwise noted**

Date	Start	Description	Miles	Starter
Saturday 11/12	Aurora	Aurora-Bennett & Return	44	Dan Shields (720-989-4583)
Saturday 11/19	Littleton	Littleton-Ken Caryl-Chatfield	33	Rick Melick (303-730-7322)
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 <sup>th</sup> Street near the US-36/Table Mesa exit
Littleton	The northwest corner of the Park-n-Ride at the northwest corner of Santa Fe & Mineral
Aurora	The NE Corner of the Park-n-Ride at 40 <sup>th</sup> and Salida St. (which is between Airport Rd. and Tower)

### Show-and-go-rides:

Until regular Sunday rides resume, 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 and January, our longstanding Saturday show-and-go out of the Wagon Road Park-and-Ride (120<sup>th</sup> and Huron) will occur. 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 are back! These rides go out of Meadow Sweet Park (318 Wheat Berry Drive) in Erie. Please note that the meet time for these rides is **9:45AM**. Mike Prendergast will again be the ride starter. He can be reached at 303-344-6326.

### 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.

## News and Notes:

In case you missed it, the bike ban on the Central City Parkway has been lifted! A big thanks has to go out to Bicycle Colorado on this. They worked with area cycling clubs and advocacy groups to persuade the Central City Council to overturn the ban.

The Council originally closed the road to cyclists due to concern about a section of it with no shoulder (most of it has shoulders that are eight feet wide). The solution that was arrived at was to bypass the shoulderless section by using Virginia Canyon Road.

So, Central City is no longer a dead-end on your ride. In future years, we may consider adding this to the RMCC schedule. If you do ride it, let the board know your thoughts.

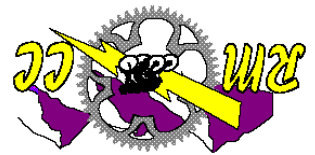
Additionally, results like these provide yet another

reason why you should join Bicycle Colorado. Be sure to check them out at [bicyclecolo.org](http://bicyclecolo.org).

The club's scheduling committee has been hard at work on next year's schedule. It will again feature a full slate of rides, brevets, and tours. The last few years featured some major changes to some of our routes; however, this hasn't proven to be as necessary this year.

The big improvement for next year that we will be doing a lot more to welcome newer riders to the club, especially working in conjunction with Rick Russon and the Intermediate Training Group. Stay tuned for more information on this. Do keep this in mind—hopefully this will make it easier to invite your friends to join us!

Rocky Mountain Cycling Club  
P.O. Box 201  
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### **Thank you Ride Starters!**

This we had a wide variety of people step up to lead rides. Some of you started one (which is really all we ask), some did a bunch. Regardless, this small bit of effort is critical to making sure the club is successful. So, thanks for your help!

### **Writers Wanted**

Please submit your articles, or even ideas for articles to the editor, Mark Michel. If you don't like his writing, you can make sure that there isn't room for such drivel by submitting your own thoughts, stories etc. He can be reached at [michel95@comcast.net](mailto:michel95@comcast.net).

### **Want Ads**

**For Sale:** 2004 Zipp 404 tubulars with Continental sprinter tires. very low miles, only used in a few races last season, never crashed. Very fast, very light wheels. Shimano 9 Speed but easily converted to campy. Must sell !!! Call Tim @ 303.956.7245