



### Jerseys:

If you've seen the new club jersey and wish you would have ordered one, you are not out of luck! Rick Melick has placed an order for long-sleeved jerseys (\$68) and arm warmers (\$26). They are currently available! Orders for these have been coming in fast, so contact Rick to get yours today: 303-730-7322.

### Aurora Rides:

Please note that the Aurora rides now start from the Wal\*Mart at I-70 and Tower. Meet at the northwest corner of the lot.

### Club Meetings:

Club meetings are held on the second Monday of the month at 6:30 at the flagship REI downtown. We are in the small meeting room on the third floor. All club members are welcome to come. Thanks to REI for providing us this space!

However, due to a scheduling conflict, the February meeting will not be at REI. Be sure to check out the website for the location of next month's meeting!

### RMCC Online:

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

## Announcing the 2006 Schedule

by Mark Michel

The 2006 club schedule is attached with your newsletter this month. This year's scheduling committee held a series of meetings at Tom Foss' house to put it together. Thanks to Tom for hosting and providing some excellent meals!

There are a number of important changes with this year's schedule. Perhaps the most significant is that we are designating a large number of rides during the year where one or more veteran riders in the club will make a special effort to ride with newcomers and newer members who are developing their skills. Those rides are flagged on the website with a "<<" and with an asterisk on the schedule page of the newsletter.

As you know, riding with the RMCC makes you into a much better rider—and quickly!

Unfortunately, that often means that newer riders who are just getting into riding longer distances get left behind. So, if you are new to the club, or if you have a friend you'd like to invite to join us, look out especially for those flagged rides. (Of course, anyone is welcome to join us at any time—newcomers are not excluded from the other rides!)

There are some changes to the schedule itself. Since the Sunday show-and-go rides in February have become so popular, it was decided to go ahead and schedule regular club rides on both Saturday and Sunday to allow more variety. Previously, scheduled Sunday rides didn't start until March.

There is the usual full schedule of brevets and populaires. With the growing popularity of these, John Ellis added two more to the plate this year. The North Park Ramble is a 1000K starting in Superior and taking in Steamboat Springs and Glenwood. There is also a 200K in the Durango area. A rumor is floating around (or at least it is now) that Val Phelps is offering free meals and deluxe accommodations to anyone who wants to comes down.

The Aurora start location is on the move again. We had some scheduling issues with the RTD lot that we have moved to (that lot is mostly for airport parking), so we had to find another location again. Fortunately, the Wal\*Mart at 3301 Tower Road was willing to accommodate us. Plus, it is a better place to start from route-wise anyhow. It is located just north of I-70 on Tower, and we meet at the northwest corner of the lot.

In terms of tours, the spring and summer Contrails are scheduled, along with the Memorial Day Grand Mesa tour. Check the schedule for registration information on those.

## All About Turin Bicycles

One of our longtime sponsors has been Turin Bicycles. The store has been run continuously by Alan Fine since it opened in 1971.

Alan started racing in the Chicago area in 1968, mostly doing track racing and criteriums. At that time, he was involved with the Turin shop in that area. In 1971, he decided to move out to Colorado to start a Colorado version of that store. Because the business has been successful, he no longer has as much as he would like to race or even train.

From its inception, the store has focused on the enthusiast market, people such as racers, touring cyclists and the like—they type of rider who joins the RMCC. Early on, the store was one of the few places to carry hard-to-get European and Asian products.

Currently, they sell a wide range of bicycles. Trek, Specialized, and Bianchi are their "main" lines, while doing custom frames from Waterford, Serotta, and others. They also sell many other lines—be sure to check out their website for more information.

Their service department is very experienced. The service manager has been there for 21 years, and many of their "regular" techs were actually service managers at other stores before coming to Turin. One service they offer that is not available elsewhere is frame repair—if you damage your steel frame somehow, Turin is the place to take it.

Turin is located at 7<sup>th</sup> and Lincoln in central Denver, and they are open seven days per week. For more information, see their website at [www.turinbikes.com](http://www.turinbikes.com), or you can call them at 303-837-1857. They give us a bunch of gift certificates that we give away at the start of rides each year—maybe you'll be lucky enough to win this year!

The group also made numerous other small changes to routes and also moved some rides around to get them at a better spot on the schedule.

On a personal note, this is the first year I've been involved in the scheduling process. It was interesting how this is actually a full year's worth of work, as notes are made about rides and the schedule all year in preparation for these meetings.

What that means for you is that your input is appreciated. That is, if you encounter problems on a course, or have a suggestion to better route us around a congested area, or a completely new ride we should do, please let one of the board members know.



### **A Special Word of Thanks...**

*by Val Phelps*

I would like to thank Charlie Henderson for being my mentor in ultra cycling. For years I was adamant about not riding more than one hundred miles. Charlie would patiently listen to my rants and then encourage me to seek higher goals. If not for Charlie, I never would have attempted more than a century. I have now completed two brevet series (completing a 200K, 300K, 400K and 600K in the same year) and this year I will attempt another brevet series as well as the Last Chance 1200k. Charlie has not only encouraged me but has given me invaluable advice. I would not be a randonneur if not for Charlie.

Charlie has not only helped me personally, but he (with the help of others) has made the Denver metro area one of the top ultra cycling areas in the United States. It would be difficult to find a more complete ultra cycling club than the Rocky Mountain Cycling Club anywhere. Charlie has spent an enormous amount of time and energy to make RMCC what it is today

When you see Charlie thank him for all he's done.

### **Some notes, especially for those who are new:**

#### **How do I start a ride? What is involved?**

At the beginning of each season, a lot of people start thinking about being a ride starter for the first time. If you have a ride you would like to start, Just contact John Klever at [rmccwebmeister@msn.com](mailto:rmccwebmeister@msn.com).

The ride starter is simply responsible for making sure that everyone signs in at the beginning of the ride, going over the route, conducting the random drawing (if there is one), welcoming new people who may come to the ride, and sending us on our way. Starting rides is the most important way you can help the club. If you are interested, be sure to check out the website for rides that need starters.

#### **A note on safety and the rules of the road**

As hopefully everyone knows, wearing helmets is required on our rides, use of headphones and iPods is banned, and you must follow the rules of the road. If you want to do dumb stuff on your own, feel free, but please be safe when riding with us!

#### **Want Ads**

If you'd like to place a want ad on the website and in the newsletter, please e-mail your information to John Klever at [rmccwebmeister@msn.com](mailto:rmccwebmeister@msn.com). The newsletter will only print ads from individuals. If you are interested in promoting your business, please contact Rick Melick about becoming a club sponsor!

### **Ride Report: 2006 New Year's Day Century**

*by Mark Michel*

If John Lee Ellis was writing this article, it would have been titled: "2006 New Year's Day Century: Warmest, Windiest Yet?" For this year's edition, we had another sunny, dry day and a great turnout.

There are always a few interesting things to observe right at the start, and this year was no exception. One couple was traveling across the country and heard about our ride. So, they stayed the Park-n-Ride lot overnight to join us for the ride! I didn't get a chance to talk to them, but I trust they had a good time.

We had a good mix of RMCC veterans and new folks. Brent and Beth, as usual, were on the tandem. As far as I know, they were still a couple at the end of the ride. Val and Robin made the trek up from Durango once again. Tim Kalisch did the ride on his fixed gear, which seemed like a good idea at the outset...

We rolled out of the Wagon Road Park-n-Ride shortly after eight-o'clock, with abundant sunshine and quickly rising temperatures. The ride was very pleasant to The Wall, through Superior and into Boulder.

Because chinook winds out the west were in the forecast, I rode off at a quick pace, or at least as quick as I could go for being out of shape, hoping to get to Lyons before the wind kicked up. I didn't make it. I hit the wind on the north side of Boulder at we approached US 36. On 36, it could not be described at a "good breeze"; it was flat out windy. I'm not sure about the other small riders, but I was having trouble keeping it upright at times!

But we safely made it Lyons (after completing the Apple Valley Loop), where the regroup point was. Then we had a long stretch going east into Weld County—all with a massive tailwind. Everyone had a great time on this stretch; well, everyone except Tim Kalisch on his fixed gear, as he couldn't cruise along like the rest of us.

We then made our familiar return trip—south on Weld County Road 19, then by the Riverdale Golf Course, and west on 128<sup>th</sup>. Fortunately, the headwind was not as bad as it could have been on the way back in. That stated, I still struggled on this part, paying the price for my hard effort at the outset. Thus completed the fourth edition of this ride.

When I first joined the RMCC a few years back, I wouldn't have thought of doing a century on New Year's. First, I made the mistaken assumption that the weather would never cooperated. However, it seems that winter weather is more of an obstacle to riding in March and April than it is in January. I also didn't have confidence in my conditioning to do the ride. As one becomes more accustomed to doing longer rides over the years, it becomes easier to show and do a century right off the bat, even if you haven't done a ride longer than 25 miles for the previous two months, as was the case for me this year.

In short, even though I'm not a big flat-ride kind of guy, I really look forward to this ride each year. I've got my calendar marked for the next one!



### Upcoming Club Rides (all rides start at 10:45 AM)

Date	Start	Description	Miles	Starter
Saturday 2/4	Littleton	Littleton-Ken Caryl Loop*	24/37	Christopher Kolm (303-972-6736)
Sunday 2/5	Boulder	Boulder-Morgul-Boulder Loop	24/39	Jim Kraychy (303-776-1906)
Saturday 2/11	Northglenn	Northglenn-Boulder Loop*	40	Dan Shields (720-989-4583)
Sunday 2/12	Aurora	Aurora-Bennett & return*	20/38	Charlie Henderson (303-972-8733)
Saturday 2/18	Littleton	Littleton-Turkey Creek Loop	22/40	Charlie Henderson (303-972-8733)
Sunday 2/19	Exit 243	Exit 243-Carter Lake-Loveland Loop	45/58	Jim Kraychy (303-776-1906)
Saturday 2/25	Castle Rock	Castle Rock-Palmer Lake Loop	33/47	Charlie Henderson (303-972-8733)
Sunday 2/26	Northglenn	Northglenn-DIA return	47	Dan Shields (720-989-4583)
Saturday 3/4	Littleton	Littleton-Deer Creek-Kittredge Loop*	43/56	Christopher Kolm (303-972-6736)
Sunday 3/5	Northglenn	Northglenn-Brighton-Dacono Loop	33/55	Dan Shields (720-989-4583)

\*indicates rides where one or more RMCC veteran members will accompany newcomers and members developing their skills.

#### 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)  
 Littleton The northwest corner of the Park-n-Ride at the northwest corner of Santa Fe & Mineral  
 Castle Rock Parking Lot between the Safeway and BigO Tires. 2 blocks SE of I-25/Exit 181. Note: park to south of BigO  
 Exit 243 The Conoco station on the northeast corner of the I-25/Hwy. 66 interchange (exit 243)  
 Aurora The northwest corner of the Wal\*Mart on Tower Road just north of I-70 (3301 North Tower Road).  
 Please note that this is a new location!

#### A Few Notes on Parking:

At the Boulder Community Center, please use the *far* west lot—i.e. do not park in front of the building. At the Aurora Wal\*Mart, use the northwest corner of the lot. At the Big-O Tire store in Castle Rock, we are only allowed to park to the south of the Big-O. We do not have permission to use the other parking at the shoppette. Lastly, at the Exit 243 Conoco, we are only allowed to use the lot to the west of the service station. Overflow parking uses the side street. As these are all places of business (public or private), please respect their wishes—we can only use those lots with their permission. Thanks for your help, and thanks to them for letting us use the space!

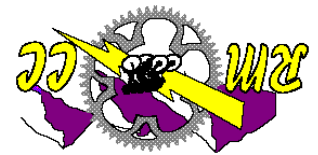
### Help Needed!

Philip and Vickie Baker have led our summertime Tuesday Night Hill Climb rides for the past few years. A big thanks goes out to them for doing this! However, their schedule doesn't allow them to do this in 2006. As such, we are looking for someone, or some combination of people, who would be willing to lead this ride. If you do this ride a lot, or are planning to, please consider volunteering to start it. Contact John Klever at [rmccwebmeister@rmccrides.com](mailto:rmccwebmeister@rmccrides.com) if you are interested.

### 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

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



### **Thanks to our 2006 Club Sponsors:**

The club has many sponsors and supporters. Be sure to patronize them—some offer us gift certificates that we give away at ride starts; others offer discounts to members—be sure to ask for yours:

REI – provides us with free meeting space for our monthly meetings

Vectra Bank – Pays for the cost of printing our annual schedules that we distribute in bike shops around town.

Basil Doc's Pizza – 25% off pizza.

Bike Source – 15% off selected items

Denver Spoke – 15% off

Lisa Fuester, Certified Massage Therapist

Handlebar & Grill – 25% off a two-person ticket

Mob Cyclery

Schwab Cycles – 10% off selected items

Sports Optical – 20% off

Turin Bicycles

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