



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.

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!

RMCC Online:

The newsletter editor strives to ensure that the information provided is accurate and up-to-date. However, things are always subject to change, so it's always a good idea to check for the latest on the website at www.rmccrides.com

My "Conversion" To New Technology

by Val Phelps

When I made the journey up to Denver for the New Year's Day Century, several people expressed surprise that I had a new bike. Many people had come to associate me with my red Waterford. Well, this is what happened.

After moving to Durango, Colorado, I found a store called Mountain Bike Specialists. They not only sell mountain bikes, they are a premier shop for road bikes as well. They have recently received fit training from Andy Pruitt from the Boulder Center for Sports Medicine and they asked me to be a "guinea pig" for their new fit system.

Fit styles change. For example, Pruitt recommends raising the handlebars not only to provide more comfort but also because it can increase power and efficiency. I decided to adopt their recommendations to determine if their "fit style" would work for me.

I can say without question my new position is more comfortable, more powerful, and more efficient. Since I've been cycling I've had lower back pain after every single ride. I no longer have any back pain whatsoever.

I've ridden lugged steel bikes since I began riding centuries in the late 1980's. I liked the way they looked and I preferred the road "feel" of a good steel bike. Also, my last two steel bikes were custom made specifically for me. I was aware that steel would be heavier than other materials, but all things considered, I felt it was the best overall material for me.

Mountain Bike Specialists sells Specialized bicycles as one of their premium bicycle lines. They suggested I consider the Specialized Roubaix as a bike that would be perfect for ultra cycling. It is a carbon fiber comfortable, performance bicycle. Ned Overend raced his Specialized Roubaix last year with great success, showing that it's more than just a typical "comfort" bike. I purchased the top-of-the-line Specialized S-Works Roubaix and I couldn't be happier. It's light, comfortable, stable, and it fits me perfectly.

I've been converted to "new technology" for both fit and bicycles. My only regret is I didn't consider "new technology" sooner.

From the Editor...

by Mark Michel

When Val Phelps sent the article on the left to me, I threatened not to print it. I told him that as a member of the "steel is real" camp, I could not in good conscience run an article promoting plastic bikes. However, I ultimately relented since I didn't have a better option for filling the space.

In all seriousness, Val's article does highlight something of broader importance. And that's that we all need to try something different now and then.

Many people in the club actually got into cycling as a way to make a lifestyle change—get off the couch and get in shape. On other hand, some of us have pretty much been doing it forever (I used to get in trouble as kid for riding my bike too far from home).

Despite that, I'm not on the only one who occasionally finds that riding starts getting boring. After all, I've long since lost count of how many times I ridden up Deer Creek Canyon. It's disappointing to see how many people basically give up on riding each year. "I've done Ride the Rockies a couple of times—that's enough of that."

Instead of discarding cycling, what we more likely need is to change our riding routines a little each year, or even midway through the season. That is something I've learned from watching people who've been in the club for a long time—people like Val.

At one time, Val was a "never more than 100 miles" rider. A few years back, he found new life by getting into brevet riding. Last season, I started doing more flat rides as a way to mix things up more. I'm still a climber at heart (and body type), but working at something that I historically haven't been good at not only has made me a better rider—it made last year more fun for me.

For some people, doing long miles and riding hard week after week ends up getting old.. What's might be fun at that point is to slow down, do the short ride now and then, meet new people, hang out at the regroup points and talk, and just have a good time in general.

One guaranteed way to make things fun again is to do what Val did--get a new bike with a different setup than what he was used to. Buying new bikes can be an expensive habit to get into (!), but it is a fun process.

Regardless, if you love riding and never want to find yourself in a position of being sick of it, be sure to make some changes each year, if only for the sake of change itself!



Long Distance Seminar

As usual, the club will be hosting a seminar this year on long-distance riding. It will be held at the flagship REI (downtown at 1416 Platte Street) on Tuesday, March 21st from 7:00 PM until 8:30.

The past couple of years, the program has targeted century rides and above. This year will be a little different. Because of the interest among many riders in training for the 2007 Paris-Brest-Paris, we will be focusing on brevet riding, and moving from doing a 200K to rides of 400K and above.

The speakers, including people such as Mike Fulton (the fastest American PBP finisher in 2003) and club president Charlie Henderson, have all completed multiple ultra-distance type events such as PBP. The goal is to help both the "average" randonneur and the elite rider be as successful as possible. Topics will include goal-setting, training, nutrition, planning, sleeping, and the pitfalls that one can encounter during and leading up to an event.

If you are are interested in doing longer distance events for the first time, or if you want to get better at them, you should plan to come. These seminars have always been well worth the time!

Route Change

For many years, the club has used the Willow Springs development as our way to get between US 285 and Deer Creek Canyon. On the positive side, the area featured quiet, rather scenic roads; on the downside, it was an easy place even for RMCC veterans to get lost.

Regardless, we can no longer use this route. The roads through this development are private, and the homeowners' association has asked the police to start ticketing cyclists for trespassing, which has actually happened to some of our members. Perhaps cyclists had started a crime wave in the area, riding off with residents' 50" TVs, or something like that.

Because they are not county roads, the HOA is well within its rights to do this. However, Bike Jeffco and all of the area's major cycling clubs, including the RMCC, are working with the Homeowners' Association to reverse the ban. Of particular concern to the HOA has been the fact that clubs have advertised this route on their websites. Hopefully an arrangement can be worked out where we can use the roads, but just not advertise the route.

Regardless, all of our routes that have used this route in the past are changing. When going south our route will take the same road under 285, but instead of making the right into the Willow Springs development, we will now proceed straight onto what becomes Bellevue. We will then pick up the C-470 trail and take that down to Ken Caryl, where we will go west and resume the normal route.

Weekly Rides

In April our regular slate of weekly rides will be resuming once again.

On Tuesday nights is the popular "Tuesday Night Hill Climb." This ride starts from our regular start point in Golden and goes up Lookout Mountain. This is a great ride to do if you want to work on our climbing. However, we are still looking for someone, or some group of people, to start this ride. If this is a ride you like to do anyhow, please volunteer to help start them so that the ride can continue. The start time has been 5:30 in the past, but it may be moved back to 6:00, depending upon the preference of the ride starter(s). Please check the website for details.

On Wednesday nights are the Handlebar & Grill rides. We meet at the northwest corner of the South High School parking lot and then do laps around Washington Park. This ride offers a varied pace, socialization, and it's easy for late arrivers to pick up with the group. If you hammered on the weekend ride and didn't get a chance to talk to anyone, this ride offers a good chance to experience a more social atmosphere. After the ride, we head over to the Handlebar & Grill for food and beverage. If the website doesn't answer your questions about this ride, contact Rick Melick at 303-730-7322.

The Thursday evening ride is an approximately 30 mile ride in the Erie area. The ride starts at 6:00 from Meadow Sweet Park in Erie. Detailed directions are available from various parts of the area on the website. Mike Prendergast is the ride starter. He can be reached at 303-344-6326.

Websites Worth Checking Out

There are a number of internet sites that are worth bookmarking for everyone.

The first, of course, is our own site at www.rmccrides.com. This not only has up-to-date club news and the ride schedule, but also has details on all of our special events, the Intermediate Training Group, and the Colorado Climbs database.

Bicycle Colorado is at www.bicyclecolo.org. This is the best place to go for important news that affects cyclists in the state. While you're there, be sure to join as well.

The Ultra Marathon Cycling Association is at www.ultracycling.com. They exist to promote long-distance cycling, but their site actually has lots of information that would be interesting to any RMCC members, including articles about training, nutrition, and equipment, as well as many book reviews.

For something a little different, check out ultrarob.blogspot.com. Rob Lucas is an RMCC member who is training for the Race Across America. It's a good site to check out if you're interested in following on a day-to-day basis what is required to do this event.



Upcoming Club Rides (March rides start at 10:45; April rides start at 8:45)

Date	Start	Description	Miles	Starter
Saturday 3/4*	Littleton	Littleton-Deer Creek-Kittredge Loop*	46/49	Rick Melick (303-730-7322)
Sunday 3/5	Northglenn	Northglenn-Brighton-Dacono Loop	35/57	Dan Shields (720-989-4583)
Saturday 3/11	Golden	Golden-Lookout Mountain-Bergen Park	29/45	Jim Kraychy (303-776-1906)
Sunday 3/12	Boulder	Boulder-Lyons-Niwot Loop	41/49	Jim Kraychy (303-776-1906)
Saturday 3/18*	Larkspur	Larkspur-Monument-Roller Coaster Loop	40/48	Rick Melick (303-730-7322)
Sunday 3/19*	Exit 255	Exit 255-Evans-Kersey Loop	40/58	Jim Kraychy (303-776-1906)
Saturday 3/25	Lyons	Lyons-Ward-Raymond Loop	30/47	Jim Kraychy (303-776-1906)
Sunday 3/26*	Exit 243	Exit 243-Carter Lake-Loveland Loop	45/58	Jim Kraychy (303-776-1906)
Saturday 4/1*	Rooney Rd.	Rooney Road-Paradise Hills-Bergen Park	39/47	Melody Gillespie (303-456-4841)
Sunday 4/2*	Northglenn	Northglenn-Erie-Brighton	45/74	Dan Shields (720-989-4853)

*indicates rides where one or more RMCC veteran members will make a special effort to accompany newcomers and members developing their skills.

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 lot to the west of the Conoco station on the northeast corner of the I-25/Hwy. 66 interchange (exit 243)
Exit 255	The parking lot at the southwest corner of the I-25/Exit 255 interchange about 46 miles north of Denver
Rooney Road	The Green Mountain trailhead parking on the east side of Rooney Road between Colfax and Morrison Rd.
Lyons	The Park-n-Ride at the corner of 4 th and Broadway in Lyons
Larkspur	The city parking lot on Spruce Mountain Road ¼ mile north of the main junction in Larkspur
Golden	The parking lot at Parfet Park at the corner of 10 th & Jackson in Golden

Daylight Savings Time:

Don't forget to set your clocks ahead ("spring forward") on the night before the Sunday 4/2 ride. It's no fun to start the ride an hour behind everyone else!

Things For Sale; Things Wanted; Help Needed!

For Sale: NiteRider Blowtorch HID headlamp system. 2005 model. New. Never used. \$275 or best offer.

Mavic Cosmos 700C wheelset. Used, but in good condition. \$175 OBO.

Sidi Genius 4 road shoes. Black Lorica. New and never worn. Size 44 (might be mega—label unclear). \$100 OBO.

(These items were all bought for my own use, but I no longer need them due to illness).

Contact Norm Lewis at 303-973-0419 or nflewis@mstar.net

Wanted: A pair of women's shoes, size 9½. Will be used for spinning class. SPD would be nice. Contact Paul Reed at 303-773-9500.

Home needed: Youth For Understanding is looking for a family who would be interesting in hosting an exchange student from Germany. Their student, Karl, will be in the United States from August through June 2007. Karl is an active cyclist, and is part of a team in Germany where he regularly participates in rides ranging from 30 to 80 miles. If you are interested in adding another cyclist to your family for the school year, please contact Jana Cobb at YFU. She can be reached at 800-872-0200 x269 or cobb@yfu.org.

Rocky Mountain Cycling Club
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