



NEW!

Our website has always been good, but thanks to some work by Rick Russon, it has just gotten better! You can now pay your membership dues (or join for the first time) and order RMCC jerseys online. Now you don't have to worry about misplacing your renewal or running out of stamps. Just go to the link for Membership or Jerseys, as appropriate.

Speaking of Jerseys:

Rick Melick is putting together a new jersey order for spring! By now, you've seen all of your friends with them, so order yours now! See page 3 for the order form, or order online at the RMCC website.

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!

Keeping it Interesting

by Karl Erickson

After reading the discussion in the March newsletter about changing one's routine from year to year or even during the season, I thought it might be useful, interesting, and even entertaining to share my experiences from last year.

Having just completed a major exam for engineering grad school, my real training started in early February, with an eye on the collegiate road season, which runs from late February through mid May for riders in the Rocky Mountain conference. Most of the collegiate races are criteriums, which was a bit of a disappointment for someone who really prefers a long road race. CU Boulder had strong squads in both the A and B categories, and good rivalries with Fort Lewis College and CSU, so even the short crits were fun. In early May, my occasional RMCC endurance training ride paid off, and a teammate and I took first and second from a three-man breakaway in the 50-mile conference championship road race.

With the collegiate road season over, I started looking for a new challenge to keep things interesting. I spotted an event on the RMCC website called "The Grand Loop", described as "Mile for mile, the toughest ride in the RMCC schedule." Having previously done one double century, and being one to never back down from a challenge, I decided to give it a try. After spending the bulk of my time training for 40 minute crits, what could go wrong? I didn't have a well-defined training plan, so I mostly just rode my steel singlespeed cyclocross bike on the bike paths and trails around Boulder, and attempted to ride my mountain bike to Winter Park but was stopped by snow on Rollins Pass.

Two weeks before The Grand Loop, a teammate from CU called me up and asked if I would be interested in racing at the velodrome in Colorado Springs. He showed me a video of the infamous T-town keirin and asked "Doesn't that make you want to race track?" My friend didn't have any other way to get to the velodrome, so I borrowed a track bike from another teammate; we loaded up my car, and headed off for our first day of track racing.

It was a blast! In fact, it was so much fun that the day after The Grand Loop (which I not only survived but even felt proud of) I borrowed the track bike again and headed down to the velodrome for more hammering. I didn't have much of a jump, but was able to help another CU teammate win each of the Cat. 4 events.

Following The Grand Loop, I had massive

2006: Best Brevet Season Yet?

by Mark Michel

At many of our ride starts, people begin talking about brevets—either ones past or ones upcoming. The question then arises, "What's a brevet?"

Basically, a brevet is a non-competitive, long-distance cycling event. The events generally range from 200K to 600K, but some are as long as 1200K. Riders follow a designated route and pass through various checkpoints, and must complete the course within certain time limits. The limits are designed to be challenging while still allowing the ride to be completed at a comfortable pace.

While they are timed events, brevets are not races, and there are no cash prizes. They are about personal goals and testing ones endurance. Unlike a race, riders generally cooperate with each other through a ride.

The Audax Club Parisien (ACP) is the global oversight body for these events. Randonneurs USA (RUSA) is the coordinating body in the US. In our area, the RMCC is the local club responsible for actually running them.

Our club also has "populares", which are shorter events (75 miles) designed to acquaint newcomers with this type of riding.

Back in the late 90s, the club only had a handful of these events; now we have over twenty. Last year, over 350 riders participated. If you haven't done one of them before, you should at least give some of the shorter ones a shot.

Be sure to check out the website for the 2005 results and for more information about the 2006 events. We have several new ones this year, including the Durango 200K (special thanks to Val) and a new 1000K "North Park Ramble." If you have any questions, please contact John Lee Ellis at 303-604-1163.

amounts of leftover fitness and a fresh case of "fixed gear fever." So, I checked the calendar and saw that collegiate track nationals were coming up at the end of September in Northbrook, Illinois. For the remainder of the summer, I rode my cyclocross bike on trails and paths twice a week, put in one or two road rides each week, and hammered on the track on Sunday afternoons.

Collegiate track nationals were an adventure, but probably a story for another time. The bottom line is, by changing up my focus a couple times during the season, my riding improved more than in any equivalent time period in the last couple years, and more importantly, I enjoyed being on the bike more than ever before.



**Upcoming Club Rides (April rides start at 8:45; May rides start at 7:45)
see below for Populaires and Brevets**

Date	Start	Description	Miles	Starter
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)
Saturday 4/8	Larkspur	Larkspur-Black Forest Loop	53/65	Rick Melick (303-730-7322)
Sunday 4/9	Northglenn	Northglenn Hudson Figure 8 + Kennsburg	44/74	Tom Foss (303-233-4972)
Saturday 4/15*	Littleton	Littleton-Evergreen-Chatfield Loop	32/91	Rick Melick (303-730-7322)
Sunday 4/16	Exit 255	Exit 255-Horsetooth-Windsor Loop	50/75	Charlie Henderson (303-972-8733)
Saturday 4/22	Golden	Golden Gate Canyon Loop	38/58	Melody Gillespie (303-456-4841)
Sunday 4/23*	Castle Rock	Castle Rock-Monument-Roller Coaster	45/81	Rick Melick (303-730-7322)
Saturday 4/29	Lyons	Lyons-Ward Estes Park Loop	47/75	Jim Kraychy (303-776-1906)
Sunday 4/30	Boulder	Boulder-Carter Lake Century	58/97	Jim Kraychy (303-776-1906)
Saturday 5/6	Rooney Rd.	Rooney Road-Conifer-Black Mountain	62	Diane Short (303-763-9874)
Sunday 5/7	Exit 243	Exit 243-Horsetooth Century	53/99	Jim Kraychy (303-776-1906)

*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
Castle Rock	The lot to the south of the Big-O Tires, 2 blocks SE of the I-25/Exit 181 interchange.

Populaires & Brevets (see page 1 for more information on what populaires and brevets are)

Note: Please arrive to these events early, as there is more administrative work than a regular ride with the time cards and longer routes.

- Sunday 4/9 at 8:45AM: 74 miles. Northglenn-Hudson Figure 8 + Kennesburg. Ride starts from our normal Northglenn start point.
- Sunday 4/16 at 8:45 AM: 75 miles. Exit 255-Horsetooth-Windsor Loop. Ride starts from our normal Exit 255 start location.
- Sunday 4/23 at 8:00 Pacific Time: 200K. Show-Low AZ to Globe. Run in connection with the RMCC Spring Contrail.
- Saturday 4/29 at 8:45 AM: 75 miles. Lyons-Ward-Estes Park Loop. Ride starts from our normal Lyons location.
- Saturday 5/6 at 8:00AM 200K. Horsetooth & Beyond. Takes in Horsetooth Reservoir, the Poudre Canyon, the 9-15% grades up Stove Praire, Masonville and return. There is a wintry weather alternate route. This ride starts from our normal Exit 243 location.
- Saturday 5/13: Front Range Fleche. Applicants form teams and design routes of at least 360km, finishing 24 hours after they start. Lights required. Team registration required by April 15th.

For more information on brevets or to register (when required), contact John Lee Ellis at 303-604-1163.

For more information on populaires, contact Carol Chafee (303-921-8884). Pre-registration is not required for populaires.

Weekly Rides:

- Tuesday Night Hillclimb. Departs from the Golden start location at 6:00PM and climbs Lookout Mountain. Contact Sargent McDonald (303-906-5370), Tom Boyle (303-948-8947), or Mark Michel (303-738-1958).
- Wednesday Night Handlebar & Grill ride. Departs from the South High School Parking lot at 5:30PM. This is a social ride that does laps around Washington Park. Meet at the Handlebar & Grill after the ride. Contact Rick Melick (303-730-7322)
- Thursday Night Erie rides. Departs from Meadow Sweet Park in Erie at 6:00PM. Rides are about 30 miles. Contact Mike Prendergast (303-344-6326).



Memorial Day Weekend Tour

by Mary Melick

The Memorial Day three-day grand tour will start from Rifle on Saturday the 27th and run through the 29th. We will meet Friday night at the Rusty Cannon in Rifle where you can review the ride and meet your roommate for the weekend.

The first day covers Rifle to Paonia, which is 96 miles (all uphill) and takes in McClure Pass. We will stay overnight at the Redwood Arms Motel.

Day two is Paonia to Grand Junction, over the Grand Mesa. It is 105 miles (all uphill). We will overnight at the Hampton Inn. Dinner will be at the Winery, which is close to the hotel.

The third day is Grand Junction to Rifle, which is 65 miles (all uphill). You can optionally add in about 30 miles by taking in the Colorado National Monument. Park fees are included the registration cost. We have also arranged for you to shower at the Rusty Cannon when you return to Rifle.

With the Colorado National Monument option, that makes for a total of 330 miles.

As always, the ride will be SAG supported. The wagon will carry water, sport drink, soda, snack, lunch items, and general emergency repair items. It can snow on Grand Mesa and be 100 degrees in Grand Junction, so expect every type of weather! We have arranged for you to leave your cars at the Rusty Cannon for the weekend.

The cost of the ride includes accommodations, support, lunch, and evening treats. If there are eight riders, the cost will be \$235 per person; with ten riders, the cost drops to \$215; with twelve, it is \$200. Registration and a 50% deposit is required by April 15th. Because hotels in the area fill up that weekend, we need to make our reservations in April.

For a fully spelled-out itinerary, check out the website. Please contact Rick or Mary Melick at 303-730-7322 for information and to reserve your space. Also ask about the "Joyful Journey" trip planned for this summer!

2006 Club Jersey Order Form

Indicate your size:

Men's: XS S M L XL
XXL

Women's XS S M L XL

Note: Women's sizes tend to run small.

Item: _____	Price: _____	Quantity: _____
Short Sleeve Jersey:	\$56.00	_____
Wind Shell Vest:	\$49.00	_____
Set-in Thermal Vest:	\$84.00	_____

Name: _____

Phone: (____) _____ E-Mail: _____

Address: _____

City: _____ State: _____ Zip: _____

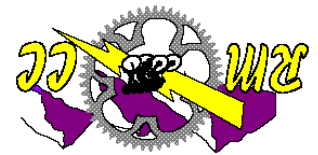
Indicate Number of each item you are ordering above and select your size.

Cash or check only. Orders due by April 17th. Orders will be Shipped around June 10th.

Make checks payable to Rocky Mountain Cycling Club. Mail to:

c/o Rocky Mountain Cycling Club
5350 Ridge Trail
Littleton, CO 80123

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



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.
- For Sale:** Two RMCC short-sleeve jerseys, large, never worn. These are the new version. \$110 for both, including shipping.
Contact Barry Nash at 720-535-2015.