



### Jersey Update!

The deadline for ordering official RMCC clubwear has been extended to August 18<sup>th</sup>. Additionally, the items have been expanded to include long-sleeve jerseys and arm warmers. See the back page or the website for an order form, or simply place your order on the website.

### Membership renewals:

If you lose track of your membership renewal form, you can renew your membership online at [rmccrides.com](http://rmccrides.com).

### 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!

## From the Editor: Chocolate Milk--the New Silver Bullet?

by Mark Michel

Several months back, Rick Russon mentioned to me in passing that athletes at the Olympic Training Center often drink chocolate milk as a recovery drink instead of the more "high-tech" products that many of us use.

A recent study published in the Journal of Sport Nutrition and Exercise Metabolism to this effect has generated a great amount of media attention, from the cycling press to Fox News. The study concluded that chocolate milk and plain old Gatorade were about equal as exercise recovery drinks, and both are far better than Endurox.

As someone who doesn't necessarily go for highly engineered food products, the results of the study suited my predispositions. It seems to me that milk, which has both protein and carbs should work at least as well as Endurox, which has protein and carbs.

Not being a nutritionist or an exercise physiologist by any means, I'm not really the one to evaluate the results in any formal way. That stated, I went online and read the report, and noticed a few things to give me pause. First, they only looked at nine riders. Second, they evaluated for a second round of exercise the same day. That is, their subjects did their second round of riding four hours later; most of us use recovery drinks to help out the next day. I'm not sure if that matters, but it did jump out at me.

The study also noted that other reports have found a greater benefit to Endurox when the subsequent exercise was at a higher level of intensity.

So, after this reading, I don't think I'm going to throw out my Endurox and head to the store to buy fifty gallons of chocolate milk. First off, I can bring the Endurox with me in the car for use after a club ride; I don't think I want the milk that's been left in a hot car all day!

The other main reason I've used Endurox in the past is that it's 300 calories per serving. Those calories help lessen my post-ride appetite. The result is that I then eat sensibly when I get home instead of downing a dozen Oreos or having a whole can of Pringles. I don't need a study to tell me that Endurox is better than those options!

The point of all of this is not to tell anyone to do what I do when it comes to cycling hydration and nutrition. What most successful riders in the club do advise, however, is that you find those things that help you—before, during, and after the ride.

The "best" sports drink doesn't do you any good if you don't like the taste, thus causing you not to drink enough. Some find their stomachs like liquid nutrition, others prefer "real" food. Taking a scientific approach may be required for RAAM or PBP riders, but for most of us, we can just experiment a bit to find what works for us.

Lastly, it's good to do this testing before the big events that you're training for—when you're doing your event, you should be using what you have already learned, not trying something blind.

At least that's my view. Happy riding!

## Spinning into Summer Party

Brent and Beth Myers are hosting a get-together (note to Glen: we're not using the word "barbecue" so that you will come!) open to all club members at their place on May 13<sup>th</sup> at 6:00PM.

Please note that Brent and Beth no longer live out by the Kansas border. Instead, they are at 686 South Poplar in Denver.

They will provide buffalo, turkey, and veggie burgers along with all the fixings. They do ask that you bring something to share based on your last name:

A-D: appetizers

E-H: side-dish or salad

I-M: desserts

N-Z: drinks

If possible, please RSVP to Brent at 303-523-3100 so they know how many people to plan for. Look forward to seeing you there!

## Want Ads

**For Sale:** Specialized Alias 143mm saddle in white/black. \$87. This is one of Specialized top-rated saddles for avoiding numbness and has favorable write ups in several bicycle magazines. Call Mike Raber at 303-888-2080.

**For Sale:** Two RMCC short-sleeve jerseys, never worn. size is men's large. Originally \$68, will sacrifice for \$110 for both, including shipping. Call Barry Nash at 720-535-2015.



## Brevets, Populaires, and Special Event Results

(see p. 3 for upcoming events)

### A Summery Start to the Populaires!

#### April 9<sup>th</sup> Populaire—Ft. Lupton-Keensburg-Brighton

*by John Lee Ellis*

Balmy weather welcomed 43 riders on the traditional plains-fest out to Keenesburg for the season's first populaire, a big jump from 28 riders last year. It started balmy ... and became downright summery! At least one rider to show up had been skiing the day before.

Once again, we had far-flung riders such as Val Phelps and Robert Havrda, who came from Durango, Eric Johnson from Quinter KS, and newcomers to randonneuring, including Ronaele Foss from Colorado Springs and Sanjay Velamparambil from Superior, and quite a few others - welcome to all!

Big thanks once again to Carol Chaffee on a great job leading this populaire - starting her second season of leading these randonnées and any others that could use her help and *savoir faire*!

RUSA#	Time	Rider
2855	3:32	Herzberger, Matt
	3:34	Chaffee, Carol
	3:34	Knoblauch, Tom
	3:34	Rudolph, Steve
3230	3:34	Skinner, Chris
	3:34	McDonald, Sargent
	3:40	Hoff, Peter
	3:46	Fulton, Mike
2299	3:48	Havrda, Robert
	3:48	Phelps, Val
	3:48	Richter, Gary
2434	3:52	Flanigan, John
	3:58	Stefely, Ernie
	4:20	Snavely, Henry
2032	4:20	Foss, Tom
	4:20	Rosenthal, Harris
	4:24	Shields, Dan
	4:24	McShane, Mac
	4:24	Epstein, Bruce
	4:24	Quick, Darrel
	4:24	Johnson, Terry
	4:40	Potter, Lori
2317	4:45	Russon, Rick
	4:46	Aranda, Jasmine
2900	4:46	Dick, Nathan
	4:51	Cohen, Brian
	4:53	Herman, Glenn
	5:14	Thompson, Joanne

RUSA#	Time	Rider
908	5:21	Parry, Diana
	5:23	Wood, Gail
	5:23	Fox, Mike
	5:23	Kestner, Marcia
3147	5:24	Foss, Ronaele
3268	5:30	Vincent, Jack
3269	5:30	Vincent, Kristi
	5:30	Johnson, Eric
	6:13	Velamparambil, Sanjay
	6:15	Bergen, Larry
	6:16	Stotter, Jason

### Summer and Speed Continue!

#### April 16<sup>th</sup> Populaire—Horsetooth, Ft. Collins, Windsor

*by John Lee Ellis*

Balmier weather still welcomed 28 riders (22 finishers) on the scenic, hilly, but not too punishing Horsetooth populaire!

RUSA#	Time	Rider
2855	3:57	Kalisch, Tim
	3:57	Rudolph, Steve
	3:57	Chaffee, Carol
	4:25	Simmons, Alan
3199	4:25	Newton, Gerry
	4:25	Katz, Seymour
	4:35	Odorizzi, Greg
	4:37	Schaefer, Tim
2900	4:47	Raymond, Peter
	4:47	Dick, Nathan
	4:47	Aranda, Jasmine
	4:47	Emme, Siegfried
2032	4:56	Ulmer, Allison
	4:56	Foss, Tom
	4:56	Whiteman, Stephen
	5:03	Snavely, Henry
908	5:09	Shields, Dan
	5:15	Fox, Mike
	5:16	Potter, Lori
	5:16	Perryman, Eric
	5:30	Freeman, Gary
	6:07	Velamparambil, Sanjay



### Upcoming Club Rides (Rides start at 7:45, except for 5/27, which is at 8:15)

Date	Start	Description	Miles	Starter
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)
Saturday 5/13*	Castle Rock	Castle Rock-Eastonville Century	62/97	Rick Melick (303-730-7322)
Sunday 5/14	Wiggins	Wiggins-Hillrose-Orchard Century	54/92	Brent Myers (303-523-3100)
Saturday 5/20	Boulder	Boulder-Ward Century	62/103	Sheridan Garcia (303-547-2512)
Sunday 5/21*	Aurora	Aurora-Roggen Century	54/110	Brent Myers (303-523-3100)
Saturday 5/27	Pine Junction	Pine Junction-Deckers-Woodland Park	50/96	Melody Gillespie (303-456-4841)
Sunday 5/28	Exit 255	Exit 255-Briggsdale Century	61/109	Jim Kraychy (303-776-1906)
Saturday 6/3	Golden	Foothills Climb Fest	60/108	Mark Michel (303-738-1958)
Sunday 6/4*	Northglenn	Northglenn-Greeley Century	47/95	Dan Shields (720-989-4583)

\*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 <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)
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.
Golden	The parking lot at Parfet Park at the corner of 10 <sup>th</sup> & 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.
Wiggins	Stub's Service stations at I-76 exit 66A, which is state highway 62. It is 65 miles NE of Denver.
Pine Junction	The NE corner of the US 285/County Rd. 126 intersection in Pine Junction, 30 miles west of Denver.
Aurora	The NW corner of the Wal-Mart parking lot at I-70 and Tower Road.

#### 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).

### Populaires & Brevets

contact John Lee Ellis at 303-604-1163 with questions or to register

--**Saturday 5/6 200K:** "Horsetooth & Beyond." Takes in Horsetooth Reservoir, the Poudre Canyon, the 9-15% grades up Stove Prairie, Masonville and return. There is a wintry weather alternate route. Sign in 7AM, depart 8AM. This ride starts from our normal Exit 243 location. Pre-registration encouraged but not required.

--**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 was required by April 15<sup>th</sup>.

--**Saturday 5/20 300K:** Littleton-Black Forest-Elbert and return. A roller fest that straddles the spine of the Palmer Divide. Sign in 4AM; depart 5AM. Ride starts at the Mineral Park-n-Ride (our normal Littleton start location). Lights required. Pre-registration encouraged, but not required.

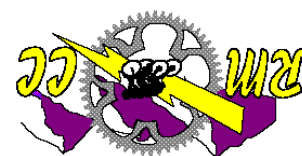
--**Saturday 6/10 400K:** Superior-Platteville-Lefthand Canyon-St. Vrain Canyon-Horsetooth-Wellington. 14,000 feet of climbing. Sign-in 3AM; depart 4AM. Ride starts at the northeast corner of the US36-Louisville/Superior Exit. Lights required. Registration required by June 5<sup>th</sup>.

--**Saturday 6/10 1000K:** Same course as the 400K plus a trip to Ft. Morgan and a return up Big Thompson Canyon. Sign in 3:30AM; depart 4AM. Lights required. Registration required by June 5<sup>th</sup>; subject to cancellation.

--**Saturday 6/24 600K:** Superior-Brighton-St. Vrain Canyon-Estes Park-Big Thompson Canyon-Horsetooth-Wellington-Kersey. 18,000 feet of climbing. Sign-in 3AM; depart 4AM. Ride starts at the northeast corner of the US36-Louisville/Superior Exit. Lights required. Registration required by June 19<sup>th</sup>.

--**Saturday 6/24 1000K:** Same course as the 600K plus a trip to Ft. Morgan and a return up Big Thompson. Lights required. Sign-in 3:30AM; depart 4AM. Register by June 19<sup>th</sup>; subject to cancellation.

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



### 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	_____
Long-Sleeved Jersey	\$64.00	_____
Arm Warmers	\$26.00	_____

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 August 18<sup>th</sup>. Make checks payable to Rocky Mountain Cycling Club. Mail to:

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