



Dealing with the Heat

by Rick Russon

The hot riding weather has arrived. And, with it, a need to remind cyclists how important it is to stay properly hydrated. Even as little as three percent dehydration can cause a noticeable decrease in performance. Once you get behind in your hydration it is very difficult to get caught up while riding.

Some athletes can lose as much as 1 1/2 - 2 liters per hour of water. It is very uncomfortable for most people to drink 1 liter per hour. So, already, you have a hydration challenge from the start.

Our training group recommendation is that you drink *at least* one large water bottle per hour. Be sure to carry two large bottles or wear a camelback so you won't be tempted to conserve water. Those who pride themselves on riding all day and drinking only half a bottle of water are foolhardy—there is no benefit to minimizing your water consumption and putting yourself at a high risk of heat related illness.

For those concerned about having to go to the bathroom if they drink a lot: First, most club rides are designed so that there are numerous bathroom opportunities. Second, our bodies are very smart. At around 65% of maximum effort our bodies produce an anti-diuretic hormone (ADH) that tells the kidneys to conserve water and electrolytes by suspending their output to the bladder.

Finally, speaking of electrolytes, some people lose a lot of them which is indicated by the amount of "salt" caked on your skin. Usually, you will feel this on your face or see it on your helmet straps.

Sports drinks provide approximately 250-350 mg of sodium. On very hot days some cyclists may need 1200-1500 mg. Some riders like to add 1/4 tsp of ordinary salt to their sport drinks to obtain an extra 500 mg. Periodically, throughout a long ride, we will supplement with Endurolyte capsules or salt tablets. Alternatively, one can just eat salty food at a rest stop.

The worst thing you can do is to finish a ride and then drink large amounts of plain water. *This can lead to a fatal condition called hyponatremia.* It is caused by losing a lot of sodium from your body then further lowering the concentration in your blood by filling up with water. Rehydrate with a sport drink instead.

RAAM 2006!

There are two RMCC members competing in the 2006 Race Across America! Fred Boethling and Rob Lucas are competing in the Enduro Division. The race starts on June 11th. Follow their progress at www.raceacrossamerica.org, where there will be round-the-clock updates.

Results: May 13th Front Range Fleche "Balmiest Fleche Yet?"

by John Lee Ellis

Under positively balmy conditions, one single flèche team took to the field, one fewer than in 2005. Although generally a fine ride, the Prairie Dogs suffered one major disappointment, as the neatly-lettered sign on the Glen Haven store proclaimed: "Cinnamon Rolls! Opening May 20th."

Team Prairie Dog (232.5 miles)

153 Ellis, John Lee (captain) (5th fleche)
796 Farnsworth, Rex (3rd fleche)
3230 Hoff, Peter (1st fleche)
6 Henderson, Charlie (4th fleche)

Results: May 6th Stove Prairie 200K "Largest 200K Yet!"

by John Lee Ellis

A less than stellar weather forecast didn't keep a record 58 starters (with a 100% finishing rate) from this year's Stove Prairie climb fest! Undaunted, they were rewarded by splendid conditions—mild 60's and low 70's weather, with just a brief sprinkle for a few riders, and a lack of troublesome winds.

We were honored to be joined by Gary Koenig, founder of the brevet series in 1994. From 1994-98, Gary did a great job establishing the series and establishing randonneuring in our area. Many of us remember his events with appreciation.

RUSA #	Rider	Time
	Rudolph, Steve	6:08
	McDonald, Sargent	6:08
2856	Kraychy, Jim	6:08
	Kalisch, Tim	6:08
2855	Chaffee, Carol	6:40
3555	Knoblauch, Tom	6:50
1635	Kroonenberg, Stuart	6:50
	Simon, Lyn *	6:50
	Ellis, Randy *	6:53
3108	Shenk, Catherine	6:55
	Fletcher, Steve *	6:55
	Skruch, Kevin *	7:13
	Hallam, Eric	7:13
	Liedtke, Brian	7:13
1471	Foley, Paul	7:13
2299	Phelps, Val	7:15
1842	Smith, Vernon	7:15
1842	Smith, Vernon	7:15
1576	Phelps, Robin	7:15
	Michel, Mark	7:20
3115	Rupel, Ray	7:25
2401	deRossett, William	7:28
3199	Odorizzi, Greg	7:30
	Newton, Gerry	7:40
	Archambault, Ilka	7:46
1060	Grealish, Chris	7:46
153	Ellis, John Lee	7:46
3551	Snively, Henry	8:00
2900	Dick, Nathan	8:08
	Nansel, Alan	8:14
2317	Aranda, Jasmine	8:15
	Weiland, Mark *	8:27
2993	Wiss, Dick	8:27
	Clancy, John *	8:27
	Koenig, Gary	8:27
410	Baranczyk, Merle	8:50
2032	Foss, Tom	8:52
	Kestner, Marcia	8:53
796	Farnsworth, Rex	8:53
	McLeod, Robert *	8:53
6	Henderson, Charlie	8:53
3542	Russon, Rick	8:53
3206	Terner, David *	8:56
	Long, Beth	8:57

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**200K Results Cont.**

RUSA #	Rider	Time
2129	Myers, Brent	8:57
	Parry, Diana *	8:59
1762	Boethling, Fred	9:05
3289	Havrda, Robert	9:05
908	Fox, Mike	9:18
2207	Gillespie, Mike	9:25
3585	Herget, Scott *	9:40
	Wood, Gail *	9:56
818	Barday, Bob	9:56
	Handy, Keith	9:59
1927	Elmblad, John	9:59
	Busch, Mike	9:59
3147	Foss, Ronaele *	10:30
1140	Noris, Peter	11:40

*first brevet!

Results: May 20th Black Forest 300K Brevet
"Fastest 300K Yet?"
by John Lee Ellis

A summery forecast greeted 48 starters. Clouds and blustery sprinkles conspired at strategic periods to cut what might have been quite a scorcher. That didn't keep numerous finishing times from being pretty hot!

For Rob Lucas of Colorado Springs, this was a last-minute tune-up before heading for the Race Across America, solo division. Finishing with the front group in 9h53m, looks like he's ready!

Our thoughts and sympathy are with veteran Dick Wiss who took a fall on Spruce Mountain Road and fractured his collarbone. Dick was quickly attended to, taken to hospital and treated. We wish him a speedy recovery and return to the normal discomforts of randonneuring!

RUSA #	Rider	Time
	McDonald, Sargent	9:53
3083	Lucas, Rob	9:53
2856	Kraychy, Jim	9:53
2313	Howe, James	9:53
	Fletcher, Steve	10:00
1635	Kroonenberg, Stuart	10:00
3108	Shenk, Catherine	10:26
3555	Knoblauch, Tom	10:30
	Fulton, Mike	11:00
1471	Foley, Paul	11:05
	Liedtke, Brian	11:05
	Ellis, Randy	11:05
1842	Smith, Vernon	11:05
	Hallam, Eric	11:05
3199	Odorizzi, Greg	11:47
2401	deRossett, William	11:47
153	Ellis, John Lee	11:48
3551	Snavely, Henry	12:31
	Michel, Mark	12:31
	Pogorelz, Robert	12:36
1060	Grealish, Chris	12:40
2317	Aranda, Jasmine	12:43

RUSA #	Rider	Time
	Pasque, Dave	13:03
	Helomovich, Paul	13:03
	Koenig, Gary	13:03
	McLeod, Robert	13:06
410	Baranczyk, Merle	13:06
2900	Dick, Nathan	13:06
	Kestner, Marcia	13:06
2032	Foss, Tom	13:24
	Weiland, Mark	13:24
	Werner, Glen	13:35
6	Henderson, Charlie	13:36
796	Farnsworth, Rex	13:36
	Potter, Lori	13:47
981	Plonsky, Susan	13:58
2129	Myers, Brent	15:00
	Long, Beth	15:00
3590	Whitley, Rob	15:05
	Egelhoff, Martin	15:05
908	Fox, Mike	15:15
1927	Elmblad, John	15:33
3585	Herget, Scott	15:33
818	Barday, Bob	15:33
	Simmons, Eric	15:33
309	Staggs, Ben	15:33
1140	Noris, Peter	16:52

Qualifying for Paris-Brest Paris 2007*by John Lee Ellis*

Keen to ride Paris-Brest-Paris in 2007? You may be wondering, "How do I qualify?" It's pretty simple: complete a "Super-Randonneur" series of brevets (200km, 300km, 400km, and 600km) in 2007 (note: *not* 2006) prior to the application deadline in July. Some niggling details: You must be a member of a country organization (in the US, it's Randonneurs USA) when you ride each qualifying brevet - you can't ride now and join later. The brevets must be sanctioned by the Audax Club Parisien (ACP) - RUSA "domestic" brevets don't count. (All of the 2006 Colorado Brevets are ACP sanctioned.)

You may substitute a brevet of greater distance for any qualifier - for example, you may ride a 300km instead of a 200km. You must ride the qualifiers in order of increasing "credit" distance (e.g., if you substitute a 300km for your 200km qualification, the qualifying credit is 200km).

Putting these two rules together, you could ride a 200km, 400km (substituting for 300km), 400km, and 600km.

You can qualify entirely using the Colorado Brevet Series, or you can do some of your qualifiers elsewhere. If you need to make up one of the longer (later) brevets, however, you may find it difficult to find one, as ours are close to the PBP submission deadline.

Closer to Home - What about qualifying for North American 1200k's such as Boston-Montreal-Boston, the Cascade 1200, the VanIsle 1200 or the Colorado Last Chance?

None of these require you to ride the qualifiers in order of distance. All the US 1200k's count RUSA domestic as well as ACP brevets towards qualification. Some 1200k's (but not BMB) allow you to ride RUSA Permanents for the shorter distances, e.g., if you do not live near a brevet series. A few, such as the Cascade, allow you to qualify from prior years' rides.

See www.rusa.org for more information.



Upcoming Club Rides (Rides start at 7:45)

Date	Start	Description	Miles	Starter
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)
Saturday 6/10	Golden	Golden-St. Mary's Glacier Century	71/99	Sheridan Garcia (303-547-2512)
Sunday 6/11*	Northglenn	Northglenn-Roggen Figure 8	46/105	Dan Shields (721-989-4583)
Saturday 6/17	Boulder	Boulder-Golden Gate Canyon Century	41/99	Barry Nash (303-758-2724)
Sunday 6/18*	Aurora	Aurora-Prospect Valley Century	69/96	Dan Shields (721-989-4583)
Saturday 6/24	Copper Mtn.	Copper Triangle	78/100	Sheridan Garcia (303-547-2512)
Sunday 6/25	Exit 243	Exit 243-Horsetooth Reservoir	43/99	Volunteer Needed
Saturday 7/1*	Rooney Rd.	Rooney Road-Echo Lake	41/92	Rick Melick (303-730-7322)
Sunday 7/2*	Aurora	Aurora-Roggen Century	68/111	Beth Long (303-627-4970)

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

Volunteers Needed! We are starting to get into that time of the year when we need more volunteers to start rides. To volunteer, you can simply click on the "No Volunteer" link for the ride on the website or call John Klever at 303-321-1265.

More Volunteers Needed! The good news is that Tom Boyle, who was starting many of the Tuesday night hillclimbs, has a new job. The bad news is, his new schedule no longer allows him to start the ride on the 2nd and 4th Tuesdays of the month. If you would be willing to volunteer to start these, please contact John Klever (see contact info. above) immediately, or these rides may have to be canceled!

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)
Exit 243	The lot to the west of the Conoco station on the northeast corner of the I-25/Hwy. 66 interchange (exit 243)
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 th & Jackson in Golden
Aurora	The NW corner of the Wal-Mart parking lot at I-70 and Tower Road.
Copper Mtn.	The trailhead parking at the SE corner of the I-70/Hwy. 91 interchange in Copper Mountain

Weekly Rides:

--Tuesday Night Hillclimb. Departs from the Golden start location at 6:00PM and climbs Lookout Mountain. Contact Sargent McDonald (303-906-5370) 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).

Upcoming Brevets (contact John Lee Ellis at 303-604-1163 with questions or to register)

--**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 5th.

--**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 5th; 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 19th.

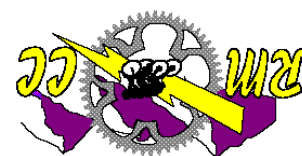
--**Saturday 6/24 1000K:** Same course as the 600K plus a trip to Ft. Morgan and a return up Big Thompson. Lights required. Sign-in 3:30AM; depart 4AM. Register by June 19th; subject to cancellation.

--**Saturday 7/8 300K: "The Grand Loop".** Boulder-Estes Park-Trail Ridge-Berthoud Pass. Sign-in 2:30AM; depart 3AM. Ride starts at regular Golden start point. Lights required. Pre-registration required by June 15th. There is a fee and qualification is required.

--**Saturday 7/15: 1000K: "North Park Ramble".** Poudre Canyon, Steamboat, Glenwood. Starts at the US36-Louisville/Superior exit. Sign-in 3:30AM; depart 4AM. Registration required by July 1st. Subject to cancellation.

Important Note on Brevets: For those who may be new to randonneuring, *brevets are not races!* We list times on the website and in the newsletter for informational purposes only. All people who complete the brevet within the time limit receive the same credit and have accomplished the same feat!

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



Results: April 23rd Salt River Canyon 200K “Windiest 200K Yet!”

by John Lee Ellis

In our second Arizona foray, 10 starters braved roaring winds, all of them making it to Globe, but only 3 finishing officially, including Arizonans Mike Enfield and Susan Plonsky (Arizona RBA), and Aspenite Steven Williams.

RUSA #	Rider	Time
2751	Enfield, Mike	9:35
991	Plonsky, Susan	11:05
3118	Williams, Steve	12:25

Preparing in 2006 for Paris-Brest-Paris 2007

by John Lee Ellis

Keen to ride Paris-Brest-Paris in 2007? Maybe this is your first PBP. Maybe you haven't ridden a 1200k yet. You may be wondering, “What should I do this year to prepare?” Some questions and opinions:

Can PBP'07 be my first 1200k? This is not optimal, but feasible for some riders: a few local riders finished PBP in 2003 as their first 1200k, and did so handily. A lot depends on asking: How experienced a randonneur or endurance rider are you? How thoughtfully and assiduously have you planned and trained? And how well do you acclimate to foreign cultures?

PBP is a big event with lots of riders in a foreign country. If you ride a North American event such as BMB or the Last Chance in 2006, you can nail down what it takes to finish a 1200k, without

contending with crowds or language differences. My first 1200k was BMB - terrain more difficult than PBP's, but no crowds or big cultural differences (despite the segment in French-speaking Quebec).

Should I Ride my 600km Brevet Straight Through? The answer is, “It depends.” The chief lesson the 600k has to teach is not about distance, but about how you handle yourself with a small sleep break or none. It is always good to know how your mind and body will react without any sleep. (I have ridden a 600k straight through, in 24 hours: it was educational.) Of course a sleepless 600k is essential training if you intend to ride a 1200k with the fastest riders. But otherwise, it's not essential or even recommended to ride the 600k straight through. It's actually more instructive and better training to ride the 600k the way you will ride the first half of the 1200k. If that means a small sleep break, then you'll learn how to eat, nap, and wake up efficiently, and “unkink” once you're back in the saddle.

Should I Ride a full Super-Randonneur Series in 2006? It certainly couldn't hurt, and if you're planning on a domestic 1200k, you most likely will have to. Still, a few of the local rookies who finished PBP'03 had completed only one full SR series - the qualifying one. If you aren't planning on a 1200k this year, then riding at least a 400k brevet this year - or the Denver-Aspen, Grand Loop, or Peak-to-Peak 300k's - would be good prep for the 2007 qualifying brevets.

Should I Ride a 1000km Brevet? Yes, if you'd like to. It's actually better to ride a 1200k event beforehand, as the nature of 1200k's is somewhat different from sub-1200k brevets, and 1000k's can have quite small riderships. But a 1200k event's 1000k option can be useful: one local rider completed the Last Chance 1000k option in 2002, his longest distance to date, as a stepping stone to PBP'03. The 1000k option on a 1200k event let's you essentially be part of the bigger event.