



Jerseys:

The deadline for ordering club jerseys is fast approaching! The order deadline is August 18th. Both short and long -sleeved jerseys are available, along with wind vests and arm warmers. If you lost your copy of the order form, or to order online, click on the jersey link on our website. If you have any questions, contact Rick Melick at 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:

To get up-to-the-minute information, to renew your membership, or to order a jersey, head out to the RMCC website at: www.rmccrides.com

From the Editor: A Little Bit of Dirt Never Hurt Anything!

A couple of weeks back, I got a good e-mail from one of our fellow club members, Bob Miller, about his modification to a ride a few weeks back:

"On a ride that was to headed from Evergreen over Brook Forest road to Conifer, I decided to do something different. Being parked at the Rooney Road parking lot, I was looking for a way to end the ride coming down Mt. Vernon Canyon instead of coming back through the Willow Springs area. However, I also wanted to climb some more, so just heading back on Highway 74 wasn't the way to go.

"Then I remembered Witter Gulch Road that connects Upper Bear Creek to the middle of Squaw pass. I have descended this road a couple of times before—now was a good time to climb it.

"It was wonderful. The climb is 4.5 miles, very steep, with the last two miles unpaved. It was all rideable, the hardpacked dirt had a light sprinkling of gravel, but it was no problem on the climb. A few of the corners had light washboard action - but not too bad. For added fun, a few corners on the upper section were loose, meaning that I had to get the RPMs up before hitting the corner. A triple is recommended, but I did it

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Construction Update

As cyclists, we love fresh pavement. That is, of course, as long as it's real pavement and not the dreaded chip seal.

Anyhow, while new pavement is good, construction zones can be a pain. And Deer Creek Canyon will be such a construction zone through the end of September. They are putting down new pavement and installing shoulders on both sides of the road up to Phillipsburg (where the intersection is with High Grade Road). Please be careful in this area over the next couple of months.

The addition of shoulders to Deer Creek in something cyclists in this area have been requesting for many years. Kudos go to Bike Jeffco, who the RMCC supports financially, for their work in making this happen.

This is also a good time to encourage everyone to join Bicycle Colorado, who the RMCC also supports. They do an excellent job of looking out for us among the various levels of government in our state. Be sure to check them out at www.bicyclecolo.org.

Brevet Group Riding

by Val Phelps

Robin & I completed the 400k & 600k brevets recently riding both events in a group. I've completed a number of brevets the last several years riding solo or with a single partner. I've found it much more rewarding, however, to complete a brevet with a group of riders. Riding with a group offers more varied conversation, more riders to share pulls, and more technical assistance.

During the 400k, one member of our group had a tire blow out that would have ended their ride except that another member of our group was carrying a spare tire. True to the randonneur spirit, the spare was given and the rest of the group waited while the repair was made. Had this been a race, we would have left the unfortunate rider and continued to ride so as not to lose valuable time.

During the 600k karma was with me. I foolishly rode my "high tech" wheels and broke a spoke 25 miles into the second loop. Again, in the randonneur spirit, someone in the group with more mechanical knowledge than me wrapped the broken Ksyrium spoke around another, spread the brakes farther than the quick release, and we were off with the group still intact for the remaining 100 miles.

Unfortunately, I broke another spoke 50 miles down the road. We again wrapped the broken spoke around another and the group proceeded tentatively down the road. The situation was very tense but the group stayed with me and patiently waited while I gradually increased my speed. The members of my group were strong and competitive riders and I know it was difficult for them to sacrifice a better finishing time in order to insure that things were okay. I very much appreciated them sticking with me.

At the end of both the 400k and the 600k, I experienced a satisfaction much more complete than any I have experienced following past brevets. After both events there were high fives, handshakes, hugs, and a joy that was reminiscent of my little league days when I was twelve.

Try riding with others on the brevets—you may discover a more fun and rewarding experience. You may also be fortunate enough to have another rider save your ride.



Results: June 24th 600K—St. Vrain—Devil's Gulch-Big Thompson-Wellington: Most Differentiated 600K Yet?

A variegated forecast greeted 24 starters (and 18 finishers). Riders asked themselves what the first day portended with a stiff, buffeting north wind accompanying the initial pre-dawn miles. And yet the rest of the first, 400km, loop was a very differentiated experience depended very much on where you were and when on the route. Early and late riders got hammered (or "BRUTALIZED" as one veteran expressed it). A select few encountered a sprinkle or two. The next, 200km, loop was lyrical, except for the earliest, through-the-night, riders.

In addition to the valiant finishers, we doff our helmets to starters Will DeRosset, John Elmsblad, Mike Fox, Peter Hoff, Philip Lee (from Omaha), and Greg Odorizzi!

RUSA#	Time	Rider
	23:55	Fulton, Mike
3555	26:45	Knoblauch, Tom
3271	30:50	Slauson, James
1576	30:50	Phelps, Robin
2299	30:50	Phelps, Val
410	30:50	Baranczyk, Merle
	30:50	Crossland, Ann
153	31:32	Ellis, John Lee
	32:10	Pogorel, Robert
3600	32:10	Koenig, Gary
6	33:10	Henderson, Charlie
796	33:10	Farnsworth, Rex
3590	34:10	Whitley, Rob
3551	34:15	Snively, Henry
3585	35:00	Herget, Scott
2129	37:07	Myers, Brent
2145	37:07	Myers, Beth
2900	37:23	Dick, Nathan

A note on times: Brevets are not races. Rider times are presented for informational purposes only. All who complete the ride within the time limit receive the same credit.

Results: June 24th 1000K—St. Vrain-Ft. Morgan-Big Thompson Canyon: Most Upbeat 1000K Yet?

by John Lee Ellis

Clear skies and mild temps rewarded Glen on the second and third days of his 1000k, after a storm-tossed first day that tanked more than one 600k rider. The PBP'03 and London-Edinburgh-London 1400k veteran seemed relaxed at the finish, resplendent in his green wool jersey, ready for more!

RUSA#	Time	Rider
341	65:25	Glen Werner

Upcoming Brevets

- Saturday 8/5: 300K: Denver to Aspen.** The Joe Lookingbill Memorial 300km. brevet with 13,000 feet of climbing. Sign-in 3:30AM; depart at 4AM. Pre-registration required by July 31. Lights required.
- Saturday 8/12: 200K: Durango-Aztec.** See below.
- Saturday 8/19: 300K: "Peak to Peak".** Louisville, Coal Creek, Big Thompson, with over 10,000 ft. of climbing. Sign-in 4AM; depart 5AM. Lights required. Register by August 13th.
- Wednesday 9/13: 1200K/1000K: "Colorado Last Chance".** Boulder to Kansas and return, mostly on US 36. Bag drops provided. Sign-in 2AM; depart 3AM. Lights required. Registration required by August 24th. Membership encouraged but not required. Departs from Louisville.
- Saturday 9/16: 200K: Byers-Kersey-Boulder** (point-to-point route). Pre-registration required by August 24th. Sign-in 5AM; depart 6AM. Departs from I-70/US 36 interchange in Byers.
- Saturday 9/23: 200K: "Horsetooth & Beyond".** Stove Prairie & Horsetooth Reservoir. Wintry weather alternate route. Sign-in 7AM; depart 8AM. Meets at the Conoco at I-25/US 66 (exit 243).

To register for a brevet, or if you have any questions, contact John Lee Ellis at 303-604-1163.

Durango 200K

By this time of the year, some start getting a little tired of riding the Front Range. If you're looking for something a little different this month, consider heading down to Durango for the Durango-Aztec 200K. It is a foothills and high mesa route into New Mexico. The sign in time is 6AM; we depart from the Durango Recreation center at 7AM. See the website or Contact Val Phelps at 970-259-4980 with any questions.

Results: July 15th 1000K—Lefthand-Ft. Morgan-Big Thompson: Hottest? And Fastest 1000K!

by John Lee Ellis

Scorching hundred-degree-or-so temps greeted this event the first and second day. But Tom Knoblauch persevered through the heat, and then did an end-run for the third segment by riding through the night to finish in record time—by a long shot!

Tom, a 1000km rookie (and Last Chance 1200k finisher!), says he had to get back to work on Monday, so couldn't afford the extra time to take a nap and finish late on Monday as everyone else has in years past. Helmets off to Tom!

RUSA#	Time	Rider
3555	49:25	Tom Knoblauch



Upcoming Club Rides (for brevets, see page 2)

Date	Start	Description	Miles	Starter
Saturday 8/5*	Littleton	Littleton-High Drive-Conifer Loop	62	Rick Melick (303-730-7322)
Sunday 8/6	Aurora	Aurora-Strasburg-88 th Ave. Loop	46/73	Beth Myers (303-627-4970)
Saturday 8/12	Ted's Place	Ted's Place-Stove Prairie Century	56/87	Volunteer Needed
Sunday 8/13*	Littleton	Littleton-Conifer-Evergreen Loop	42/67	Rick Melick (303-730-7322)
Saturday 8/19	Bergen Park	Bergen Park-Mt. Evans and return	36/64	Barry Nash (303-758-2724)
Sunday 8/20	Castle Rock	Castle Rock-Monument-Larkspur	33/61	Volunteer Needed
Saturday 8/26	Lyons	Lyons-Glen Haven Century	73/90	Heath Beaver (303-938-9296)
Sunday 8/27*	Northglenn	Northglenn-Prospect Valley Century	52/106	Dan Shields (720-989-4583)
Saturday 9/2	Golden	Golden Gate Canyon Loop	38/58	Mark Michel (303-738-1958)
Sunday 9/3	Wiggins	Wiggins-Hillrose-Orchard Century	54/92	Volunteer Needed

August rides start at 7:45; September rides start at 8:45.

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

Location Key:

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
Lyons	The Park-n-Ride at the corner of 4 th and Broadway in Lyons
Aurora	The NW corner of the Wal*Mart parking lot at the northwest corner of the I-70/Tower Road interchange.
Ted's Place	The service station lot at US 287 and CO 14, 12 miles north of Fort Collins
Bergen Park	The Park-n-Ride at the SE corner of Hwy 74 and County Road 66 just south of Bergen Park
Castle Rock	The parking lot south of the Big-O Tires adjacent to the Safeway, 2 blocks east of the I-25 Exit 181 interchange.
Golden	The parking lot at Parfet Park at 10 th and Jackson in Golden
Wiggins	Stubbs Gas Station at the I-76/Highway 52 interchange (exit 66A), which is 65 miles NE of Denver.

Ride Starters:

As you may have noticed, we have gotten to that point of the year when it starts getting a little more challenging to find ride starters. Please check out the website for rides which you plan to do that need starters. Starting a ride is pretty easy, but it can get old if the same people have to do it every week. Thanks!

A Note on the Mt. Evans ride:

If you have not done the Mt. Evans ride before, please practice good mountain sense. Plan for temperatures in the upper 30s up top. In other words, you should bring your jacket, leg warmers, long fingered gloves, and the like.

Weekly Rides:

--Tuesday Night Hillelimb. Departs from the Golden start location at 6:00PM and climbs Lookout Mountain. Contact Sargent McDonald (303-906-5370), Chris Skinner (303-594-5127), or Mark Michel (303-738-1958).

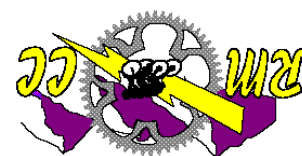
--Wednesday Night Handlebar & Grill ride. Departs from the South High School Parking lot at 5:30PM. This is a social ride that does a variety of routes. Meet at the Handlebar & Grill after the ride. Contact Rick Melick (303-730-7322)

--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).

Want Ads

For Sale: Trek 5500 52cm. from 2001. Carbon fiber frame, Ultegra triple, Bontrager wheels. Beautiful red color. Only ridden two seasons; never crashed. No cracks—good condition. \$1250. Contact Laurel at 720-938-1163 or lmayhew2002@aim.com.

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



Bike Australia?

by Kirk Ryder

Don't put your bike away early! Plan on joining us for a late November trip to Australia's VicRoads Great Victorian Bike Ride. Travel from the northern part of the State of Victoria to Melbourne. With the cockatoos whistling and the rivers flowing, we ride the foothills and "challenging" hills of Tawonga Gap and Power's Lookout along the mighty Hume Weir and Murrumbidgee River with the ever-buoyant Aussies. Through the Whitfield and King Valley wineries on our way to Yarra Glen come enjoy the nine days of cycling in what is a scenic route through some of Australia's finest river and mountain terrain. This organized bike ride starts November 25 in the town of Wangaratta with our plans to be a part of the free jazz festival the day before. Ending on December 3 with a glass of wine from the Henkell vineyards the finish site for the ride.

Interested? We are working on group rates and that means we need a group of seriously interested travelers. Contact Kirk at 303 918 4547 or email at kirkryder@msn.com.

Ed Note: Kirk is a fellow club member, but please note that this is not an official RMCC event.

Dirt, continued from Page 1

pushing (slowly) a 39/26. Balancing out the dirt, much of the Squaw pass descent was freshly paved.

"This variation is a great option. Unlike many routes in the front range, all of the hard work is focused in one relatively short steep climb."

I recently tried a ride with Tom Boyle that was based on the same general concept—change a normal route by throwing in a little bit dirt. Tom and I headed up Deer Creek and then High Grade. At the top, we cut through a neighborhood that dropped us onto Foxton Road. We descended that down to the Platte River. I thought the road would become dirt at that point, but it would be better described as quasi-paved; there was tarmac, but with some dirt on the top. We followed that for about 4 miles to Buffalo Creek, where we made a left and headed down to Deckers, making for a 90 mile round trip (with lots of hard climbing!) from Littleton. It proved to be a good way to combine the traditional High Grade climb with the Deckers ride.

The point to all of this is that you can sometimes put together a really good ride if you can tolerate a few miles of dirt road. While nobody would recommend taking your shiny new road bike on a Jeep trail, your bike will handle some dirt if you ride carefully. While we run all of our RMCC rides on paved roads (we are a road cycling club, after all), that doesn't mean that you can never touch dirt with your bike. If you see a ride that you think would be great, but you're shying away because it requires you to traverse a dirt road, consider giving it a shot!