

**A Schedule Note:**

Many of you who are new to the club may be inclined to wind down the season after Labor Day. Actually, the fall is possibly the most fun part of our schedule! The rides are beautiful, designed to take in the fall color, and tend to be more social in nature since nobody is training for anything. Be sure to come out and join us!

Jerseys:

Due to a lack of orders, the jersey order for this fall was canceled.

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 or to renew your membership, head out to the RMCC website at: www.rmccrides.com

Results: August 12th 200K: Durango-Aztec: First Durango 200K

by Val Phelps

We had 14 official starters and one DNS leave the Durango Recreation Center with cool temperatures and a chance of rain. After a short ride through town we made the longest climb of the ride up Hesperus (a favorite local training hill). Our lone DNS then turned around and headed back for his car. He had made the trip from Denver only to discover he had forgotten his cycling shoes. He rode up Hesperus in his sandals but didn't think it wise to attempt a 200k without shoes that would actually clip into his pedals. I won't mention any names but the DNS usually rides a tandem with his wife Beth.

After our climb up Hesperus, we had a long gradual descent into New Mexico. We then turned east and had rolling hills to Aztec. From Aztec we had a very slight but steady uphill to the second climb, back in Colorado, up Bondad hill. After climbing Bondad, we had rolling hills to Ignacio. From Ignacio more rollers to Bayfield. Our third climb started after Bayfield and took us to Helen's store east of Durango. Many of us encountered rain near Bayfield and Helen's store. The final rolling hills took us from Helen's store to Durango. This ride is considered flat by Durango standards but one rider recorded 6100 feet of climbing in 125 miles.

We had three riders from Denver, two from New Mexico, two from Arizona, two from Utah, one from Colorado Springs, one from South Carolina, and three locals (including Robin & me) from Durango. All riders except one had brevet experience. The lone rookie (Neil Hannum - a Durango local) hung with Jim Krachy, Robin, and me for ninety plus miles until he fell off just before Bayfield. Neil made a brief stay under a tree to avoid the rain and finished shortly after Jim, Robin, and me. Quite the rookie performance!

After the ride, we had a barbecue at our house. It was fun to discuss the day's ride and hear stories about rides from around the country. Despite a few wrong turns everyone had a good time. We had fourteen starters and a 100% finishing rate.

RUSA#	Time	Rider
1576	7:43	Phelps, Robin
2299	7:43	Phelps, Val
2856	7:43	Kraychy, Jim
	8:29	Hannum, Neil
3415	8:55	Sanders, John

Results: August 5th 300K—Denver to Aspen: Wettest, Fastest Denver to Aspen Yet!

by John Lee Ellis

This year's Denver-Aspen was a good ride, punctuated by wetness and the threat of hypothermia at altitude (at Twin Lakes, not to mention Independence Pass), and thankfully no fields of hailstones as in years past! We had a generally very fast group (nice going, guys!), a number of D-A rookies who did well, and the highest RUSA membership proportion yet on this event!

Thanks to Charlie Henderson for leading this brevet!

RUSA#	Time	Rider
	10:23	Matteson, Tracy
2856	11:30	Kraychy, Jim
	11:30	Kalisch, Tim
	11:35	Zelhof, Andrew
1635	11:40	Kroonenberg, Stuart
3112	12:10	Rupel, Ray
3555	13:30	Knoblauch, Tom
	14:05	Skruch, Kevin
3199	15:25	Odorizzi, Greg
2207	15:45	Gillespie, Mike
3615	15:45	Sauvé, Robert
3589	16:00	Nansel, Alan

Boston-Montreal-Boston 2006

Congratulations to John Lee Ellis, Ann Crossland, and Merle Baranczyk for completing the Boston-Montreal-Boston 1200K. Ann Crossland was one of the top female finishers! *Chain Chatter* hopes to have more on this event in an upcoming issue.

Durango 200K results, cont.

RUSA#	Time	Rider
	8:55	Freeman, Gary
3100	8:58	Wolff, Lonnie
3096	8:58	Jensen, Franklin
	9:38	Parry, Diana
	9:38	Newton, Gerry
2094	10:04	McCarter, Jackson
3147	10:11	Foss, Ronaale
	12:26	Beatty, Chuck
2750	12:26	McCombs, Mick



Results: July 8th/29th 300K—The Grand Loop: Wettest/Driest, Coldest/Hottest Grand Loop Yet?

by John Lee Ellis

July 8 - A record 22 riders milled around at the ride start in Golden, as drenching showers and the prospect for sleet, snow, and hypothermia at altitude beckoned. The ride was canceled for safety reasons, a first in the history of the Grand Loop.

Having come all the way from Cedar City UT, Franklin Clair Jensen and Lonnie Wolff made the best of the day by riding the James Canyon Jaunt 200km Permanent, soggy at times but not frigid.

July 29 - Under cloudless skies, the rescheduled ride drew 8 riders and produced a 100% finishing rate, fast times, and in fact a course record (5:47) reaching the Alpine Visitors Center at Fall River Pass (12,000 ft.) on Trail Ridge Road.

While the front-end riders' performance was impressive - as usual! - a special commendation to rookie Grand Looper Robert Havrda not only for finishing but for sticking by Greg Odorizzi through some low points and assuring that 100% finishing rate!

Please note that this event did not receive ACP or RUSA credit, as it was rescheduled beyond the ACP rescheduling deadlines.

RUSA#	Time	Rider
2856	12:53	Kraychy, Jim
	12:53	Kalisch, Tim
	12:56	Ellis, Randy
	12:56	Caruso, Scott *
3112	13:25	Rupel, Ray *
2855	14:00	Havrda, Carol Ann
3199	16:30	Odorizzi, Greg
3289	16:30	Havrda, Robert *

*first Grand Loop

Results: July 29th 200K—Black Forest: Smallest, Hottest Black Forest 200K Yet!

by John Lee Ellis

Like the Grand Loop reschedule (above), this year's Black Forest 200k featured a 100% finishing rate and (only) 8 riders ... perhaps in part as some riders had to choose between this and the Grand Loop, which started four hours earlier the same day.

Despite being hotter than last year, when it was toasty enough to sideline more than one rider, everyone finished this one, including Dick Wiss on his first brevet since breaking his clavicle on a fall on the Black Forest 300k in May. So Dick is clearly back in the saddle and we're glad to see him riding with us again!

Casa Grande RBA Susan Plonsky was gracious enough

Upcoming Brevets/Populaires

--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 9/16: Copper Triangle Populaire. Run in conjunction with the regular Copper Triangle club ride.

--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).

--Saturday 10/8: Apple Valley Populaire: Run in conjunction with regular club ride that day.

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

A Note From the Editor:

One of the people who really puts in a *lot* of work on behalf of the club is John Lee Ellis. With the explosion of interest in brevet riding over the past few years, there has been a corresponding amount of work for John in creating the brevet schedule and maps, and then processing all of the results. Plus, on the rides that he does, John is always nice enough to hang around at the end to welcome everyone in. A big thanks for John for all of his work—he is one of the people that our club could not function without!

Black Forest cont.

to lead this brevet, and was expeditious enough to finish a few minutes ahead of much of the field, and so was able give them a proper finish-line greeting. Thank you, Susan!

RUSA#	Time	Rider
	7:28	Erickson, Karl
3551	7:30	Snavey, Henry
2993	7:45	Wiss, Dick
796	7:57	Farnsworth, Rex
991	8:18	Plonsky, Susan
3615	8:28	Sauvé, Robert
2145	8:30	Myers, Beth
2129	8:30	Myers, Brent



**Upcoming Club Rides (for brevets & populaires, see page 2)
September Rides at 8:45; October rides start at 9:45**

Date	Start	Description	Miles	Starter
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	Dan Shields (720-989-4583)
Saturday 9/9	Granby	Granby-Rand & return	42/64	Barry Nash (303-758-2724)
Sunday 9/10	Boulder	Boulder-Ward & return	46/58	Tom Foss (303-233-4972)
Saturday 9/16	Copper Mtn.	Copper Triangle	69/78	Mark Michel (303-738-1958)
Sunday 9/17*	Littleton	Littleton-City View-Chatfield	58	Rick Melick (303-730-7322)
Saturday 9/23	Golden	Golden-Idaho Springs-Echo Lake	48/71	Volunteer Needed
Sunday 9/24*	Northglenn	Northglenn-Hudson Figure 8 + Kennsburg	43/80	Dan Shields (720-989-4583)
Saturday 9/30	Pine Junction	Pine Junction-Deckers	50	Rick Melick (303-730-7322)
Sunday 10/1	Golden	Golden-Evergreen-Soda Creek	48/54	Dan Shields (720-989-4583)
Saturday 10/7	Lyons	Lyons-Raymond-Ward Loop	47	Jim Kraychy (303-776-1906)
Sunday 10/8	Boulder	Boulder-Apple Valley Loop	56/77	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:

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
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.
Granby	The Windy Gap Wildlife viewing area at the intersection of US 40 & CO 125 2 miles west of Granby
Boulder	The East Boulder Community Center on 55 th just east of the US 36/South Boulder Road exit. 5660 Sioux Dr.
Copper Mtn.	The trailhead parking lot at the I-70/CO 91 exit at Copper Mountain. Turn left at the light right after the exit.
Pine Junction	The parking lot at the SE corner of the US 285/Road 126 interchange in Pine Junction, 30 miles SW of Denver.

A Note on the Boulder Start Location:

Please use the "additional" parking lot at the far west of the center. Do not park at the main lot in front of the building. This is one of the lots we have to have permission to use, so please be considerate!

Weekly Rides—Please Note Schedule Updates!!!

--The Tuesday Night Hillclimb will continue through September 19th. After that, the days get too short to safely complete the ride before dark. This ride starts promptly at 6:00 PM at our normal Golden start point and climbs Lookout Mountain. Contact Sargent McDonald (303-906-5370) or Chris Skinner (303-594-5127).

--The Wednesday Night Handlebar & Grill ride will continue through the end of October when the time changes. It 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).

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. If those of us who ride with the club on a frequent basis can commit to starting one or two rides per year, it makes this process much easier. Thanks!

Want Ads

For Sale: 52 cm Calfee Tetra Pro carbon frame. Frame has just been refinished by Calfee and looks brand new. Includes matching Reynolds Ouza fork and Campy Record headset. 52 cm seat tube/53cm top tube. \$1200. Robin Phelps 970-259-4780.

For Sale: Trek 5500 2001 52 cm. Carbon Fiber frame, Ultegra triple, Bontrager wheels. Beautiful red. Only ridden two seasons. Never crashed/no cracks. Good condition. Contact Laurel at 720-938-1163.

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



Book Review: *Andy Pruitt's Complete Medical Guide for Cyclists*

reviewed by Mark Michel

Over the course of the season, I've seen this book prominently displayed at some bike shops and in various cycling-related catalogs. With the endorsements of Chris Carmichael, Floyd Landis, and Davis Phinney prominently noted on the cover, I figured I couldn't go wrong in picking up a copy!

Andy Pruitt is a name that many will recognize. He is well-known trainer, and is considered one of the foremost authorities on bike fit and cycling-related injuries. He is the director of the Boulder Center for Sports Medicine. In the past, he had headed the sports medicine program for US Cycling. In other words, one can be pretty confident that Pruitt knows what he is talking about.

The book is divided into three parts. The first section deals with bike fit. He specifically addresses saddle position, handlebar position, and pedal/cleat alignment. The entire section, and indeed much of the book, can be summed by the rule, "Make the bike fit your body; don't make your body fit the bike." In other words, comfort and performance go together.

While Pruitt discusses how to fit yourself to a bike, it is difficult to do this without help. Getting a professional fit done is well worth the price. Do read the book beforehand, however, to make sure that the person you are working with is addressing the needed issues.

The second part of the book deals with cycling injuries, from the typical knee and back problems to dealing with crash-related issues like road rash, broken collarbones, and concussions. He addresses a wide variety of knee issues in particular detail, since so many of us have cycling-related knee problems. For most of the normal aches and pains type of issues, the solution was often the same—Advil and ice. However, he also stresses that pain is not something you should just have to live with—if something doesn't feel right, then get your bike fit checked!

A short (180 page book) cannot cover every possible malady, however. On the Black-Forest 300K back in May, I developed some pain on the inside of my leg above the knee. I was disappointed that I could not find in this book any discussion of what the cause of that might have been.

The third section of the book, entitled "Getting the Most Out of Cycling," was the most interesting to read. This addresses issues like overtraining, weight loss, stretching, and developing a personal training program.

I particularly liked the inclusion of a chapter entitled "What We Don't Know (But I Wish We Did)." For example, we don't really know how to determine the proper amount of training to maximize our performance gains. Another eye-opener is that we don't really know the impact of long-term endurance exercise on our hearts over 20 to 30 years.

In the end, my overall conclusion is that this book does not make for a fascinating straight-through read, but it is worth adding to your shelf. Over time, it will prove to be a great resource to consult with many cycling-related questions.