



Welcome!

For many of us, fall is a time to wind down the riding season. Rick Russon, however, starts his Intermediate Training Program in the fall. That way, everyone is ready to go come spring. Welcome to the club if you are new and joining us as part of Rick's program! To learn more about the training group, head on out to rmccrides.com and click on the link for the Intermediate Training Group.

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

How to Finish First in an Event You Aren't Sure You're Going to Do

by Ann Crossland

Prior to this year's Boston-Montreal-Boston 1200K, I got "cold feet" and was not going to do the event. If it was not for an e-mail from my friend, Chris Kostman with Adventure Corps, convincing me to do the event and go on to other goals, I would have done the Quad Century Event, instead. So my attitude starting BMB was simply "to finish". I needed the finish. I am thankful for this "new attitude" due to the influence of my friend Stig Lungaard whom I ended up riding the event with. I met Stig at the Mallorca Brevet week, which he organized. This helped more than anything in my preparation for BMB. He encouraged me to focus on the goal to "finish"—anything beyond that would be a bonus.

He saw that once the event began, however, that my competitive instincts kicked in. I wanted to go out with a few of the lead riders, but he said, "Ann slow down!" I followed his advice, and we soon had our own pack of five that included two Danish riders, one German, and one other American.

There were "mini races" up the hills with the other women and myself, and I took the challenge that was present. With less than 100 miles into the ride, it was just the four of us: Stig, our friend from Germany, and one other Danish rider. We rode our pace, and took our time at each control point. There was not any sense of urgency for any of us, because my goal then, even more, with four people riding, was to finish. Our controls were taking almost up to an hour sometimes. So at that point, I just relaxed and enjoyed the ride.

Once we got to Rouses Point (about 316 miles in) around 2:30 in the morning, we took our first sleep break of an hour, with about two-and-a-half hours off the bike. That seemed to be enough to get up and ride towards Huntingdon, where the ride turns around and heads back toward Boston.

Once I got to Huntingdon, I realized I was in second place! So, we still kept the attitude that the race begins on the way back from Rouses Point.

We arrived to Rouses Point on the return (mile 428), and took a really long time at the control. We then headed towards Middlebury. We were faced with heat and headwinds the entire way, which not only wore us out, but most of the others as well. We stopped for a long time to regroup at a convenience store, and then headed into Middlebury (mile 513).

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RMCC Member Named Race Across America Ultracyclist of 2006!

by John Hughes

When he was four years old Fred Boethling went for a trike ride . . . for about five miles out to and along the Minnesota river. At midnight the police returned him to his parents in Bloomington, MN. Why? Just exploring, seeking adventure.

The love of adventure has fueled Boethling's life for 61 years. He has climbed volcanoes in Mexico and peaks in the Canadian Rockies, and taught skiing and made ski films. He has trekked from Badwater across Death Valley to the Panamint range and across Axel Heiberg Island in the Canadian Arctic. He has explored caves in Alberta and Missouri. With a degree in Geological Engineering he has searched for oil from Midland, TX to northern Alaska.

This year he had his biggest adventure . . . so far: racing solo RAAM.

Although he thrives on adventure, Boethling is a man driven by purpose. He was diagnosed with prostate cancer in early 1998 and had surgery in July 1998.

He came "face to face with my own mortality, started to think about all the things that I'd like to do, and realized that I probably hadn't taken care of myself the way I should. At age 52 I made a list of things I wanted to do while I was still able to do so. I had raced bicycles as a young man and high on that list was competing in the 3,000-mile Race Across America. I hadn't ridden in years, had put on weight, and knew I needed to get with the program."

Since 1999 Boethling has trained hard, lost 35 lbs, and has set nine cross-state records — more than any other ultra rider.

In pursuit of his RAAM goal in 2004 Boethling officiated RAAM. In 2005 he and Dan Crain set the RAAM two-man age 60+ record of 14.85 mph (8d 13h 34m).

Driven by purpose and thoroughly prepared, this year he crossed in 12d 7h 3m, setting an age 60+ solo RAAM record of 10.31 mph.

As a result of his accomplishment readers of Tailwinds magazine elected Boethling the El Tour-Race Across America Cyclist of the Year. Boethling will be honored at El Tour in Tucson in November.

After RAAM Boethling said: "I wanted to make a statement about age and lifestyle choices. Aging doesn't mean the end of life as you know it."

For Boethling finishing solo RAAM was a

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Results: September 13th 1200K—The Last Chance:

Windiest Last Chance Yet?

by John Lee Ellis

Wind was the big story at this year's Last Chance. An oh-so-alluring tailwind held for most of the first day, then stiff southerly crosswinds the next two days, day and night ... and as a special dessert for the later riders, chinook headwinds on the final leg. This may have been the windiest Last Chance yet, but we were spared tumbling tumbleweeds, drenching rains, roasting temps, or violent thunderstorms. Also, the goathead thorn count seemed lower than usual.

Out of 34 starters (including two on the 1000k/200k option), 28 finished, for an 82% finishing rate, down from 91% the year before. Eleven riders were "local" (including Durango), or 32%, quite a bit higher than the historical 20%. For some, like Val and Robin Phelps and Veronica Tunucci, this was their first 1200k distance. For others - Ken Bonner and Dan Wallace, the Last Chance was their fourth 1200k since June! And for Ken, this was his fourth Last Chance - having ridden every Last Chance except the first! Riders like Val, Robin, Veronica, and Charlie Henderson were already ramping up for PBP 2007.

For Woody Graham, this was his tenth 1200k (batting 1000, too, since PBP'87), and he was just back from riding across Australia as a tune up! Philip Baker, Larry Graham, and Tom Knoblauch were able to qualify for RAAM. UMCA John Marino Challenge luminaries like John and Nancy Guth were upping their points totals. And for Dan Brekke, the Last Chance put the finishing touch on his prestigious Randonneur 5000 award.

As always, there were stories of impressive performance, stories of an event cut short because of injury, and even a couple instances where riders came to the point of quitting the event, then changed their minds, rejoined, and finished! And of those who faced Saturday's chinook winds, every one of them finished!

Thanks to Volunteers - A special thanks to Charlie Henderson (route research, bagdrop accommodations, and all around Last Chance icon), Dan Shields (Atwood chef-de-contrôle), Jasmine Aranda (Byers chef-de-contrôle), John Hughes (starting-line official and rider progress web update), Will de Rosset (finish line), Tom Foss (registration), and Rita Saunders (treasurer).

Thanks to every rider for joining us, and congratulations to you all for your efforts!

Be sure to check out the website at www.rmccrides.com/lastchance.htm for photos and rider stories!

Upcoming Populaire

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

Cross-State Records

Several RMCC members have set cross-state records in 2006! This includes:

Carol Chaffee Havrda set the Colorado West-East record.

Drew Clark set the Illinois West-East record and the Indiana West-East record in his age division.

Fred Boething set the Colorado North-South and South-North for his age, and hence, also the North-South-North. He also set a Florida West-East record.

Congratulations to these riders! For more information on these records, check out www.ultracycling.com.

Last Chance Results:

RUSA#	Time	Rider	Hometown
894	56:27	Bonner, Ken	Victoria, BC
1009	56:27	Bol, Timothy	Maitland, FL
114	59:08	Graham, Larry	Westerville, OH
3555	64:36	Knoblauch, Tom	Aurora, CO
3055	70:30	Mazzola, John	Cedar Crest, NM
341	71:59	Werner, Glen	Englewood, CO
2365	72:15	Schroeder, Henrik	Lighthouse Pt., FL
3394	72:15	Baker, Philip	Baton Rouge, LA
	72:45	Bouhuyzen, Henk	Toronto, ON
933	75:20	Guth, Nancy	Stafford, VA
787	75:20	Guth, John	Stafford, VA
3185	75:20	Ide, Larry	Monmouth, IL
3152	75:50	Tunucci, Veronica	Corte Madera, CA
	76:55	McLeod, Grant	Indian Head, SK
3023	77:10	Harris, Guy	Asbury Park, NJ
693	77:10	Midura, Lawrence	Easy Syracuse, NY
153	79:08	Ellis, John Lee	Louisville, CO
1131	79:13	Knutson, Ken	Tracy, CA
1020	79:23	Seaton, Russell	Urbandale, IA
1842	79:31	Smith, Vernon	Colo Springs, CO
1576	79:31	Phelps, Robin	Durango, CO
2299	79:31	Phelps, Val	Durango, CO
1471	79:31	Foley, Paul	Golden, CO
1795	85:22	Kramer, John	White Salmon, WA
801	87:34	Aldeman, Jim	Schamburg, IL
846	87:39	Graham, Woody	Columbia, SC
1555	87:42	Wallace, Dan	Winter Park, FL
1693	1000K	Brekke, Dan	Berkley, CA



Upcoming Club Rides (for brevets & populaires, see page 2)
October rides start at 9:45; November rides start at 10:45

Date	Start	Description	Miles	Starter
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)
Saturday 10/14	Exit 255	Exit 255-Rist Canyon Loop	38/80	Volunteer Needed
Sunday 10/15	Aurora	Aurora-Strasburg-88 th Ave. Loop	41/68	Volunteer Needed
Saturday 10/21	Littleton	Littleton-Deer Creek-High Drive Loop	35/49	Volunteer Needed
Sunday 10/22	Northglenn	Northglenn-Barr Lake-Dacono Loop	49/68	Dan Shields (720-989-4583)
Saturday 10/28	Larkspur	Larkspur-Monument-Black Forest Loop	60	Volunteer Needed
Sunday 10/29	Northglenn	Northglenn-Broomfield-Morgul Loop	46	Dan Shields (720-989-4583)
Saturday 11/4*	Rooney	Rooney Road-Deer Creek Canyon Loop	44	Volunteer Needed
Sunday 11/5	Exit 243	Exit 243-Carter Lake-Loveland	45/58	Volunteer Needed

*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
Boulder	The East Boulder Community Center on 55 th just east of the US 36/South Boulder Road exit. 5660 Sioux Dr.
Exit 243	The Conoco just to the east of the I-25/Hwy 66 interchange. Use the west lot only!
Exit 255	The parking lot at the SW corner of the I-25/Exit 255 interchange
Aurora	The NW corner of the Wal*Mart parking lot just north of I-70 on Tower Road
Larkspur	The city park parking lot on Spruce Mountain Road just north of Perry Park Ave. in Larkspur
Rooney	The Green Mountain Trailhead parking lot on Rooney Road, between Colfax and Alameda/Hwy 26

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!

Ride Starters:

Fall is a great time to ride! Please check out the website for rides which you plan to do that need starters. Sunny weather is guaranteed as long as the newsletter editor isn't starting the ride!

Weekly Rides—Please Note Schedule Updates!!!

--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)

--Throughout the fall and winter, there will be what we call "show-and-go" weekend rides. This means that we meet at a common start location each week, with the route determined by the ride starter based on weather and road conditions that day. Watch the website and next month's Chain Chatter for confirmed details on these rides!

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



Crossland, from page 1

We had not planned to sleep there, but the day had taken its toll. We arrived around 10 PM and made a plan to depart around 12:30 AM. For some reason, I was unable to actually sleep for any more than 30 minutes. But, I thought the rest for my legs was good.

We headed out then, Stig and I, at 12:30 AM and really took our time on the Middlebury gap climb because following this there was a big climb to Ludlow (mile 579). At this point I was 30 min. behind the lead rider.

Once we arrived into Ludlow, I was ahead. The other two women that I was concerned with started at 4 AM, and I chose to start at 6 AM, so that worked as an advantage for us. So far all had gone well for me. I had one or two instances where I really slowed down, but with a few minutes off the bike and something to eat, I was able to work my way through each of these moments. I felt great the entire way back, with one down point, which as I said, I worked through.

The reward was to finish all 750 miles, and then to win, and enjoy the riding time with my friends as much as I did. I think my attitude about just finishing kept me to riding my ride, and not riding someone else's. This paid off in the end, and I now have a different perspective towards participation in the brevets. It is so individual, we are all different, and anything can happen, even in the last 100 miles!

Thanks to RMCC for the support you have given to me all along.

Boethling, from page 1

life-changing experience. Why? "Solo RAAM is so different from team. Finishing team RAAM was an accomplishment, but I only rode half the miles. This year I pedaled every mile. Solo is five times harder than team. There's more wear and tear on the body and no time to recover."

Boethling has spent 40 years in the stressful business world, so cycling provides time to relax. Meetings with Boethling are often interrupted by calls on his cell phone—but he doesn't take calls, even from his partners, while riding.

Boethling's corporate colleagues respect him, but in the competitive business world he doesn't get a lot of positive feedback. Solo RAAM provided that.

"Solo RAAM was such a big project, the completion of a long-term goal. I have a tremendous sense of accomplishment and get such positive feedback. People say 'Gosh, you raced your bike across the country. That's so impressive!' That feels good."

What's next? "I'd like to do solo RAAM when I'm 65 and two-man RAAM when I'm 70. And then I need to go back to Minnesota — I crashed last year while trying to set the north to south record.

Fred Boethling is an accomplished ultra racer and effective business leader, always looking for the next adventure. At age 61 he is an inspiring example for us baby boomers trying to avoid old age. In his 80s he'll still be pushing the pedals, although by then he may need to put the training wheels back on to set his next record.

*Reprinted Courtesy UltraMarathon Cycling Association:
www.ultracycling.com*