



### 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. Please check the website for the dates of future meetings, as we may have to change nights. 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](http://www.rmccrides.com)

### Deer Creek Done!

As some of you have already learned, the construction in Deer Creek Canyon is complete. The new road is very nice—smooth pavement and new shoulders. A special thanks to Bike Jeffco and Bicycle Colorado for their work over the years in making this happen.

## My Last Chance 1200K

by Val Phelps

My wife Robin and I started our first 1200K with the primary goal to finish. Our secondary goal was to finish in under eighty hours. I'm proud to say we accomplished both goals. We hope to attempt Paris-Brest-Paris in 2011; I'll be sixty and Robin will be fifty. Even though we've completed brevet series the last three years, the 1200K was more challenging than either of us anticipated. I'm thankful we had the experience of several 400 and 600K brevets under our belts or I doubt we would have finished the Last Chance 1200K. Both Robin and I have the utmost respect for anyone that has completed one of these.

Day 1: Our plan was to ride conservatively. We left Louisville at a comfortable pace. We were surprised to see most people that were ahead of us at the first checkpoint around daybreak. We left Byers riding with a group that included John and Nancy Guth, whose exploits we have read about the last several years in RUSA and UMCA publications. We also spoke with John Mazzola and Mike Enfield, riders we had met while doing the Arizona brevets last year. At the second checkpoint, we arrived in time to see Chris Grealish and Ken Bonner.

To a wise and experienced randonneur, this should have been an indication that we were riding too fast. I, on the other hand, ignored this sign and continued at a pace that would later prove to be unwise. Our too fast pace did have an important benefit: It allowed us to catch Vern Smith and Paul Foley, veterans of several 1200Ks.

We rode with Vern, Paul, and others until I paid the price for my too fast pace around St. Francis when I began to cramp. Vern, Paul, and Robin stopped while I downed a Gatorade. This was the beginning of 1200K lesson one: Ride your plan, do not deviate.

Lesson two: Be flexible and ignore lesson one—if necessary. We arrived at Atwood and were greeted by Dan Shields and the best tasting pizza we've ever had. Dan was extremely helpful and we can't thank him enough for his hard work.

Day 2: After a good night's sleep—almost nine hours off the bike—Vern, Paul, Robin, and I left Atwood around 3:00 AM. We had breakfast at McDonalds in Norton—I never eat at McDonalds—and proceeded to the Kensington Post Office, which was the turnaround point.

Around Kensington I developed a true saddle sore. I, of course, wasn't prepared to deal with this issue. Thankfully Paul was kind enough to supply me with Bag Balm. After doctoring my

butt we had wonderful stuffed pork chops at the grocery in Kensington and were surprised to see Mike Enfield who had left Atwood hours before us the previous night. Mike rode with us briefly until he told us to proceed without him. He would later drop out due to severe cramping. My ass hurt.

Paul announced outside of Phillipsburg that we had completed our first 600K in around 31 hours! Again, to a wise person this should have been an indication of things to come (my ass hurts). Heavy crosswinds made progress slow and our group split with me falling off the back. Robin and I didn't reach Atwood on the return trip until after dark (my ass hurts). Dan Shields kindly drove us to a store for food and we made plans with Vern and Paul to leave at 2:30 AM. At that point our group decided to split, if necessary, on the route the next day (my ass hurts).

Day 3: Our group left Atwood and we were immediately greeted by the same heavy crosswinds we had encountered the afternoon and evening before (my ass hurts). I had thought winds were supposed to die down during the night. Lesson three: Don't count on the wind gods to have mercy; they relish in your pain.

Charlie Henderson stopped along Highway 36 to give me words of encouragement. I can't express how much that meant to me. Charlie's confidence that I could finish boosted my resolve. Vern and Paul proceeded ahead while Robin and I plugged along and we would arrive at checkpoints as they were leaving. Day two was the most difficult day I've ever had on a bicycle.

Lesson four - It can always get worse (my ass hurts). At the checkpoint in Anton we saw John Lee Ellis who cautioned us to get plenty of water because there were no services for the next fifty-five miles. We followed John Lee's advice and drank and carried as much water as possible. We still ran out (my ass hurts).

The next fifty-five miles were pure hell. The heavy crosswinds sometimes changed to head winds, the chip seal was killing my previously injured shoulder and have I mentioned, my ass hurt. There was an endless series of hills. These weren't rollers, rollers go up and down, these went up.

Robin and I would ride ten miles and stop to rest. After two such stops, I collapsed on the side of the highway and told Robin to proceed to Byers in case the restaurant closed early (my ass hurts). Somewhere on the chip seal hills I encountered the march of the caterpillars. There were hundreds of caterpillars marching across Highway 36. I had to check with Robin in Byers to see if the caterpillars were real; I had already had hallucinations the

*continued on page 4*



### Results: September 13<sup>th</sup> 200K—Stove Prairie, Poudre Canyon: Nicest, Most Colorful 200K Ever!

*by John Lee Ellis*

Bright sun, balmy temps, and splendid fall colors accompanied the 9/30 reschedule of the fall Stove Prairie 200km brevet. Only a week before, snow threatened on the event date, occasioning the postponement. Ride starter Tom Foss (thank you, Tom!) continues ...

A mixed group of 19 randonneurs, (and 17 finishers), and several Last Chance luminaries, rolled out of the parking lot for our final brevet of the season. The day started cool, but quickly warmed up to a beautiful Indian summer day. Riders enjoyed bright autumn colors south of Masonville to the summit of Stove Prairie and a somewhat windy finish from there on back to Mead. If entertainment from the bike wasn't enough, riders could have stopped to enjoy the Ellis Ranch (no relation to our local RBA) Pumpkin Patch Festival at Hwy 34 and Road 29, a carnival at the Berthoud city park, or a wine tasting at the local Berthoud liquor store—see what you miss when you're in a hurry to get home?

Congratulations to James Mapes, David Eason and Mathew McNatt on coming out for their first brevet.

RUSA#	Time	Rider
	7:12	Kalisch, Tim
	7:12	McDonald, Sargent
	7:15	Ellis, Randy
	7:34	Fourney, Robert
	7:34	Pogorelz, Robert
2993	7:40	Wiss, Dick
3600	7:40	Koenig, Gary
3555	7:50	Knoblauch, Tom
3589	7:55	Nansel, Alan
	8:52	Newton, Gerry
	8:53	Parry, Diana
	8:58	Augenstein, Larry
3199	8:58	Odorizzi, Greg
2032	9:10	Foss, Tom
153	9:17	Ellis, John Lee
6	10:00	Henderson, Charlie
pend.	11:19	Eason, David *

\*first brevet!

### Results: August 19<sup>th</sup> 300K—Peak to Peak: Soggiest Peak-to-Peak Start?

*by John Lee Ellis*

Despite threatening-looking weather, and rain that nipped at riders' heels to Estes Park (not unusual!), 9 riders (out of 10 starters) persevered and ended up with a good performance! Eustachia Bean, on her first brevet ever, made it past thunder and lightning as far as Estes Park.

Thanks to Charlie Henderson for leading this brevet!

RUSA#	Time	Rider
	11:26	Kalisch, Tim
	11:26	Kroonenberg, Stuart
1471	12:00	Foley, Paul
	12:00	Liedke, Brian
3112	12:01	Rupel, Ray
3639	12:52	Schemmel, Jerry
2993	14:08	Wiss, Dick
	14:08	Conner, Shaun
	16:01	Freeman, Gary

*Ed note: Apologies to the participants for the delay in getting these results into Chain Chatter*

### Results: October 10<sup>th</sup> Populaire—Apple Valley: Peak Colors!

*by John Lee Ellis*

Cool, overcast conditions kept the crowds down, but those who rode enjoyed dry conditions with still peak colors in an autumnal atmosphere. Thank to Tom Foss for leading this end-of-season populaire!

RUSA#	Time	Rider
3555	4:16	Knoblauch, Tom
3551	4:35	Snaveley, Henry

### Results: September 16<sup>th</sup> Populaire: The Copper Triangle: Cancelled!

*by John Lee Ellis*

From as far away as Byers, Last Chance riders spied roiling clouds above the Divide as they rode the final miles of the event. Saturday afternoon finishers enjoyed 40-50 mph Chinook winds. West of the Divide, those clouds were dousing hopes of a bright, sunny foliage fest on the Copper Triangle.

A big thanks to Carol Chaffee for driving from Durango to Copper Mountain to perform ride leader duties!



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

Date	Start	Description	Miles	Starter
Saturday 11/4*	Rooney	Rooney Road-Deer Creek Canyon Loop	44	Charlie Henderson (303-972-8733)
Sunday 11/5	Exit 243	Exit 243-Carter Lake-Loveland	45/58	Tim Kalisch (303-956-7245)
Saturday 11/11*	Northglenn	Northglenn-Louisville-Erie Loop	41	Dan Shields (720-989-4583)
Saturday 11/18*	Aurora	Aurora-Bennett & return	41	Tim Kalisch (303-956-7245)
Saturday 11/25*	Boulder	Boulder-Morgul Loop	26/38	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:

Northglenn	The Wagon Road Park & Ride at 120 <sup>th</sup> and Huron (just west of I-25)
Boulder	The East Boulder Community Center on 55 <sup>th</sup> 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!
Aurora	The NW corner of the Wal*Mart parking lot just north of I-70 on Tower Road
Rooney	The Green Mountain Trailhead parking lot on Rooney Road, between Colfax and Alameda/Hwy 26

#### A Note on the Boulder & Aurora Start Locations:

At the Boulder Community Center, 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. At the Wal\*Mart in Aurora, please park at the northwest corner of the lot. We have to have permission to use these lots, so please be considerate!

#### Ride Starters:

We have ride starters for all remaining rides this year. If you've never started a ride before, please consider starting one next year!

### Winter Show and Go Rides!

Although the "regular" ride schedule is winding down, that doesn't mean that there will not be RMCC rides available for you every weekend through the winter! Because winter weather and road conditions vary, we run "show-and-go" rides during the winter months. The basic concept is that we meet at the same place every week, and the ride starter will select a route based upon weather and road conditions. If it's a nice day, we will do a bit of a longer ride (e.g. 40 or 50 miles); if it's cold, we'll do something shorter. As always, if conditions are unsafe for riding, the ride will be cancelled. Following are our show-and-go rides:

--"Northglenn and Beyond" will begin on Saturday December 2<sup>nd</sup> and will run through January. This ride meets at the Wagon Road Park and Ride (our usual Northglenn start location) at 10:45. Tom Foss is the starter. He can be reached at 303-233-4972.

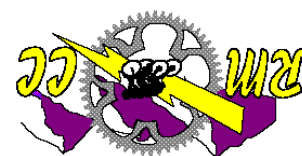
--"Ken Caryl and Beyond" is our Sunday offering beginning on November 12<sup>th</sup>. This meets at the Park-n-Ride at Shaffer Parkway and Ken Caryl Avenue in Littleton (just east of C-470). Please note that this is not one of our traditional start points, but it is quite easy to find. This ride starts at 10:45. Contact Tom Boyle (303-948-8947) or Rick Melick (303-730-7322) with any questions.

--The "Sunday Fixed Gear Ride" is our final offering, which you may have seen listed in the latest issue of *Bicycling* magazine. As you can guess, this ride is a great opportunity to bring your fixed-gear bike out to a ride (although geared riders are certainly welcome). This ride meets at 9:45 AM at Meadow Sweet Park in Erie (318 Wheat Berry Drive). Mike Prendergast is the ride starter (303-344-6326).

Please note that these rides will not be run on Christmas, and you should double-check the website for the schedule on New Year's weekend (when we have our New Year's Day Century—details coming next month).

Lastly, please check the website first with any questions about these rides before contacting the ride starter, so these people don't get barraged with phone calls for the next two months!

Rocky Mountain Cycling Club  
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*Phelps, from page 1*

second night coming into Atwood (my ass hurts). I arrived in Byers, to Robin's surprise, shortly after her and was greeted by Jasmine Aranda who told me I didn't look so good.

In somewhat of a daze I spoke with Vern and we agreed to finish the ride as a group the next day (my ass hurts). I got to our motel room and collapsed on the bed and announced I couldn't get up to go to dinner. Thankfully, Robin ignored me and insisted I drag myself to dinner. I enjoyed a chicken fried steak dinner that somewhat rejuvenated me.

Day 4: My ass hurts. Paul had mentioned that on a previous ride when he was suffering from saddle sores he had worn two pairs of cycling shorts. I wore my regular bib shorts under a pair of bib knickers. It worked wonders. My ass still hurt but at least it was bearable.

Lesson five: Don't try anything new on a big ride--unless you're desperate. We left Byers at 2:30 AM for our final ride to the finish. I was falling behind shortly before we arrived at a store in Keenesburg. I was in survival mode. I explained to Robin I didn't have anything left. I ate a breakfast sandwich and Robin told me to "suck it up." I don't know if it was the sandwich or Robin but I gained a second wind. My ass didn't hurt so much and I finished strong.

Summary: I want to thank my riding partners - especially Robin, fellow riders, support staff, and Charlie Henderson for the help and inspiration to complete the most difficult sporting event I've ever attempted. I'm grateful for the lessons learned and the sense of satisfaction the Last Chance 1200k has provided me. I'll be better prepared next time and my ass is beginning to not hurt!

## **From the Editor: What I Won't Be Doing This Winter**

*by Mark Michel*

People in and out of the club often ask me what I do to stay in shape over the Winter months. My usual somewhat flippant answer is that I don't—I use those months to sleep in. I usually then get told that “a lot” of cyclists ride trainers during the winter.

I don't want to discourage anyone from doing that, but riding a trainer is not for me. Quite honestly, I can't think of too many things that seem less fun. One of the main reasons I like to bicycle is because it's an outside activity.

In reality, I don't spend the winter laying around the house. One of the things I didn't realize when I seriously got into road cycling several years ago was that you can ride outdoors in Colorado twelve months out of the year—really.

I once thought that you had to have one of those \$300 winter jackets to ride when it's cold out, along with a bunch of other bulky items that I would only use a few times during the year. In reality, I do just fine by layering up stuff that I already have.

Another thing I had kind of ignored before is that it is usually sunny during the winter months around here—it seems like it's not until March and April that we really run into weather troubles.

So, I'll see you at the Show-and-Go rides this winter. But you won't hear about the “miles” I've been putting on the trainer.