



**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 sometimes have to change nights to get the space at REI. All club members are welcome to come. Thanks to REI for providing us this space!

**A Reminder**

Many of us have memberships that expire over the winter. When you get your renewal, don't forget to renew just because it's ski season!

**Sponsor Change:**

Many of you utilize the services of the Sports Optical, one of our longtime club sponsors. Please note that they will be moving from 6<sup>th</sup> and Garrison to their new store at 4337 Tennyson Street, right by Mob Cyclery (another club sponsor!).

**RMCC Online:**

[www.rmccrides.com](http://www.rmccrides.com)

**The History of the Rocky Mountain Cycling Club's New Year's Century**

*by Val Phelps*

Several years ago, while living in Kansas City, the Johnson County Bicycle Club held a New Year's century. It was a 25 mile loop. The temperature at the start was 0 degrees. I was so bundled-up that I looked like the Michelin Man. The loop format made it difficult to pass up your warm car twice before completing the ride! I completed that century once (I'm not certain if the ride continued in subsequent years or not).

I became intrigued with winter cycling, however. I had proved to myself that I could manage to ride in even the coldest weather. When I moved to Denver in 1994, I became involved with the Rocky Mountain Cycling Club. At that time, the RMCC schedule ended in the fall and resumed in early spring. As such, I started winter show-and-go rides every Saturday.

These rides started out with just a few hardy souls (sometimes just Brent Myers, Tom Foss, Jim Rhomberg & me) and has grown to sometimes 30-40 temperature impaired cyclists.

The Saturday rides were such a success that in 2002 I decided to start an RMCC New Year's Century. People doubted my sanity (not the first time) but I made plans anyway. The course is a single loop (to eliminate that tempting warm car) that stays on the warmer (compared to the mountains) plains north of metro Denver. Colorado can be quite unreceptive to winter cycling, but we've held the ride for the last four years.

The inaugural event attracted eight riders, all of whom finished. There had been a snow storm on New Year's Eve which mainly impacted the south part of metro Denver. Many folks assumed the ride was canceled. The roads on the century route, however, were dry and the temperature was in the low 40's, so we rode.

January 1, 2006 marked the fourth annual RMCC New Year's Century. The ride has steadily grown to exceed my expectations. We had a cool clear day with around fifty riders. Some chose to take a shorter route (no one keeps track) but the majority completed the 100 miles. A New Year's century is the perfect way to start your cycling season. If you can keep up your daily average, you'll log 36,500 miles for the year!

Join us for a unique adventure on New Year's Day! I promise it will be challenging, exciting, and memorable.

**Bicycle Colorado Update**

*by Mark Michel*

With the recent electoral changes, Colorado's transportation goals will be set by the new Governor, Bill Ritter, and the leaders of his Department of Transportation. Bicycle Colorado is gearing up to lobby them heavily for its "Complete Streets" campaign. The basic point is simple—roads should be designed to be safely used by all users, not just people in their monster trucks.

As most of our members know, the RMCC does not engage in direct political lobbying as a club for many reasons (we are better at running good rides than at lobbying).

Instead, we financially support Bicycle Colorado and Bike Jeffco. We also encourage you to join Bicycle Colorado yourself—they are well worth supporting as they have been very effective over the year. Check them out at [bicyclecolo.org](http://bicyclecolo.org).

**Coming Attractions in 2007**

*by Mark Michel*

In the New Year, I'm hoping to do some new and different things with the newsletter. To do that however, I would like to solicit your help.

First, I'm hoping to get more stories about rides that you've done. I have run a lot of articles surrounding long-distance brevet riding—please keep those coming! However, that is not all that we do. I'm hoping to run more "rider story" articles ranging from descriptions of your European tours to things that have happened to you when commuting to work by bike.

Robert Havrda also had a great idea—to do product reviews oriented around one of our special events (e.g. populaires/brevets). A couple of years back, Rick Russon surveyed a bunch of people about what they ate on one of the 200Ks. His conclusion was that Payday bars were the key to finishing with a fast time. (Okay, maybe that is not the most accurate way to summarize his research.) Regardless, I'd like to do something similar, except that I'll be asking some of you to briefly share with us how something you are doing or using works out on a particular ride.

While it sounds flippant, I'm actually serious when I say that the best newsletters are the ones where I don't write anything. You don't have to be a great writer to submit something—making sure the article reads well is my job.

So, please send me your ideas and contributions to [michel95@comcast.net](mailto:michel95@comcast.net). Your fellow club members will thank you!

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## Upcoming Club Rides

### New Year's Day Century!

The New Year's Day Century has grown over the years to become one of our more popular rides. Yes, we know everyone is not in mid-season form, so it's not a fast century for most of us. But it is a fun time, and we have had very good luck with the weather over the years. Usually, people gather at a nearby restaurant after the ride to enjoy one another's company a little more. Come join us—it's a great way to start the New Year!

The ride starts at the Wagon Road Park-n-Ride at 120<sup>th</sup> & Huron (just west of I-25) at 8:00. See you then.

### Winter Show and Go Rides

Although the “regular” ride schedule is done for the year, that doesn't mean that there aren't any RMCC rides until February. 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 (erg. 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 canceled. 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 one of our our Sunday offerings. 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 Rick Melick (303-730-7322) or Diane Benoit (303-697-1463) with any questions.

--The “Sunday Fixed Gear Ride” is our final offering. 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).

In speaking with the starters of these various rides, it sounds like they will all happen on the 23<sup>rd</sup> and 24<sup>th</sup>, and on the 30<sup>th</sup> and 31<sup>st</sup>. The exception is the Sunday fixed gear ride, which Mike is currently not planning to run on those days. Please check with the website and the ride starters for any last minute changes.