



### 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!

### Important Note!

Due to a scheduling conflict at REI, our Feb. meeting will be on *Tuesday* the 13<sup>th</sup> at Clancy's Irish Pub, 10117 West 37<sup>th</sup> Place. We will meet at 6:30.

### 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)

## Small Goals, Big Rewards

by Diane Benoit

I'm a goal oriented person and a list maker. I know the difference between making lists for the sole purpose of checking things off as opposed to making lists of goals that are more difficult to obtain, more meaningful, and frequently hard to put into words.

It's sort of like going on a vacation only to spend it behind a camera recording every event, which is a whole different experience than just being there without any thought of recording it. I discovered this fact in grad school which led me to not use a camera for 2 years; of course now I can't remember when or where stuff occurred during that time period...

Anyway, the point here is that I like making lists of potential athletic accomplishments too. It stems from another life when I competed in cycling, running, and triathlons for twelve years.

Last February I found myself without a cycling goal—I hadn't even started a list. I asked my bike racing friends about their goals for the season and they would rattle off at least 5 or 6 races they would compete in as well as detailed plans to get them into peak shape.

Weeks passed—nothing. By May I had become pretty anxious. On May 13th I went to the Saturday RMCC Castle Rock ride and did the ride with some of my regular bike buddies. We worked really hard most of the time but managed to fit in a lot of interesting conversation, and in general we all had a blast. We rode a little over 100 miles.

So there it was, my new goal. I would complete a century every Saturday, leaving Sunday as a back up. To keep it fun, I would attach as many as possible to scheduled RMCC rides. My only rule was that it had to be fun, I had to look forward to each one. I would stop the second it became a drag.

So I began adding to my goal and rode to every Saturday ride that I could. By mid June I was up to five consecutive centuries. The rides, like the company, were challenging but fun and always laced with conversations and coffee stops. I was still having a blast. Word got out about my century goal amongst my buddies and soon I was riding with other diehards that didn't mind a ride in the rain, riding through snow flurries, and of course wind.

Tangent: One of the great attributes of RMCC is it's diverse membership. There are so many ultra distance riders, racers, middle of the pack folks, and people who just love to be out

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## Condolences

Most of you know Brent Myers, one of our longtime and most-loved club members. His 21 year-old son Austin passed away unexpectedly on December 21<sup>st</sup>. Our deepest sympathies are with you during this most difficult time, Brent.

Austin Myers was born in Denver on September 10<sup>th</sup>, 1985. He was a graduate of Wheat Ridge High School and was a student at the University of Colorado. He loved to backpack, hike, and snowboard, and also played guitar. He was most known as an artist, however. He was good at every kind of art he took at CU, including drawing, sculpture, welding, photography, and poetry.

Memorials may be sent to the Austin D. Myers Scholarship Fund at 686 S. Poplar Street, Denver, CO 80224.

## Changes in the RMCC

As most of you hopefully know, John Klever has done a *huge* amount of work for the club for many years, having been with the club since its inception in 1993.

John's work included the excellent website, which was the first introduction of the club to many of us. He also created the route maps and cue sheets for all of the rides (that's a lot of maps!), administered the ride starters, and sent out all of the materials to each of the ride starters. It was a good thing John is retired, as that has allowed him to seemingly work full time for the RMCC!

Well, John has decided there are other things he'd like to pursue in addition to cycling, so he is passing on his responsibilities. Fortunately, a bunch of people have stepped up to help.

Carol Havrda, the current leader of the club's Durango chapter, will be handling the website (you may have noticed the new look!). Bob Barday will be taking care of the maps and cue sheet creation. Jim Kraychy will be hitting you up to lead rides, and Rick Russon will be distributing ride leader materials.

And yes, John Klever is not going away. He remains a member of the board and he will continue to ride with the club (you'll have the watch the maps now, John, since you didn't create them!). Thanks to John for all of his service to the club over the years!



*Benoit, from page 1*

riding their bicycles at any pace for any distance. So, it's really easy to find others who just might be interested in sharing your personal goals, especially if long distances are involved

Planning different routes each week was half the fun. Luckily by summertime our ride schedule has 100 mile options nearly every weekend. Also, it gave me the nudge needed to try non-club centuries as well, including my favorite Colorado century held in Grand Junction. I added a spontaneous trip back to Chamonix where I completed several back to back century days including revisiting Alpe d'Huez. I also obtained another long standing European goal of biking 3 countries in 1 day: France, Italy and Switzerland.

By the middle of September I had logged 20 centuries. One of my favorite RMCC rides took place on a rather bleak Saturday, September 23rd. Tom Boyle, a frequent ride buddy, was the RMCC ride leader that day. I rode to the ride start in Golden to find Tom just seconds from departing. The doomsday weather forecast probably scared most folks away as it was pretty cold. There were only 4 of us, Tom Knoblauch, Tom Boyle, Jim Kraychy and myself.

We decided to improvise on the scheduled route and went up Lookout Mountain and into Genesee Park, instead of on up to Echo Lake. We rode to the very top, located just south of the Genesee I-70 exit. With the 360 degree views, we could see it snow on Mount Evans. A few flurries broke our spell and we decided to head down to the old stone City Hall/now coffee shop in Golden and formulate plan B. It was just like being out with your neighborhood friends as a kid, on bikes just exploring, losing yourself in the moment, following distractions and not wanting to end it.

At the coffee shop, Tom said he wanted to pick up a jacket at the downtown Patagonia Store and plan B was quickly formed. We rode the Clear Creek bike path to REI, Cherry Creek Path to Market Street (the jacket was actually there and in his size), then onto the Platte River Trail and through Chatfield Park and into Willow Springs, completing another 100 miles.

So, there it is: one small goal growing and evolving into so many wonderful experiences that I might not have had otherwise. Finding so many great bike buddies in the RMCC to share the road with has been a gift and I'd like to thank each and every one of them for sharing so many great adventures this past year. I ended the streak at 23 centuries, back to back weekends feeling pretty good. That was 2300 miles! All totaled that has put me at my all time year end record of 10,500 miles. Now, onto a new cycling goal for 2007! Cheers!

## RMCC 2007

The January newsletter is perhaps the most anticipated of the year because it includes the new club schedule. For several evenings in October, board members including Charlie Henderson, Tom Foss, Brent Myers, Dan Shields, Jim Kraychy, and Mark Michel gathered at one another's homes to plan the schedule for this year.

Because the schedule is already so good—it really defines our club to a large extent—we generally do not look to make wholesale changes each year. Instead, we go through each route to make any alterations that might be required due to things like increased traffic or newly paved roads that we can try. We also review the schedule to ensure there is plenty of variety, and that there is a good ride progression.

For the first several months of the year, the basic plan is to increase the ride distance and difficulty a little bit each week. In other words, if you have goals that you are training for in 2007, the RMCC schedule is designed to help you progress to where need to be.

Aside from some changed routes and moving a few rides around, there are two new routes this year. The Air Force Academy has been reopened to cyclists, so we have scheduled one ride through there. The "Golden Gamblin' Ramble" (Golden, Central City, Peak-to-Peak) is also on the schedule as a regular ride now.

We are also listing three tours. The Spring Contrail, which runs from April 21<sup>st</sup> through the 28<sup>th</sup>, will again be in east-central Arizona. The Summer Contrail will take place from July 14<sup>th</sup> through the 21<sup>st</sup> and will take in Southern Colorado and Northern New Mexico. If you are interested in these, contact Charlie Henderson at 303-972-8733. The Memorial Day weekend tour has a new route and a new ride leader this year. Dan will be leading a route starting from near Denver and heading up to Twin Lakes. For questions about this ride, contact Dan at 720-989-4583.

A special thanks goes out to Bob Fourney and his company, Highlands Home Carpet Cleaning, along with longtime sponsor Vectra Bank, for covering the cost of printing the program guides!

## More Unfortunate News

One of our club's original sponsors was the Denver Spoke. Dong Ngo, who worked at The Spoke for 25 years, passed away on December 7<sup>th</sup>. He was 52.

I recently spoke with a club member who actually purchased three bikes from Mr. Ngo over the years. He was known for ensuring that each bicycle fit the individual, and for his advice about riding technique. His clients over the years included Olympic medalists.

The best wishes of the RMCC go out to Mr. Ngo's family as well as to his coworkers at the Spoke. Donations for a memorial bench are being collected at the Denver Spoke.



## Upcoming Club Rides—please see below for information on “Show-and-Go” rides which continue until the regular schedule resumes.

**Rides start at 10:45**

Date	Start	Description	Miles	Starter
Saturday 2/3*	Littleton	Ken Caryl, Deer Creek, Chatfield Res.	24/37	Rick Russon (303-795-0526)
Sunday 2/4	Boulder	Morgul, Cherryvale, Niwot, Lookout Loop	24/39	Jim Kraychy (303-697-1058)
Saturday 2/10*	Northglenn	Northglenn, Broomfield, Boulder Loop	40	Dan Shields (720-989-4583)
Sunday 2/11*	Aurora	Aurora-Bennett & return	25/39	Mark Michel (303-738-1958)
Saturday 2/17	Littleton	Chatfield, Ken Caryl, Turkey Creek	22/40	Barry Nash (303-758-2724)
Sunday 2/18	Exit 243	Berthoud, Loveland, Campion Loop	40	Charlie Henderson (303-972-8733)
Saturday 2/24	Castle Rock	Larkspur, Palmer Lake, Wolfensburger	33/46	Charlie Henderson (303-972-8733)
Sunday 2/25	Northglenn	Brighton, DIA Loop & return	47	Dan Shields (720-989-4583)
Saturday 3/3*	Littleton*	Ken Caryl, Deer Creek, Bear Creek Loop	37/50	Mike Fulton (303-984-5081)
Sunday 3/4	Northglenn	Northglenn, Brighton, Dacono Loop	33/51	Beth Myers (303-523-3100)

\*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
Littleton	The NW corner of the Park-n-Ride on the NW corner of the intersection of Santa Fe Drive and Mineral.
Castle Rock	The parking lot between the Safeway and the Big-O-Tires, 2 blocks SE of I-25 exit 181

### Notes on the Boulder, Aurora, and Castle Rock 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. In Castle Rock, park between the Safeway and the Big-O Tires (but not right in front of Big-O). We have to have permission to use these lots, so please be considerate!

### Ride Starters:

We have ride starters through mid-March. However, please keep a watch on the website as the ride schedule goes up for rides you would like to volunteer to start!

### Winter Show and Go Rides!

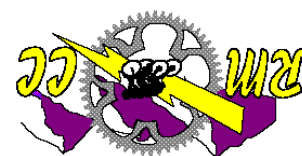
Because winter weather and road conditions vary, we run “show-and-go” rides during the winter months. The basic concept is that we meet at the same place every week, and the ride starter will select a route based upon weather and road conditions. If it's a nice day, we will do a bit of a longer ride (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 canceled. Following are our show-and-go rides:

--“Northglenn and Beyond” is our Saturday ride. 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 first Sunday offering. 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. 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).

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



## HIGHLANDS HOME CARPET CLEANING

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### Want Ads

**Help Wanted:** If you've ever wanted to work in one of the premier bike shops in the country, now is your chance! Wheat Ridge Cyclery is looking to add to our expertise. Mechanics & Service writers (minimum 3 years experience). Contact Doug Bittle at [dough@ridewrc.com](mailto:dough@ridewrc.com) or Daryl Dunigan at [daryl@ridewrc.com](mailto:daryl@ridewrc.com). We also need sales representatives. Contact Anthony Sloan at [anthony@ridewrc.com](mailto:anthony@ridewrc.com) or Jim Kennedy at [jimk@ridewrc.com](mailto:jimk@ridewrc.com). 303-424-3221. We offer full and part time positions, flexibility, opportunity, benefits, and a professional, friendly, fun environment.

### From the Editor:

*by Mark Michel*

"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."--Mark Michel, November RMCC newsletter.

Okay, so I guess I should drop the weather forecasting gig and stick to subject/verb agreement and watching out for dangling participles.

Nobody needs to read the RMCC newsletter to know that none of us can really remember a stretch like this: One blizzard, a big storm, and moderate storm all in consecutive weeks. As I write this (Jan. 9<sup>th</sup>), it looks like this coming weekend is going to send us into the deep freeze.

The great thing about living where we do is that there are things to do besides cycling around here—really! Many are, of course, skiers. I've talked with another group of active riders who ended up taking up snowshoeing with all of the snow.

And, some are even squeezing a ride in here and there. I took the afternoon off of work today to get a three hour ride in. Perhaps my favorite story is from one of our members who as of Christmas Day needed 28 miles to reach 6000 for 2006. That resulted in finding a three mile stretch of semi-clear pavement at the Cherry Creek Reservoir and riding back and forth several times.

However you're passing the winter, I look forward to seeing you whenever we can ride again!