



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. 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

Thanks to Carol Havrda for all of her work on the site.

Reminder:

As everyone should know, helmets are required on all RMCC rides. Less commonly known, is that the wearing of headphones is banned, as this is unsafe and arguably illegal.

Time for Appreciation

by Jim Kraychy

Ed Note: Jim sent me the following article in late Jan.

What a long winter it feels like we are having in Colorado, if only from a cycling perspective! When was the last time anyone has ridden a bicycle as they would like—on clean and dry pavement, or snow free trails?

Six weekend snow storms and counting in December and January. No time for the roads to clear enough for a decent clean ride before the next dump hits. Chicago and the rust belt are EAST of the Mississippi for cripes sake!

For the first time in five years Val's New Year's Day Century was cancelled. Seems like a conspiracy or some sort of cover up. Yeah, that's it, we don't need to see the grass anymore, or cut it for that matter—hey, bonus time, except that green sounds better than gray after all these weeks!

Time sure does seem to drag on when you're stuck in the house, unable to ride day after day, out of your normal activity pattern, struggling with physiological and psychological changes due to changes in exercise level and fitness. Spouses threatening various punishments because of all the "extra" time available. The normal balance and flow of life has been interrupted.

But maybe this has been a time for reflection, and some appreciation for all that which we have, even if we can't pedal much right now: Nature, opportunities, friendship, companionship, camaraderie, challenges, freedom, chances to ride, wonderful people to share a ride with, laughing at the wind.

Time to count snowflakes and revel in the spectacular scenery that is all around us, changing every day; sunrises and sunsets. Time to remember how precious life is; of the basic good in people. Time to remember and appreciate a lot of things.

Time for exploring new places and new people. Learning and growing. Encouraging and helping others; teaching, sharing. Giving and receiving. Recharge the mental batteries.

Maybe this slack time is a temporary setback that can be turned to advantage, like recovering from injury. Better, faster, stronger; farther. Time to look forward and think of the promises of a bright future, to turn these winter frustrations into something positive.

Tremendous, wonderful things to look forward to. Hopes and dreams. Every day is a gift, even if it is too snowy to ride.

I heard a robin across the street earlier this week. What a glorious spring it will be !

Long Distance Seminar

Are you thinking of riding Paris-Brest-Paris this year? Are you thinking of doing some brevet riding for the first time? Or, would you like to learn more about what makes these kinds of riders tick?

If any of those describes you, then plan on attending our annual Long-Distance riding seminar on Wednesday, March 21st at the downtown REI. The program will run from 6:30 to 8:30 PM., and meets in the east meeting room upstairs.

There will be a panel of speakers, composed of club members who are experienced at long distance riding, or "randonneuring". They will address how to ride these events and achieve success, both for the "average" randonneur rider and the elite-level rider. Topics include setting goals, training, nutrition, planning, sleeping, and common pitfalls. While the focus will be on the Paris-Brest-Paris 1200K, anyone seeking to do brevets of any length will benefit from the evening.

If you are thinking of doing BBP this year, you should definitely attend. If you are interested in brevet riding, but would like to learn more, you should come. If those descriptions don't fit you, but you enjoying listening to people talk about bicycling, you should come—the evening is both interesting and entertaining, and well worth the time.

Please note that this event was incorrectly listed on March 20th in the program guide. We had to move to the 21st to get the space at REI. REI is located at 1416 Platte Street in Denver. There is no cost—feel free to invite your friends. Thanks to REI for making the evening possible!

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Ride Report: February 4th

by Mark Michel

On Sunday, February 4th, we were finally ready to ride. It was the first weekend day that had been suitable for riding since mid-December. I had managed to squeeze in a couple of mid-week rides on my cyclocross bike on partially snowpacked roads in January. Many other riders had been riding their trainers; and, of course, a lot of people just hit the slopes.

I left my house in Littleton that morning at about 10:00 to head for the relocated ride start in Northglenn. My car thermometer said it was 47 degrees. "With this nice of a day, I bet we'll have a good turnout," I thought to myself.

The weather continued to warm as I headed through downtown. Upon arriving at the ride start, I saw Jim Kraychy and Tom Foss huddled up like it was cold or something. In fact, it was! The car now said it was 23 degrees. I decided that couldn't be right—must be something wrong with all of the computers in my car.

On stepping outside, I discovered that it was cold. It was a small turnout—Tom Foss, Jim Kraychy, Diane Benoit, Tim Kalisch, Charlie Henderson, and myself.

We kind of looked around and asked one another, "Should we ride?" If Diane hadn't been there, I fear that the guy thing would have taken over, and we would have pulled the old, "I'll go if you go." Instead, we took the smart approach, and relocated back down to Littleton.

We rode from the Mineral Park-n-Ride out to the Arrowhead golf course near Roxborough. The roads were wet, and we all made a big mess out of our bikes. Fortunately, many of us were not on our "regular" bikes—Jim and Tim were on their fixed gears, and I was on my old road bike.

With a little persistence, we had a good ride, and got the new year off to a great start. Hope you'll join us soon!

Daylight Savings 2007

As part of a recent federal energy legislation, daylight savings time was extended. (Apparently, daylight savings time results in reduced energy use.)

For us, however, that means more expenditure of energy, at least on the bike, since we have more after-work time to ride! However, it is important to be aware of the time change so that you do not show up late to any rides.

This year, we will "spring forward" on the morning March 11th. So, if you are planning on doing that Sunday's ride out of Boulder, be sure to set your clock before going to bed!

Note on March Club Meeting

The next RMCC club meeting will be on Monday, March 12th at 6:30PM. We meet at the downtown REI (1416 Platte Street) in one of the upstairs meeting rooms. All members are welcome to come and share their thoughts and opinions about the club. If you'd like to help out with the club, that is a good place to find out how.

The March meeting will be a little bit different. Dave Evans from Bike Jeffco and Dan Gruning from Bicycle Colorado will be coming to the meeting to update us on the work that their organizations are doing. The RMCC supports both organizations financially.

Because the club runs so many rides in Jefferson County, Dave Evans' presentation should be of particular interest. And with the change in power at the state capitol, Dan Gruning's comments about state-level issues will be enlightening. If you'd like to come, please join us. Bring your questions!

Ride Starters

by Jim Kraychy

More than anything else, the RMCC is about our schedule of weekly rides. Quite simply, we have the best slate of rides of any club in the country (recognizing that the RMCC newsletter is not an unbiased source!).

To make that schedule work, we need people to start the rides each week. Usually we have an easy time covering rides at the beginning of the year, but it gets a little more difficult as the year goes along.

If there is a ride on the schedule you are planning to do, you might as well start it. The process is very easy. Just e-mail or call me (jkaychy@aol.com; 303-264-9040) and tell me the ride you would like to start. We will send you the maps, cue sheets, and sign up sheets. You make copies, for which the club will reimburse you if you can't use a copier at your place of work. Show up to the ride a little earlier than normal, make sure people sign in, go over the route, and send people off. It's that easy! It just gets a little old if the same people have to do it week after week.

There may be some of you who cannot sign up a month or two ahead of time because your schedule is unpredictable. However, you are still willing to pitch in if you can. If this describes you, please let me know—just drop me a line saying that you'd be willing to start a ride out of such-and-such general area if the need should arise. That will then give me someone I can contact if we get close to a ride date and we still need a starter.

We don't ask that anyone leads dozens of rides. But, if more people would volunteer to start one or two, it makes things run more smoothly and gives our club a more diverse face.

Thanks for your help!



Upcoming Club Rides.

Date	Start	Description	Miles	Starter
Saturday 3/3* 10:45	Littleton*	Ken Caryl, Deer Creek, Bear Creek Loop	37/50	Mike Fulton: michael.fulton@york.com 303-984-5081
Sunday 3/4 10:45	Northglenn	Northglenn, Brighton, Dacono Loop	33/51	Beth Myers: bmyerslsg@aol.com 303-523-3100
Saturday 3/10 10:45	Golden	Lookout Mtn., Soda Creek, Bergen Park, Red Rocks	29/45	Bob Barday: rjbarday@msn.com 303-279-3914
Sunday 3/11 10:45	Boulder	Lyons, Hygiene, Erie Loop	37/47	Tom Foss: tfoss@bullocks-express.com 303-233-4972
Saturday 3/17* 10:45	Larkspur	Palmer Lake, Monument, Black Forest, Roller Coaster Road	43/50	Mark Michel: michel95@comcast.net 303-738-1958
Sunday 3/18* 10:45	Exit 255	Johnson's Corner, Kersey Loop	40/57	Dan Shields: closerman007@aol.com 303-429-7437
Saturday 3/24 10:45	Lyons	Lefthand Canyon, Ward, Raymond Loop	30/47	Jim Kraychy: jkraychy@aol.com 303-264-9040
Sunday 3/25 10:45	Exit 243	Carter Lake, Loveland, Champion Loop	43/66	Tom Knoblauch: tbk0@comcast.net 303-341-9458
Saturday 3/31* 10:45	Rooney Rd.	Mt. Vernon Canyon, Bergen Park, Upper Bear Creek, Evergreen, Red Rocks	44/52	Bob Barday: rjbarday@msn.com 303-279-3914
Sunday 4/1* 8:45	Northglenn	Northglenn, Boulder, Longmont Loop	40/70	Dan Shields: closerman007@aol.com 303-429-7437
Saturday 4/7 8:45	Larkspur	Palmer Lake, Black Forest, Rollercoaster Road Loop	47/60	Volunteer Needed. Please contact Jim Kraychy to start this ride (303-264-9090)
Sunday 4/8 8:45	Northglenn	Fort Lupton, Keensburg, Brighton	44/72	Dan Shields: closerman007@aol.com 303-429-7437
Saturday 4/14* 8:45	Littleton	Deer Creek, High Drive, Evergreen, Parmalee Gulch, Deer Creek, Chatfield	33/60	Mike Fulton: michael.fulton@york.com 303-984-5081
Sunday 4/15 8:45	Exit 255	Horsetooth, Fort Collins, Windsor	50/76	Charlie Henderson: chardi2528@aol.com 303-972-8733
Saturday 4/21 8:45	Golden	Golden Gate Canyon, Rollinsville, Coal Creek Canyon, Leydon Loop	38/58	Jim Kraychy: jkraychy@aol.com 303-264-9040
Sunday 4/22* 8:45	Castle Rock	Wolfensburger, Monument, Black Forest Loop	43/77	Rick Russon: rmrusson@redoher.com 303-795-0526

*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 120th and Huron (just west of I-25)
 Boulder The East Boulder Community Center on 55th 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 Exit 255 on I-25 (42 miles north of Denver)
 Golden The parking lot at the east end of Parfet Park (10th & Washington) in Golden
 Rooney Road The Green Mountain Trailhead; 2 miles south of Colfax on Rooney Road
 Larkspur The City Parking Lot ¼ mile North of the main junction of Perry Park Ave. & Spruce Mtn. 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

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



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 dougb@ridewrc.com or Daryl Dunigan at daryl@ridewrc.com. We also need sales representatives. Contact Anthony Sloan at anthony@ridewrc.com or Jim Kennedy at jimk@ridewrc.com. 303-424-3221. We offer full and part time positions, flexibility, opportunity, benefits, and a professional, friendly, fun environment.

RMCC members may place want ads both in the newsletter and on the website. If you have something you are looking to sell, give away etc, simply contact Carol Havrda at rmccwebchik@rmccrides.com

Articles Wanted!

Chain Chatter would love to have articles from you. Over and over, people tell me that the best content in the newsletter are rider stories. Please share yours! Just contact Mark at michel95@comcast.net if you have something you'd like to share. You don't have to be a great writer—handling all of the stuff you forgot from high school English classes is the editor's job!

From the Editor:

by Mark Michel

Only a few weeks ago, everyone was happy just to be able to get out and do a 30 mile ride. Now, everyone is already talking about tours they are going to this year.

I've spoken with club members who are signing up for Ride the Rockies, and others who plan to do Bicycle Tour of Colorado. Then there's the usual European tours. Our own club runs some excellent tours as well, including the Spring and Summer Contrails and the Memorial Weekend tour.

I signed up once again for the club's Spring Contrail, which is a weeklong event down in Arizona and New Mexico. This year's edition promises to be quite difficult, with several days over 100 miles in length. (That is due to difficulty in booking hotels, and not just because Charlie always like to put together hard rides!).

If you've never done a bicycle tour before, you should seriously consider it in 2007. Aside from the fact that nothing can be better than spending several days (weeks?) on the bike, they also provide a good opportunity to ride in some new places.

However, they also help a lot in developing as a cyclist. They provide training goals—the fact that I need to be ready to do centuries in April has me focused! Plus, the fact of riding every day during the tour really develops endurance and will change you as rider.

Finally tours always produce good stories, which you can turn into good articles for the RMCC newsletter (hint, hint)!