



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

Want to Help With RAAM?

The Race Across America, which happens each summer, is now headquartered in Boulder. They will need help (in the Boulder HQ) from June 10th through the 22nd with tracking the race progress and interacting with crews and the media. If you'd like to help, contact Terry Zmrhal at director@raceacrossamerica.org or 303-956-RAAM.

A Great Ride You Should Do

by Tom Dubel

There's a wonderful century loop found in the south central part of Colorado known as the Hardscrabble Century. Just an hour and a half south of Denver is the small town of Florence just east of Canon City. This ride begins here and offers both flat terrain and a good climb for those so inclined. I heard that the Colorado Springs Cycling Club used to run this as an organized century in years past. As a spring ride this route is a gem.

The ride climbs over 5,700 vertical feet, although the majority is accomplished in the first 30 miles. The remaining 70 miles are more or less flat or downhill with just one small climb around mile 80 near the Royal Gorge. The route offers some of the most impressive mountain views with well paved, peaceful roads.

I start from the Subway store/filling station just north of the interchange of Highway 115 and Highway 50 between the small towns of Penrose and Florence. Ride south along Highway 115 into the town of Florence and turn south (left) on Highway 67 heading toward Wetmore. As you arrive in Wetmore turn west on Highway 96 towards Westcliffe. There are 2 general stores, the first just east of the intersection which is typically closed on weekdays, but the 2nd is open 7 days a week and will be found 1 mile west of town leading up toward Hardscrabble pass.

Keep your eyes out around these parts as jumping tarantulas reside in these fields and you might be spooked you while you are taking a break! Look for the hairy critters squashed on the shoulder.

Now the climbing begins with nearly ten miles at an average 6 -7% grade through the middle of the climb. Prepare yourself to settle-in on a climb of nearly 3000 vertical feet. As you near the summit your efforts are rewarded by incredible views of the Sangre de Cristo Mountains. When they are covered with snow in the spring, it is spectacular!

As you drop into the Wet Mountain Valley you enter the sister towns of Silver Cliff and Westcliffe. Both offer a variety of food options.

The route turns north on Highway 69 and travels along the eastern side of the Sangres. The mountains will grab your attention for an hour and the riding is quite fast. You will then descend into the Arkansas River Canyon, hitting Highway 50 at Texas Creek.

Once you reach Highway 50, turn east and follow the Arkansas River until you reach Parkdale

Help Needed!

In recent years, the May 200K and 300K brevets have become very popular, with over 50 riders participating in each. With this year being a PBP year, they will grow even more.

These are timed events with checkpoints along the way where riders need to have their cards stamped to verify that they went through that part of the route. Generally, we use convenience stores for this purpose. Most of these stores like having us, but we are starting to overwhelm them with the large number of riders.

As such, we need one or two people each for the May 200K and 300K brevets to help out at these checkpoints. Basically, all that needs to be done is to stamp and record the time on riders brevet cards as they arrive at the checkpoint. You are not required to provide any additional support (and indeed, you're not allowed to on the event course itself). Each ride has multiple checkpoints, so you would probably start out at one, and then move down the road to a another one as the ride progresses.

If you are looking for a way to help out the club, or if you have a spouse or other relative who doesn't ride the brevets, but would love to be a part of the fun, please help us out! Just contact John Lee Ellis at 303-604-1163 for more information.

The "main" 200K brevet is on Saturday May 5th; the main 300K is on Saturday the 19th. We also have "shadow" (see p.2 for more info.) events the week following each of the above for which help may be needed as well.

Hardscrabble, cont.

where the road climbs for about 400 vertical feet up toward the Royal Gorge. After that climb it's downhill into Canon City and out along Highway 50 back to the car. The road has a shoulder of varying width the entire way.

As a sidebar for the summer months, you can try extending the ride by turning south on Highway 165 near the top of Hardscrabble Pass at McKenzie Junction. Add a twenty mile out and back on 165 through the hills and trees and visit the bizarre Bishop's Castle. Then continue with the ride back along Highway 96 and then resume the Hardscrabble route into Westcliffe.

The Hardscrabble Century has become one of my favorite routes. Give it a try sometime!



2007 Challenge Series Preview; Or, What are all These French Words I Keep Hearing?

by John Lee Ellis and Mark Michel

As most of you know, the RMCC sponsors a series of rides each year that we call "The Challenge Series." This is our name for the Colorado Brevet Series, sanctioned by Randonneurs USA. These aren't just regular club rides—they happen worldwide.

There are two types of rides that fit into this group. "Brevets" are long distance, non-competitive, timed events. They range in distance from 200 kilometers (125 miles) to 1200km. Some riders in the club seek to complete a brevet series within a year, which involves doing rides of 200K, 300K, 400K and 600K.

Completing such a series then qualifies you for ultra-long-distance 1200K rides. The most prominent of these is the Paris-Brest-Paris. This event is run every four years. This is a PBP year, so you'll probably hear a number of people talking about it this year.

"Populaires" are shorter rides (between 100K and 199K) that are designed to open this kind of riding to a wider range of riders. These are fun events in their own right, and are also good stepping stones in your conditioning—regardless of what your ultimate goals are. We run these in conjunction with some of our regular club rides (Note: You are *not* required to do the populaire if you want to do the regular club ride that day—it's usually about 50/50 as to how many are doing each, and riders from both groups can and do ride together).

One common question that newcomers ask is: These events are timed—does that mean they are races? The answer is, definitely not! Everyone who completes the ride within the time limit (which is pretty generous) receives the same credit. Some riders in the club do come out and ride hard. Unlike a traditional race where they are seeking to win and for others to lose, however, they work together to get the best time possible. Others prefer to ride at a more comfortable pace. How you approach the ride—fast or slow, riding with others or riding mostly on your own—is completely up to you. The main thing is to ride in such a way that you will finish.

Events over 200K in length do involve some night riding. Many riders approach this with trepidation, as this adds additional issues beyond just going out and doing a ride. For such rides, event rules require you to have appropriate front and rear lighting, and well as reflectors both on your bike and on your person. If you are comfortable attempting the distance, but are hesitant about night riding, then coming out for our May 300K is a good bet. There is only one hour of riding before sunup, so it offers a bit of an introduction to this. You can then decide if you want to do longer rides that involve more hours in the dark.

For a complete list of Challenge Series events, please refer to our website at www.rmccrides.com/brevets.htm. It website lists all of the rides, and rules, and registration requirements. Look forward to seeing you there!

Upcoming Challenge Series Events:

Sunday 4/8: 116km Keensburg Populaire. Run in conjunction with the regular club ride—see the ride schedule on page 3 for details.

Sunday 4/15: 122km Horsetooth Populaire. See page 3 for details.

Saturday 4/28: 121km. Lefthand/Estes Park Populaire. See page 3 for details.

Saturday 5/5: 200K Brevet. Sign-in 7AM; Depart 8AM. Meets at our regular Exit 243 start point. A mixed course taking in in Horsetooth Reservoir, Poudre Canyon, and Stove Prairie.

Saturday 5/12: 200K Brevet. Sign in 7AM; Depart 8AM. Location and route TBD. See note below!

Saturday 5/12 Front Range Fleche: Applicants form teams and design course of at least 360K, finishing 24 hours after starting. Registration required by 4/15.

Saturday 5/19: 300K Brevet. Sign-in 4AM; depart 5AM. Meets at our regular Littleton start point. A roller-fest taking in the Palmer Divide and Black Forest. Lights required.

Saturday 5/26: 300K Brevet. Sign-in 4AM; depart 5AM. Location and route TBD. See note below.

Notes:

--The 5/12 200K and 5/26 300K brevets: These are "shadow" events created mainly for the benefit of PBP riders who may need to make up the event. We run one of the last brevet series on the calendar in terms of PBP qualifying, which means you could have problems if you do not complete one of our events for whatever reason. While a brevet can be rescheduled due to weather, it cannot if you get sick or have a family emergency the day of the ride. These additional events were created so people with these types of situations can still complete the required rides. *You should not plan on skipping the regular brevet and just riding the shadow one!*

--If you are planning on doing PBP, you must join Randonneurs USA prior to riding the brevets! Please see www.rusa.org

--You can pre-register for any event by going to the RMCC website: <http://www.rmccrides.com/brevet2007application.htm>

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**Upcoming Club Rides. (Note: see p.2 for Brevets/Populaires and p. 4 for weeknight rides)**

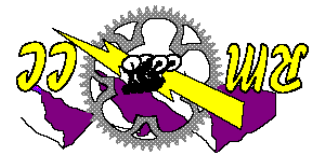
| Date | Start | Description | Miles | Starter |
|------------------------|-------------|--|--------|---|
| Saturday 4/7 8:45 | Larkspur | Palmer Lake, Black Forest, Rollercoaster Road Loop | 47/60 | Vernon Smith: 719-598-0363 vmcsprings@hotmail.com |
| Sunday 4/8 8:45 | Northglenn | Fort Lupton, Keensburg, 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: 303-984-5081 mfulton@westernmechanicalsolutions.com |
| 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 |
| Saturday 4/28 8:45 | Lyons | Lefthand Canyon, Allenspark, Estes Park Loop | 47/75 | Dan Shields: closerman007@aol.com 303-429-7437 |
| Sunday 4/29 8:45 | Boulder | Boulder, Berthoud, Carter Lake Loop | 57/96 | Dan Shields: closerman007@aol.com 303-429-7437 |
| Saturday 5/5 7:45 | Rooney Rd. | Ken Caryl, Deer Creek, Pleasant Park, Shadow Mountain, Evergreen, Bear Creek | 62 | Barry Nash: barry.nash@travelport.com 303-758-2724 |
| Sunday 5/6 7:45 | Exit 243 | Windsor, Wellington, Horsetooth Loop | 51/99 | Tom Knoblauch: tbk0@comcast.net 303-341-9458 |
| Saturday 5/12 7:45 | Boulder | Coal Creek Canyon, Nederland, Lyons, Hygiene Loop | 62/100 | Dan Shields: closerman007@aol.com 303-429-7437 |
| Sunday 5/13 7:45 | Wiggins | Wiggins, Ft. Morgan, Hillrose, Orchard Loop | 50/91 | Brent Myers: bmyerslsg@aol.com 303-523-3100 |
| Saturday 5/19* 7:45 | Castle Rock | Lake Gulch Road, Black Forest, Monument, Palmer Lake | 67/95 | Volunteer Needed. Please contact Jim Kraychy to start this ride (303-264-9090) |
| Sunday 5/20* 7:45 | Aurora | Bennett, Prospect Valley, Strasburg & return | 59/110 | Tom Knoblauch: tbk0@comcast.net 303-341-9458 |
| Saturday 5/26 8:15 | Pine Jct. | Pine Junction, Deckers, Woodland Park & return | 50/96 | Mike Fulton: 303-984-5081 mfulton@westernmechanicalsolutions.com |
| Sunday 5/27 7:45 | Exit 255 | Eaton, Kersey, Peckham Loop | 60/109 | Charlie Henderson: chardi2528@aol.com 303-972-8733 |

*indicates rides where one or more RMCC veteran members will make a special effort to accompany newcomers.

Location Key:

| | |
|---------------|--|
| Northglenn | The Wagon Road Park & Ride at 120 th and Huron (just west of I-25) |
| 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/Highway 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 (10 th & 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 |
| Wiggins | Stub's Service Station at I-76 & State Highway 62 (Exit 66A). 65 miles NE of Denver |
| Pine Junction | The parking lot at the SE corner of the US 285/County 126 intersection in Pine Junction (30 mi. SW of Denver) |

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



Weeknight Rides

Beginning in April and continuing through the summer, we have 3 weeknight rides in addition to our regular weekend schedule:

The Tuesday Night Hillclimb: This ride meets in Golden and rides up Lookout Mountain. We meet at our regular start point (10th & Jackson) at 6PM. (Note: the printed schedule incorrectly says 5:30). Contact Sargent McDonald 303-432-7322/sargent86@hotmail.com or Chris Skinner 303-388-4998/kinglh@yahoo.com.

Wednesday Handlebar & Grill Rides: These rides take in Washington Park and surrounding streets and trails. Meets at South High School at 5:30. Contact Rick Melick: 303-898-9930/alpha@sprintmail.com

Thursday Night Erie Rides: These rides take in the Erie area, and are about 30 miles in length. Meet at Meadow Sweet Park in Erie at 6:00. Contact Mike Prendergast: 303-665-7290/mwprendergast@raytheon.com.

Post-ride food/drink is connected with all of these rides, which makes them a great way to get to know others in the club better!

Notes:

Descriptions of these rides and directions to the start are on the website. Please check that out before contacting the ride starter (so they don't get deluged through the season!)

Also, daylight is relatively short yet in April. Please arrive and be ready to ride by the indicated time.

From the Editor:

by Mark Michel

At our last club meeting, we had presentations both from Dave Evans of Bike Jeffco and Dan Grunig of Bicycle Colorado. Both organizations are doing great work that help us out as a club.

Bike Jeffco worked for years to get shoulders installed on the lower parts of Deer Creek Canyon. They are now working to do the same on other similar roads like Golden Gate and Coal Creek. They are also doing a lot of work to get the C-470 bicycle trail repaired, and to improve commute routes through the western part of the metro area.

While Bike Jeffco is working on these specific route-by-route issues, Bicycle Colorado works with the legislature and state agencies on bigger picture issues. They are currently working to get a "Complete Streets" policy adopted in Colorado. That means that road design must, by default, take into account the needs of all road users—cars, bicycles, and pedestrians.

I've spent a fair amount of time over the years serving various civic committees and just being an all-around political junkie. I'm impressed by both organizations ability to get things done. Sometimes their efforts become high profile, but an awful lot of the good they do is lower-key, behind the scenes work with policy makers. Both are worthy of your support. Check out Bicycle Colorado at bicyclecolo.org. To find out more about Bike Jeffco, you can e-mail them at dge002@comcast.net.