



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.

Contrail 2007

by Mark Michel

Over the years, the April Contrail has been the most popular of our club's tours. It is always a week long, and has done a variety of courses in New Mexico and Arizona.

Usually, the rides are about 85 miles per day, which is a great length for the late spring—long enough that the rides consume most of the day, but not too long given that people aren't really on mid-season form yet.

This year's version differed from that pattern a little bit. Because we couldn't get hotels in one of the towns we usually stay in (Morenci, AZ), the tour took a longer loop than usual.

Having truly enjoyed last year's ride, I eagerly looked forward to this year's version. Despite some difficulties along the way, it was a great trip.

Arizona is not a state with just flat desert scenery. The first day took us from Show Low, AZ to Reserve, NM. This ride had three significant climbs, one past a ski area, and one through a town called Alpine. This ride ended up being a little longer than we originally thought—about 115 miles.

When leaving Alpine for the last leg of the ride, someone said that it was exactly 30 miles to Reserve. After riding a little over ten miles, we passed a road sign that read, "Reserve: 28." Aside from the great scenery, the consternation generated by that sign was the big topic of discussion for the day!

Staying in Reserve was a trip in itself. It is not what you would call large. Our group of eighteen riders quickly overwhelmed the town's single restaurant. Needless to say, they weren't used to seeing our type of people around there!

The next day was a relatively flat ride to Silver City, NM. However, we picked up a 30 mph headwind for most of the day. Being a small rider, that killed me, and I ended up with my slowest century ever, and some knee problems.

Experienced cyclists know that knee pain indicates a bike fit problem. On that second day, my knee started bothering me big time. Instead of being smart and sagging in, I "toughed it out". The pain ended up taking me out for the next day's ride.

Several other riders kept telling me to check and adjust my saddle. I insisted that was not the problem because I never need to adjust it. After finally being persuaded to measure it, I discovered that it had slipped by over 2cm! After getting things back to where they should be, I was good for the duration of the tour.

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Schedule Change!

Despite our best efforts to avoid scheduling conflicts with other major events, the Bob Cook Memorial Hillclimb has caused a conflict with our ride schedule. Our schedule has our own Mt. Evans ride on the same day.

When we first became aware of this problem, we decided to have Tom Foss inform the Bob Cook folks that they had to reschedule their race. However, they proved unwilling to accommodate us.

Seriously, we are revising our ride schedule because of the conflict. Instead of what you see in the ride program, plan on the following:

Saturday 7/21: Pine Jct.-Woodland Park
Saturday 7/28: Mt. Evans Ride

Memorial Day Tour

As of this writing, there are still openings for the Memorial Day tour. This ride will start in Bergen Park and head up to the Silverthorne/Frisco area for an overnight stay. Sunday, we will do the Copper Triangle. Monday we will then return to Bergen Park.

Because it is such a short drive from town, and because we can do two nights in the same town, logistics are easy for this tour. And yes, it is SAG supported. If you have never done a multi-day tour, this is a great way to start. Or, if you are still looking for something fun to do for the Memorial Day weekend, your problems are solved!

To register, contact Dan Shields at 303-429-7437 ASAP!

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Results: April 16th Populaire (122K): Horsetooth, Ft. Collins, Windsor Big Bounceback into Spring!

by John Lee Ellis

Balmy weather welcomed 44 riders (32 finishers) on the scenic, hilly, but not too punishing Horsetooth populaire! This is a big jump in ridership from last year, accentuated perhaps by the snow-out of the previous weekend.

A waftingly favorable wind outbound - which everyone enjoyed - bulked up to a stiff headwind on the Plains return segment. For anyone who thought Horsetooth's Centennial Drive hadn't built enough character, the homebound wind was there to fill the gap.

We especially welcome newcomers to the populaires and those of you who've just joined Randonneurs USA—you can see your name listed in the next issue of American Randonneur, the RUSA newsletter.

Thanks to Dan Shields for leading this one in fine fashion. Let's hope the good weather and good ridership continue!

RUSA#	Time	Rider
	3:58	Kalisch, Tim
2844	3:58	Dodge, Tim
2856	3:58	Kraychy, Jim
471	3:58	Fulton, Michael
	3:58	Ellis, Randy
	3:58	Rudolph, Steve
	4:00	Katz, Sy
3199	4:10	Odorizzi, Greg
3555	4:25	Knoblauch, Tom
	5:00	Adams, John
2900	5:09	Dick, Nathan
	5:10	Whiteman, Steve
4433	5:10	Loflin, Sandra
3542	5:15	Russon, Rick
	5:16	Newton, Gerry
	5:19	Parry, Diana
	5:20	Shields, Daniel
	5:23	Ursich, Eric
4405	5:30	Banks, Debra
	5:30	Cochenour, William
309	5:32	Staggs, Ben
	5:32	Weber, Carl
	5:33	Cochenour, John
	5:37	Rohling, Jeromy
3551	5:38	Snavely, Henry
2936	5:43	Tankovich, Bill
1936	5:43	Abernathy, Stacy
4235	5:43	Brown, Timothy
4425	5:43	Heck, Ken
	5:44	Sharp, Darrin
	6:46	Avritt, Bob

Upcoming Challenge Series Events:

Saturday 5/5 200K: 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: Sign in 7AM; Depart 8AM. Meets at the Comfort Inn at the US36/Louisville-Superior Exit. A plains foray taking in Boulder, Larimer, and Weld Counties.

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: 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. Sign-in 4AM; depart 5AM. Meets at the Comfort Inn at the US36/Louisville-Superior Exit. "Peak to Peak"--Takes in Coal Creek Canyon, Estes Park, and Big Thompson Canyon. Lights required. Registration required by 5/21.

Saturday 6/2 400K/600K/1000K: Sign-in 3AM; depart 4AM. Meets at the Comfort Inn at the US36/Louisville-Superior Exit. Takes in Lefthand Canyon, St. Vrain Canyon, Horsetooth, Wellington, and beyond (for the longer events). Lights required. Registration required by 5/26.

Saturday 6/16 400K/600K/1000K: Sign-in 3AM; depart 4AM. Meets at the Comfort Inn at the US36/Louisville-Superior Exit. Takes in St. Vrain Canyon, Big Thompson Canyon, Horsetooth, Kersey and beyond (for the longer events). Lights required. Registration required by 6/9.

Notes:

--The Comfort Inn at at the US 36/Superior Exit (1196 W. Dillon Road) is our host hotel for many of the brevets. They are offering a special rate for brevet riders. Contact them at 303-604-0181.

--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 and p. 4 for weeknight rides)**

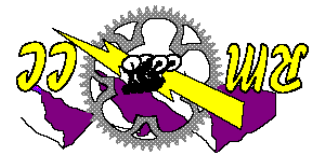
Date	Start	Description	Miles	Starter
Saturday 5/12 7:45	Boulder	Coal Creek Canyon, Nederland, Lyons, Hygiene Loop	62/100	Dan Shields: closerman007@aol.com 303-429-7437
Sunday 5/13 7:45	Wiggins	Wiggins, Ft. Morgan, Hillrose, Orchard Loop	50/91	Brent Myers: bmyerslsg@aol.com 303-523-3100
Saturday 5/19* 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
Saturday 6/2 7:45	Golden	Foothills Climb Fest	63/94	Mark Michel: michel95@comcast.net 303-738-1958
Sunday 6/3* 7:45	Northglenn	Northglenn, Brighton, Ft. Lupton, Greeley Loop	41/101	Volunteer Needed. Please contact Jim Kraychy to start this ride (303-264-9090)
Saturday 6/9 7:45	Golden	Lookout Mountain, Idaho Spgs., St. Mary's Glacier, Echo Lake, Bergen Park Lop	70/99	Mark Michel: michel95@comcast.net 303-738-1958
Sunday 6/10* 7:45	Northglenn	Northglenn, Ft. Lupton, Roggen, Prospect Valley, Brighton Loop	43/98	Dan Shields: closerman007@aol.com 303-429-7437
Saturday 6/16 7:45	Boulder	Lefthand Canyon, Ward, Nederland, Rollinville, Golden Gate, Superior Loop	40/95	Volunteer Needed. Please contact Jim Kraychy to start this ride (303-264-9090)
Sunday 6/17* 7:45	Aurora	Aurora, Hudson, Prospect Valley, Strasburg & return	76/98	Volunteer Needed. Please contact Jim Kraychy to start this ride (303-264-9090)
Saturday 6/23 7:45	Copper Mtn.	Copper Triangle-Copper Mountain, Vail, Turquoise Lake, Leadville Loop	78/100	Dan Shields: closerman007@aol.com 303-429-7437
Sunday 6/24 7:45	Exit 243	Campion, Windsor, Timnath, Ft. Collins, Horsetooth, Carter Lake, Berthoud Loop	40/90	Tom Foss: tfoss@bullocks-express.com 303-233-4972
Saturday 6/30* 7:45	Rooney Rd.	Mt. Vernon Canyon, Squaw Pass, Echo Lake, Evergreen, Deer Creek Loop	41/95	Dan Shields: closerman007@aol.com 303-429-7437
Sunday 7/1* 7:45	Aurora	Aurora, Bennett, Prospect Valley & return	72/114	Volunteer Needed. Please contact Jim Kraychy to start this ride (303-264-9090)

*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
Aurora	The NW corner of the Wal*Mart parking lot just north of I-70 and Tower Road.
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)
Copper Mtn.	The trailhead parking lot at the SE corner of the I-70/Hwy. 91 interchange in Copper Mountain

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



Weeknight Rides

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.

Want Ads

Wanted: Used Burley Flatbed or BOB trailer. Contact Larry at bikenuts@juno.com or 719-598-4124.

To place a want ad in the newsletter or on the website, contact Carol Havrda at rmccwebchik@rmccrides.com. You must be an RMCC member to place an ad.

Contrail from p. 1

Day three was an out and back ride to the Gila Cliff Dwellings. I've heard this is an incredible ride, but I had to sit this day out due to my knee issues. So, I guess I have incentive to sign up for a future Contrail!

Day four was a transition day (albeit a long one at 116 miles) to Safford, AZ via Mule Pass. The ride over this pass is one of contrast. The uphill side was forested. The downhill side drops you into a stark desert.

I like roads that go up, so day five was the highlight of the tour for me: Mt. Graham. It is this big mountain that just sticks up out of the desert. 6600 vertical feet are gained on the ride. All of it is basically done in a single sixteen mile climb with a consistent eight percent grade. As you go up, you can see the desert floor get lower and lower and you can see farther and farther away. This is rated as one of the top climbs in the country, and is the most spectacular ride I've ever done aside from Mt. Evans. Actually, I prefer Graham over Evans because you don't have to deal with the extreme weather conditions.

Day six was a flat ride, without headwinds, to Globe, AZ. It featured desert scenery like you would see around Tucson. I enjoy this route—as you get to see vegetation, such as saguaros, that we don't have in Colorado.

Day seven took us back to Show Low, an 85 mile ride with 8000 feet of vertical. The highlight was the descent and climb out of Salt River Canyon, which some on the tour thought compared favorably to the Grand Canyon (at least you can ride your bike down this one!).

In short, Arizona is a great place to take your bike and tour, if not on the Contrail, then perhaps on another tour!