



My 200K

by William deRossett

I got out on the May 12th 200K brevet ride this weekend. It followed the flat loop from Louisville, heading north and east to Kersey on the plains, a route subject only to the wind and a few thousand feet of rollers. This ride was scheduled as a makeup for the May 5th 200K. I think there were more than 30 folks out for the "makeup!"

The Front Range east of I-25 is sprouting subdivisions at an alarming rate, and what was once a bucolic ride is now covered in new housing or big construction sites. Otherwise, it was very green, my position on the bike was pretty well adjusted, and I had plenty of Gu.

I wanted to push myself a bit, this being the last real training window before the upcoming 300, 400, and 600Ks. Unfortunately, I'd been up most of the night with digestive distress, so I was riding on a ginger stomach and little sleep.

I got a late start from the house and was turned around a bit getting to the ride, meaning that I got to the ride start with only ten minutes to spare—No breakfast or coffee for me! To complete my morning of befuddlement, I spilled a Gu packet on myself right out of the gate, covering my hand, handlebars, and jersey with sticky syrup. Eventually it dried out, and I was able to flake it off of the bike.

I felt clumsy and out of gas very early in the ride, though I was surprisingly able to pull through consistently, and found myself with a group of six other riders at the front. The group whittled down after the 100K control point to Felix Gallo, Chris Grealish, Paul Foley, Greg Odorizzi, Bill, and myself.

It was Bill's first brevet and he was riding strong. I recognized Felix from my first 300K, though he and I haven't ridden together much, Felix being a Very Fast Person. I'd met Greg before—he'd kindly towed me home at the Black Forest 300K last year as my own personal cloud of darkness closed in on me. I met Chris Grealish for the first time—he was the first official American finisher at PBP a few years ago. He also isn't someone I'd ordinarily see after the start of a ride. Paul Foley had introduced himself to me at last year's 400K, but he usually rides with the Morning Express and we had only briefly crossed paths at earlier rides.

Bill and Felix took a longer break at the control, and I was surprised not to see them again. A big crowd of folks came in as I was leaving the control. This group--the second group--was full of fit, fast people who usually finish ahead of me. Cue ominous music.... But it was a lucky day.

It became quite breezy as pot-shot thunderstorms swirled around us on the return trip. The rain never found our little paceline. The four of us traded pulls over the entire second half of the ride. I was happy, happy, happy to have others to hide behind. I felt fine on the (tiny and short) hills, but the wind from the west was demoralizing. I had enough energy and felt good until the final half hour of the ride when I ran out of fluids, started cramping, and bonked a bit. It just wouldn't be a

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deRossett, from page 1

Important Schedule Changes!

Both the Grand Loop and the Joe Lookingbill Denver to Aspen Classic have been cancelled for this year.

No, this doesn't represent a big change in the club philosophy regarding those rides. Rather, major road reconstruction is happening on Trail Ridge Road and US 285, which will make it unsafe for us to run rides on these roads this year. The good news is, we can look forward to fresh pavement on them next year!

In lieu of these events, we will be running the Peak-to-Peak 300K route instead of the Grand Loop, and we will run the May 300K Black Forest route instead of Denver to Aspen.

Results: Colorado Front Range Flèche: Widest-Ranging Flèche Yet!

by John Lee Ellis

Three four-rider teams started and completed this year's flèche, up from one the year before. And seven of the twelve riders were flèche rookies! In fact, one whole team, Team Antelope, was composed entirely of rookies! Reasonable to very good weather graced this year's flèche, a good thing considering how ride-ranging the routes were: from Falcon outside of Colorado Springs to Rawlins, Wyoming.

Team Antelope's plans to cross the Snowy Range were stymied because the road was still closed for the winter, so they had to settle for an arc around the range, through Laramie, and with a final hump over Horsetooth Reservoir. True to their name, they were accosted by an antelope leaping up to join them and, fortunately, veering off at the last minute.

Team Falcon chose its traditional low-tree-count route, starting in Falcon, and passing through Limon, Last Chance, and Brush.

Team Prairie Dog also followed its traditional Front Range route, and also as usual, was disappointed to find the Glen Haven store was not opening until the following Saturday - another flèche sans cinnamon rolls!

Team Prairie Dog - 228.1 Miles:

818 Barday, Bob (3rd Fleche)
153 Ellis, John Lee (captain) (6th Fleche)
796 Farnsworth, Rex (5th)
6 Henderson, Charlie (5th)

Team Falcon - 241.1 Miles

2866 Jeter, Lukas (1st)
4433 Loflin, Sandra (1st)
3108 Shenk, Catherine (1st)
1503 Simmons, Eric (captain) (3rd)

Team Antelope - 238 Miles

471 Fulton, Mike (1st)
3555 Knoblauch, Tom (captain-1st)
Pogorelz, Robert (1st)
3551 Snavelly, Henry (1st)



**Results: April 28th Populaire (121K): Lefthand,
Estes Park, Lyons
A Big Climb Into Spring!**

by John Lee Ellis

Out of 28 starters, there were 17 official finishers. This is a tough, scenic ride. Fortunately, weather cooperated on this blockbuster populaire, and riders could test themselves to their hearts' content.

Thanks to Scott Caruso for stepping in at the last minute to lead this one!

RUSA#	Time	Rider
3199	4:31	Odorizzi, Greg
	4:40	Rudolph, Steve
3555	4:40	Knoblauch, Tom
	5:00	Caruso, Scott
	5:03	Sietsma, Mary
	5:12	Benoit, Diane
4475	5:30	Wimmer, Steve
	5:35	Cohen, Brian
1679	5:47	Mangin, John
	5:49	Pogorelz, Robert
3551	5:50	Snavelly, Henry
	6:14	Griffin, Greg
	6:28	Ursich, Eric
	6:37	Newton, Gerry
	6:44	Parry, Diana
1936	7:03	Abernathy, Stacy
2936	7:03	Tankovich, Bill

**Results: May 5th 200K: Horsetooth, Poudre
Canyon, Stove Prairie
Broodingest 200K Ever!**

by John Lee Ellis

Out of 50 starters, there were 49 official finishers. This strong turnout seemed itself remarkable, given the dour weather forecast, threatening skies, and a number of riders awakening to showers where they live. As riders climbed the spine of the Horsetooth hogback, they could gaze across at a dark purple cloudmass glowering back at them. Fortunately, our normal, foothills route took us in the other direction.

Most riders descended Stove Prairie through an assortment of rain, sleet, and hail, but for many, that was about it in terms of precip. A few less lucky got really soaked later on. But the weather only enhanced the lush green canyons and hillsides, our wet spring and snowy summer making for an almost Scottish Highlands landscape.

Welcome new riders Debra Banks, Lara Cooper, Tim Feldman, Josh Haskins, Sandra Loflin, Jeff Nading, John Mangin, Curtis Marwitz, Dave Nawrocki, Steve Wimmer, and David Young.

Thanks to all who came out for this overheating-free

climbfest ... and a special thanks to Will deRossett who pre-rode the route and then acted as the LaPorte checkpoint on event day, looking convincingly official.

RUSA#	Time	Rider
	6:33	Kalisch, Tim
2856	6:33	Kraychy, Jim
471	6:33	Fulton, Michael
2844	6:43	Dodge, Tim
	7:15	Feldman, Tim *
1635	7:15	Kroonenberg, Stuart
	7:39	Benoit, Diane
	7:42	Valdez, Michael
2708	7:42	Leinhart, Larry
2401	7:45	deRossett, William
	7:57	Hallam, Eric
1842	7:57	Smith, Vernon
1471	7:58	Foley, Paul
	7:58	Young, David *
2434	7:58	Flanigan, John
4192	8:00	Michel, Mark
4475	8:08	Wimmer, Steve *
3600	8:10	Koenig, Gary
2993	8:10	Wiss, Dick
4433	8:13	Loflin, Sandra *
4257	8:13	Cooper, Lara *
153	8:25	Ellis, John Lee
1679	8:25	Mangin, John *
3555	8:27	Knoblauch, Tom
	8:27	Pogorelz, Robert
	8:38	Marwitz, Curtis *
	8:38	Nading, Jeffrey *
	8:38	Haskins, Josh *
3112	8:50	Rupel, Ray
156	8:55	Augenstein, Larry
	8:57	Bodeux, Reynald
2129	8:57	Myers, Brent
3589	8:57	Nansel, Alan
4405	8:57	Banks, Debra *
2145	8:57	Myers, Beth
3551	8:58	Snavelly, Henry
796	9:13	Farnsworth, Rex
3615	9:15	Sauvé, Robert
6	9:20	Henderson, Charlie
410	9:20	Baranczyk, Merle
1936	9:21	Abernathy, Stacy
2936	9:21	Tankovich, Bill
2866	9:21	Jeter, Lukas
2442	9:37	Nawrocki, Dave *
818	10:27	Barday, Bob
309	10:27	Staggs, Ben
4406	10:37	Busch, Mike
908	11:35	Fox, Mike
3585	11:37	Herget, Scott

* first brevet



Upcoming Club Rides. (all rides start at 7:45. Contact Jim Kraychy at 303-264-9090 to start a ride.)

Date	Start	Description	Miles	Starter
Saturday 6/9	Golden	Lookout, Idaho Spgs., St. Mary's, Echo Lake	70/99	Mark Michel: 303-738-1958
Sunday 6/10*	Northglenn	Ft. Lupton, Prospect Valley, Brighton Loop	43/98	Dan Shields: 303-429-7437
Saturday 6/16	Boulder	Lefthand, Nederland, Golden Gate, Superior	40/95	Brian Cohen: 303-809-1298
Sunday 6/17*	Aurora	Aurora, Hudson, Prospect Valley, Strasburg	76/98	Dan Shields: 303-429-7437
Saturday 6/23	Copper Mtn.	Copper Triangle	78/100	Dan Shields: 303-429-7437
Sunday 6/24	Exit 243	Windsor, Horsetooth, Carter Lake Loop	40/90	Tom Foss: 303-233-4972
Saturday 6/30*	Rooney Rd.	Mt. Vernon Canyon, Echo Lake, Deer Creek	41/95	Dan Shields: 303-429-7437
Sunday 7/1*	Aurora	Aurora, Bennett, Prospect Valley & return	72/114	Brent Myers: 303-523-3100
Saturday 7/7	Lyons	St. Vrain Canyon, Estes Park, Glen Haven	50/90	Volunteer Needed
Sunday 7/8	Boulder	Boulder, Hygiene, Longmont, Erie, Lafayette	49/71	Dan Shields: 303-429-7437

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/Highway 66 interchange. Use the west lot only!
 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
 Aurora The NW corner of the Wal*Mart parking lot just north of I-70 and Tower Road.
 Copper Mtn. The trailhead parking lot at the SE corner of the I-70/Hwy. 91 interchange in Copper Mountain
 Lyons The Park-n-ride at the corner of 4th and Broadway in Lyons, just west of the visitors' center.

Important Note! The Mt. Evans ride originally scheduled for 7/21 and the 7/28 Pine Junction ride are being flipped to avoid a conflict with the Bob Cook Mt. Evans race. Pine Junction will be on 7/21 and Mt. Evans will be on 7/28.

Club Meeting: Club meetings are held monthly on the 2nd Monday at the Downtown REI. We meet at 6:30 in the meeting room.

Weeknight Rides:

The Tuesday Night Hillclimb: This ride does Lookout Mountain. We meet at our regular start point (10th & Jackson) at 6PM. 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.

Brevets:

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 and Big Thompson Canyons, Horsetooth, Kersey and beyond. Lights required. Register by 6/9.

Saturday 7/7 300K: Sign-in 4AM; depart 5AM. Meets at the Park-n-Ride on the SW corner of the US 36/Louisville-Superior Exit. Takes in Coal Creek, Peak-to-Peak, and Glen Haven. Lights required. Registration required by 6/30.

ride without meeting la sorcière aux dents vertes, would it?

We finished as a group and signed each other's cards, the first four done. We made it around in 6h50, easily my fastest finish over the 200K distance.

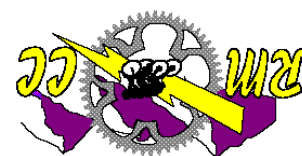
Driving home, I drank a quart of water, a pint of chocolate milk, and ate some salted peanuts. My cramps finally subsided. I was done, not sore, just very, very tired, still dehydrated, and hungry.

On the day following, I ate three very large meals, and

napped. I finally felt rested and rehydrated. I need to add more salts to my on-road diet, monitor my hydration a bit better, and to keep eating over the last hour of the ride--it is longer than I ever think it will be.

The Kersey route is a fast, convenient, and straightforward course, and one that I didn't get to see last year after I DNF'd the 600K. Thanks to John Lee Ellis for putting the route together and to Tom Foss for starting the ride!

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



Results: May 12th 200K: Kersey Kick: “Straight to Summer—Fast, Flat and Windy!”

by John Lee Ellis

Out of 24 starters, there were 22 official finishers. In marked contrast to the cool and threatening conditions of the previous Saturday's 200k, this one was sunny, toasty, windy, and far less "grade-challenged." No cattle guards, either, but more feedlots.

Early riders posted really good times, including Will deRosset, the compleat randonneur, in company of Chris Grealish, on the march back from triumphs at BMB'02 (first finisher), PBP'03 (second American rider to cross the finish line), Ride Around Oregon (placing third), and the brutal XX Alps ultra-event ... plus the unflappable Paul Foley who simply rides strongly and manages to finish as far near the front as he pleases.

Most of the field had great conditions the first half, but battled fierce Plains headwinds, abetted by storm cells, after Kersey and Hudson.

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Some riders apparently couldn't get enough of the 200k experience, having also ridden the hilly, showery 200k the week before: Gary Koenig, Dick Wiss, and Larry Leinhart.

A big thanks goes to RMCC Secretary and Brevet Series registration tsar Tom Foss who managed this 200k.

RUSA#	Time	Rider
1060	6:50	Grealish, Chris
1471	6:50	Foley, Paul
2401	6:50	deRosset, William
3600	7:04	Koenig, Gary
2993	7:04	Wiss, Dick
3230	7:05	Hoff, Peter
2643	7:55	Gallo, Felix
4404	8:11	Kone, Michael *
3615	8:11	Sauvé, Robert
2032	8:34	Foss, Tom
2900	8:34	Dick, Nathan
3199	8:50	Odorizzi, Greg
341	8:50	Werner, Glen
2936	8:55	Tankovich, Bill
1936	8:55	Abernathy, Stacy
4406	9:10	Busch, Mike
	9:16	Cochenour, William
4248	9:17	Liden, John
908	9:17	Fox, Mike
	9:30	McLaughlin, Bill *
	9:55	Rohling, Jeromy *
	9:55	Cochenour, John