



### 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](http://www.rmccrides.com)

### Thanks to our sponsors!

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Many of our sponsors provide discounts to club members!

### Going to PBP?

Going to PBP? Need more training? Friday nights July 6th and 20th at 10:00 pm at the park and ride on the SW corner of the US-36 Superior Exit, Mike Fulton will be leading night rides. The first will be an out and back toward Kersey, turn around at 3 hrs 15 minutes, then meet up with the Peak to Peak 300K that starts at 5:00 am. The second will be the 400K course run backwards. Both rides will allow you to get more experience riding in the dark, get you ready for a 10:00 pm start in PBP, and keep you in good shape. Any questions, call Mike at 720-934-8273.

Also, all PBP riders are invited to the club meeting on Monday July 9th. We will quickly conduct regular club business and then set aside time for PBP riders to discuss the event, ride strategy, and other concerns. The goal is to help people doing the event for the first time to pick up information from those who have. We meet at 6:30 PM at the downtown REI in the meeting room on the third floor.

### From the Editor

by Mark Michel

I've been reminded this year of a few things that are worth carrying along as a matter of course on a long ride:

Endurolytes. If the RMCC did product endorsements, this would be the official caplet of the club. These caplets, made by Hammer Nutrition, replace essential electrolytes that you lose through sweating. Many sport drinks help as well, but on hot summer days, those may not provide enough. Taking a few Endurolytes on a long ride can really help make up the difference and help you ride a lot stronger toward the end.

Immodium. This was suggested to me years ago. On a recent ride, I got about halfway in and realized, "Uh oh." The short version is, having a couple of these with me allowed me to get home without any major issues developing.

Ibuprofen or other pain reliever. As a general rule, taking these during a ride is not a good idea, in part because they dehydrate you. Sometimes, however, you do need something just to get to get back.

Tire boots. Those things that cause flats along the road often damage the tire itself. Boots are designed to cover cuts in the tire and will allow you to finish the ride.

All of these can help you get through a long ride, and the best thing is—they don't weigh much!

### Results: June 16<sup>th</sup> St. Vrain 600K "Windiest 600K Yet!"

by John Lee Ellis

Of the 24 riders on this 600k, some were wondering: What was that nice wind wafting us up St. Vrain Canyon, and not turning to a headwind in the face of Longs Peak and Meeker? Smart riders opted for Glen Haven's tasty cinnamon rolls before facing what turned out to be at times a wall of wind heading south from Windsor to Louisville on the first loop. The second loop had less wind but more heat, 100 degrees in Greeley and a record 97 at DIA. Speedsters like Mike Fulton followed by Tom Knoblauch missed that treat, as they finished before dawn...

A special thank-you to Ray Rupel who rode the 400k event and then drove back up to Kersey to help out riders through the night!

RUSA#	Time	Rider
471	24:48	Fulton, Mike
3555	26:13	Knoblauch, Tom
2993	28:20	Wiss, Dick
3600	30:25	Koenig, Gary
341	30:55	Werner, Glen
1618	31:00	Crossland, Ann
3230	31:12	Hoff, Peter
1679	31:13	Mangin, John
410	31:13	Baranczyk, Merle
4430	31:22	Jilka, Mark
153	31:22	Ellis, John Lee
4257	31:22	Cooper, Lara
796	33:50	Farnsworth, Rex
3551	33:55	Snavelly, Henry
2015	34:14	Wong, Felix
6	34:15	Henderson, Charlie
818	34:30	Barday, Robert
1471	35:11	Foley, Paul
1842	35:11	Smith, Vernon
2936	35:25	Tankovich, Bill
1936	35:25	Abernathy, Stacy
908	38:37	Fox, Mike
2708	39:26	Leinhart, Larry
	39:32	McLaughlin, Bill

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### Results: May 19<sup>th</sup> Black Forest 300K “Greenest Black Forest 300K Yet!”

*by John Lee Ellis*

All 41 starters finished admirably. It was some of the best weather we've had for the Black Forest 300k: sunny, dry, mild, with a tailwind outbound yet limited headwind on the way back. There were some gusts, sprinkles, and showers at the very finish for some riders, a bit of spice for an otherwise spotless event. It also offered some of the lushest landscapes, after a showery spring and snowpacked winter.

As you see from the results, there were a fair number of first-timers (\*) at this distance: congratulations to you all!

RUSA#	Time	Rider
	9:27	Feldman, Tim
	9:27	Edwards, Billy *
471	9:27	Fulton, Michael
3555	9:37	Knoblauch, Tom
	10:18	Kalisch, Tim
2313	10:28	Howe, James
1635	10:28	Kroonenberg, Stuart
	10:40	Miller, Tim
	11:18	Hallam, Eric
1471	11:18	Foley, Paul
1842	11:18	Smith, Vernon
3112	11:30	Rupel, Ray
2708	11:30	Leinhart, Larry
	11:30	Valdez, Michael
2993	11:41	Wiss, Dick
3600	11:41	Koenig, Gary
4257	11:41	Cooper, Lara *
153	11:59	Ellis, John Lee
1679	12:14	Mangin, John *
3615	12:19	Sauvé, Robert
3551	12:23	Snavelly, Henry
3589	12:29	Nansel, Alan
410	12:29	Baranczyk, Merle
3230	12:50	Hoff, Peter
796	13:13	Farnsworth, Rex
341	13:13	Werner, Glen
6	13:19	Henderson, Charlie
2032	13:39	Foss, Tom
4528	14:05	Shields, Dan *
	14:07	Wong, Felix *
	14:20	Kone, Michael *
1936	14:35	Abernathy, Stacy
2936	14:35	Tankovich, Bill *
2129	15:00	Myers, Brent
2145	15:00	Myers, Beth
4430	15:20	Jilka, Mark *
2442	15:20	Nawrocki, Dave *
	15:25	McLaughlin, Bill *
818	15:35	Barday, Bob
908	15:35	Fox, Mike
309	15:50	Staggs, Ben

### Results: June 2<sup>nd</sup> Lefthand Canyon 400K “Most Thunderstorm Free 400K Yet!”

*by John Lee Ellis*

31 starters headed out on this green, mild 400k. There was a bit of ground fog to start but great weather at altitude. The afternoon brought a widespread smattering of showers.

RUSA#	Time	Rider
471	14:02	Fulton, Michael
3555	14:02	Knoblauch, Tom
3600	15:19	Koenig, Gary
2993	15:19	Wiss, Dick
4257	15:49	Cooper, Lara
153	15:49	Ellis, John Lee
1842	16:27	Smith, Vernon
	16:27	Hallam, Eric
4525	16:27	Liekdkke, Brian
1471	16:27	Foley, Paul
3230	16:36	Hoff, Peter
1679	16:40	Mangin, John
	17:17	Valdez, Michael
3589	17:19	Nansel, Alan
2708	17:23	Leinhart, Larry
3551	17:44	Snavelly, Henry
	18:04	Pogorelz, Robert
410	18:05	Baranczyk, Merle
341	18:05	Werner, Glen
2032	18:14	Foss, Tom
	19:11	Wong, Felix
796	19:49	Farnsworth, Rex
6	19:52	Henderson, Charlie
3615	20:25	Sauvé, Robert
2936	20:28	Tankovich, Bill
1936	20:28	Abernathy, Stacy
	21:55	McLaughlin, Bill
818	22:15	Barday, Bob
908	22:25	Fox, Mike

### Results: June 16<sup>th</sup> St. Vrain 400K “Windiest 400K Too!”

*by John Lee Ellis*

Of the 5 riders on this 400k, they naturally shared the collective experience of those on the 600k (see p. 1). But riders like Kelly Shannon, upping the distance ante from his Denver-Aspen Classic and Peak-to-Peak 300k experience, seemed remarkably to have enough steam left to battle the big winds in for the home stretch.

RUSA#	Time	Rider
	16:35	Shannon, Kelly
	17:03	Young, David
3112	17:56	Rupel, Ray
	20:05	Pogorelz, Robert
3615	20:32	Sauve, Robert



**Upcoming Club Rides. (all rides start at 7:45, except for the Mt. Evans ride, which starts at 7:15  
Contact Jim Kraychy at 303-264-9090 to start a ride.)**

Date	Start	Description	Miles	Starter
Saturday 7/7	Lyons	St. Vrain Canyon, Estes Park, Glen Haven	50/90	Brent Myers: 303-523-3100
Sunday 7/8	Boulder	Boulder, Hygiene, Longmont, Erie, Lafayette	49/71	Dan Shields: 303-429-7437
Saturday 7/14	Exit 255	Boedecker Lake, Masonville, Stove Prairie	56/90	Barry Nash: 303-758-2724
Sunday 7/15	Rooney Rd.	Evergreen, Shadow Mtn., Deer Creek	59	Dan Shields: 303-429-7437
Saturday 7/21	Northglenn	Airport, Barr Lake, Prospect Valley, Hudson	67/100	Dan Shields: 303-429-7437
Sunday 7/22	Idaho Spgs.	Echo Lake, Mt. Evans, Bergen Park	44/72	Stephanie Dodge: 303-548-2920
Saturday 7/28	Pine Jct.	Pine Junction, Deckers, Woodland Park	50/96	Brad Towne: 303-507-7833
Sunday 7/29	Northglenn	Ft. Lupton, Keensburg, Brighton	45/74	Dan Shields: 303-429-7437
Saturday 8/4	Littleton	Deer Creek, High Drive, Shadow Mtn.	62	<b>Volunteer Needed</b>
Sunday 8/5	Aurora	Aurora, Bennett, 88 <sup>th</sup> Ave, Strasburg	43/71	<b>Volunteer Needed</b>
Saturday 8/11	Golden	Floyd Hill, Central City, Coal Creek	60/90	<b>Volunteer Needed</b>
Sunday 8/12	Littleton	Deer Creek, Pleasant Park, Evergreen Loop	45/67	<b>Volunteer Needed</b>

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 255	The parking lot on the SW corner of the I-25/Exit 255 interchange, 42 miles north of Denver
Golden	The parking lot at the east end of Parfet Park (10 <sup>th</sup> & 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.
Lyons	The Park-n-ride at the corner of 4 <sup>th</sup> and Broadway in Lyons, just west of the visitors' center.
Idaho Springs	The parking lot on the east side of the road; Highway 103 just south the interchange with I-70.
Littleton	The northwest corner Park-n-Ride at the northwest corner of Santa Fe and Mineral.
Pine Junction	The parking lot on the NE corner of the US 285/Hwy. 126 interchange at Pine Junction 7 miles SW of Conifer.

**Important Note!** The Mt. Evans ride originally scheduled for 7/21 and the Northglenn ride originally set for 7/22 are being flipped to avoid a conflict with the Bob Cook Mt. Evans race.

**Notes on Ride Start Locations:**

- At Idaho Springs, do not use the US Forest Service Lot; only use the lot across from it on the east side of the road
- At the East Boulder Community Center, use the "Additional" Lot to the west of the main building.

**Weeknight Rides:**

**The Tuesday Night Hillclimb:** This ride does Lookout Mountain. We meet at our regular start point (10<sup>th</sup> & 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.

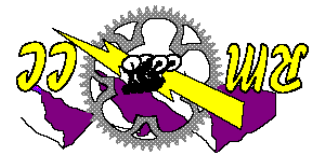
**Upcoming Brevets:**

**July 28<sup>th</sup> 200K:** Meets in Castle Rock at the parking lot between the Big O Tire and the Safeway, 2 block SE of the I-25/Exit 181 interchange. Takes in Castle Rock, the Black Forest, and Larkspur. Sign-in 6AM; depart 7AM. An ideal first brevet!

**August 4<sup>th</sup> 300K:** Meets at our regular Littleton start point. Littleton, Larkspur, Black Forest, Elbert and back. Sign-in 3AM; depart 4AM. Lights required. Registration required by July 25th.

**September 22<sup>nd</sup> 200K:** Meets at our regular Exit 243 start point. Horsetooth plus Stove Prairie. Sign-in 7AM; depart 8AM

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



### Results: May 26<sup>th</sup> Peak-to-Peak 300K “Mildest, Driest Peak-to-Peak 300 Yet!”

*by John Lee Ellis*

Of 13 starters, 12 finished this extended jaunt at altitude. It was about the best weather we've had for the Peak-to-Peak 300k, which is usually held in August, where the big challenge is to get to Estes Park ahead of the monsoon, and then get through the baking Plains. The price to pay was some early-morning chill climbing Coal Creek Canyon.

For most riders, it was their first Peak-to-Peak 300k, and some opined this was a nice time of year to run it.

RUSA#	Time	Rider
3600	12:14	Koenig, Gary
153	12:30	Ellis, John Lee
2401	12:45	deRosset, William
	12:59	Shannon, Kelly
	13:35	Young, David
4475	13:36	Wimmer, Steve
	14:05	Marwitz, Curtis
	14:09	Nading, Jeffrey
3615	14:12	Sauvé, Robert
3557	14:15	Snively, Henry
4406	17:05	Busch, Mike
	17:05	McLaughlin, Bill

### Results: Yet More Brevets!

*by John Lee Ellis*

There are two more brevet results to note. The June 2<sup>nd</sup> 400K also had a 600K option, which Ray Rupel took advantage of:

RUSA#	Time	Rider
3112	26:59	Rupel, Ray

Finally, there was the 1000K option on June 16<sup>th</sup>, when it was windy. Of the one rider who started this 1000k, one deserves special mention: Tom Reeder ventured from Alexandria VA and fresh from a successful, PBP-qualifying SR series there to tune up for PBP. Tom enjoyed the St. Vrain Canyon climb and the sublime views above Estes Park despite oxygen challenges, and enjoyed the prairie, too. (Do we see a possible Last Chance 1200k candidate?) Tom rode a full 600k, to Wiggins, before declaring his full quotient of fun, so a big commendation to Tom, and we hope to see him in future!

### Want Ads

**For Sale:** Classic Spectrum Titanium Randonneur Bike. Merlin Ti 56cm frame, Time carbon fork, Campy Racing Triple 27 speed drivetrain, Mavic Open Pro Wheels. \$800. Contact Rex Farnsworth 303-618-6210 or [refarnsworth@earthlink.net](mailto:refarnsworth@earthlink.net).  
**Wanted:** RMCC club jersey. Short Sleeve, Size Medium. Please contact Will at [wmderosset@gmail.com](mailto:wmderosset@gmail.com) or 970.498.8714