



### 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)

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## My First Contrail

by Diane Benoit

To say I was a bit anxious about doing the 2007 RMCC Summer Contrail was an understatement. I was flat out afraid I couldn't do it. There was to be a ton of climbing with back to back 100 to 130 mile days—eight of them!! Our group of nine riders had four who had ridden PBP and BMB several times: Charlie Henderson, Rex Farnsworth, Bob Barday and Ann Crossland. The other 4 were long distance riders having done several Contrails: Mark Michel, Jim Kraychy, and Brent and Beth Myers. I needed a summer challenge and this was going to be it, so the packing began.

I ended up with a suitcase full of measured baggies of Perpetuem, Endurox, EAS protein shakes, Endurolytes, and vitamins. Then there were all the bars and other bike food, off the bike snacks, oatmeal, and instant coffee just in case. How many power bars, Lara bars, peanut butter crackers, cookies would I need? I didn't want to bonk so I packed more of everything...and then added baggies of dried papaya, pineapple and nuts and more cookies as I might need some comfort food.

Coincidentally, the same Saturday the ride was to start I had volunteered to teach a 6AM exercise class for "Relay for Life", a colon cancer fundraiser. I had given my word long before I signed up for the Contrail and well, I had to keep it.

So on Saturday, July 14th, at 5:30 AM, just before teaching the class, I had the opportunity to walk a lap with a cancer survivor completing his 30 mile pledge walk. Now that was a humbling experience. It put things in perspective for my upcoming adventure. I was inspired. After a blitz of Pilate's exercises and stretches I flew home to start the ride.

Charlie had arranged for me to be picked up by Kelly our support vehicle driver, so that I could join the group on High Grade, and not have to ride solo. I was so touched by this act of kindness because it turned a difficult situation into a wonderful first day.

There was a construction zone on US 285 which proved to be no big deal and the sun was shining. We tackled Kenosha Pass at 10,100 ft, Redhill Pass at 10,005 and Trout Creek at 9,346 ft. It was a shame that the noise from all the cars and motorcycles was so distracting.

In Fairplay I had to wash the road grit off my face and legs that had collected from all the traffic. The thought did cross my mind about what it was

this doing to my lungs. But I was more preoccupied with wondering how many new passes I could add to my list of climbs on Mike Prendergast's RMCC Colorado Pass list.

Upon arriving into Buena Vista, at 106 miles, we stopped at the K's Dairy Shop for burgers, fries, and milkshakes. My stomach was a bit dicey I couldn't eat more than the shake—not so for Mark and Jim!

Once checked into the hotel I had Endurox and a protein shake. Later, we rejoined the group and went for dinner. I must have still been a bit anxious as I still wasn't very hungry, but had a great time listening to bike stories from Charlie, Rex, and Bob.

Day 2 was really beautiful, challenging, and very diverse. We rode 134 miles to Gunnison up Poncha Pass at 9,101 and North pass at 10,149. I felt pretty lucky to ride another day with Mark and Jim. Getting to draft on the race course type descents was fantastic. I was feeling really great but waiting for the dreaded Third Day Exhaustion to rear its head.

Day 3: Gunnison to South Fork, 126 miles, up Slumgullion Pass at 11,361 with a side of Spring Creek Pass at 10,901. This became my favorite day of the Contrail, not just because I survived the day but because it was so beautiful. The views from Slumgullion were staggering.

Plus my friend Tom Boyle had insisted that I stop at the bakery in Lake City which proved to be a highlight for several of us. We arrived in time to purchase treats fresh out of the oven. South Fork, on the other hand, wasn't much to look at.

Day 4, South Fork to Chama, 125 miles up La Manga at 10,230 and Cumbres at 10,022. Bob put the ride into perspective the night before at dinner by telling me, "The first 100 miles are dreadful, and the last 25 are ecstasy." And so it was.

Day 5, Chama to Taos, 95 miles up a double pass called Tierra Amerilla. Big rollers day and very hot. We would be staying in Taos three nights, so it was a nice change to do laundry and spread out my junk. By now I was so sick of bike food I gagged at the thought of it. I started eating all of my cookies and anything else remaining from my snack supply. Another benefit of staying in Taos: the best breakfast place, Michael's.

Day 6 was the "Enchanted Circle", which is an 86 mile loop from Taos to Angel Fire, Red River, Questa and back to Taos with a couple of passes thrown in.

This day was a landmark for me. By now I had two saddle sores. I went to breakfast with

*continued on Page 2*



### Results: July 7<sup>th</sup> 300K: Peak-to-Peak Hottest, Most Rider-Winning Peak-to-Peak 300k Yet!

by John Lee Ellis

Of 11 starters, only 5 finished this extended jaunt at altitude - a 55% dropout rate unprecedented for this or any brevet. May 26th's Peak-to-Peak had offered 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 July edition provided very mild, breezy conditions at altitude on the Peak-to-Peak Highway, even up to the two 9,100-foot summittings, and later on some fairly broiling temps beyond Platteville. From that Platteville vantage point, more than one rider was eyeing the storms a-brewing in the foothills and envying the shade they provided ... which did reach them, albeit at the price of wind, squalls, and generally tumultuous weather. (The image of whitecaps on Baseline Lake in Boulder stands out.)

Special thanks to Sean Gordon from Phoenix and John Dilsaver from SW Missouri for joining us. To all appearances, Sean had a great time, finishing first with Tom Knoblauch, while John praised the challenging but scenic mountainous segments, and put in a worthy effort.

P.S. This Peak-to-Peak was substituted for the Grand Loop, because of repaving on Trail Ridge Road. Contrary to expectations, it proved to be at least as tough!

RUSA#	Time	Rider
3555	12:13	Knoblauch, Tom
	12:13	Gordon, Sean
153	13:56	Ellis, John Lee
2442	16:00	Nawrocki, Dave
908	16:42	Fox, Mike

### Results: July 28<sup>th</sup> 200K: Mildest Black Forest 200K Yet!

by John Lee Ellis

Of nineteen starters, eighteen finished the only exception occasioned by a mechanical problem. Despite at times very ominous looking dark areas of sky, riders stayed dry rather than drenched and temperatures were moderate for late July. Thanks go to Paul Brown, the husband of rider Ronaale Foss, who provided ice and cold water to everyone at the checkpoints, while supporting his wife. Special thanks to Tom Foss for leading this one.

RUSA#	Time	Rider
2854	6:17	Kraychy, Jim
	6:17	Kalisch, Tim
2844	6:17	Dodge, Tim
3555	6:48	Knoblauch, Tom
	7:02	Shannon, Kelly

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Charlie, Bob, and Rex and proceeded to show them my solution: I was wearing two pair of my thinnest bike shorts. I fully expected them to howl at me. Charlie was already referring to me as a "unique rider" because I wear jewelry and because I don't wear gloves (Instead, I have double taped handlebars, which helps with hand numbness). But they didn't end up mocking my solution to the saddle sores. Instead, they told me that this was actually a technique used by others in events like the cross-country PacTours.

On day 7, I was looking for an easier day, so I only did 50 miles of that day's century. I turned around in Sipapu—I like that name.

The final day went from Taos to La Veta--113 miles up La Veta Pass at 9382 feet. We finished the tour at Charlie's Market for ice cream followed by packing up the bikes and driving back to Denver. Game over!

It was a wonderful experience and I would do it again. I was ecstatic that I rode so well every day. I learned a lot about nutrition for back to back days—two protein shakes a day helped me a lot. They worked better at recovery than just Endurox did. Charlie also said he put 12 scoops of Perpetuem in a water bottle and alternated about 20 sips of water to 1 of the Perpetuem.

I felt I pushed myself but never went all out and saved a bit each day, despite others telling me I should slow down. I wasn't a novice rider, having done a five week solo self supported adventure in England, Scotland, Wales, the coast of Brittany and Italy. I had been on multiple Backroads tours in France and Italy, and was based two times in Chamonix riding to Alpe D'Huez and back. Finally, there was the three countries in one day adventure last year.

So, I had some experience to rely upon but this was a different challenge and I really feel it will help my cycling overall. I rode hard for eight consecutive days with around 40,000 feet of altitude gain, something I would never have done by myself. And finally the trip was special because I had the opportunity to get to know Charlie, Rex and Bob. Their kindness, great stories, warped senses of humor as well as the countless tips that they shared helped shape the tour into a very memorable experience. I wish them Godspeed in PBP.

	7:02	Rosenthal, Harris
2993	7:58	Wiss, Dick
2129	8:08	Myers, Brent
2145	8:08	Long, Beth
	8:58	Pflug, Sandy
	9:11	Newton, Gerry
	9:11	Parry, Diana
	9:14	Stanford, David
2032	9:15	Foss, Tom
908	9:35	Fox, Mike
3147	9:40	Foss, Ronaale
	tbs	Saranson, Jay
	tbs	Steenburg, Pat



**Upcoming Club Rides. Please Contact Jim Kraychy at 303-264-9090 to start a ride.**

Date	Start	Description	Miles	Starter
Saturday 8/4 7:45	Littleton	Deer Creek, High Drive, Shadow Mtn., Conifer, City View, Deer Creek	62	Brent Myers 303-523-3100 bmyerslsg@aol.com
Sunday 8/5 7:45	Aurora	Aurora, Bennett, 88 <sup>th</sup> Ave, Strasburg	43/71	Brent Myers 303-523-3100 bmyerslsg@aol.com
Saturday 8/11 7:45	Golden	Floyd Hill, Central City, Coal Creek Canyon Loop	60/90	Mark Michel 303-738-1958 michel95@comcast.net
Sunday 8/12 7:45	Littleton	Deer Creek, Pleasant Park, Evergreen Loop	45/67	Rick Russon 303-795-0526 rmrusson@redocher.com
Saturday 8/18 7:45	Bergen Park	Bergen Park, Echo Lake, Mt. Evans & return	36/64	Rick Russon 303-795-0526 rmrusson@redocher.com
Sunday 8/19 7:45	Castle Rock	Wolfensburger, Palmer Lake, Larkspur, Tomah Road	32/67	<b>Volunteer Needed</b>
Saturday 8/25 7:45	Lyons	Carter Lake, Big Thompson Canyon, Devils Gulch, Estes Park, Allenspark Loop	73/90	<b>Volunteer Needed</b>
Sunday 8/26 7:45	Northglenn	Airport Loop, Tower Road, Barr Lake, Brighton	51/106	Dan Shields 303-429-7437
Saturday 9/1 8:45	Golden	Golden Gate Canyon, Rollinsville, Coal Creek Canyon Loop	38/58	Mark Michel 303-738-1958 michel95@comcast.net
Sunday 9/2 8:45	Wiggins	Wiggins, Ft. Morgan, Hillrose, Orchard Loop	50/91	Dan Shields 303-429-7437
Saturday 9/8 8:45	Granby	Granby, Willow Creek Pass, Rand and return	46/98	<b>Volunteer Needed</b>
Sunday 9/9 8:45	Boulder	Boulder, Lee Hill, Ward, Lefthand Canyon, Stagecoach	49/62	Dan Shields 303-429-7437
Saturday 9/15 7:45	Copper Mountain	Copper Triangle – Copper Mtn., Leadville, Minturn, Vail loop	64/78	<b>Volunteer Needed</b>
Sunday 9/16 7:45	Littleton	Deer Creek, Pleasant Park, City View, Deer Creek, Chatfield	55	<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.  
Note: Use the “additional” lot to the west of the main building.

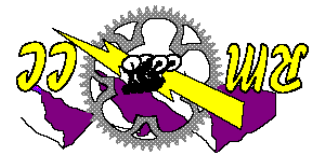
Golden The parking lot at the east end of Parfet Park (10<sup>th</sup> & Washington) in Golden  
Aurora The NW corner of the Wal\*Mart parking lot just north of I-70 and Tower Road.  
Lyons The Park-n-ride at the corner of 4<sup>th</sup> and Broadway in Lyons, just west of the visitors' center.  
Littleton The northwest corner Park-n-Ride at the northwest corner of Santa Fe and Mineral.  
Bergen Park The Park-n-Ride at the SE corner of State Hwy. 74 and County Road 66 in Bergen Park  
Castle Rock The parking lot between the Safeway and Big-O-Tires, 2 blocks SE of I-25 Exit 181.  
Note: Park closer to the Safeway—do not use the Big-O lot.

Wiggins Stub's Service Station just south of I-76 Exit 66A (Highways 39 & 52), 65 miles NE of Denver  
Granby The Windy Gap Wildlife Viewing Area at US Highway 40 and State Highway 125 two miles west of Granby.  
Copper Mtn. The trailhead and bike path parking lot on the southeast corner of I-70 and Hwy. 91 in Copper Mountain

**Upcoming Brevets:**

**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



### **Product Review: Eyeglass Mirrors**

*by Mark Michel*

Over the years, I have never found that I had much use for a mirror—usually I know something is coming up behind me using my sense of hearing. However, on the spring Contrail this year, I found situations where I wish I had a little more information. I talked with the mirror-using Mike Fulton who highly recommended their use, particularly the ones that attach to your eyeglasses. So, I decided to give them a try.

I found two that are readily available—I tried both. The first is made by Third Eye, which I purchased at Bike Source (and I've seen many other places). The other was the Take-A-Look Mirror, which I purchased at REI.

I tried the Third Eye first. Basically, you just clip it onto the temple piece of your glasses, which was very easy. It also doesn't stand out when others look at you, which gives it some style points.

However, actually using it was a different story. The mirror simply ended up being too close to my eyes. I was not able to adjust it to where I could see much of anything aside

from my shoulders or the sky. Perhaps it would work better with different glasses, but after a couple of rides, I tossed it in the pile of Bike Junk I Wished I'd Never Bought.

The Take-A-Look Mirror is impressively constructed, the attachment pieces being made of metal instead of plastic. It was also straightforward to mount. It does stand out when others look at you, so I have to ding it in the style department.

I tested this one on the Summer Contrail this year. I had much better results with it than I with the Third Eye. I was easily able to adjust it so that I could get a good view of what was coming up behind. Because it's mounted to the rider and not the bike, there was very little vibration, meaning that the view in it was very clear. I found it very comforting to have on that first day of the tour, which was mostly along a busy section of US 285.

But it came in handy in other cases as well. For example, there was one section of state highway that had a wide but rough shoulder and little traffic. With the mirror, I could safely ride in the smoother traffic lane most of the time, and then slide over to the shoulder when I saw cars coming.

Another time, I heard a semi-truck coming up behind—nothing special there. I looked in the mirror and saw that it was an oversized load, however, with the load overlapping onto the shoulder. Without the mirror, I would have just cruised along, not knowing that there was a potential issue. In this situation, I happened to come up to a right turn lane, so I slid over there and let the truck pass, which earned me a “thank you” wave while making the situation a little less hairy.

As you can tell, I give my highest recommendation to the Take-A-Look mirror. I will be using it regularly in the future.

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