



**Highlands  
Home  
Carpet  
Cleaning**

**VECTRA BANK**  
COLORADO



## Results: October 8<sup>th</sup> Populaire: A Crisp, but Colorful Farewell!

*by John Lee Ellis*

7 riders, including two first-timers to randonnées, had a nice, colorful ride up Apple Valley - numbers trimmed by a chilly forecast, but those who came out got quite a treat!

Thanks to Jim Kraychy for leading this one!

RUSA#	Time	Rider
2856	3:50	Kraychy, Jim
	3:50	Kalisch, Tim
	3:50	Groves, Tom
3555	3:56	Knoblauch, Tom
2129	4:30	Myers, Brent
2145	4:30	Myers, Beth
	5:27	McGuire, Mike

## VAP and YAP Party

*by Brent Myers and Mark Michel*

Over the course of a long season, we rely on numerous volunteers to keep the club going, especially ride starters. Therefore, Brent and Beth Myers will be hosting a party to honor our volunteers on November 17th.

However, the festivities are not limited to volunteers—all members (future volunteers?) are invited as well. Come celebrate our volunteers and yap with your friends.

Festivities will get underway at 3:30PM and will last until we tell everyone to go home. RMCC is sponsoring the food and all we ask is for you to bring your favorite beverage.

The party will be at 686 S. Poplar St.

Please RSVP to Brent at 303-523-3100.

Look forward to seeing you there!

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RMCC SPONSOR 2007  
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WHOLESALE PRICES ON CARPET  
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303-278-1625**

## Club Meetings

As most of you know the club holds monthly meetings on the second Monday of each month at the Downtown REI at 6:30. We are in one of the meeting rooms on the third floor.

If you have any suggestions for improvement or would like to help out, that is the place to do it. Many who come typically head out for some food and drink afterward, so it's also a good chance to get to know people off the bike a little better!

## Lasting Impressions...

*by Tom Knoblauch*

To be sure I now better understand why fenders are sometimes referred to as "mud guards." I lay in my tent early Monday morning listening to the rain fall as I have for three of the previous four nights and I ponder what it may be like to cycle Paris-Brest-Paris in these conditions. This is not simply idle thoughts but rather anxious trepidation. It only rained hard for four hours this night and again it subsided around daybreak. Not to say "sunrise"--as that never happened for me the entire time I was in France.

I am relieved that the rain has stopped as it will be much easier and more pleasant to prepare myself for PBP. Once again I find that the campground has swelled with more cyclists here for PBP. My neighbor for the past two days a Brit from the North of Wales has given me the weather forecast for the event and it is not encouraging. What you see is what you get, more or less.

Today I must cycle back up to the main retail center to try and find suitable replacement items for things I forgot to bring from home, most notably a skull cap but also shell gloves and perhaps a rear fender. These are some of the items that came to mind as I lay awake in my tent this morning as the rain fell.

Unfortunately it's not the right time of year to find cold weather clothing on store shelves, but with persistence I was able to find a wool stocking cap and shell mittens in the golf department. I also purchased an SKS rear fender that even with hours of modification was not going to work with my seat bag and lighting system.

This last minute shopping spree has put me behind schedule and I have more to do. Next is a department store where I shop for a large mixing bowl and whisk so I may prepare my Perpetuem. It really looked as if I was going to prepare a

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## **Sponsorship Opportunities**

*by Michael Fulton*

Do you own a business or work for one that is looking ways to promote itself among people like our members? The RMCC is going to try something new this year. We are going to underwrite some of the cost of a newly designed club jersey. The benefit for your business is receiving advertising on the jersey itself as well as on our website and other publications. The resulting lower jersey cost will allow more members to purchase one. If you or someone you know is interested, please call Mike Fulton at 720-934-8273.

## **Ride Schedule Update**

*by Mark Michel*

For Sunday rides beginning in November and for the Saturday rides beginning in December, we move to a “show-and-go” format for the winter.

What is a “show-and-go” ride? The basic idea is that we meet at the same start point each week and do varying routes. Length is determined based on weather conditions. If it's cold, we will do a short ride of 30 miles or even less. On nicer days, we will have options for longer rides. As always, if conditions are unsafe for riding due to icy roads or extreme cold, the ride will be cancelled.

The Saturday rides run out of our regular Northglenn start point (120<sup>th</sup> and Huron, just west of I-25) for those living on the north side of town, while the Sunday rides are in a better location for us on south side of town—starting at the Ken Caryl Park-n-Ride (Ken Caryl and Shaffer Parkway, just east of C-470).

Finally, on Sundays there is a fixed gear ride out of Erie (meet at Meadow Sweet Park). While the ride is obviously focused more on fixed-gear riders, anyone is welcome to join in.

Given the time of year and the lack of set routes, the ride pace is generally more relaxed and we are more likely to ride as a single group or maybe two. This makes for a great environment to invite new people to join us!

Since I got myself in trouble last year for proclaiming how much good riding weather there is during the winter months (!), I won't make any bold weather forecasts for this year. However, we have had years with a lot of relatively warm and sunny days in December and January, making them good times to ride.

If you're looking to get a jump on next year, or if you want to keep in decent shape for the New Year's Day Century, or if you are just looking to have an enjoyable ride, be sure to come on out!

Thanks to Tom Foss, Diane Benoit, Mike Prendergast, and Tom Boyle for planning the routes and starting the rides!

*Knoblauch, from Page 1*

souffle`.

On the way back to Versailles and my campsite I made a wrong turn or two and spent even more precious time cycling! The rest of my day was spent readying myself and my bike for the event. Under normal circumstances all of this would have been completed a day or two in advance and I would not have normally been out cycling what would in all be 50km after not having slept much. I have to break camp and will be stowing all my gear at the campground office garage thus freeing up my pitch for others to use whilst I am out cycling. I will repeat this process when I return but in reverse.

PBP represents my third 1200km randonnee in as many years, all of them different. I have two Colorado Last Chance tours under my belt and have learned much as a result. One of the items I wanted to do differently after finishing the event was to continue with the mindset that the event was not over and that I must continue to accomplish tasks—something I had not done in the past. Last year after the event I slipped into the rest and recovery mode immediately, leaving chores until later, which was something I regretted. This year even though I sorely wished to do the same I knew better. My return flight to the States would be departing midday on Friday with or without me and that fact alone kept me focused and on track.

I completed my ride midday on Thursday. I had become ill with a chest cold and a very sore throat. And seemingly without a doctors prescription you can't be given throat lozenges.

After I had my control card stamped for the final time I received a free drink coupon redeemable at the exit of the area where with some difficulty I ordered a chocolate milk—further complicated by the fact that I did not want it hot. Have you ever had cold cocoa? This was yet another example of my steep learning curve of everything foreign.

Next I was off to recover my drop bag at the Holiday Inn where I was told it would be on Thursday afternoon. I had seen a road sign advertising the Holiday Inn on the ride route coming into town so I simply headed back out onto the course going in the opposite direction of everyone else. This led to some humorous moments.

I arrived at the Holiday Inn before my drop bag and much to my delight I was able to order a lunch even though the restaurant was not open. It had to be kept simple. I could only order what they had on hand and vegetable lasagna was what they served me. Sitting at the bar eating lunch when the restaurant is closed while wearing cycling clothing will get you noticed!

Many PBPers had chosen the Holiday Inn as their lodging and I met a contingent of Aussies who all congratulated me and were very warm and friendly. Unfortunately for them they were not as successful in their ride. One of them noticed I was wearing a backpack with a reservoir and commented that they had all taken ill with gastro-intestinal problems that they

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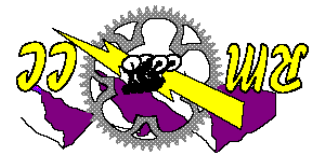
**Upcoming Club Rides. Please Contact Jim Kraychy at 303-264-9090 to start a ride.**

Date	Start	Description	Miles	Starter
Saturday 11/3 9:45	Rooney Rd.	Red Rocks, Kittredge, Tiny Town, Deer Creek Loop	44	Brent and Beth Myers: 303-523-3100 bmyerslsg@aol.com
Sunday 11/4 9:45	Exit 243	Carter Lake, Loveland, Champion Loop	40/60	Cary Stewart: 717-201-4380 pfwaterdude@aol.com
Saturday 11/10 9:45	Northglenn	Northglenn, Erie Loop	43	Cary Stewart: 717-201-4380 pfwaterdude@aol.com
Sunday 11/11 9:45	Ken Caryl	Ken Caryl and Beyond Show-and-Go	30-40	Diane Benoit: 303-697-1463 dianembenoit@comcast.net
Sunday 11/11 9:45	Erie	Sunday Fixed Gear Ride	50	Mike Prendergast: 303-344-6326 mike.rmcc@gmail.com
Saturday 11/17 9:45	Aurora	Bennett & return	39	Cary Stewart: 717-201-4380 pfwaterdude@aol.com
Sunday 11/18 9:45	Ken Caryl	Ken Caryl and Beyond Show-and-Go	30-40	Tom Boyle: 303-948-8947 boyle254@msn.com
Sunday 11/18 9:45	Erie	Sunday Fixed Gear Ride	50	Mike Prendergast: 303-344-6326 mike.rmcc@gmail.com
Saturday 11/24 9:45	Boulder	Morgul, Cherryvale, Lookout Loop	24/34	<b>Volunteer Needed</b>
Sunday 11/25 9:45	Ken Caryl	Ken Caryl and Beyond Show-and-Go	30-40	Diane Benoit: 303-697-1463 dianembenoit@comcast.net
Sunday 11/25 9:45	Erie	Sunday Fixed Gear Ride	50	Mike Prendergast: 303-344-6326 mike.rmcc@gmail.com
Saturday 12/1 10:45	Northglenn	Northglenn Show and Go Ride	30-50	Tom Foss: 303-233-4972 tfoss@bullocks-express.com
Sunday 12/2 9:45	Ken Caryl	Ken Caryl and Beyond Show-and-Go	30-40	Tom Boyle: 303-948-8947 boyle254@msn.com
Sunday 12/2 9:45	Erie	Sunday Fixed Gear Ride	50	Mike Prendergast: 303-344-6326 mike.rmcc@gmail.com
Saturday 12/8 10:45	Northglenn	Northglenn Show and Go Ride	30-50	Tom Foss: 303-233-4972 tfoss@bullocks-express.com
Sunday 12/9 9:45	Ken Caryl	Ken Caryl and Beyond Show-and-Go	30-40	Diane Benoit: 303-697-1463 dianembenoit@comcast.net
Sunday 12/9 9:45	Erie	Sunday Fixed Gear Ride	50	Mike Prendergast: 303-344-6326 mike.rmcc@gmail.com

Northglenn The Wagon Road Park & Ride at 120<sup>th</sup> and Huron (just west of I-25)  
 Ken Caryl The Park-n-Ride at the NE corner of Ken Caryl Rd. and Shaffer Parkway, just east of C-470.  
 Erie Meadow Sweet Park at 318 Wheat Berry Drive in Erie  
 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.  
 Aurora The NW corner of the Wal\*Mart parking lot just north of I-70 and Tower Road.  
 Exit 243 Convenience store at the NE corner of the Exit 243/I-25 interchange, 30 miles northeast of Denver  
 Note: use only the lot to the west of the store. Overflow parking is in the street in the back.

**Don't Forget!**

After a one-year hiatus due to blizzards, The New Year's Day Century will be making a return on January 1<sup>st</sup> this year! Stay tuned to next month's Chain Chatter for more details!



*Knoblauch, from page 2*

suspect were caused by manure which was sprayed up onto their water bottles off the road and that perhaps a backpack may have prevented that. They further explained that many cyclists suffered the same problems and the train they took from Brest to Paris was affectionately named the DNF Express.

You know that no one DNF's easily. Not from a ride like PBP. I think that may be more difficult than finishing. There should be a ribbon or something awarded to honor their efforts. I had a scare outside the control village of Tinteniach where I had to come to grips with the realization that this may be all she wrote. I can assure you that is tough.

The van carrying the drop bags did not arrive until 4:45 and here again I had luck on my side because they had other plans and would be proceeding to another hotel with another van full of bags which they would be unloading first. I convinced them to at least let me try and find my bag and surprisingly the third bag I touched that was RUSA yellow was mine. Now I am off and what a sight I am!

I have my drop bag tied with my do-rag to my backpack as I cycle down the road to the train station. Before I could purchase a train ticket I must visit an ATM so I wheeled into the Carrefour and without dismounting I rolled up to the ATM. Even here I have complete strangers approach me and ask if I have just done Paris-Brest and congratulate me and point me out to others.

The train ride back to Versailles is not so eventful but still being rush hour there are many smiles and comments. After leaving the train station I must make a bus connection and and this is awkward. It is rush hour and there is standing room

only, yet people are tolerant of this foreigner. Once back to the campground it's all work as I wash the bike and box it back up and ready everything for my return flight tomorrow.

It is dark before I finish setting up my tent and I only just make it to dinner before the restaurant at the campground stops serving food, then finally a shower. I have been awake now for 90 of the past 92 hours and now lay down to sleep only to be made to rise by painful leg cramps. My chest cold has grown worse and overall I am in bad shape. I am forced to ask the campground staff for help. With some searching they find some Alka-Seltzer cold medicine that allows me to get some sleep along with a couple tablespoons of table salt and and some ice cream bars for my leg cramps.

The next morning I arose at 8:00 and had to rush in order to meet my 9:00 taxi to the airport. Though no one said anything I feel my appearance must have frightened people a little. I felt I looked bad and I know I felt bad. The long flight would cause my legs and feet to swell terribly. Cough suppressant and pain relievers would be the norm for the next few days.

This has been a powerful experience for me and for almost two weeks my dreams have been dominated by it. The event for me was full of missteps and mistakes, enough so that I am forced to relegate it as a learning experience. There was simply more to this event than any experience I have had. In hindsight even if I would have made fewer mistakes this event could have been nothing more than a learning experience.

I wish to thank all the people who have helped me get to this point. I had a great time!