



## Norman F. Lewis February 23, 1948 – December 28, 2007

by John Klever

Long time club member Norm Lewis passed away recently after a long battle with ALS.

Norm Lewis was both an avid randonneur and a volunteer for the RMCC. Norm's big year as a randonneur was 2003 when he rode two 300K, one 200K, and one 600K brevets. He capped those successes by completing Paris-Brest-Paris. Norm continued this line of successes in 2004 with finishes in one 200K, one 300K, and one 1000K brevets. The effort of these two years netted Norm the coveted Randonneur 5000 award. Norm also participated in fleches in 2004 and 2005. Giving back to the club, Norm volunteered to start three rides in 2004 and six in 2005. Norm's final brevet was the 200K on May 7, 2005. At the ALS Walk in September 2006, Norm told me that the physical activity he missed most was cycling.

As impressive and time-consuming as Norm's cycling accomplishments were, they made up only one dimension of his life. He got to see a large part of the world as a service kid. Norm married Linda in 1970 just before heading to Vietnam with the Army. Norm was devoted to his four sons, John, Nathan, Matthew, and Michael, and his daughter, Laura. Working as an engineer in the mining industry, he helped with the extraction of uranium, copper, and gold. When the bottom fell out of those markets, Norm changed careers, no easy task with three toddlers, and became a civil engineer. He was involved in the construction of many of the skyscrapers that dot Denver's skyline.

When Norm wasn't busy raising his family or working, he was pursuing his love of the great outdoors. To further this end, he could be found in his back yard working on an aging, red Land Rover his parents had given him while he was in college. With baling wire, bubble gum, parts secured on part-seeking expeditions, and the help of his sons, he kept the Land Rover running. The Land Rover let Norm see those places no man had driven to before. Norm also had a knack for planning, organizing, and doing death hikes with his church youth group and his sons. He was the patient coach who made sure that no one was left behind, and he gently showed those in doubt that they had the strength to finish the hike.

When times were tough, Norm reassured Linda that they would get by just fine. Norm did not complain about his illness because he was a good man, who took comfort in his family, his friends, his church, and his memories of the great

## The RMCC 2008 (After) New Years Day Century; Or a Windy Welcome to 2008

by Jim Kraychy

After the weather debacle that forced cancellation of last years ride, hopes were high. However, Colorado's fickle winter weather did cause a postponement of a few days so the Park-and-Ride lot and roads could clear up for safer riding conditions and warmer temperatures that would help make the ride more enjoyable.

Saturday the 5th was much warmer in comparison. However, a somewhat major trade off was lots of wind; not as bad as 2 years ago, but still enough to give riders pause with the extra effort that is required to put in a long ride at this time of year.

About 17 riders were on hand at the start. Several Paris-Brest-Paris veterans, brevet riders, our tandem riders, and people of varied interests made for a good mix of cyclists, several of whom made the trip from Colorado Springs for the ride.

We left Northglenn with an easterly tailwind which helped our warm up. This changed to a strong headwind out of the west by the time the top of "The Wall" above Superior was reached. Thankfully that didn't last very long (note to self: Careful or I might be facing a lynch mob of sorts at the next ride start!) That exposed section seemed to be the worst part of the ride since it was a very strong, straight-on head wind. The rest of the time when the winds were contrary they were quartering from the left or right – easier on the legs but harder on the upper body and brain (quite fatiguing unless you are mentally prepared to do battle), especially if there are gusts due to hills or traffic.

Partial head and cross winds "followed" until North of Boulder where we had a nice tailwind for the rollers on Highway 36. Several larger groups of riders from local race teams were out on the road in the Boulder area, starting to build base mileage for the coming season (Racing starts the end of February with the "Frostbite Time Trial" up North of Fort Collins so they are already ramping up.). Very nice to see so many other friendly cyclists out riding.

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outdoors.

Norm's family requests that any memorial contributions be given to the ALS Therapy Development Institute (ALSTDI). For more information, please call ALS TDI at 617-441-7200, or see their web site at <http://www.als.net>.



## The 2008 Ride Schedule

by Mark Michel

Enclosed with this month's newsletter is the 2008 ride schedule. This is the result of many hours of work from the schedule committee. Going into this year, there were a number of issues that we knew we needed to address.

First, a number of rides headed east needed route improvements. Roads out that way continue to see more and more car and truck traffic, making them less enjoyable for cycling. The positive side of the coin, however, is that some roads are now paved that weren't in the past. As such, several changes were made to the rides out of Aurora and the ones out of Northglenn that head east to put them on quieter roads. We also made changes to some of the rides in the Deer Creek/Conifer/Evergreen area to provide a better mix of riding and to add in some new roads that we haven't used before. When you do those rides this year, please be sure to take a map so you don't head the wrong way!

Speaking of maps, this is the second area that we focused on this year. Quite honestly, there have been many changes to street routing and intersection configuration, as well as minor changes to the rides themselves that have occurred over recent years, but that the scheduling committee would forget about when we worked on the schedule and route maps in the fall. As such, information that was once very accurate has fallen somewhat out of date, and we've been relying on ride starters to note any issues with the map.

As such, we poured through the maps and cue sheets in detail to find these changes, any inaccuracies, and things that needed additional clarification. Additionally, the format of the map and cue sheets is being enhanced to provide additional information. Our route maps have always been excellent given the wide variety of rides we offer; we hope we have made them even better for this year. Because we do have so many routes it really isn't possible to be correct in every last detail, but we are doing our best!

Regardless, we strove to basically keep the strengths of the existing schedule, which are many. First, there is a huge variety of rides, both involving climbing and those that are flatter. If you ride with the RMCC every weekend, you won't get bored of our rides! Second, our spring schedule follows a progression of steadily increasing ride length and difficulty to help you train for summer tours, the brevet series, and other rides like the Triple Bypass.

We look forward to seeing you on the road this year!

## Jersey Order Extended!

Due to overwhelming response and the holiday season, RMCC has extended the time that you can place your order for the new jerseys. The new date is now January 24, 2008. Please visit [rmccrides.com](http://rmccrides.com) for further details and to place your order.

## 2008 Sponsors Sign Up for Record Support!

By Mike Fulton

On behalf of the club, I would like to thank Rick Melick for his tireless work as the marketing person for the club for many years. Rick did a great job coordinating all the RMCC sponsors and has decided to pass the reins on. Please join me in thanking Rick for all his work.

This year we have been very excited to continue on with our original sponsors, Schwab Cycles and Denver Spoke and we are really excited to sign up some new ones as well. Please support our sponsors. Mention RMCC when you go into their businesses, so they will continue to support us in the future. Some even give a discount on your purchase if you show your RMCC card. Next month I'll talk further about our supporters.

**Bike Source:** 5 – 15% off - 2690 East County Line Road, Highlands Ranch, 303-221-4840. Also at 2665 South Colorado Boulevard, Denver, CO 80222, 303-759-5099. Sponsor 2004 -2008.

**Midlife Cycling:** Arrange a one on one session with USA Cycling certified coach Rick Russon 303-756-0041 to arrange an appointment. **New Sponsor for 2008!**

**RAP Express:** 10% off - RAP Express is a front range courier service that delivers packages to Colorado Springs, Denver, Boulder, Brighton, Pueblo and Canyon City. Your business is their priority 1-800-530-8777. **New Sponsor for 2008!**

**Hammer Nutrition:** most of the club already uses products like HEED, Sustained Energy and Perpetuem. If you don't, you should give them a try. Their products are represented in Denver at Schwab Cycles, Denver Spoke and Bike Source. **New Sponsor for 2008!**

**Vectra Bank:** Our contact is Tony Williams 6901 S. Pierce St, Suite 105, Littleton, 720-947-7182. Sponsor 2004-2008.

**Schwab Cycles:** up to 10% off – 1565 Pierce Street, Lakewood, 303.238.0243. Sponsor 1994 - 2008.

**The Denver Spoke:** up to 15% off – 1715 East Evans Avenue, Denver, 303-777-1720 Sponsor 1994-2008.

**Turin Bicycles:** 700 Lincoln Street, Denver, 303.837.1857. Sponsor 2002-2008.

**REI:** 1416 Platte Street, Denver, Colorado, 80202, 303-756-3100 provides the space for board meetings. Sponsor 2004-2008.

Please do what you can to support our sponsors.

**Upcoming Club Rides.**

**Please Note: Northglenn & Ken Caryl Show-N-Go start times will be posted on website  
To volunteer to start a ride, contact Jim Kraychy at 303-264-9040**

| <b>Date</b>            | <b>Start</b> | <b>Description</b>                        | <b>Miles</b> | <b>Starter</b>  |
|------------------------|--------------|---|--------------|---|
| Saturday 1/19<br>TBA   | Northglenn   | Northglenn Show-N-Go                      | 30-50        | Tom Foss 303-233-4972<br>tfoss@bullocks-express.com         |
| Sunday 1/20<br>TBA     | Ken Caryl    | Ken Caryl Show-N-Go                       | 30-40        | Diane Benoit 303-697-1463<br>dianembenoit@comcast.net       |
| Sunday 1/20<br>9:45    | Erie         | Fixed Gear Show-N-Go                      | 30-40        | Mike Prendergast 303-344-6326<br>mwprendergast@raytheon.com |
| Saturday 1/26<br>TBA   | Northglenn   | Northglenn Show-N-Go                      | 30-50        | Tom Foss 303-233-4972<br>tfoss@bullocks-express.com         |
| Sunday 1/27<br>TBA     | Ken Caryl    | Ken Caryl Show-N-Go                       | 30-40        | Tom Boyle 303-948-8947<br>boyle254@msn.com                  |
| Sunday 1/27<br>9:45    | Erie         | Fixed Gear Show-N-Go                      | 30-40        | Mike Prendergast 303-344-6326<br>mwprendergast@raytheon.com |
| Saturday, 2/2<br>9:45  | Littleton    | Ken Caryl, Deer Creek, Chatfield Loop     | 24/37        | <b><u>Volunteer Needed</u></b>                              |
| Sunday, 2/3<br>9:45    | Boulder      | Morgul, Cherryvale, Niwot, Lookout Loop   | 24/39        | Dan Shields 720-989-4583                                    |
| Saturday, 2/9<br>9:45  | Northglenn   | Northglenn, Broomfield, Boulder           | 40           | Dan Shields 720-989-4583                                    |
| Sunday, 2/10<br>9:45   | Aurora       | Watkins, Bennett and Return               | 25/39        | Cary Stewart 717-201-4380<br>pfwaterdude@yahoo.com          |
| Saturday, 2/16<br>9:45 | Littleton    | Chatfield, Ken Caryl, Turkey Creek        | 22/40        | <b><u>Volunteer Needed</u></b>                              |
| Sunday, 2/17<br>9:45   | Exit 243     | Berthoud, Loveland, Champion Loop         | 40           | Dan Shields 720-989-4583                                    |
| Saturday, 2/23<br>9:45 | Castle Rock  | Larkspur, Palmer Lake, Wolfensberger Loop | 33/46        | <b><u>Volunteer Needed</u></b>                              |
| Sunday, 2/24<br>9:45   | Northglenn   | Brighton, DIA Loop & Return               | 47           | Cary Stewart 717-201-4380<br>pfwaterdude@yahoo.com          |

Northglenn

Ken Caryl

Erie

Littleton

Boulder

Aurora

Exit 243

Castle Rock

The Wagon Road Park & Ride at 120<sup>th</sup> and Huron (just west of I-25)

The park-and-Ride on the northeast corner of Shaffer Parkway and Ken Caryl Avenue in west Littleton.

Meadow Sweet Park at 318 Wheat Berry Drive in Erie. Erie is east of Boulder and northwest of Denver.

The park-and-Ride at the northwest corner of Santa Fe Drive and Mineral Avenue in Littleton.

The East Boulder Community Center additional parking lot at 5660 Sioux Drive in southeast Boulder.

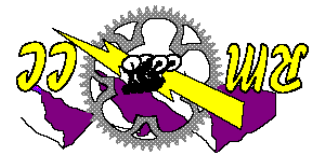
The parking lot of the Wal-Mart Supercenter at 3301 North Tower Road in Aurora.

The RV 66 Conoco service station parking lot 1/4 mile east of Exit 243 on Interstate 25 and State Highway 66.

The parking lot south of Big O Tires and west of Safeway on the southeast corner of Brisco Street and Plum Creek Parkway, which is two blocks southeast of Exit 181 off Interstate 25 in Castle Rock. Do not park in the Big O parking lot; you may be towed.

**PLEASE VISIT [RMCCRIDES.COM](http://RMCCRIDES.COM) FOR FURTHER INFORMATION AND/OR CHANGES**

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



## **On Your Left, Mr. Michel**

*By Cary Stewart, New newsletter Editor*

Greetings RMCC!

For those who do not know me (and hey, I make no claims that I know myself either) my name is Cary Stewart, just one of the many transients to Colorado hailing from the state of Pennsylvania. I'm the guy riding the white Trek Pilot (Oh, there is another of you who has one too, but he's faster..... for now) and I have that bright orange Chevy that's been christened MMGL (mini-me General Lee). Those who can't recall or put a helmet to bike, hopefully we will meet up out there soon.

I'm really excited about RMCC. Before I moved here, I researched cycling clubs in the area (okay sometimes I have too much time on my hands) and I liked what I saw about this club. Once I got here, I heard some "publicity" about the club being hardcore. I'll admit I had a few choice words in the beginning few rides (As Ms. Perry will attest to that during our accent up Idaho Springs). However, I am fully convinced that the structure of this club has transformed me from being a rookie to well, still a rookie, but with extra speed, endurance, cycling skills and an assortment of new friends mixed in. Hmm.. pretty much the mission statement of this club.

So, what's in store for the newsletter? To quote Indiana Jones in the Raiders of the Lost Ark, "I don't know, I'm making this up as I go." I do think that I will be doing this thing called "experimentation" (It's alive!) until I find that groove, that

cadence if you will. I do have ideas about a monthly member spotlight article, member polls, product reviews, etc.

I do encourage each and every one of you to contact me with any questions, stories, ideas, criticisms (please be gentle!) you may have. My email and contact number should be posted on the website, but what the heck, here it is anyway: pfwaterdude@yahoo.com and 717-201-4380.

Before I end this introduction, I would like to take this opportunity to thank each of everyone of you in this club who has helped me along the way. And thanks to you Mark for helping me with this transition to Editor (and for letting me take it off your hands, I know it was hard to let go).

Till next month!

### *New Year's Century, from page 1*

Lyons was a welcome break and roughly our half way point. Then the anticipated and hoped for tail wind all the way out East on Highway 66 to CR19. Then the payback started, first with crosswinds while heading South, then headwinds Southwest on Riverdale and East back into Northglenn.

Our adventure turned out to be a "champagne" ride at the end. The gathering moved over to a nearby restaurant for more conversation and making plans for the coming year, etc.

Overall a wonderful way to start off the new year – already better than 2007!