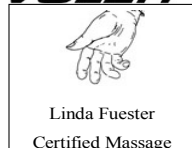




ENDURANCE FUELS



Get Ready for the Brevets and Populaires!

by John Lee Ellis, Regional Brevet Administrator

What are your endurance goals for this year? If they include riding some brevets, it's not too early to start planning. Will you be going for your first 200k, trying out your first brevet? Or maybe a first crack at a longer distance, or maybe completing your first Super-Randonneur series (200k, 300k, 400k, and 600k), or maybe even the Last Chance or other 1200k?

If brevets and randonneuring are new to you, have a look at:

www.rmccrides.com/brevetchallengeseries.htm for the lowdown on this riding style. And whether you're a novice or veteran, the Populaires in March and April are a good tune-up.

NEW FOR 2008!

March Populaire and April 200k Added – A new Carter Lake populaire is slated for late March, and a Plains-oriented 200k (the Kersey Kick) for late April, weather permitting, of course. In addition, we're bringing back the camaraderie 200k out of Show Low AZ in conjunction with the Spring Contrail and cooperation with an Arizona Brevets 200k the day before.

Randonneuring and Ultra-Randonneuring Seminars – This spring's Randonneuring seminar at REI in March will be a general how-to on training, equipment, and preparation for all levels of brevets. In May, we'll have a second, more advanced seminar geared to those preparing for a 1200k. This year, there are four to choose from in North America: the Cascade 1200, Rocky Mountain 1200 in British Columbia, the new Shenandoah 1200, and our own Last Chance. Links for all of these can be found on the RUSA site or at www.rmccrides.com/brevets.htm.

RUSA 10th Anniversary 200k - The Black Forest 200k on August 16 commemorates RUSA's tenth anniversary: Randonneurs USA was founded on August 16, 1998. Finishers can order a special commemorative medal (a handsome design - stay tuned for image on website).

Denver-Aspen 300k is Back! – Road projects on US-285 are finished, so we're back with D-A.

Woodland Park 272k – Since Trail Ridge Road road construction continues in 2008, we're resurrecting the Woodland Park - Manitou Springs almost-a-300k for your pleasure.

Last Chance 1200km is Back! – With a 30-rider limit, register early if you're aiming for the Last Chance!

Awards and Medals - There have been some changes for 2008:

ACP Brevet Medals are now ordered directly from RUSA by the rider. You can order a medal for any ACP-sanctioned brevet you've finished, as soon as the results are certified and posted on the RUSA website. There's a \$3 shipping and handling fee per order, so you may want to submit a single, combined order later in the season. The medal design is new for 2008, as is the case after a Paris-Brest-Paris year. This design will be used through 2011. You can see the new medals at www.rusa.org/medalphotos.html - scroll to the bottom. Note that fewer of our brevets are ACP-sanctioned this year (a RUSA policy shift) - you can tell which ones are ACP-sanctioned at www.rmccrides.com/brevet2008schedule.htm.

Populaire Pins! - RUSA has created a nice-looking pin for finishing a populaire (ours are in March, April, and October). We will have some available for purchase (\$2).

Colorado Front Range Flèche - If you're interested in forming or joining a team for the May 12 Flèche, you may want to start planning now. Each team will need to come up with its own route and submit it for approval. As in the past, there will be an interest-list page on the website.

For now, happy base mileage as the snow flies and the chinook blows!

March Club Meeting & Long Distance Seminar

The next club meeting will be held Monday, March 10 at 5:30 p.m. Please take note of the start time because we are holding a long distance seminar immediately afterwards. The seminar will be headlined by Rick Russon & Dan Shields of Midlife Cycling (one of our sponsors!). For any cyclist out there who is interested in learning how to comfortably ride longer than 50 miles all the way up to 200 miles (or more!), look no further than the guys at Midlife Cycling. Personally I haven't even been cycling a full two years and I know for a fact that without Midlife Cycling, I would not be at the level I am today. Please visit midlifecycling.com for a small taste of what's to come at the seminar.

SEE YOU THERE!



Rocky Mountain Cycling Club: Why we get to enjoy the ride

By Diane Benoit and Mark Michael

Last month quite a few of us celebrated the first major RMCC ride of the year, the New Year's Day Century. I made chocolate chip bread and brought a bottle of Prosecco to mark the achievement. Maybe it was the wine but everyone seemed to want to hang onto the euphoric feeling of surviving their first century in 2008. I had made plans to "regroup" at CB Potts to continue our conversations. There were several folks new to the club, several folks like me who have been a member for 5 or more years. I steered the conversation towards what things they had accomplished in 2007 and what they had planned in the way of cycling goals for 2008. There was a very diverse response but one thing rang true for most of us, we wanted to try more RMCC rides. Some wanted to complete their first brevet, some wanted to train for rides like Denver Aspen, the Grand Loop or one of the contrails. Rides that are all set up, routes planned, maps made and it occurred to us that we knew very little about the origin of these rides and the history of this club.

So it is with gratitude and appreciation for all those folks that had a dream one day and started this club that Mark and I want to write about. People who created so many wonderful experiences we get to participate in. They started a club where we get to expand our abilities, to explore new terrain, to push our comfort zones, and to connect up with others. No small task and lots of stories to tell.

RMCC: The Early History

While the RMCC was formed in the fall of 1993, the roots of our club were put down some years earlier. Some of the board members of the Denver Bicycle Touring Club in 1987 formed a series of rides within their schedule that were more aggressive in nature. This was called the DBTC Challenge series.

We had started an informal but supported club ride from Littleton Aspen, a distance of 179 miles. We realized that we needed a training program that would get people ready to do this. And so, a group of people including current RMCC President Charlie Henderson, Dave Van Abel, Barry Nash, John Klever, Mark Leyden, Jerry Mack, Ken Cook and a few others met to begin putting such a program together.

At that time, the toughest ride schedule was Heart Cycle's, and they used this as a starting point. The result of these meetings (2 or 3) was a schedule that actually bears a significant amount of similarity to today's RMCC schedule. At the time this was named the DBTC Challenge Series. It was set up as a two day weekend training program. Saturday being the intense climbing day and Sunday a day for flat recovery rides. There was a progression with the ride difficulty and mileage increasing about ten percent per week.

They maintained that an average intermediate rider who rode this program each weekend from February through mid-June would be able to comfortably do our Aspen ride. Over time, training techniques have changed, but this progressive back to back program has proven to work well.

With this training program in place, more difficult rides were developed, such as the Grand Loop (Golden, Trail Ridge, Winter Park loop) which we still run today, the Colorado Death Ride (Durango, Silverton, Telluride Loop), and a Granby-Walden-Muddy pass-Kremmling loop. By 1989 this group of riders was riding some of these each year and by 1991 some were riding all of these in one year.

Also during 1989 the forerunner of the Summer Contrail was started. Ken Cook, Dave Van Abel, Rex Farnsworth, Charles Kerr and Charlie Henderson decided they would ride from the Utah border to the Kansas border and would combine this with Ride the Rockies while still riding at least 100 miles per day. They started from the Utah border, headed to Ouray and Crested Butte, then Dillon, Denver, Limon, and to the Kansas border. We have been doing a ride like this (sans the eastern plains portion) almost every year since.

By 1993 the Challenge Series group began having philosophical differences with other parts of the DBTC. In August 1993, Charlie Henderson and Dave Van Abel discussed forming another club. They wondered if the name, "Rocky Mountain Cycling Club" would be available. Dave went to the Secretary of State's office, found it was available, and grabbed it. The Rocky Mountain Cycling Club was technically in business!

At an evening meeting in early September 1993, Dave Van Abel, Charlie Henderson, Dave Mitchell, Sue Lemons, Catherine and Joe Lookingbill, John Klever, Barry Nash, Mark Leyden, Jerry Mack and Patricia Moore met at Dave Van Abel's house to really form the new club. Most of them donated \$100 so that we would have about \$1000 in working capital with which to start. Dave Van Abel served as the first President and Sue Lemons as both Secretary and Treasurer.

With the help of Dave Mitchell and Patricia Moore, they put together a brochure and had it ready for distribution by mid Sept. just in time for it to be placed on the cars parked for the DBTC's Front Range Century—a ride that 2000 people would ride in those days. Needless to say the DBTC was very angry (!) but then RMCC was off and running with its first membership drive. Patricia Moore created our long lasting slogan "For People Who Love to Ride" and it was on this first brochure.

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UPCOMING CLUB RIDES

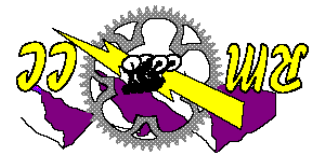
To volunteer to start a ride, contact Jim Kraychy at 303-264-9040

Date	Start	Description	Miles	Starter
Saturday 3/1 9:45	Littleton	Ken Caryl, Deer Creek, Parmalee Gulch, Chatfield, Beer Creek Loop	37/50	Mike Fulton 303-984-5081
Sunday 3/2 9:45	Northglenn	Northglenn, Brighton, Dacono Loop	33/51	Cary Stewart 717-201-4380 pfwaterdude@yahoo.com
Saturday 3/8 9:45	Golden	Lookout Mountain, Soda Creek, Bergen Park, Red Rocks, Morrison Loop	29/45	Dan Shields 720-989-4583
Sunday 3/9 9:45	Boulder	Boulder, Hygiene, Louisville, Erie Loop	37/47	Cary Stewart 717-201-4380 pfwaterdude@yahoo.com
Saturday 3/15 9:45	Monument	Monument, Higby, Rollercoaster, Air Force Double Loop (BRING ID FOR AFA!)	35/55	Dave Young 303-880-6365 davidmyoung@earthlink.net
Sunday 3/16 9:45	Exit 255	Exit 255, Johnson's Corner, Kersey Loop	40/57	Dan Shields 720-989-4583
Saturday 3/22 9:45	Lyons	Lefthand Canyon, Ward, Raymond Loop	30/47	Dan Shields 720-989-4583
Sunday 3/23 9:45	Exit 243	Carter Lake, Loveland, Champion Loop	43/66	Cary Stewart 717-201-4380 pfwaterdude@yahoo.com
Sunday 3/23 9:45	Exit 243	Populaire: Run in Conjunction with regular club ride on same day	66	Brent Myers 303-523-3100 bmyerslsg@aol.com
Saturday 3/29 9:45	Rooney Road	Mt. Vernon Canyon, Bergen Park, Upper Bear Creek, Evergreen, Red Rocks Loop	44/52	Bob Barday 303-279-3914 rjbarday@msn.com
Sunday 3/30 9:45	Northglenn	Northglenn, Boulder, Longmont Loop	40/70	Dan Shields 720-989-4583
Saturday 4/5 8:45	Larkspur	Larkspur, Palmer Lake, Rollercoaster, Black Forest Loop	47/60	Charlie Henderson 303-972-8733 chardi2528@aol.com
Sunday 4/6 8:45	Northglenn	Northglenn, Fort Lupton, Keensburg, Brighton Loop	44/72	Dan Shields 720-989-4583
Sunday 4/6 8:45	Northglenn	Populaire: Run in conjunction with regular club ride on same day	72	Tom Foss 303-233-4972 foss.tom@gmail.com

Northglenn	The Wagon Road Park & Ride at 120 th and Huron (just west of I-25)
Golden	The parking lot along Jackson Street east of Parfet Park at 10th and Washington Streets in Golden.
Lyons	The Park-n-Ride, southwest corner of 4th Avenue and Broadway Street in Lyons west of the visitors center.
Littleton	The park-and-Ride at the northwest corner of Santa Fe Drive and Mineral Avenue in Littleton.
Boulder	The East Boulder Community Center additional parking lot at 5660 Sioux Drive in southeast Boulder.
Rooney Road	Green Mountain Trailhead parking lot, 2 miles south Colfax Ave/US40/Rooney Road.
Exit 243	The RV 66 Conoco service station parking lot 1/4 mile east of Exit 243 on Interstate 25 and State Highway 66.
Exit 255	The parking lot at the southwest corner of Exit 255 on Interstate 25, 46 miles north of Denver.
Larkspur	The City Park parking lot on the east side of Spruce Mountain Road 1/4 mile north of the main junction of Perry Park Avenue and Spruce Mountain Road in Larkspur.
Monument	The Lewis-Palmer High School parking lot near Monument. Exit 161 off Interstate 25

PLEASE VISIT RMCCRIDES.COM FOR FURTHER INFORMATION AND/OR CHANGES

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



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They also put out an abbreviated ride schedule for Oct. and Nov. which even included mountain biking. The full 1994 schedule was put together, and there was just enough money left in the account to get it printed.

Our early sponsors were interesting: two Athletic clubs (Lakewood and The Edge), and Avocet who at that time was a bicycle parts company (we had direct order discounts with them). This was unique—most clubs were not seeking sponsorship yet. In 1994, Sill-Terhar Ford (Joe Lookingbill was working for them) stepped up and gave us some much needed cash. By the end of that year, many members were joining, which began to put the club in more stable financial condition. Citizen Sports was a metro area sports magazine published 12 times a year and they carried news about RMCC and served as our newsletter and our members got this free every month.

In the first full 1994 ride schedule, the RMCC ran five tours: Memorial weekend I and II, The Colorado Contrail, a mountain bike tour, and the Cucharas Pass weekend. We had four special event rides: The Denver-Aspen Classic--“for those who double dare”, the Colorado Death Ride--“Toughest Double in the West”, The Grand Loop--“They’ll say it can’t be done”, and The Decline 200, a ride starting from the top of Freemont Pass and ending in Fowler, CO east of Pueblo a down grade ride along the Arkansas River.

The first significant change to the schedule happened midway through 1994 when the mountain bike program was dumped. Despite the fact that the popularity of mountain biking was reaching its height, the ride leaders felt it was not conducive to club riding, and so the RMCC decided to focus completely on being a premier road cycling club.

Some in club had begun doing even longer rides—namely the 1200K Boston-Montreal-Boston in 1992 and 1994. This kind of event requires qualifiers, and they were allowed to use the special events listed above for this purpose. However, these riders wanted to do Paris-Brest-Paris in 1995. To qualify for this ride, one must complete a series of official ACP Brevets—a series being a 200K, a 300K, a 400K and a 600K.

Fortunately, Gary Koenig stepped forward and planned, organized, and ran the full brevet series that enabled many in the club to qualify for PBP that year. Gary would continue to run this new program until 1998, and established this type of riding as one of the cornerstones of the RMCC. John Lee Ellis took over in 1999 and has expanded this series to be the diverse set of brevets and popularies that we have today.

TO BE CONTINUED!