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## RMCC History, Part 2

by Diane Beniot and Mark Michel

(Note: As part of this article got chopped off of last month's newsletter, we are reprinting the portion that you missed)

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, a decision that would have long-term benefit as the popularity of road cycling surged in the later part of the decade.

One of the four special events: the Denver Aspen ride started as a club ride that changed into a fully supported ride and served as a qualifier for Paris/Brest/Paris and other long. Joe and Kathryn Guy Lookingbill organized the first year, Rita Saunders the next five followed by Penny and Mike Kosek for 2 years. Mary and Rick Mellick were volunteer coordinators that contributed significantly in the funding necessary to run the event.

In 1996 the name was changed to Denver Aspen Classic in memory of Joe Lookingbill who passed away from cancer. The route varied in distance over the years from 156 to 200 miles, to the 300k it is now. 2002 was the last DAC run as a fully supported ride and in 2003 it became a part of the Brevet series as it remains today.

When many people think of the RMCC, they of course think of brevets. Some in the club had begun doing the 1200 kilometer event, Boston-Montreal-Boston, in 1992 and 1994. To participate in such an event, one must complete qualifying events. For the BMB, our riders were able to use some of the special events discussed in part 1 of this article, such as Denver-Aspen.

This group of riders became interested in doing Paris-Brest-Paris in 1995. To qualify for this event at the time, one must have completed two series of ACP-sanctioned brevets. That meant that we needed to put together a full brevet series, which is a 200K, a 300K, and 400K, and a 600K. Gary Koenig, who had ridden PBP in 1987 and 1991, stepped forward to head this up. He would plan, organize, and run the series until 1998.

Some of the routes used in those early years are still in general use today, but there are some interesting routes that we no longer use. For example, many brevets used to start in Granby and took in high mountain and valley scenery. The results for these events are available on the brevets section of the RMCC website. It is perhaps most fun to read about riders who are still riding with us today. For example, on the 1994 Granby to Walden 400k, “The first to finish was Mike Fulton, who rode the event on his mountain bike.”(!).

In 1999, the series was taken over by John Lee Ellis when Randonneurs USA became the sanctioning body in the United States. While brevets in the early years were focused on qualifying for PBP, in more recent years riders have been riding brevets for their own sake. While only a dozen or so riders participated in the earliest brevets, there are now 100-150 riders who participate each year. With the increase in ridership, more events have been possible, meaning that one can ride brevets from April through September. Events that date back to the club's early days, such as the Grand Loop and Denver to Aspen have reformed as brevets as well.

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Populaires were introduced to the schedule in 2002, which provided for a spring tune-up and to introduce new riders to randonneuring. The Colorado Last Chance 1200K was created in 2001. This event attracts riders from throughout the country (and world). Thanks to the efforts of Gary and John, our brevet series has become the most respected series in the United States.

Hopefully this two-part article have been as helpful for you as they have been for us in explaining how the RMCC came to be. Having looked at the websites of various clubs around the country, it has become clear to us that there is really no other club like the RMCC. Other clubs simply do not run the wide range of challenging and fun rides that we do. From the start, the RMCC aimed to be the club "for people who love to ride." As we head into the future, we hope that this will continue to be the case!

As we head into the future... Bob Bardy, PBP/MBM veteran and club member summed it up in saying "The club was founded solely to provide an expedient way for people to ride, it has given me so much more. It helped me maintain my physical and mental health, and it has given me a good portion of my best friendships and experiences. For that I am both fortunate and grateful."

A special thanks goes out to Charlie Henderson, Bob Barday, Carol Havrda, John Lee Ellis and Rita Saunders for their help in putting together this article. Most of the real writing was done by them—we just assembled the pieces!

### RMCC thanks Midlife for all their work!

By Mike Fulton

On behalf of RMCC, I would really like to Midlife Cycling for all their support and hard work. I have to admit, I wasn't real sure what they did until I became a regular at the monthly RMCC meetings. Not only did Midlife Cycling support us with a jersey donation to allow you to purchase lower priced club jerseys (hope you ordered yours), but they allow us to use their online ordering store to order the jersey, and pay our yearly dues, all at a price that just covers their cost (no profit but a LOT of work). Dan Shields is spending his evenings coordinating all the ordering of sizes and styles.

I recently spent some time with Rick Russon and even though I've ridden long distances for a long time, I learned a lot about the physiology of how the body creates and uses energy. Midlife cycling specializes in training people who want to improve, probably won't become professional cyclists, have limited time to train, and want to maximize their results from that limited time. I have to admit, with that name I've always thought they targeted entry level riders, but Rick is currently training many tri-athletes and cyclists to maximize their potential with excellent results.

They offer a Compact Disc - Intro to Long Distance Cycling that you can order from their website [www.midlifecycling.com](http://www.midlifecycling.com), "Make the transition from 30-40 mile casual club rides to centuries (100 miles) and beyond. Long distance cycling is more technique and nutrition than it is raw, physical power. This CD will give you the basics so you don't have to re-discover what RMCC riders already know". The CD gives you some of the knowledge it's taken me years to learn. They are working on other CD's presently.

They offer a monthly newsletter with specific training items (this month really helped me with a problem I've had for ever).

If you haven't checked them out, I'd recommend you do, I think your performance will increase as a result.

### On Bike Nutrition

by Carol Havrda

I have ridden with the club since it's inception, and having done MANY long-distance rides over the years, I had experimented with any number of solutions to the nutrition dilemma. Often-times, solid foods worked for the short-term, but they could leave me feeling overly full after time. Even though logic tells you that the caloric need continues, digestion wasn't happening and my stomach was not emptying, leaving me to feel as if I were just piling food on top of undigested food. After hearing about **Hammer Nutrition's Perpetuem and Endurolytes**, I gave them both a try. Nutritionally, **Perpetuem** is absolutely perfect! It has the right mix of carbohydrates and proteins and doesn't use sugars like most mixes that give you the high and then the inevitable crash. It tastes great, and satisfies all the caloric needs without the bulk of solid foods. With **Perpetuem**, my energy level remains consistent, and I never have stomach or digestion issues. **Endurolytes** are great for the inevitable cramping on those long, hot days. I have raced the Furnace Creek 508 twice (winning in 2005, and setting a new women's 50+ course record), using **Perpetuem** and **Endurolytes** both times. They will ALWAYS be on my list of "must haves" for any long-distance event!



## UPCOMING CLUB RIDES

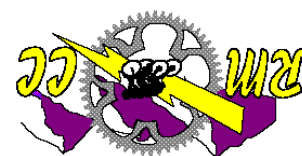
To volunteer to start a ride, contact Jim Kraychy at 303-264-9040

Date	Start	Description	Miles	Starter
Saturday 4/19	8:45 Golden	Golden Gate Canyon, Highway 119, Coal Creek, Leydon Loop	38/58	Mark Michel 303-738-1958 michel95@comcast.net
Saturday 4/19	8:00 Superior	<b>Brevet: The Kersey Kick 200K</b> Please visit website for more details	125	John Lee Ellis 303-604-1163 jellisx7@juno.com
Sunday 4/20	8:45 Castle Rock	Wolfensburger, Monument, Black Forest Loop	43/77	Tom Boyle 303-948-8947 boyle254@msn.com
Saturday 4/26	8:45 Lyons	Lefthand Canyon, Ward, Allenspark, Estes Park Loop	47/75	Barry Nash 303-758-2724 barry.nash@travelport.com
Saturday 4/26	8:45 Lyons	<b>Populaire:</b> To be run in conjunction with regular club ride same day	75	Brent Myers 303-523-3100 bmyerslsg@aol.com
Sunday 4/27	8:45 Boulder	Boulder, Berthoud, Carter Lake (North Face) Loop	57/96	Cary Stewart 717-201-4380 pfwaterdude@yahoo.com
Saturday 5/3	8:00 Exit 243	Brevet: Horsetooth & Beyond 200K <b>Exit 243</b>	125	John Lee Ellis 303-604-1163 jellisx7@juno.com
Saturday 5/3	7:45 Rooney Road	Ken Caryl, Deer Creek, Pleasant Park, Shadow Mountain, Beer Creek Loop	62	<b><u>VOLUNTEER NEEDED</u></b>
Sunday 5/4	7:45 Exit 243	Windsor, Wellington, Horsetooth Loop	51/99	<b><u>VOLUNTEER NEEDED</u></b>
Saturday 5/10	7:45 N/A	<b>Brevet:</b> The Front Range Fleche. (Registration required by 4/15).	224+	John Lee Ellis 303-604-1163 jellisx7@juno.com
Saturday 5/10	7:45 Boulder	Boulder, Coal Creek Canyon, Nederland, Lyons, Hygiene	62/100	Dan Shields 720-989-4583 closerman007@aol.com
Sunday 5/11	7:45 Wiggins	Wiggins, Ft. Morgan, Hillrose, Orchard ( <b>Cary's Favorite!</b> )	50/91	Cary Stewart 717-201-4380 pfwaterdude@yahoo.com
Saturday 5/17	7:45 Castle Rock	Lake Gulch Road, Hwy 83, Black Forest, Monument, Palmer Lake	67/95	<b><u>VOLUNTEER NEEDED</u></b>
Saturday 5/17	5:00 Littleton	<b>Brevet:</b> Littleton, Black Forest, Elbert 300K	186	John Lee Ellis 303-604-1163 jellisx7@juno.com
Sunday 5/18	7:45 Aurora	Aurora, Bennett, Prospect Valley, Strasburg and return	59/110	Cary Stewart 717-201-4380 pfwaterdude@yahoo.com

Golden: The parking lot along Jackson Street east of Parfet Park at 10th and Washington Streets in Golden.  
 Superior: The park-and-Ride at the southwest corner of the Boulder Turnpike and McCaslin Boulevard in Superior.  
 Castle Rock: The Safeway Parking Lot on the southeast corner of Perry Street and Plum Creek Parkway.  
 Lyons: The park-and-Ride at the southwest corner of 4th Avenue and Broadway Street in Lyons.  
 Boulder: The East Boulder Community Center additional parking lot at 5660 Sioux Drive in southeast Boulder.  
 Exit 243: The RV 66 Conoco service station parking lot 1/4 mile east of Exit 243 on Interstate 25 and State Highway 66.  
 Rooney Road: The Green Mountain Trailhead parking lot west of Green Mountain and on the east side of Rooney Road.  
 Wiggins: Stubs Gas Station just south of Interstate 76 Exit 66A and State Highway 39/State Highway 52.  
 Littleton: The park-and-Ride at the northwest corner of Santa Fe Drive and Mineral Avenue in Littleton.  
 Aurora: The parking lot of the Wal-Mart Supercenter at 3301 North Tower Road in Aurora.

**PLEASE VISIT [RMCCRIDES.COM](http://RMCCRIDES.COM) FURTHER INFORMATION/DETAILS**

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



### **Carter Lake Populaire, March 23, 2008**

by Tom Foss

Sunny and cold weather greeted riders on an Easter Sunday, and the typical March snowfall the night before delayed the start of the populaire by 30 minutes. There were several new randonneurs including a first time father and son team of Scott and Drew Christopher; Scott is the new Outreach Coordinator for Bicycle Colorado. Despite the overnight snowfall the roads were clean and mostly dry. The only hazard was the ever present sand drift on the Carter Lake road that had become a mud pit with the over night precipitation.

Name	RUSA#	Time
BENOIT, Diane		3:29
BIRD, Ryan		3:29
FELDMAN, Tim	4819	3:29
KINNE, John		3:29
NEWTON, Gerry		3:29
CHRISTOPHER, Drew		4:10
CHRISTOPHER, Scott		4:10
KNOBLAUCH, Tom	3555	4:12
BANKS, Debra	4405	4:15
FOSS, Tom	2032	4:15
JILKA, Mark	4430	4:21
PARRY, Diana		4:21
COCHENOUR, John	4519	4:41
COCHENOUR, William	4527	4:41
FOSS, Ronaele	3147	5:28
KRIMMEL, Max		5:42