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ENDURANCE FUELS



Linda Fuerster
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BREAKING NEWS!

1. Due to construction on the bike path in the Idaho Springs area, the club ride for **June 7** and **June 28** have **switched places**. The website and the schedule in this article will reflect the changes. Hey, either way the rides are going to be great!

2. Evidently the owner of the *Masonville Mercantile* had a “wee” bit of a problem during the Fort Collins Collegiate Road Race recently. He let his feeling known to a volunteer official who happened to be stationed near his store. To make a short story long he just simply does not care for the sport of cycling and it would not seem to bother him one bit if cyclists never spend another dime in his store again. How truly unfortunate. More to follow on this story if (and when) it becomes available.

Spring Contrail – 2008

by Jim Kraychy

17 riders made their way to sunny (but cool) Show Low, Arizona last Saturday for the start of the 2008 Rocky Mountain Cycling Club's Spring contrail. A long drive for most, but carpooling made the trip less tedious and helped offset the rising fuel prices of late. Several stops for lunch and refueling (and Dairy Queen) allowed us to stretch our legs a bit and break up the tedium.

Once in Show Low, we met up with cyclists from the Southern Arizona Randonneurs who were riding the second of two back to back 200 kilometer Brevets in conjunction with our first day. It appeared that they had some favorable winds from the South West at the start of their first Brevet on Saturday morning from Globe.

Sunday morning we headed out of Show Low South West towards Globe. Winds of 20 to 25 miles an hour were from the same direction so some riders grouped up to take advantage of riding in a pace line to help offset the headwinds and enjoy the wonderful scenery through the Fort Apache Indian Reservation and the Tonto National Forest. The views on our descent into Salt River Canyon were well worth all the wind we had to struggle with to get there. Several also enjoyed a Highway Patrol escort part way down. Unfortunately, the pace line didn't last past the start of the climb out of the canyon since everyone climbs best at a different pace. Relatively warm temperatures (compared to Colorado) by the time we reached Globe made the swimming pool at the hotel a welcome respite before dinner.

Monday's ride started out of Globe and took us on a short out-and-back to the top of El Capitan Pass, with some spectacular views of the desert, and then through the towns of San Carlos and Peridot on our way to Safford. Our pace line continued even though the South Westerly winds now afforded us a nice quartering tail wind, interrupted only by a few large rolling hills with many ocotilla in bloom, and numerous opportunities to sprint for city limit signs along the highway. Rich did some long wonderful pulls for us so the climbers could save energy up for the big ascent tomorrow. All too soon we came closer to the end of our ride. Some of the group elected to stop for ice cream a few miles out and others opted for Dairy Queen in Safford as reward for the miles of effort. Anna was happy to have established a new personal best time for a century. Quite a wonderful day.

Tuesday gave us one of our best days: the out-and-back climb up Mt. Graham. Fantastic views are to be had since Arizona climbs generally do not follow a canyon like in Colorado and you can readily see the progress you are making. This is where the Arizona State Hill Climb Championship race is held in September and for good reason: 20 miles up at 6% or better with some “short” sections of maybe 15% or so, only relenting near the top where the gradient changes to uphill rollers for the last few miles before the pavement ends. The vegetation changes from high desert down at the prison to towering pine trees in over 6000 feet of elevation gain. Very little traffic at this time of year mid week helped make for a pleasant ride. The group consensus was that this climb beats anything in Colorado (including Mt. Evans) for challenge, scenery, etc. and could be THE premier climb in the U.S.A. It turned out to be a memorable day for everyone.

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Wednesday took us from Safford to Morenci with an out-and-back up Black Jack Pass, another worthy climb, and through Clifton. The wind, still from the South West, was favorable until the descent down from Black Jack where it was fairly gusty going around the corners and slowed speeds considerably. Small groups reformed to pace line into Clifton, interrupted by a few furious sprints for city limit signs again (strategy is the key to winning, same as for the pros). Morenci brought another stop at Dairy Queen before heading to the hotel and showers before dinner.

Thursday morning after an early breakfast we left Morenci for Alpine, probably the best ride of our trip. Plenty of miles (92) and elevation gain (11000 feet) – are only two reasons why this is Bob Barday's favorite ride in the country. A few road signs we saw are worth noting: "No Services Next 90 Miles" just after leaving Morenci and later "Roads Not Plowed In Winter Next 36 Miles". The isolation and four major climbing sections make this a very challenging route. We watched the scenery and vegetation change from high desert with cactus and more ocotillo in bloom, and flowering creosote bushes (also known as greasewoods), to higher rolling grasslands with small yellow flowers, to alpine meadows and immense pine trees similar to those at the summit of Mt. Graham. The forest service had prescribed burn in progress half way on the ride so there was a bit of smoke to ride through after the second climb, which served as a marker for our progress North to the Blue Vista at the top of the third big climb. The fourth brought us to Hanagan Meadow and a gradual descent before the last short climb.

After reaching Alpine, recovering with the help of nourishment from the local gas station and resting a bit in the warm sunshine in front of the Sportsman's Lodge, we headed over to the Bear Wallow Café (the only restaurant in Alpine) which had a special on ribs that several enjoyed for dinner. Between the spring turkey hunters, hotshot crews working the prescribed burn, and ravenous cyclists, that place must have been left with little but crumbs after we left the next morning.

Friday's ride took us from Alpine back to Show Low. Darn cool at over 8000 feet in the morning at this time of year. "Luckily" the climb out of Alpine and brisk headwind helped to warm everyone up. After our climb out of Eagar the wind shifted around and we had a wondrous tailwind for the long rolling descent into Pinetop where it became a headwind again for the last few miles. Several chose to finish of the week at a fast pace, others slowed to stretch out and savor the end of a fantastic week which among other things provided some great base mileage to train for upcoming events. Another stop at (wait for it) Dairy Queen held some of us over until dinner time.

Friday evening we had a fantastic end-of-tour dinner in celebration and to help ease the transition back to the "real world". Stories and adventures from past contrails, including the RMCC cycling history of the Morenci to Alpine route and the Spring Contrail were shared.

Our return home on Saturday to Colorado has brought us back to more signs of spring at; the grass is greener, leaves are appearing on more trees and bushes, the scent of blossoms on the air currents, and the promise of more great riding soon to come.

Many kudos and big thanks to Tom Marucco and Mark Leyden who provided excellent support for us, especially on the long ride from Morenci and Alpine.

As Glen stated more than once about the rides: Excellent ! Wonderful people, beautiful scenery, fantastic riding, great entertainment (e.g. someone accidentally took a bottle of someone else's recovery drink from the cooler at a rest stop on the ride from Morenci to Alpine and all hell broke loose for a little while when the search was started – someone jokingly (?) suggested cavity searches before being allowed to leave the rest stop), fun group riding with great pace line work, some warmer temperatures (Alpine in the AM was pretty cool), some head winds but nothing terribly bad, LOTS of ice cream and desert, a few beers and some wine, many sprints for city limit and population signs, new nicknames (e.g. Superglue), constant companions throughout the trip no matter the elevation or temperature in the form of hummingbirds - too fast to identify what kind, new club records: from the prison to the summit of Mt. Graham (1:57) and Morenci to Alpine (Tom Groves and Tim Feldman in 7:10) - Charlie is suggesting a King of the Mountains competition on future contrails. Maybe we should have a green points leader jersey for the sprints to city limits also !

The trip was a perfect debut for the new club jersey.

This was the best contrail I have ever been privileged to be on and am sad now that it is over. Roget's Thesaurus doesn't contain enough descriptive adjectives to help me try to describe everything. I feel I am not able to do it justice. I haven't laughed so much and so hard for a very long time; and thoroughly enjoyed the exceptional companionship. Many memories will be forever treasured along with new friends made.

Editors note: I have seen pictures from the Contrail. Looked like an awesome time, so I suggest that you consider signing up for it next year (when registration is open of course). Also, remember that RMCC holds a Summer Super Contrail from July 19th through the 26th. Please visit RMCCRIDES.COM for further information.



UPCOMING CLUB RIDES

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

Date	Start	Description	Miles	Starter
Saturday 5/24	7:45 Pine Jct.	Pine Junction, Deckers, Woodland Park	50/96	Tom Knoblauch 303-341-9458 tbk0@comcast.net
Sunday 5/25	7:45 Exit 255	Severance, Eaton, Kersey, Peckam	60/109	David Stanford 970-339-3775 dstanford2_98@yahoo.com
Saturday 5/31	7:45 Golden	"Foothills Climb Fest" Red Rocks, Deer Creek, Lookout Mtn and many more!	63/94	Tom Boyle 303-948-8947 boyle254@msn.com
Sunday 6/1	7:45 Northglenn	Northglenn, Brighton, Fort Lupton, Greeley	41/101	Tom Foss 303-233-4972 foss.tom@gmail.com
Saturday 6/7	7:45 Rooney Rd	Mt. Vernon Canyon, Bergen Park, Squaw Pass, Echo Lake, Evergreen	41/95	Mark Michel 303-738-1958 michel95@comcast.net
Sunday 6/8	7:45 Northglenn	Fort Lupton, Roggen, Prospect Valley, Brighton	43/98	Cary Stewart 717-201-4380 pfwaterdude@yahoo.com
Saturday 6/14	7:45 Boulder	Boulder, Lefthand Canyon, Ward, Nederland, Rollinsville, Golden Gate Canyon	40/95	Stephen White 303-604-6977 swhite1@standford.edu
Sunday 6/15	7:45 Aurora	Aurora, Hudson, Prospect Valley, Strasburg	76/98	Mike Fulton 303-984-5081 mfulton@westernmechanicalsolutions.com
Saturday 6/21	7:45 Copper Mtn	"The Copper Triangle" Copper Mountain, Vail, Leadville, Turquoise	78/100	Mark Michel 303-738-1958 michel95@comcast.net
Saturday 6/21	4:00 Superior	Brevet: Estes Park, Horsetooth, Wellington, Kersey VISIT WEBSITE FOR DETAILS	373	John Lee Ellis 303-604-1163 jellisx7@juno.com
Sunday 6/22	7:45 Exit 243	Campion, Windsor, Timnath, Fort Collins, Horsetooth, Masonville, Carter Lake	40/90	<u>VOLUNTEER NEEDED</u>
Saturday 6/28	7:45 Golden	Lookout Mtn, Idaho Springs, St. Mary's Glacier, Echo Lake, Bergen Park	70/99	Bob Barday 303-279-3914 rjbarday@msn.com
Saturday 6/28	4:00 Littleton	Brevet: Joe Lookingbill Denver-Aspen Classic (Pre-Registration Required)	186	Charlie Henderson 303-972-8733 chardi2528@aol.com
Sunday 6/29	7:45 Aurora	Aurora, Bennett, Strasburg Prospect Valley	72/114	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.
 Copper Mtn: The trailhead and bike path parking lot on the southeast corner of Interstate 70 and State Highway 91.
 Pine Jct: The parking lot at the southeast corner of the junction of US Highway 285 and County Road 126.
 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.
 Exit 255: The parking lot at the southwest corner of Exit 255 on Interstate 25, 46 miles north of Denver.
 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 FURTHER INFORMATION/DETAILS

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



Note for Deer Creek Canyon riders

by Mark Michel

Rumor has it that some people in the RMCC do not do the club rides every weekend but sometimes ride on their own. For those of us on the south side of town, that usually means Deer Creek Canyon. There has been a small change on this route in the past month or so that is worth being aware of.

At the intersection of Deer Creek Canyon Road and Wadsworth Blvd, there are now accessible crossing buttons one can push to trigger the light. Previously, bikes have not triggered this light and you had to walk through the mud to reach the signal button. The easier solution was, of course, to simply run the light.

Having done this crossing for going on twenty years now, I didn't notice the new setup at first. I've used them a couple of times now, and don't really have a good feel for how quickly they trigger the light, but the signal actually lasts long enough to get across the intersection, which is doesn't if a car triggers it for you. So, next time you do this ride, look out for new, easily accessible signal buttons.

Also, note that the Jeffco Sheriff's office does patrol this area more frequently because of the high amount of use it gets, so running lights and stop signs in this area is not advised for that reason (aside from any safety consideration).

Ode to a Helmet

by Cary Stewart

On the May 11 Wiggins ride, I was taken down by a yellow lab who decided I needed a formal introduction to Route 144 in Orchard. My bike and I suffered a few dings, but otherwise everything is okay. Of course I decided to wear my new RMCC jersey, so let's just say it is officially "broken in". Bob Barday has been updating some maps with info such as to where the dogs are. I forgot to tell him about this during the past club meeting, so Bob "There's dogs up there!" A very special thanks goes out to Diane Benoit (THANKS DIANE!) who was there when I went down and helped me get situated again. A former college professor once told me "What is important bears repeating." So, wear your helmet! I can personally attest that they work.

