



Linda Fuerster  
Certified Massage

## Try the Coffee Cup Classic!

- A New Mountain 300k! -

by Catherine Shenk

**A History** - The Coffee Cup Challenge was originally a training ride put together as a parody for preparing for PBP, the famous 1200K brevet in France where riders traverse northern France from Paris to the coast and back, eating as much pastry along the way as prudent to finishing. The idea in the Coffee Cup Challenge was to ride from coffee shop to coffee shop from Golden to Copper Mountain and back all while eat pastries along the way. The person who consumed the most calories won a prize – a diet book!



**A New Brevet** - Back then the ride was actually named after a famous coffee franchise that is known to have coffee stores all along the I-70 corridor and beyond. It is now a new brevet in the RMCC brevet series and has a non-trademarked name and alas there is no prize for consuming the most calories. There is however the prize of putting in a day of climbing from Golden over Loveland Pass to Copper Mountain ski area and back – ascending to over 11,000 feet twice with some 12,000 vertical total!

**The Details** - The ride starts at 3:30 am and immediately climbs up Lookout Mountain and over Floyd Hill to Idaho Springs. From there you head up Route 6 on the well known Triple-by-Pass route to Copper Mountain. There are many controls along the way, all coffee shops, as well as other occasions to get food at super markets. The route travels the bike path from Frisco to Copper Mountain, allowing riders the opportunity to enjoy the burbling sounds of 10-Mile Creek before working their way back up to Loveland pass. Bring a raincoat! While the climb to Loveland on the way back may seem daunting riders will find that it is over quickly and one is rewarded with the long downhill return to Idaho Springs. After refueling in Idaho Springs, the rider only has to tackle the short, steep ride up Floyd Hill, which by now might seem a bit harder than it actually is, before enjoying the reward of descending down Lookout mountain to the finish.

**For Comparison** - Like the Grand Loop, the CCC has two big climbs, one in the morning (but lower than Trail Ridge Road), and one in the afternoon (a bit higher than Berthoud Pass) ... and both with less traffic. Unlike Denver-Aspen, the ride comes back to where it started, and its last big climb is earlier in the ride. But like both of these rides, the CCC is a big mountain immersion treat! So if you're missing the Grand Loop this year, or don't have a ride back for D-A, or are keen to try something new, give the CCC a try!

Join us on July 19 for this new 300K. Check-in time at 3:00 am in Golden. See the website for more details!



*Editors note: This is the first in a four part series from Hammer Nutrition*

## 15 Simple Ways To Improve Your Athletic Performance Right Now

### *Fueling Guidelines That Are Easy to Follow and Incorporate*

*By: Steve Born*

Proper fueling of the body prior to, during, and after exercise requires personal experimentation to find the ideal fit for you, the individual athlete. There is no “one size fits all” approach; we are all “experiments of one” when it comes to fueling during exercise. You need to determine, through trial and error in your training, what works best for you. However, there are some basic guidelines that will enable you to eliminate much of the guesswork, so you can more rapidly learn how to properly fuel your body, allowing you to enjoy higher quality workouts and better race performances.

Some of these recommendations may seem pretty foreign to you, especially in regards to fluid, calorie, and electrolyte replenishment during exercise, where some “experts” tell you that you need to eat and drink at or near depletion rates. Before you subscribe to and follow those suggestions, consider the words of Bill Misner, Ph.D.:

*The human body has so many survival safeguards by which it regulates living one more minute, that when we try too hard to fulfill all its needs we interfere, doing more harm than good. If I replace all the fuels I lose at the rate of 700-900 calories per hour, I bloat, vomit, present diarrhea, and finish the event walking or at an aid station. If I replace all the fluids lost all at once, I end up in the emergency tent with an IV for dilutional hyponatremia. If I replace all the sodium my body loses at the rate of 2 g/hour, I end up with swollen hands, eyes, ankles, feet, and noticeably labored exercise, or hypernatremia-induced bonking.*

*At an easy aerobic pace, the rate of metabolism increases from a sedentary state to a range of 1200-2000%. As a result, the body goes into “survival mode” where blood volume is routed to working muscles, fluids are used for evaporative cooling mechanisms, and oxygen is routed to the brain, heart, and other internal organisms. Interestingly, it NOT focused on calorie, fluid, and electrolyte replacement, as some of the “experts” advise.*

Pretty bold words (and warnings), indeed. The truth is that you don't need to suffer the undesirable maladies Dr. Misner describes; they're not a mandatory part of being an athlete. If you follow our suggestions, we believe you will not only avoid performance-ruining and potentially health-threatening consequences, you will also have much more enjoyable experiences and achieve better performances in your workouts and races. These suggestions have their roots in science and have been proven time and time again (and again and again) over the course of several years in working with endurance athletes. You have nothing to lose, and a whole lot to gain, by testing them in your training. I'm betting that the more of the following recommendations you adopt and practice in your training and racing, the fewer problems you'll run into fueling-wise and the better your performance will be.

#### **1. Keep fluid intake during exercise between 16-28 ounces per hour.**

There's probably more misinformation on the subject of hydration than any other aspect of fueling, which is really bad because over hydration also presents the most serious physiological consequences of any fueling issue. Acute over hydration can cause hyponatremic (low sodium) induced coma and death.

In general, most athletes, under most conditions, will satisfy hydration needs with a fluid intake in the range of 20-25-ounces/hour—roughly the equivalent of the standard size of a small or large water bottle. Lighter athletes and/or athletes exercising in cool weather conditions may only require an intake of 16-18 ounces/hour. Larger athletes and/or athletes exercising under very hot and humid conditions are the ones that can consider fluid intakes at the high end of that range (28 ounces/hour), perhaps even upwards of up to 30 ounces/hour on occasion. Sure, you can sweat more than that, but you cannot physiologically replace it ounce-for-ounce.

Regular fluid intake over 30-34 ounces hourly really increases the potential for serious performance and health problems, so keep that in mind before you indiscriminately gulp down excessive amounts of fluid. If you override your internal mechanisms, you'll find out the hard way how your body deals with excess water intake during intense exercise. Unless you enjoy nausea, bloating, and DNFs, forget advice like “drink to replace” or “drink even when you're not thirsty”—it's just plain wrong.

#### **2. Restrict caloric intake to 300 cal/hr during exercise.**

If you want to watch your race go down the drain fast, follow the “calories out, calories in” protocol that some “experts” recommend. Fact: your body can't process caloric intake anywhere near your expenditure rate. Athletes who attempt to replace all the fuels they lose—which can be upwards of 700-900 calories per hour—will most likely end up with bloating, nausea, vomiting, and/or diarrhea. Sound like a good strategy to you? We didn't think so.

If you want to achieve your best performance, replenish calories in “body cooperative” amounts, allowing your fat stores to make up the difference, which they will easily do. For most athletes, 240-300 cal/hr will do the job. For lighter athletes, 180-200 cal/hr may be just the ticket, while larger athletes can consider hourly intakes of slightly over 300 cal/hr.

Far too many athletes think they need to match calories out with equal amounts of calories in. They're usually the ones on the side of the road or off the back, waiting for their stomach to stop rebelling. If you follow a more sensible caloric intake, you'll be blowing by them, not joining them.

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**-PART 2 NEXT MONTH!-**



## UPCOMING CLUB RIDES

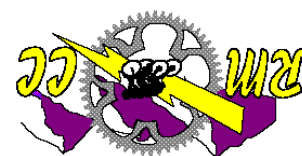
To volunteer to start a ride, contact Jim Kraychy at 303-264-9040

Date	Start	Description	Miles	Starter
Saturday 7/5	7:45 Lyons	Lefthand Canyon, Ward, Allenspark, Estes Park, Devils Gulch, Big Thompson Canyon	47/110	Dan Shields 720-989-4583 closerman007@aol.com
Sunday 7/6	7:45 Boulder	Boulder, Hygiene, Longmont, Erie, Lafayette	49/71	Cary Stewart 717-201-4380 pfwaterdude@yahoo.com
Saturday 7/12	7:45 Exit 255	Exit 255, Masonville, Horsetooth, Bellevue, Rist Canyon, Stove Prairie	56/90	Cary Stewart 717-201-4380 pfwaterdude@yahoo.com
Saturday 7/12	4:30 Littleton	<b>Brevet: Pine Junction, Woodland Park, Manitou Springs</b>	172	John Lee Ellis 303-604-1163 jellisx7@juno.com
Sunday 7/13	7:45 Rooney Rd	Bear Creek, Evergreen, Brook Forest, Pleasant Park, Deer Creek	59	Dan Shields 720-989-4583 closerman007@aol.com
7/19-7/26		<b>Tour: Super Contrail</b>	80+	Brent Myers 303-523-3100 bmyerslsg@aol.com
Saturday 7/19	7:45 Ken Caryl	Deer Creek, Pleasant Park, Foxton, Deckers and Return	35/85	Mark Michel 303-738-1958 michel95@comcast.net
Sunday 7/20	7:45 Northglenn	Airport Loop, Hayesmount, Prospect Valley, Hudson	67/100	Dan Shields 720-989-4583 closerman007@aol.com
Saturday 7/26	7:15 Idaho Spring	Idaho Springs, Echo Lake, Mt. Evans, Echo Lake, Bergen Park	44/72	Dan Shields 720-989-4583 <a href="mailto:closerman007@aol.com">closerman007@aol.com</a>
Sunday 7/27	7:45 Northglenn	Northglenn, Fort Lupton, Keensburg, Brighton	45/74	Cary Stewart 717-201-4380 pfwaterdude@yahoo.com
Saturday 8/2	7:45 Ken Caryl	Deer Creek, High Drive, Brook Forest, Conifer, City View, Deer Creek	52/65	<b><u>VOLUNTEER NEEDED</u></b>
Sunday 8/3	7:45 Aurora	Aurora, Bennett, Hwy 79, 88 <sup>th</sup> Ave, Strasburg	43/71	Cary Stewart 717-201-4380 <a href="mailto:pfwaterdude@yahoo.com">pfwaterdude@yahoo.com</a>
Saturday 8/9	7:45 Golden	Lookout Mtn, Idaho Springs, Central City, Rollinsville, Coal Creek Canyon	65/85	<b><u>VOLUNTEER NEEDED</u></b>
Saturday 8/9	5:00 Superior	<b>Brevet: Peak to Peak 300 (visit website for more details)</b>	186	John Lee Ellis 303-604-1163 jellisx7@juno.com
Sunday 8/10	7:45 Littleton	Deer Creek, Pleasant Park, Conifer, Black Mtn, Evergreen, Morrison, C-470	45/67	<b><u>VOLUNTEER NEEDED</u></b>

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.  
 Ken Caryl: The park-and-Ride on the northeast corner of Shaffer Parkway and Ken Caryl Avenue in west Littleton.  
 Idaho Springs: The Forest Service parking lot at Interstate 70 and State Highway 103 in Idaho Springs.  
 Boulder: The East Boulder Community Center additional parking lot at 5660 Sioux Drive in southeast Boulder.  
 Lyons: The park-and-Ride at the southwest corner of 4th Avenue and Broadway Street in Lyons.  
 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.  
 Northglenn: The park-and-Ride at the southeast corner of 120th Avenue and Huron Street in Northglenn.

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

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



NAME	RUSA#	TIME
Edwards, Billy		10:29
McDonald, Sargent		11:40
Kroonenberg, Stuart	1635	12:05
Flanigan, John	2434	12:13
Wiss, Dick	2993	12:13
Foley, Paul	1471	12:23
Smith, Vernon	1842	12:23
Ellis, John Lee	153	13:06
Hettinger, Dillon*	5007	13:28
Hoff, Peter	3230	13:41
Knoblauch, Tom	3555	13:41
Koenig, Andrea*	4585	13:41
Long, Beth	2145	13:45
Myers, Brent	2129	13:45
Freeman, Gary	4478	15:20
Sauve, Robert	3615	15:56
Groat, David*	5025	15:58
Lyddon, Peter*	5024	15:58
Barday, Robert	818	16:36
Bergen, Larry	4510	17:52
Herget, Scott	3585	17:52

### Black Forest 300k- Most Homebound Headwind Ever!

*John Lee Ellis*

20 riders out of 21 finished this windy rollerfest, including all four 300k rookies! Ostensibly a perfect day, filled with sunshine, a mild start, and no shower activity whatsoever, a building NNW wind made itself felt even as riders turned north to the Elbert checkpoint - a mere taste of what they'd enjoy heading up precipitous inclines on Black Forest Road and Palmer Divide Road, the "brisk" wind adding to the challenge.

Plus, it was an unaccustomed if unwelcome novelty to be toiling downhill on 105 rather than being wafted by a huge tailwind. Kudos to the riders, and especially the 300k first-timers - David Groat, Peter Lyddon, Dylan Hettinger, and Andrea Koenig!

\*denotes first 300k!

*Please visit [RMCCRIDES.COM/brevet2008brevetresults.htm](http://RMCCRIDES.COM/brevet2008brevetresults.htm) for some pictures!*

