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RMCC WOULD LIKE TO KNOW.....

Would you be interested in taking a survey? The Rocky Mountain Cycling Club, which I fondly refer to as the best cycling this side of the Mississippi, has an online survey questionnaire. We would like to get to know our members better so we can tweak, what we believe, to be an exciting and challenging ride schedule for *people who love to ride*. Currently, we are in the beginning stages of creating some new venues for next year. Details will be coming soon, so stayed tuned!

Filling out the survey will put you in a drawing to win a free jersey, our thanks for your time. Please visit our website at rmccrides.com for the link to the survey. While you're at it, if haven't already done so, please sign up for to have automatic updates sent to your email address.

THANK YOU!!

Wettest, Chilliest, Blustериest Black Forest 200k Yet!

By John Lee Ellis

It was a great day for marine-based life forms. Gushing rains, sleet, fog, blowing winds, and other meteorological phenomena graced this ride. Temps started out in the low 50's, ended up in the low 50's, and in between were in the 40's higher in the Black Forest region. Three of the riders were PBP'07 veterans and so this brevet allowed them to relive some of those soggy days a year ago. A true randonneuring experience!

<u>NAME</u>	<u>RUSA#</u>	<u>TIME</u>
deRosett, Will	2401	9:02
Ellis, John Lee	153	9:09
Shenk, Catherine	3108	9:09
Knoblauch, Tom	3555	9:10
Foss, Ronaele	3147	10:46

Editors note: Additional stories and pictures available online at <http://www.rmccrides.com/brevet2008brevetresults.htm>

THIS JUST IN!!!!!!

The 2008 edition of the **Last Chance 1200k** has just finished. Congratulations to all that have participated. Look for stories regarding this event in future editions of Chain Chatter. However, if you need your info fix now, please visit rmccrides.com for a link which has a blog account complete with pictures!

HUNGRY? DID SOMEONE SAY PICNIC?

RMCC is having an "end of the season" picnic, on Saturday the 27th after the regular scheduled club ride in Golden (Parfet Park). You're all welcome to join the festivities and help us honor those who have earned the **Super Randonneur** award, finished the **Last Chance** and completed the **Denver-Aspen 300k**.

See you there!!!!!!



Editors note: This is the third 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

7. Remember to replenish electrolytes during exercise.

You can get your energy fuels (“gasoline”) dialed in right, but if you neglect the electrolytes (“oil”), the dash light comes on—except your body doesn’t have a dash light. Instead, you get cramps, spasms, muscle revolt, irregular and rapid heartbeat, and major bonk. Don’t wait for the light to come on; those are the final symptoms of increasing impairment. If you don’t respond well before your body’s oil light comes on, you can pretty much kiss optimal performance, and probably the whole race, goodbye.

8. Don’t rely on salt tablets to fulfill electrolyte requirements.

- “Electrolyte replenishment” does not mean “sodium or salt replenishment.” Sodium chloride (a.k.a. “salt”) is indeed an important component of electrolyte replenishment but it does not fulfill the entire requirements. Calcium, magnesium, and potassium should be replenished as well as all these minerals play key roles in the maintenance of many important body functions.

- Most of us obtain more than enough salt from our daily diet and most athletes have a reservoir of upwards of 8,000 – 10,000 mg stored in body tissues. In other words, when you start your race you’ll most likely be doing so with a huge reserve of sodium chloride “on board.”

- Keep in mind that “too much” can have as many performance inhibiting-to-ruining consequences as “not enough.” Over the years we have observed that far too many athletes “over salt” their bodies during exercise, with a variety of maladies such as bloating, water retention (edema-like symptoms), and stomach distress being the usual and undesirable outcome.

When it comes to sodium/salt replenishment the key is to provide an appropriate dose to support the maintenance of normal body functions without overwhelming the body with too much, which will override and neutralize those mechanisms.

How much salt is enough? Electrolyte depletion is widely variable—you can’t rely on a “one-size fits all” bottled drink or drink mix. You need to experiment and find your own range for any given weather condition and duration of exercise. That being said, 200-400 mg of sodium chloride (salt) per hour, as part of a full spectrum electrolyte replenishment product, is a good starting point for most athletes under most conditions. That’s the amount you’ll receive in 2-4 capsules of Endurolytes. Certainly there will be occasions when 100-200 mg of salt (1-2 Endurolytes) will be completely adequate; on hot-weather workouts or races, it may be necessary to consume 500-600 mg/hour (5-6 Endurolytes).

9. Don’t use any new supplement or fuel, or supplement/fueling protocol, in a race without having first tested it in training.

This is a cardinal rule for all athletes, yet you’d be amazed how many break it. Unless you’re absolutely desperate and willing to accept the consequences, do not try anything new in competition, be it equipment, fuel, or tactics. These all must be tested and refined in training.

Because all Hammer Nutrition fuels are specific and formulated to easily combine with one another, you have all the flexibility you need to ensure that you can tailor a fueling program for any length of race, regardless of conditions. You’ll never have to guess or try something off the table in hopes of trying to keep going another hour.

10. Be flexible with your fuel consumption during a race, keeping in mind that what may have worked in training may not be appropriate under race conditions.

Caloric intakes that worked during training may not be appropriate during a race; you may need to consume slightly less in a race than you did during training. Why? Increased anxiety, increased pace, and increased potential for dehydration all contribute to the possibility of a less-than-optimally functioning digestive system. In addition, at the increased pace during a race, more blood is diverted from digestion and directed toward maintaining muscle performance.

When you get to the race it’s great to have a caloric “game plan” in place, but don’t be a slave to it. You may need to alter that game plan (which may mean a slightly lower hourly intake of calories) to accommodate the possibility of a less-than-optimal digestive system.

11. Replenish your body with carbohydrates and protein as soon as possible after each exercise session.

Here’s a statement to remember: “When you’re done training, you’re not done training, at least not until you’ve put some fuel back into the body.” Equally important as your workout (muscle exhaustion and nutrient depletion) is what you do immediately following your workout (muscle repair and nutrient replenishment). If you neglect to refill the tank, you’ll never get the full value out of all the work you just put in... and what a waste that would be.

Increased fitness simply won’t happen, at least not efficiently or effectively, if you ignore your body’s cries for fuel replenishment. Give your body what it needs immediately after exercise, when it’s most receptive to replenishment, and it will respond wonderfully—recovering faster, efficiently adapting to physical stress, and “learning” how to store more and more readily available fuel in the muscles.

An ideal and easy-to-use post-workout fuel is Recoverite, with its 3:1 ratio of complex carbohydrates and protein. Mix a couple of scoops with water, drink, you’re done... simple. You’ve just put the best “finishing touches” on your workout that you possibly could, and you’ve given your body a great head start on tomorrow’s workout.



UPCOMING CLUB RIDES

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

Date	Start	Description	Miles	Starter
Saturday 9/27	8:45 Golden	Rooney Rd, Red Rocks, Kerr Gulch, Bergen Park, Lookout Mountain Loop	73/90	Mark Michel 303-738-1958 michel95@comcast.net
Sunday 9/28	8:45 Monument	Higby, Rollercoaster, Air Force Academy Double Loop and Return	35/55	Beth & Brent Myers 303-523-3100 bmyerslsg@aol.com
Saturday 10/4	9:45 Lyons	St. Vrain Canyon, Ward, Lefthand Canyon Loop	47	Dan Shields 720-989-4583 closerman007@aol.com
Sunday 10/5	9:45 Boulder	Boulder, Hygiene Rd, Apple Valley, Longmont and Return	55/80	Tom Foss 303-233-4972 foss.tom@gmail.com
Sunday 10/5	9:45 Boulder	Populaire: Boulder, Hygiene, Apple Valley, Longmont and Return	76	VOLUNTEER NEEDED!!
Saturday 10/11	9:45 Exit 255	Boedecker Lake, Masonville, Stove Praire, Rist Canyon, Horsetooth, Masonville	38/85	Cary Stewart 717-201-4380 pfwaterdude@yahoo.com
Sunday 10/12	9:45 Aurora	Aurora, Bennett, Hwy. 79, 88th Avenue, Strasburg and Return	43/71	Cary Stewart 717-201-4380 pfwaterdude@yahoo.com
Saturday 10/18	9:45 Littleton	Deer Creek, Tiny Town, Indian Hills, Evergreen, High Drive, Deer Creek	33/49	Barry Nash 303-758-2724 barry.nash@travelport.com
Sunday 10/19	9:45 Northglenn	Northglenn, Dacono, Ft. Lupton, Hudson, Hayesmount Loop	45/62	Dan Shields 720-989-4583 closerman007@aol.com
Saturday 10/25	9:45 Larkspur	Larkspur, Palmer Lake, Monument, Black Forest Loop	60	Charlie Henderson 720-480-9714 chardi2528@aol.com
Sunday 10/26	9:45 Northglenn	Broomfield, Morgul-Bismark, Cherryvale, Erie and Return	46	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.

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.

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

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.

Monument: The Lewis-Palmer High School parking lot near Monument. Exit 161 off Interstate 25.

Exit 255: The parking lot at the southwest corner of Exit 255 on Interstate 25.

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

Northglenn: The park-and-Ride at the southeast corner of 120th Avenue and Huron Street in Northglenn.

PLEASE VISIT RMCCRIDES.COM FURTHER INFORMATION/DETAILS

Editors Note: November is the start of our "Show-N-Go's." Rides which duration and destination are based on the ride starter, weather and turnout. Show-N-Go's are no drop rides and are a great way for newcomers and those interested in RMCC to come out and see what we are all about. Further information regarding Show-N-Go's will be upcoming in the future editions of Chain Chatter and on the website.

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



COME GETCHA SOME OF THIS!

Are you beating yourself over the head with your old crank arm because you didn't get a RMCC Jersey? Well, you may be in luck, currently we have the following:

- 2 men's extra large
- 1 men's medium
- 2 men's large sleeveless
- 1 women's small sleeveless
- 1 women's small
- 1 women's large

Cost is \$45, Contact Dan Shields, 720-989-4583, or closerman007@aol.com. **HURRY! SUPPLIES LIMITED!!**

ASSISTANCE REQUESTED

Is your middle name Rand McNalley? Well, even if it's not, RMCC is looking for an additional person(s) to help Jim Kraychy in creating, updating and distributing our ride maps. Your assistance will not be required until the end of the year so you have some time to think it over. We are not going to have a reality show on the CW to determine the "chosen one." Instead, you'll need to contact Jim Kraychy at jkraychy@aol.com if your interested.

JUST CHECKIN'.....DID YOU TAKE THAT SURVEY YET?

