



**BIKE SOURCE**  
For the Ride of Your Life



Ladies and Gentlemen! Welcome to a new year of wholesome RMCC goodness. You'll find along with this first issue of the year, the 2009 ride schedule, Colorado Brevet Series card and the newly formed RMCC Challenge Series card. Please take a moment to review the ride schedule as there changes. Look for further information regarding the above plus information regarding the Rocky Mountain Cycling Chicks on the web and upcoming newsletters. Meanwhile, enjoy an announcement from our Newsletter Sponsor, **BikeSource!**

## Our Winter Service Sale is going on now!

Winter is the perfect time to get your bike in shape for the upcoming season. And we're making it even better by offering you some great deals on service, parts, components and more. Avoid the Spring rush and bring your bike in today for a FREE estimate!

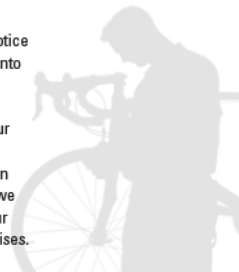
Scott Fyffe  
Service Manager  
University Hills

Dan Knipstein  
Service Manager  
Highlands Ranch

P.S. Hurry in because these offers expire soon!

### Our Exclusive Service System Makes the Difference!

When you visit the BikeSource Service Center, you'll notice that we start the process by entering your information into the BikeSource Service System. This sophisticated system helps us do estimates, schedule appointments, check our parts inventory and track the progress of your service. We even chart and maintain the service and maintenance history of your bike. You get a FREE written estimate and specific details about your repair before we begin. Plus we'll notify you by phone or email when your bike is ready to be picked up. No hassles. And no surprises.



### BASIC TUNE-UP NOW \$59

REGULARLY \$80

Brakes and derailleurs adjusted  
Wheel truing and all bearings adjusted  
Complete lubing and 10-point safety check  
Includes frame and wheel cleaning

### DELUXE TUNE-UP NOW \$99

OUR BEST VALUE!

REGULARLY \$135

Complete removal of drivetrain,  
thoroughly degreased and reinstalled  
Brakes and derailleurs adjusted  
Wheel truing and all bearings adjusted  
Complete lubing and 10-point  
safety check  
Includes frame and wheel cleaning

### SUSPENSION OVERHAUL

## \$50

WITH ANY TUNE-UP

(Parts Extra) REGULARLY \$70

Manufacturers recommend overhauling your suspension fork at least once a year.



We service all major brands of shocks.

## 15% Off

**all Installed Parts and Components! Get Your Bike Ready for Spring!**

You buy it. We install it. You save!

Off MSRP

## 20% Off

**all Tire and Tube Purchases with Service!**

#### OTHER SERVICES AVAILABLE:

- Disc Brake Bleeds
- Tubular Tire Installation
- Fork Installation
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- Wheel Building
- Suspension Bearings Pressed
- Aero Bars Installed
- Ceramic Bearing Installation
- Bikes Boxed for Shipping

**We Service All Brands and Models of Bikes.**

**BIKE SOURCE**  
For the Ride of Your Life

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Highlands Ranch  
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[www.bikesourceonline.com](http://www.bikesourceonline.com)



## ( Val's ) New Year's Day Century 2009

*by Jim Kraychy*

First some background. About eight years ago Val Phelps, who is no longer with us ( moved to Texas a few years ago – more on that pun in a bit ) had the idea for what has turned into a fantastic event: ride a century on New Year's Day. The ride was first held in 2002 with eight participants on a balmy but very windy day. Three years ago we had about 60 riders ( that was the time a younger couple from New York on their way to California slept in their car overnight at the park-and-ride to do the ride ). Because of our typical unpredictable Colorado winter weather, two years ago the ride had to be cancelled, and last year we were delayed by a few days. This year we were back to “normal”.

As an aside, recently, the subject of the name of the ride was discussed at our monthly meeting. Charlie said we shouldn't call it Val's ride like the Joe Lookingbill Denver to Aspen Classic because Val isn't dead yet ( sorry Val - I may be guilty of “over-paraphrasing” what was actually said for dramatic effect here ). Hhmmm, maybe some payback was involved for all the button pushing Val has inflicted on Charlie over the years ? ( Val is an incorrigible instigator sorely missed around here. If there was a button anywhere around Val would push it. Ride starts are certainly not the same as when Val was in attendance ! ).

Anyway, mostly sunny skies with relatively warm temperatures greeted about 36 riders at the 8:00 AM start. In anticipation of the usual winds we decided to do the usual route in reverse ( counter clock wise ) in an attempt to mitigate some of the effort. Heck, maybe it was time for a change anyway - at the least it increased the fun factor for people who had done the ride more than once and helped keep the group together.

The reversed route took us East out to Riverdale Road, then North ( mostly on CR19 ) to Highway 66 and West to Lyons and the Apple Valley Road Loop, then South to Boulder and Superior, up the “Wall” on McCaslin and back East to where we started at the Northglenn RTD park-and-ride lot. We made several stops in Mead, Lyons and Superior for food and water.

Traffic was relatively light. No loose dogs ( maybe sleeping off those canine hangovers ? ). We had one tandem ( Brent and Beth of course ! ), several of our elite Brevet riders ( Tom, Catherine, Vernon, Stuart, and more ), two fixed gear bikes ( Tim and Jim ). Plus many more long standing club members and a few new faces, which made for a diverse group. We were joined mid route by a solo Race Across America finisher ( Michelle ) for part of the ride. We saw several other cyclists out enjoying the day and a larger group headed North on Highway 36 after we left Lyons.

The quality of the people made the ride immensely enjoyable. Pretty much non-stop conversation could be heard through out the day. I'm sure I wasn't the only one appreciative of the company and help taking turns pulling into the head winds.

It is difficult to say “weather” reversing the route made the ride mitigated the winds to any extent, but it was fun to be out riding. Partly cloudy skies let the sun through for the majority of the ride. The wind even eased a bit on CR19 and while we climbed up the Wall.

After our return, and a few sips of champagne to celebrate, we headed over to a nearby restaurant for some recovery food and more conversation. A wonderful ride and great way to start off the new year.





Rider Profile: Tim Kalisch

Occupation: Service technician Suss Buick GMC

Bicycles: Litespeed Tuscany, Ridley compact, Fuji fixed gear

How long riding: 10 years

How you got started: Bought some bikes to ride with my kids. Started riding with friends from work, found RMCC and was hooked.

How much do you ride: Commute to work 2 or 3 days a week and ride weekends. 7000-9000 miles a year

How long with RMCC: Going on 10 years

How you found out about RMCC: Some friends at work found out about the club. They were saying, “these people are hardcore, they ride year round “. So we decided to try some rides.

First ride with RMCC: Exit 243 to I really had no clue, I don’t think I even got a map. Was a large group and I was intimidated. Broke away with a few other people I thought “looked really cool “ and started wondering how long they were going to ride this fast. I thought “nobody can keep this pace up for long “. I asked the guy in front of me “so, are we supposed to be taking turns at the front or something ? “. I think they all heard me and promptly accelerated, dropping me into a state of oxygen debt I had never experienced. I’m sure they wanted to get rid of the “newbie” before I took them all out. Needless to say, they main group picked me up and “cordially” spit me out the back as well. But hey, that’s just what I needed to become super motivated to train and get better. No hard feelings at all.

Favorite ride: Copper Triangle. Big climbs, really fast descents, great views, epic with the Turquoise Lake loop.

Least favorite ride: Anything down South. Black forest 300K comes to mind. No flat riding, either up or down, can’t find a rhythm. I just really suffer.

Most epic ride: Grand Loop. 200 miles, around 15000 feet of climbing, 13 hrs in the saddle, almost 40miles climbing just to Trail Ridge. Done it 3 times and for some reason want to do it again, even though I would gladly sell my bike to the highest bidder at the end every time.

Most memorable/inspirational riders: The list is long in a club of this caliber, we have so many good riders. Val Phelps and Brent Myers really nurtured me along when I first started. Jim Kraychy, Sargent MacDonald, Steve Rudolph, Heath Beaver are a few who have pushed me to my limits so many times and made me so much stronger. And of course, Lance Armstrong. I was just getting into cycling in ’99 and watched him killing everyone in the Tour. People have mixed feelings about this guy, but he is a stud on the bike and has been a huge motivation for me to ride hard. I think Steve Rudolph is “our Lance Armstrong “ as one of the strongest riders we have. I’ve watched him pull away from me so many times on steep climbs in his 42 tooth “small ring “ as he “tacks” side to side up the road, Really impressive. I could go on and on.

What’s in your water bottle: Uh..... water But, seriously, Gatorade at rest stops and Powergel or Cliff blocks on the road keep me going on even the longest of rides. I don’t do well with solid food.

Favorite post ride recovery food: Oh do I dream of Chipotle when I’m riding. Chocolate milk and Chili Cheese Fritos are a close second when the “big C” isn’t around.

What kind of riding do you enjoy most/cycling goals: I most like fast centuries and 200-300K brevets with others in a smooth paceline. I also like racing crits and road races. My goals have shifted somewhat lately as I would like to mostly have fun, but I would still like to beat 6 hrs on the Horsetooth 200K and 12 ½ hrs on the Grand Loop, but you really have to be willing to suffer to achieve this.

What have you learned about life through cycling ?: Cycling is an addiction for me, but a healthy one. 90% of drivers on the road are good people, we only notice the 10% who are jerks. I can push my body way harder than my mind would make me believe. There is always someone better or faster than me.

Suggestions for new riders: As Greg Lemond once said, “it never gets any easier, you just go faster .” Stick with it, don’t be intimidated or discouraged in this club, we are here to help. Go your own pace and have fun.

Rocky Mountain Cycling Club  
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## **The Year Ahead**

*by Rick Melick*

With this new year, we bring a new set of goals for 2009. Hopefully this includes more cycling! This may include more weekend rides with RMCC. Maybe a few weekday rides in between those weekend training events as well. Are you planning to increase the number of Centuries or Brevets this year? Whatever your goal is, you are still out there cycling the trails, through the foothills or, mountains passes. You are taking advantage of one cycling adventure or another. There are quite a few cyclist in Colorado. RMCC alone averages 350/400 members. I drive around the Denver area and beyond quite a bit and what I do not see are the new "Share the Road" license plates on vehicles. They are not expensive! I have replaced my license plates on my work vehicle with the Share the Road" plates and they really are a good looking plate. Even better than the "I'm Italian" plate! No kidding, there really is one! So, one added goal for many cyclist should be looking into these "Share the Road" license plates. Not only does this make you a visible cyclist but one that supports safe cycling, which is very important and the "Share the Road" statement becomes more apparent to people. So,lets add new Share the Road" license plates to your list of goals for the new year. For additional information, please checkout "[Bicycle Colorado.org](http://BicycleColorado.org)".

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**THIS IS UNRELATED TO THE ABOVE STORY, BUT PLEASE SIGN UP TO BE A RIDE STARTER, PLEASE!!!!!!!!!!!! THANK YOU!!!!!!**