



FRONT PAGE OF INFORMATION (or Cary could not think of a better intro)

NEWSLETTER CHANGING

The April (ish) edition of Chain Chatter will in effect, be the last. Not to worry folks, as it will return, new and improved in a quarterly edition format. The new style will be longer (anywhere from 8 to 12 pages) and include lots of results, biographies, pictures, and other such information for your reading pleasure. Expect the first edition mid-June!

So, as to keep the aura of mystery, here is some information pulled from rmccrides.com to hold you over until the new edition.

WHO SAYS THERE IS NO SECOND CHANCE?

Although we had a great turnout for the Inaugural RMCC 1-2-3 on Easter Sunday with a starting temperature of 40 deg and a forecast of light rain (which never occurred until Charlie finished), we realize that some people might have been dissuaded to do the series. Although this was originally intended to be a series, we are going to open it up to an RMCC 2-3 with results kept separately. Additionally if you can only ride one of the events, you're welcome to ride, you'll get your results published--you just won't get series credit. See the 1-2-3 page (rmccrides.com) for more details and the registration form.

MAY CLUB MEETING AND ULTRA-LONG DISTANCE SEMINAR

The next club board meeting will be held Monday May 11th at 6:00 PM. We meet at the Flagship REI to conduct club business. Please join us! Following the meeting, at 7:00 pm will be the ultra-long distance riding seminar (techniques and strategies for 400km - 1200km events - see website for more details.)

JOIN US ON FACEBOOK

Please join us on the RMCC Facebook group. From the recent survey we did of our members, several people asked for more Web 2.0 features or other ways to connect via the web. We've looked into adding message boards to our site in the past, but the experience of other clubs has been that such boards aren't used that much. The Facebook group allows for message-board discussions, but also makes it easier to interact in other ways, to track down people you meet on rides, and to invite your friends to learn more about us. Please join and contribute!

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PARKING NOTICE!

RTD is adopting a pay parking program at its Northglenn, Littleton, and Lyons Park-n-Rides (among others) that may affect some of our riders. If you live in the RTD district, you may park for free for 24 hours--so no problems there. If you live outside of the RTD district, RTD will be charging you to park in these lots (beginning with Northglenn in Feb., Littleton in April, and Lyons in May; no fees are planned for Ken Caryl). Please plan accordingly when coming to these locations. Not sure if you live outside of the RTD district, or do you just want more information? Visit rmccrides.com.

GETTING AROUND DENVER BY BIKE

If you are looking for a website that includes free maps of all the recreational trails from Aurora to Golden and Broomfield to Littleton as well as current detours and high-water warnings, check out www.trailsdenver.com.

GETTING UPDATES ABOUT RMCC

If you'd like to get updates about the club delivered to you instead of having to check the website for any news, you can sign up to get news delivered to you by e-mail or RSS feed. The context of the updates is pretty much the same information that is posted on the homepage. Updates come out one or twice per week, so we won't spam your inbox. Visit rmccrides.com to sign up.

WANT ADS

For Sale: Skinsuits, all in new condition (no wear, stains, etc), all worn between 1 and 3 times:
De Marchi brand, large rear zippered pocket, Size M, Schwinn/Toyota team, black/red \$65/offer
Verge brand, rear zippered pocket, size M+ 4, Verge graphics, blue/black/white, \$50/offer
Louis Garneau brand, rear pocket, size L, purple/black, \$60/offer
Louis Garneau brand, rear pocket, size M, Saturn/Timex, yellow/black, \$70/offer
Louis Garneau brand, rear pocket, size M, long sleeve, Saturn/Timex, white/yellow/black/red \$70/offer
I'm 5'8", 148lbs, 31" inseam. The two size M Louis Garneau are a little small on me. All the others fit well.
Contact Keith 303-252-7126 or z2bornot2b@hotmail.com

For Sale: Slightly used Sidi Genius 5 silver/black 43.5 Euro, 9.5 US \$100.0
Rudy Project Sportmask sunglasses, grey frame, grey shaded lenses \$75 with case.
Contact Tim Kalish (timk303@hotmail.com)

Space is available online for RMCC members to place an advertisement. The space is for private individuals only, you may promote your business by becoming a club sponsor. Please contact Mike Fulton under the contacts link at rmccrides.com for information on how to be a club sponsor. Otherwise, please contact Mark Michal to place an ad.

Speaking of club sponsors/supporters, make sure you visit them often (or when you really need some bike supplies and/or are hungry).

Lastly, please, please don't hesitate to volunteer to start rides. You may do so by contacting Jim Kraychy, jkraychy@aol.com or 303-264-9040. Thanks!



Name: Mark Michel

Occupation: I'm a programmer at Standard & Poor's.

Bicycles: The one I ride most with RMCC is my Waterford. Several years ago, I had a professional bike fit done, and the fit guy noticed some oddities and asked, "Have you ever thought about a custom bike?" Among such bikes, the Waterford appealed to me because it's kind of old fashioned (steel) while still being high-tech (light weight). Plus they do beautiful paint jobs. By the way, getting a professional fit done by Hans Kaufenburg at Bike Source is the best money I've ever spent in cycling. Getting on a bike that fit me well made long rides a lot more comfortable and made me faster as well.

How long have you been riding: I can't really think of a time I wasn't riding. I remember getting in trouble as a kid for riding my bike too far away from home! In the 90's I got into whole mountain biking thing, but moved back into road riding about 10 years ago.

How much do you ride: I don't have a bike computer (get enough of computers at work), so I don't keep really close track. I probably end up with about 6000 miles per year. During the season, I try to get on the bike four days per week—at least some of those are riding to work.

How long with RMCC: I joined the club back in 2000. When I used to mountain bike, I had friends I rode with—when I got back into road riding I didn't have any friends who were doing that, so I thought I'd try riding with a club to make some friends who were.

How you found out about RMCC: I picked up a brochure at a bike shop.

First ride with RMCC: My third ride with the club was more memorable than my first ride. It was the Copper Triangle. I hadn't learned proper eating on the bike yet and bonked horribly—I even threw up at the top of Fremont Pass. Thankfully, the ride starter that day was kind enough to wait for me and make sure I was okay on that last climb. I think that experience is partially why I still struggle with the Copper Triangle counter-clockwise—I do much better when we finish with Vail Pass instead of Fremont.

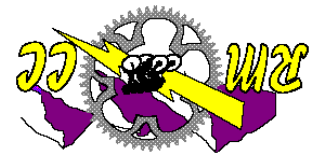
Favorite ride: A panel composed of myself, the club's web administrator, and our previous newsletter editor has made it official—The Golden-St. Mary's Glacier-Echo Lake ride is the best ride on the RMCC schedule. The scenery is beautiful, it includes the hardest climb we do, and you end up with as much vertical as you'd get on the Triple Bypass. Plus there's lots of downhill at the end.

Least favorite ride: I dislike events like the Elephant Rock where there are thousands of riders—riding amongst a sea of strangers isn't something I really enjoy.

Most epic ride(s): Riding in the Italian Dolomites. Riding anywhere in Europe is wonderful, but as someone who likes roads that go up (the steeper the better!), I was in heaven. I maintain this mental list of "Rides I'd be Okay with Dying on", and every day in the Dolomites was on this list. I'm still not sure what the logic was that caused me to come home from that trip.

Most memorable / inspirational rider(s) you know: Most inspirational are people like Tom Knoblach and Henry Snavelly who came into the club around the time I did, were pretty average riders, but have gone on to become very accomplished. Some of the female riders in the club have offered me the most help in terms of advice/suggestions over the years, most notably Carol Havrda and Rita Saunders.

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(continued from Page 3)

Finally, I have to mention Glen Werner. He rides everywhere he goes (doesn't own a car), has done several ultra-endurance events, and is the best bike handler I've seen—to me he embodies the term, “cyclist.” The rest of us are just riding bikes.

What's in your water bottle: I usually do one bottle of some kind of “sugar water” and one of plain water—at various times in a ride I find I have more of a taste for one or the other, so I generally carry both. I usually eat solid food (Fig Newtons!). Gels and so forth don't agree with my stomach.

What kind of riding do you enjoy most/cycling goals: Formal goals feel too much like work to me. I try to embody the club's moniker, “For People Who Love to Ride.” My only goal is to have as much fun as possible while cycling.

What have you learned about life through cycling: Mainly to make everything as much fun as possible. Thirty mile per hour head winds can be a real drag, but I've learned to have more fun in those situations and in other challenging situations in life.

Suggestions for newer riders: When I joined the club, I had this stereotype in my mind that fast riders generally aren't the sharpest knives in the drawer. I've found just the opposite to be the case—really strong riders like Tim Kalisch, Sargent McDonald, and Health & Mindy Beaver exercise a lot of smarts—both in how they ride in a group of cyclists and in the care exercised in dealing with motorists. In other words, smart equals fast.