

January/February 2005

Team Evergreen Bicycle Club, Inc.
P.O. Box 3804 • Evergreen, CO 80437
www.teamevergreen.org

From the Captain's Saddle

Rollin' into 2006 . . .

By Janet Saxon
TE President

Figuratively speaking, I have been riding President Bruce's wheel for the last several months now, learning his tricks, and his game. It is now time for me to pull ahead, and lead the pack as I take over as the President of Team Evergreen Bicycle Club.

I won't be leaving Bruce in the dust — he will not be far behind, and I will not let him fall back too far. In fact, I may have to ask for his guidance once or twice throughout the coming year. Bruce, thank goodness, will remain in the pack, and on the Board.

First and foremost, (official presidential talk) — I have never been, or have never had the opportunity to be, a president of any organization until now, unless we can count being the "President" of our "girls" club when I was about nine. This club had four members (all girls of course). Our bylaws read "no boys allowed," and our secret knock to enter the clubhouse was our way to keep those boys at bay. That club is a far cry from the 1300 plus members of Team Evergreen, (boys and girls), and the oh-so-secret



How windy was it? It felt like the January 1 ride had gale force winds: strong enough to post small dog and light bike warnings. Lew Gaskell, Alan Kahn, Dave Nelson and Dennis Driscoll (from left) kid around with their bikes in the wind. Photo by Ellen Nelson.

2006 Has Already Started

If you think that the winter is a time to get off the bike, think again. With the mild weather we have had in January (so far), Team Evergreen is already busy with activities.

New TE VP Chris Harry led the annual Polar Bear Ride on January 1st. Even though it was really windy, he had a good turnout for his ride over Lookout Mountain "Although we were pestered by gale force winds all the way up Lookout Mountain, our spirits remained high and we were rewarded with a fast tailwind return," Chris stated.

TER has also had a good show-

ing on their Saturday morning training rides, Jerry Haynie is organizing mountain bike and snowshoe trips, and don't forget the Mountain Gentlemen & Lovely Ladies rides (weather permitting) on Tuesdays and Fridays.

If you led a ride in 2005, the annual TE Ride Leaders Dinner is January 28th. See page 4 of this issue for more details.

Now's the time to plan your spring and summer activities too. We have several tours and events listed, along with Alison Dunlap's mountain bike camp that she has customized just for Team Evergreen (page 15).

Mountain Bike Happenings

By Jerry Haynie

Even though we have colder days and occasionally icy trails, eight to ten of us are rallying on most Saturdays to get in some singletrack rides. Since early November, we have ridden the trails at Golden Gate Canyon, Lair of the Bear/Pence Park, Green Mountain, Three Sisters/Blair Ranch, Buffalo Creek, and South Valley Park/Deer Creek Canyon. Just because the calendar says it's late fall or winter, we certainly do not care. The weather has been great so far this year and mountain biking has prevailed. When it does get too cold then we'll try to do some snow shoeing.



Photo by Mike Brislin.

Our winter rides and activities are not pre-arranged because weather is always a factor. If the weather looks good for riding then I will send an email to everyone on my permission list on Wednesday or Thursday before the Saturday ride. If a snowshoe trek is planned then the email will state so accordingly. If you want to be included on my list, then send me an email to jerry@teamevergreen.org and join us for the fun. Check out the photos from two of our rides.



Photo by Jerry Haynie.

On November 26, six of us braved elements and a little snow for a great ride at Three Sisters/Blair Ranch (above). And look at this gorgeous weather for our January 14, 2006 ride at South Valley Ranch/Deer Creek Canyon (left). Can you believe shorts in January? Come and join us for some winter biking fun.

handshake that only we know (don't you?). It will be a challenge, but a fun one at that.

I have been on the Board of Team Evergreen for the past two years (as the treasurer) and have learned a lot from Bruce and all of the other board members. The ONLY reason that I would even CONSIDER becoming president of a Bicycle Club with over 1300 members is because I have seen what a great club it is, how much fun we all have, and how much fun I intend to continue to have as President. I would not do it if it were not a great organization, and if it were not fun and rewarding. I am honored, excited, and also realize that this is going to be a huge undertaking for me.

Bruce has done an outstanding job as President and leader and motivator for Team Evergreen for the past two years. I know that these are very difficult shoes to fill – but “after all, it is just a bike club” as Bruce keeps reminding me. Keep reminding me . . .

I feel fortunate to be able to ride Bruce's wave (and the wave of all the past TE presidents). Please join me, and support me, and help to guide me as we ride the club to the next level, whatever that may be. — And just remember that the club would not be what it is, and where it is if it were not for all of you and the past, and present Board members.

“Do something that scares you every day.”

WHITE PEAKS
LUXURY DENTAL CARE
303-991-4320

Full Cycles Bike Shop - Toll Free 866.752.9010 - groups@fullcycles.com

what comes around...

Thank you for your support of Team Evergreen. For great savings, simply create an account on www.FullCycles.com and use the Sponsorship/Group Code "TEAMEG." Your Team Evergreen Discounts will be obvious on products from companies like these:

Avia MAVIC Campagnolo SHIMANO SRAM E REYNOLDS SID FSA Solas Cycles

Warm Advice for a Cold Winter . . .

and Anything Else You Want to Know about Cycling

By *Alison Dunlap*
World Champion Mountain Biker

Did you know that drinking water can actually help you lose weight?

Water is a natural appetite suppressant, so developing a good water drinking habit can be a long-term aid in achieving and maintaining a healthy weight. Doctor F. Batmanghelidj MD, author of “Your Body’s Many Cries For Water” says most times your “hunger” is your body asking for water – not food. It’s also important to remember that when the body is dehydrated, fat cells get “rubbery” and cannot be easily metabolized. This means that it’s harder to lose weight when you don’t drink your water. In the winter we tend not to drink enough because it is cold out and we overeat because of the holidays. So be extra vigilant in your wa-

ter consumption.

Did you know that putting Vaseline on your face (cheeks and nose) can prevent frost nip and frost bite when riding, racing, or skiing in extremely cold weather?

Did you know that on cold rides you can fill your bottles with super hot tap water, mix in your energy drink, and have a temporary source of heat while you ride? Unfortunately this doesn’t last long. But it’s a great way to start a ride on a cold day.

Did you know that most of your body heat is lost through your head? In the winter it is much warmer to wear a thin cap or hat under the helmet instead of a head band.

Did you know that your brain can only utilize carbohydrates? And did you know that while riding in cold weather your body burns even more calories because it’s not only fueling muscle contractions, but also try-



ing to stay warm? That’s why when you “bonk” or run out of glycogen stores, you start to feel light headed, dizzy, and sluggish. So always eat lots of carbohydrates while riding your bike, especially in the winter.

Want to learn more??

Come hear World Champion mountain biker Alison Dunlap share her stories, insights, and advice on bike riding, nutrition, hydration, training, and racing at an evening presentation on March 8th, 2006. Alison recently retired from competitive cycling and has begun her next career as a coach for Carmichael Training Systems and owner/instructor for the Alison Dunlap Adventure Camps. She has eighteen years of stories and adventures to share from racing road, cyclocross, and mountain bikes and I know everyone that attends will enjoy the event.

Alison will also have posters and be available for photos and autographs afterwards. Check out her website at www.alisondunlap.com or email at adunlap@trainright.com. Alison is a two-time Olympian, has been a World Champion, World Cup Champion, and 13-time national champion. It’s an evening you won’t want to miss!

TEAM EVERGREEN

Presents

World Champion Mountain Biker

Alison Dunlap

Wednesday, March 8
7 - 9 pm

Evergreen Fire Department
Training Center Auditorium
Bergen Parkway, Evergreen.

Free admission.

TE's Annual Ride Leaders Dinner

By George Rooney
Road Bike Committee Chair

The Team Evergreen Ride Leader Dinner will be held at the Mt. Vernon Country Club starting at 6:00 pm Saturday, January 28th.

The meal will be buffet style and dress is casual (for those of you who have not eaten at Mt. Vernon Country Club, the food is exceptional and the desserts are even better). A spouse or guest is also invited.

Directions from I-70: Take I-70 from the east or west to exit 254 (Genesee Park Exit). Follow Genesee Country Club Road south for .6 miles until the road makes a sharp right, and continue east for .6 miles to the country club.

Please RSVP to George Rooney by email no later than January 20th.



Cyclists have integrity...

By Laura Robinson
Merchandise Coordinator

...besides great legs. Janet Saxon and Laura Robinson manned the Team Evergreen booth at this year's Veloswap with the honorable intention of selling all the old Triple Bypass jerseys, socks and baseball caps, as well as team jerseys and shorts. While we made nearly \$600 for charity, the "official" survey results indicated:

- The 2004 Triple jersey (green / yellow) was far the most popular over the 2003 (blue / yellow / gray) and the 2002 (red / white / blue). More eyeballs and hands reached out for the colorful jersey from 2004.
- There appears to be a stronger preference for black socks than white

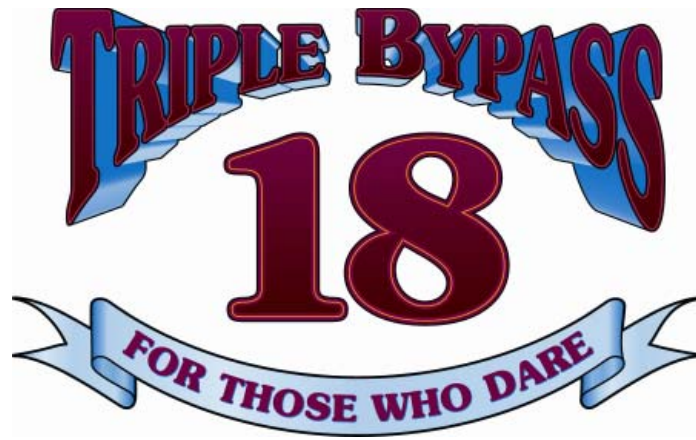
socks. Even socks with "sweet 16" on them. For those who remember, we had "sweet 16" socks made to help celebrate the 16th Triple.

- We have lots of name and brand recognition amongst attendees of the event. Many road and mountain bikers stopped by to talk, ask about the event, and share their experiences.
- While we had many eyeballs focused on those jerseys for sale, more often than not, the interested cyclist had not ridden the event, AND WOULD NOT PURCHASE THE JERSEY UNTIL THEY DID. They were truly worried that the "jersey police" would catch them, strip them of their new possession, and fine them for impersonating a Triple rider.

Triple Bypass jerseys are indeed proud symbols of a great accomplishment. The brand will not be sullied by impersonators.

Alison Dunlap to Speak to TE Members

Team Evergreen has been busy this winter putting together a few events with World Champion Alison Dunlap. On Wednesday, March 8th, Alison will speak to TE members at the Evergreen Fire Department Training Center Auditorium (that's the new building on Bergen Parkway, adjacent to the fire station). Join us from 7 - 9 pm for a fascinating evening. Admission is free to TE members. See page 3 of this issue of *Bike Beat* for more details. Alison has also offered to repeat the intermediate/advanced mountain bike skills clinic for fifteen Team Evergreen members. This is the same clinic she held last year and everyone that went said that it was extremely helpful. Don't wait to sign up for the clinic, it is sure to sell out. Find the clinic registration form on page 15.



Triple Bypass Registration now open!

*By Leslie Caimi
Triple Bypass Director*

The 18th Annual Triple Bypass is quickly approaching and will be here before we know it! No time like the present to start training! The Triple will be held on Saturday, July 8th and will once again travel from Bergen Park to Avon. Registration fees for early registration (prior to June 7th) will be: \$85 for TE members, \$110 for non-members. After June 7th the fees will increase to: \$105 for TE members and \$130 for non-members. For those that wait until ride day to register, fees will be \$149. So don't wait – register early. Registration is now open! Go to www.teamevergreen.org to register online or to download a printable version. (Please note: the above price increase is reflective of increased costs associated with organizing an event like the Triple Bypass. We thank you for your understanding and appreciate your continued support.)

We would like to welcome Primal Wear as the top sponsor of the Triple Bypass! Primal manufactures quality cycling gear and has produced the Triple jerseys for the last four years. Check out their website at www.primalwear.com.

TBP to Cap 2006 Registration

*By Leslie Caimi
Triple Bypass Director*

Team Evergreen would like to take this opportunity to thank everyone who rallied to Bicycle Colorado's email campaign to protest the Colorado State Patrol's policy change regarding limiting the size of cycling events to 2,500 participants. More than 18,000 people signed the online petition in the matter of a few days! With the huge response by the cycling community the Colorado State Patrol met with representatives from the cycling community and opened lines of communication to address the issues involved. We look forward to working with the State Patrol on this. The Colorado State Patrol provides a valuable service to the Triple Bypass and all bicycle tours held in the state and we are most appreciative of their continued support.

That said ... the TE Board of Directors has decided to implement a voluntary cap on the number of riders participating in the Triple Bypass Bicycle Tour. The cap will limit the number of riders to 3,500. This step is being taken in consideration of the route we travel and the mountainous terrain. Team Evergreen seeks to maintain a safe and enjoyable ride for participants and motorists and believes that capping the event will allow TE to continue to provide a quality experience for all involved.

What does this mean for Triple registration? Registration for the 18th Annual Triple Bypass is now open! As there will be no lottery selection for the Triple, entry will be based on the first 3,500 registrations received. We encourage everyone to register early and take advantage of the early registration rates! This will offer a significant savings and reserve your space in the event.

We appreciate your understanding and continued support of the Team Evergreen's Triple Bypass.

COMING to a ROAD or TRAIL Near You



MAR 3 - 6, 2006
www.skinnytirefestival.com

Skinny Tires on Redrock! Cyclists know about Moab; they know it as the home of the Slickrock Trail, the Mecca of mountain bikers. What many don't realize is Moab has some of the best road biking in the world. There are hundreds of miles of paved roads in and out of the world-class scenery that is known by every adventure seeker globally. The Festival rides the best of the best: 1) Arches National Park, 2) Along the mighty Colorado River, 3) Dead Horse Point and back. The Four rides of the Festival highlight Moab's different riding opportunities. The first two days follow the mighty Colorado River corridor, both up-stream and down-stream. The next two days leave the valley and climb the beautiful canyon roads into redrock country.



12th Annual
JUN 25 - JUL 1, 2006
The Telluride Loop
www.bicycletourcolorado.com

Lots of TE members plan to ride in the BTOC. Sign up now! Discounts for early registration.

It's a week long road bicycle tour through the Colorado Rockies including Pagosa Springs, Creede, Gunnison, Montrose, Telluride, Mancos. The Bicycle Tour of Colorado provides camping services, route maps and road marking, aid stations every 15-25 miles, bicycle repair services, and medical support during your week in Colorado.

For many cyclists the Bicycle Tour of Colorado is the trip of a lifetime. We host riders from all over the world-Canada, Mexico, Europe, Australia, South America, and Asia. Many riders join us year after year.

4th Annual
Bikerpelli
MAY 4 - 7, 2006
www.bikerpelli.com

The Kokopelli Mountain Bike Trail, the epic ride of a lifetime, the one you'll never forget. 142 miles of linked single-track, jeep trail and retired wagon road traveling from Grand Junction to Moab, crossing an amazing and untainted part of the desert southwest. Bikerpelli is a fully-supported event covering just under 50 miles per day. Waiting for us at the halfway point every day is a water & lunch stop, and at the end of each day, a fresh camp. All of your camping gear will be shuttled from camp to camp by our support drivers, and includes all meals & support while in-camp and a return shuttle from Moab to Loma.



AUG 31 - SEP 4, 2006
Labor Day Weekend
www.crankinthecanyon.com

In the Black Hills of South Dakota! Tour begins and ends in Spearfish, SD. Day One: Spearfish, SD to New Castle, WY. Day Two: New Castle, WY to Hill City, SD. Day Three: Hill City, SD to Lead/Deadwood, SD. Day Four: Lead/Deadwood, SD to Spearfish, SD. Total Mileage: Approximately 250 miles: Registration Fee: \$195. Accommodations include: tent camping, indoor camping, hotels and B&B's. The event is being produced by Lean Horse Productions.

21st Annual
The Denver Post
Ride the Rockies
JUN 18 - 23, 2006
www.ridetherockies.com

Ride the Rockies is the popular 6-day ride that cycles through the Colorado Rockies each year. The ride is lim-

ited to 2000 riders and participants are selected by lottery.

The 2006 route will be published in the Sunday, February 5th Denver Post. Register online, using forms in the 2/5, 2/12, 2/17 and 2/19 Denver Post or applications found at Metro-area bike shops. Registrations must be received by February 24.

Watch *Bike Beat* for details about the Team Evergreen picnic hosted during the ride.

Winter Rides

You do not need to be a Team Evergreen member to join us on our rides as long as you sign our participation waiver.

HELMETS are **REQUIRED** on all Team Evergreen rides.

DEPARTURE: All rides will depart promptly at the time noted in each of the ride descriptions. Please arrive 15 minutes early to allow time to sign in and get ready.

CANCELLATION: Rides will be cancelled when temperatures are below 40 degrees and/or road conditions are obviously unsafe for bicycling. When conditions are questionable, call the ride leader for a last-minute check.

Jerry Haynie's Winter Rides and Adventures

Jerry is already organizing impromptu rides for the nice winter days ahead. Get on his email list by dropping him a note at jphaynie@mindspring.com.

Mountain Gentlemen & Lovely Ladies

Mountain Gentlemen and Lovely Ladies weekly Tuesday and Friday rides are year-round, weather permitting. For the off-season months (October - February), rides are scheduled to start at 10:30 a.m. Please note that the start time and even the ride day is subject to change, based on the weather. It is imperative that you call Mike Carter the day before the ride for final details.

This ride is perfect for cyclists new to bicycling. The ride leader promises that slower speeds will be encouraged and no one will be left behind.

Weather permitting. This one-

speed (slow) ride is great for beginning cyclists or easy training miles. Meet in Morrison at the east end of town on CO Hwy 74 (near C-470) across the road from the Conoco Breakplace, time TBD. We will follow bike paths to McDonald's in the Bear Valley Shopping Center and return (22 miles) or continue to Chatfield and return (48 miles), or even pedal to downtown Denver and Larimer Square (45 miles). Call Mike Carter (303-670-7898) to find out start time and see if there is going to be a ride.

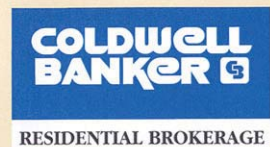
Let us know about your bicycle concerns or adventures.

Contribute a story to
Bike Beat!

The next issue will be out for March. Deadline is February 15.
Email bikebeat@teamevergreen.org



Camilla Fallon Mary Rosinski Heidi Barringer "Jessie" Amanda Shanks Liz Shanks



30810 Stagecoach Blvd.
Suite 101
Evergreen, CO

Realtors with Results!

Direct: 303-670-3843
Office: 303-674-6667
www.barringerteam.com



AC0981-1.3 1/04
Printed in Denver, CO, USA

MEET Geoff Warner

By Dean Cahow

TER's Geoff Warner won Cross-Country division titles in the 2005 Winter Park Mountain Bike Series and the regional Mountain States Cup series. Not one who wins races, I thought I'd check in with a guy that does, on the chance something might rub off.

DC: 2005 was your first full season of racing, wasn't it?

GW: I did three races as a Beginner in 2004. I took fifth in the first race and first in two. Comparing my times with Sport Category results, I ranked mid-pack. That prompted me to race Sport this (2005) season.

DC: What drew you to racing?

GW: I saw racing as a way to push myself and improve as a rider and athlete.

DC: You're good at it. How much cycling preceded the jump?

GW: I started riding out of necessity more than real desire - I didn't have a car until the first of this year. I commuted daily for two years and

rode most weekends. I've done a few 'epic' rides, including Kokopelli Trail and the Grand Loop out of Grand Junction, self-supported with a friend. I really focused on training after joining the team.

DC: What brought you to TER?

GW: Right place/right time. I thought that since it was a new team the attitudes of the members might not be so intense and focused on winning. I got the impression from Chris (Chris Harry, TER Director) that the team was going to be centered on personal and team development. The experience has lived up to my expectations.

DC: That first race in '04, lasting impressions?

GW: The experience really surprised me. The racers invariably had an encouraging word, as I passed them - or more frequently - as they passed me. I felt part of something - a community - though it's mostly an individual event.

DC: How'd it feel to realize you were about to bag your first win?

GW: Surprise, and extreme satisfaction that my training was paying off.

DC: I presume you've touched physical and mental boundaries on course.

GW: Physical pain and mental elation are intense. I really enjoy the sensation of being at my limit on the climbs and the mental clarity and focus that the physical exertion brings; and the pure joy of a fast, technical descent where you and your bike become one.

DC: Sweet or sour, which race course has left a big mark?

GW: I really enjoyed the Crested Butte MSC (Mountain States Cup) course. Climbing through the aspens and descending through the fields of wildflowers was incredible.

DC: What will you be doing in 2006?

GW: I'm thinking of MSC races in the Expert Cat., and I'd like to do a few endurance/24-hour races. But my focus will be racing singlespeed at Winter Park.





EVERGREEN RACING

TeamEvergreenRacing.com

Team News • Team Member Forum • Team Ride Information
Personal Home Page • USA Cycling News • Feeds • Team Calendar

Winter Team Rides

TER is riding each Saturday morning. Fortunately, Colorado winters are not Wisconsin winters. On most mornings it is still possible, practical, and rewarding to get out and turn a crank. If the roads are clear we ride, rallying in Morrison at the shoulder of Rooney Road, across from the Conoco convenience store at 8:45 for a 9:00 start. Winter rides are paced at individual preference, with 'A' (faster) and 'B' (not faster) group options. Rides cover flat to rolling routes and we'll carry on for two to three hours, perhaps longer. See you Saturday morning.

Colorado CX Championship

The ACA Colorado State Cyclo-Cross Championships were held December 3 in Longmont under nasty, wintry conditions quite appropriate for the twisted personality of CX racing. TER was represented at the finale by Andy Fox, Paul Humiston and Cory Kramer. Props to each for the hardcore performance, and special kudos to Andy for his seventh place finish in the SM45+ Class. Full results are available at American-Cycling.org.

Bringin' It Home

By Dean Cabow

On the trainer last evening I paced myself again with a Tour de France race video. You know the ones – with Phil and Paul calling the action. Such videos are effective pacers. If not churning to the dictates of a training specific DVD by 'Coach Troy' or Chris Carmichael, I'm racing around France or Italy on a grand tour with 180 world class cyclists. Soon I am humbled before images of marvelous athletes; images attainable only from motorcycles and helicopters. Mere video reflections of their unbelievable effort and output leave me shaking my head in awed respect, admiration and fascination. Can a mortal fathom the power and passion that makes possible a 40mph finishing sprint after five or six hours of racing!? The breakaways: a solitary man challenges as the mouse before the cat of the peleton, for hours. The mountains: I can't express in this limited opportunity the depth of my reverence for climbing and the exploits of its master practitioners.

Last night at the 2001 tour, I revisited one of the many striking performances in my collection of DVD hero worship. It is the team time trial from that year. Colorado's own Jonathan Vaughters is riding with the Credit Agricole squad. Vaughters is known as an extraordinary climber. He's built like one, at 5'11" and no more than 140 pounds. Such riders are renowned for soaring to summits, not powering like a

locomotive over flat terrain. Yet there he is, closing out the winning effort with his tour mates. Not all of them, actually. The race took a toll on the original squad of nine, paring it to the minimum complement of five. Ten or twenty thrust generating pounds of muscle shy compared to each of his comrades, Vaughters appears to lay out all he has and more. It is inspiring. Over the closing miles of the drama he maintained most of the stylish cadence and body work of a cyclist in control, though his face betrayed agony. Like the other lads, his jaw slacked, not gasping but gape-mouthed like a goldfish, never quite closing. You can see pain in eyes, and his were lit with it. His body revealed the rack of suffering in ways that a cyclist's body will, subtly but dramatically to the watcher with even modest empathy for the condition. The slight Vaughters persevered with his teammates, to the line, to the win! I've played that TTT segment many times since '01 and am uplifted and wonder each time whether they can really hold it together to the finish. They always do, in one hour and twenty-one minutes at an astounding average speed of 30.7mph!

The more I ride and race the more I realize how good I'm not. That's OK; it makes my veneration of the best of the best all the more absorbing.



EVERGREEN RACING

TER in *Action*

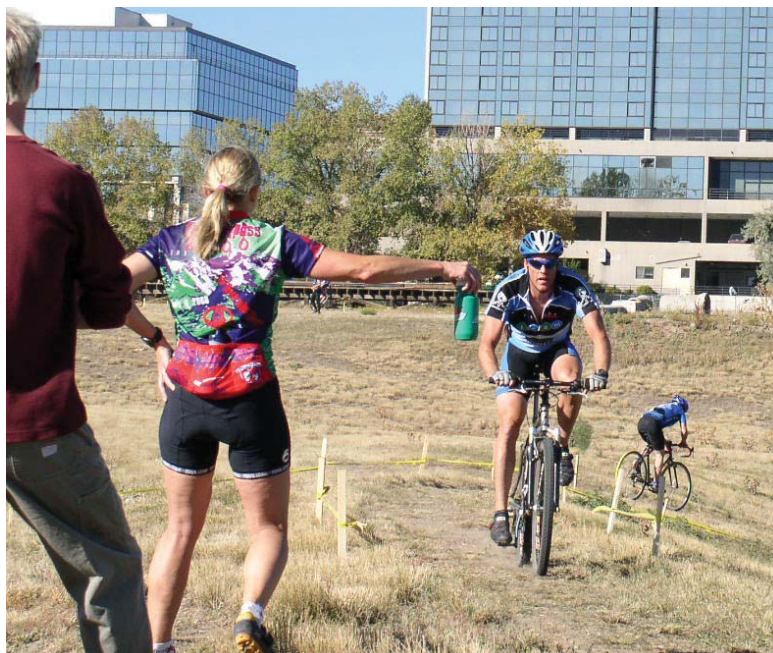
Who's afraid of a little snow on the ground? Or a little pain for that matter. "I am still hurting with the back/sciatic, Andy Fox admitted. "My MRI shows bulging disc, but I am able to cycle and do most other stuff. I had a blast at cyclocross this year, 13 races. They really kept my head in the game so to speak."

The TER training rides have also been a hit. "Our Saturday morning training rides have become quite popular and I expect this trend will continue" newly drafted Temporary Training Ride Coordinator Carter Faber wrote. "We have about six or seven rides under our belts, developing familiarity with the route and our fellow riders. Our turnout appears to be consistent and we are fortunate to have new riders join us each week."

Check out the TER website at www.teamevergreenracing.com for more details.



Andy Fox jumping the ditch at the American Cycling Association (ACA) State Cyclocross Championships in Longmont CO on December 3rd. Photo by Annie Fox.



Annie Fox passing bottle to her husband Andy during the Boss of Cross Cup series race #1 at Denver Federal Center in Denver on October 8th. Photo by Lisa Mills.



\$90,000

That's what Team Evergreen donated to local non-profits in 2005 with proceeds from the Triple Bypass.

Vail Daily

2005 Triple Bypass Incident Resolved in Court

By Shauna Farnell
November 10, 2005
VAIL DAILY

Reprinted with permission by Vail Daily

VAIL - Not many cases of motorist versus cyclist make it to court. But not many end in a woman getting punched in the face.

David Matthews of Black Forest pleaded guilty Monday to assault and battery in a July 9 incident that occurred in East Vail during the Triple Bypass bicycle race from Evergreen to Avon.

Pam Zaske was coming down Vail Pass into East Vail as it was raining around 6 p.m. July 9, and was riding on Big Horn Road going about 35 mph when Matthews pulled up next to her in his Lexus SUV.

"I was staying very close to the white line, but I made a conscious decision that I didn't want to be crossing in and out of it because it was slick," Zaske said. "He came up behind me with his vehicle. He honked his horn. He slowed down and stayed right at my side. He made three distinct movements, closer to me and closer to me. I was doing what I could to slow down and stay away from that line and not crash."

Matthews continued after Zaske

slowed down, and she saw his car pull a U-turn down the road and park in a dirt lot facing the oncoming cyclists. She rode up to his car, motioned for him to roll down his window. When he did, she began telling him how dangerous his actions were.

"I probably got four words out, when he blew up at me and started yelling," she said.

A short screaming match ensued, and when Zaske went to leave, Matthews grabbed her jacket with one hand and punched her in the jaw with the other. Matthews then drove away to a party he was attending in East Vail with his mother and two boys —12 and 9— who were also in the car. Zaske called the police, who found his vehicle shortly thereafter and arrested him.

Zaske had been riding for 12 hours and it was her third Triple Bypass race. A longtime cyclist, she does several charity races and rides. While occasionally having people yell out their car windows and honk, she had never had a problem sharing the road with motorists until her encounter with Matthews.

"I know there are some gonzo cyclists out there who ride three or four abreast. I'm not one of those," she said. "It's too bad there are these people

who just perpetuate the conflict and the stereotype."

SORRY OR THE HIT

Matthews expressed remorse in the Vail Municipal Court on Monday.

"I knew instantaneously," he said. "My son came and said, 'Daddy, there are some police outside looking for you.' I knew I acted poorly. I deeply apologize."

Zaske said that she was told it would be difficult to charge Matthews with reckless driving because it would be difficult to prove, thus, she and Vail city attorney John Clune compiled a plea bargain for Matthews, wherein he agreed to work alongside the Vail Police Department doing traffic control for the Courage Classic cycling event in 2006 as well as donate \$250 to the event, which is a fundraiser for Children's Hospital in Denver. Matthews was also required to write a letter to the Vail Daily apologizing for his behavior and wrote an apology letter to Zaske as well.

Judge Buck Allen asked Zaske, who broke down during Monday's sentencing as she spoke about how afraid she was for her life when Matthews was driving so close to her, for her input as to whether or not she wanted to see him go to jail. Zaske left the decision up to Allen's discretion.

"When you're passing a cyclist on the road, every bit of common sense in the world tells you to give them a wide berth," Allen told Matthews in court Monday. "When the weather is bad, you give them a wider berth. If you run over a bicyclist, you have to clean up a mess. The bicyclist is either maimed or dead."

continued on page 14

Will SHAVING your legs shave OFF time?

By Ellen Nelson
Bike Beat Editor

O.K., I admit it. I shave my legs . . . but so does my husband. And it got me wondering, does it really help increase your cycling speed? I can understand using an aerodynamic helmet or the right wheels, but hairy legs couldn't possibly make a difference.

I got into a conversation about cycling aerodynamics with Mark Shaw at the ATP Open House in December and this is what he quoted from <http://www.damonrinard.com/aero/aerodynamics.htm>: "For a 40 km time trial, simply wearing an aero helmet will save about 47 seconds of time, while the typically used rear disc wheel 'only' saves 33 seconds. Shaving your legs will save 5 seconds, while tape (or shoe covers) covering the top of the

shoes to smooth the shoe surface will save 7 seconds."

The cool table on the website also showed that removing your water bottle and cage took 26 seconds off the 40 km time and a one-piece skin suit saved 29 seconds.

As expected, the Discovery Team is well dressed for any occasion at the Tour de France. "In time trials, the rider is not allowed to wear full skin suits," Lennard Zinn explained in a 2003 article in VeloNews (www.velonews.com/tour2003/tech/articles/4694.1.html). "They will wear cycling shorts, but will wear long sleeve tops to reduce upper body drag. During the last Tour de France, the Discovery Team wore specially dimpled skin suits to bend the wind around their bodies, while the suits were also designed with special seams that were oriented and

placed in specific locations to reduce drag."

Armstrong worked closely with Nike to help design the Nike Swift Spin suit. "...Nike has so far produced 33 prototype suits and experimented with 60 different fabrics in designing this year's Swift Spin TT suit," BikeBiz.com reported last year. "As Armstrong slims during his preparations for this year's Tour de France, Nike will produce new form-fitting, wrinkle-free TT suits."

"Nike claims its TT suit can gain a rider as much as 90 seconds in a 34-mile time trial."

Well, maybe it is OK for the guys to shave their legs. But how come I don't see anybody shaving their arms?

TRIPLE BYPASS
18
FOR THOSE WHO DARE

team
EVERGREEN

July 8, 2006

120 miles
Evergreen to Avon, CO

info: www.teamevergreen.org • register: www.active.com

A.T.P.

**COLORADO CENTER FOR
ALTITUDE TRAINING
AND PERFORMANCE**

TRAIN YOUR BRAIN

- meet with our sports psychologist or attend various mental performance clinics
- set realistic race strategies

TRAIN YOUR GUT

- lose weight with a plan from our registered dietician
- measure body fat with our state of the art body composition measuring device
- plan your race day nutrition based on your current physiology and fitness level

TRAIN YOUR BODY

- determine accurate heart rate training zones with lactate threshold testing
- increase speed and power with supplemental oxygen training (simulated training at sea level)
- improve your swim stroke with professional swim coaching and analysis
- improve comfort and power on the bike with our cycle analysis programs
- improve muscle imbalances with individualized core strengthening programs and clinics

Contact us at: 303.674.8008
or visit: www.atpcenter.com



UMCA Year-Rounder Challenge

Can you ride a century EVERY month in 2006?

By John Hughes
Director, UMCA

Club centuries are the highlight of many endurance riders' season: the fun of a day on the bike with friends and the challenge of riding 100 miles. And, at least for the day, an unrestricted diet!

The UMCA Year-Rounder is designed to showcase consistent endurance performance in your cycling throughout the year. The Year-Rounder provides a structure to motivate you throughout the season and to recognize your personal achievements. Y-R awards recognize either riding a century every month or total endurance mileage. Make either your goal . . . or both!

- The Y-R Larry Schwartz award honors riders who complete at least a century every month. Centuries can be either Organized centuries or Personal rides that you design yourself (explained below). Longer rides also count toward the Larry Schwartz award.

Other awards recognize your total endurance mileage throughout the year:

- The **Y-R Gold** award recognizes riders who log at least 3,000 miles in Y-R rides.
- The **Y-R Platinum** award is for cyclists who complete at least 5,000 miles in Y-R rides, including at least 2,000 miles in one of the divisions (explained below).

- The **Y-R Who's Who** riders are the top five Platinum riders in each division.

Year-Rounder participants receive:

- an e-book Century Tips on training, nutrition, equipment and technique
- an e-newsletter, sharing tips and stats
- a bi-monthly Year Rounder column by Russ Loomis, who ride centuries every weekend
- a section at ultracycling.com devoted to the best century stories sent in by riders
- a rider with at least 1,000 miles in the Year-Rounder gets a discount on Accelerade and EnduroXR4

For routing reasons some centuries are just under 100 miles, or exceed 100. So the Year-Rounder counts a Century as a ride of 90 - 149 miles. Rides 150-miles and over count as "Long" rides.

The Larry Schwartz award allows make-ups for up to two months, in case it's too snowy or icy some months. For example, if you get snowed out in January, just do two centuries in February or another month.

The Larry Schwartz award honors Larry Schwartz, who finished first in the UMCA Mileage Challenge (predecessor to the Year-Rounder) in 2001, was second in 2002, and was leading in 2003 when he was struck and killed by a school bus. For a profile of Schwartz go to: www.ultracycling.com/about/hof_schwartz.html

To get started, join the UltraMarathon Cycling Association at: www.ultracycling.com/about/join.html add in \$10 for the Year-Rounder, put on your wool jersey and head out the door!

Rules Summary:

The Y-R is structured in four divisions:

- An "Organized Century" is a ride of 90 to 149 miles and has: a name, designated start/finish location and starting time(s), route plan, organizer, and advance publication of the ride or ride series in club newsletters, etc.
- A "Personal Century" is a personally designed ride. For credit, you must complete at least 90 miles in a 12-hour period including off the bike time (and maintain an 8.33 mph average after that). Personal centuries provide century-length riding opportunities for riders in seasons or locales where Organized centuries are sparse.
- An "Organized Long" ride is organized like a Century, but is 150 miles or more.
- A "Personal Long" ride is a Personally designed ride of 150 miles or more.
- Any Year-Rounder ride counts toward the Larry Schwartz award- centuries, brevets, double centuries, 12-hour races, etc.

We like to keep the holidays free for time with the family, so the Year Rounder ends on December 21 of each year. (The next year's Y-R Challenge starts 12/22.)

For complete rules and ride documentation form, go to: www.ultracycling.com/standings/umcrules.html.

Vail Daily

continued from page 11



PRESIDENTIAL THANK YOU.

Ex-Prez. Bruce Epstein poses with his single speed bike that TE helped put together as a thank you for his two years of excellent leadership. Photo by Steve Riggie.

John Elway Subaru West

SUBARU

DRIVEN BY WHAT'S INSIDE™

SUCCESS

Some people dream of success . . . while others wake up and work hard to achieve it. Ability may get you to the top, but it takes hard work and determination to keep you there.

10% OFF

Parts & Labor on
any Repair
(up to \$150 discount)

Valid only at John Elway Subaru West. Coupon can be used in addition to any other rebates and incentives. Not valid with any other special offers. One coupon per purchase. Expires 12/31/06.

OIL CHANGE

\$9.95
(Regularly \$26.95)

Plus applicable taxes. Valid only at John Elway Subaru West. May not be combined with any other offer. Subaru vehicles only. Up to 5 quarts of oil. Must present coupon when offer is written. Expires 12/31/06.

John Elway Subaru West
16351 W. Colfax • Golden, CO 80401
(303) 590-6600

Matthews said that he was under a great deal of stress at the time, having just made a decision to take his ailing father off of life support. His attorney, Paul Dunkelman, pointed out that the entire incident could be, from Matthews' end of things, assessed as "a breakdown of common sense."

In addition to the plea bargain agreement, Allen sentenced Matthews to 18 sessions of counseling for stress and anger management, and a fine of \$1,305, \$120 of which is restitution for Zaske's medical expenses, which included a visit to the dentist for her swollen jaw and sleeping pills.

"Every time I'd lay down to sleep, my pulse would race," Zaske said. "My mind would replay the incident."

THE BIGGER ISSUE

Zaske said that being punched was traumatizing, but more traumatizing was what might have resulted from Matthews' actions in his car while she was riding her bike, which, she said, is the larger issue.

Clune said that his report showed that during Matthews' booking he made a comment to the attending police officer to the effect of "Hasn't a cyclist ever done anything to make you mad?"

"There seems to be a growing issue of animosity between a small group of cyclists and a small group of motorists," Clune said, adding that when the case first presented itself, there was no question that it should call for jail time, but now that the sentencing process has started, the trauma of the event has subsided through time. Matthews never admitted that he deliberately tried to steer Zaske off the road in his car.

"I agree that we all have to share the roads," he said. "I don't have a problem with that. I had no intentions of running anyone off the road.

I'm not that type of person. I was just a little beside myself. I would never want to see you (Zaske) or anyone else hurt."

Matthews also pointed out that before Monday, he had never been to court. "I doubt it was accidental," Allen said of the driving incident. "A Lexus SUV is a big, heavy truck. Anytime you have car vs. bike, the bike never wins."

Allen also said he wasn't entirely convinced by Matthews' story that he had stopped down the road so his mother could make a phone call.

"That's one explanation," Allen said. "There are certainly darker explanations."

At the end of the sentencing Allen told Matthews that he came very close to being sent to jail. Matthews said, "I've learned my lesson," but declined to comment further to the Vail Daily. Zaske said while she was pleased that it was over and she was pleased that the judge understood the gravity of the motorist vs. cyclist aspect of the case, she wondered if a few days in jail, or a sentence wherein Matthews would have to spend several hours on a bicycle sharing the road with motorists, wouldn't have been an additional learning tool.

"He still kind of denies that it was an intentional portion on the bike," she said. "But it wasn't my place to say he needs to go to jail. I was happy to see the turn of the focus to the bicycling portion, which is what I've been saying the whole time. I'm glad it's over."

Sports Writer Shauna Farnell can be reached at 949-0555, ext.14632, or sfarnell@vaildaily.com

Bicycle Advocacy News

BICYCLE COLORADO MEETS WITH STATE PATROL TO DISCUSS BIKE EVENT CAP

On December 12, Bicycle Colorado met with the State Patrol, state legislators, transportation planners, and event organizers to discuss concerns about the State Patrol's cap on big bicycling events. The meeting was respectful and productive.

The main result of the meeting is the formation of a working group to review ideas and best practices for keeping events safe, instead of an event cap. This taskforce will include Bicycle Colorado, State Patrol, and CDOT staff. This group will look at ride safety, State Patrol event resources, and motorist behavior.

BIG EVENT BAN DELAYED 1 YEAR

The Colorado State Patrol has delayed the implementation of their new policy banning big bicycle events in Colorado until December 2006. Their new policy bans bicycle events with more than 2,500 riders, but this limit can be lowered at any time putting every event at risk. Bicycle tours, races, charity rides, group rides, and triathlon are all affected.

SAFETY HAS NO LIMITS

The State Patrol says that they are using this ban to "ensure safety." But a random cap has no effect on the safety of bicyclists. Safety is based on good event planning, educated bicyclists, traffic management plans, safe roads, and law-abiding motorists. A well-run event can be safe for 10,000 bicyclists and a poorly-run event can be unsafe for 100 riders. An arbitrary cap punishes everyone and discourages all events.

What You Can Do:

1. Add Your Name: Sign the petition on bicyclecolo.org to overturn this damaging policy.

2. Give Input: Share your ideas to make events even safer. These will be collected and utilized in taskforce discussions.

3. Strengthen the Effort: Bicycle Colorado is here to lead this campaign and protect bicyclist's rights. Please add your financial support to overturn this bike ban.

BANNING BIG BIKE EVENTS is bad for Colorado because:

- Limiting the size of events unfairly punishes charities – charity bike events raise millions for important causes like curing diseases and helping children
- Banning popular events reduces tourism – bicycle tourism and events contribute more than \$167 million to our state's economy and more than 2000 jobs
- Banning popular events is contrary to the culture of Colorado – it prevents the Colorado public from enjoying the state on bikes as part of a community

EVERY EVENT AT RISK

The 2,500 rider cap on state highways is subjective and may be changed at any time at the whim of the State Patrol. If tomorrow they decide that 500 is a "safer" number, it puts amazing rides like these at risk:

- Elephant Rock
- Triple Bypass
- MS 150
- Iron Horse Classic
- Courage Classic
- Tour de Cure
- Mt. Evans Hill Climb
- Bicycle Tour of Colorado

... and on and on ... is this the bicycle-friendly Colorado you want?

STATE PATROL NOW CONSULTING BICYCLISTS

Keep in mind that the State Patrol officers are heroes to bicyclists. They cite unsafe drivers and provide emergency assistance. We met with the State Patrol on December 12 to discuss ways to ensure event safety and access. We look forward to working with the State Patrol to reverse this policy.

CHARITIES AFFECTED BY BAN

See the list of charities benefiting from Colorado's three largest bike rides at bicyclecolo.org.

SUPPORT FROM LEGISLATORS

Legislators voice support. Read Sen. Brophy and Rep. Carroll's letter at bicyclecolo.org.

ABOUT BICYCLE COLORADO

Learn more about Bicycle Colorado and our efforts to build a bicycle-friendly state at bicyclecolo.org.

TAKE ACTION NOW

Now is the time to act. Apathy could let this ban discourage bicycling in Colorado, but don't let that happen. Take action today and protect your right to bicycle. Together we can end bike bans and build a bicycle-friendly Colorado. Thank you for your support, we can't do this without you.

You may contact Dan Grunig by email at dan@bicyclecolo.org. Bicycle Colorado is a non-profit organization, and your membership makes them stronger. Join Bicycle Colorado today online at bicyclecolo.org.



**BICYCLE
COLORADO**

Event Cap FAQs

Concerned bicyclists have been asking good questions about the State Patrol's ban on big bicycling events. We are sharing our answers to some of these questions below. For a complete list of FAQs, see bicyclecolo.org.

Q: The State Patrol officers are important to bicyclists. Why are you asking the public to help? Why not just sit down and talk with them?

A: We wholeheartedly agree – the State Patrol provides a valuable service keeping Colorado's roadways safe and open to all vehicles. We don't take their service for granted and greatly respect their commitment. We have asked the State Patrol to hold up this policy and allow event organizers and bicyclists a chance to sit down and discuss ideas which directly improve safety. The State Patrol declined our offer. Without an open channel for communication, we were left the option of asking the public to weigh in and help the State Patrol understand the broad ramifications of this ban. Bicyclists, charities, businesses, clubs, events, tourism leaders, and health advocates are all expressing strong concerns on the effect this ban has on Colorado.

Q: When did this policy limiting the size of events happen?

A: To the best of our knowledge, the State Patrol first informed event organizers of the new policy on November 14, 2005. Evidently the State Patrol held a series of non-public internal meetings to arrive at this policy decision. The event promoters, bicyclists, and public were not included in discussions. Bicycle Colorado formally requested the State Patrol to hold off on the policy change and allow

bicyclists the chance to address concerns in a positive and cooperative manner. The State Patrol declined our offer on November 22 and continued to enforce their new policy decision. On November 29, the Colorado State Patrol updated their special permit application www.csp.state.co.us/specevent1.cfm to reflect the ban on large bicycle events. On December 3, the State Patrol announced they would wait to begin the ban on big bike events for twelve months.

Q: Who pays for the State Patrol at events?

A: Event organizers pay to have State Patrol officers, county sheriffs, and city police provide extra safety patrols during events. Event riders fund this expense through their registration fees. State Patrol has said that no tax-payer resources are used for events. Events in Colorado hire and pay for off-duty troopers at overtime rates to add extra security for the ride. The State Patrol restricts officers available for event duty to 20 motorcycle troopers and now says only 8 may be used at one event, making it difficult to find enough motorcycle officers. There are many solutions to this problem including using state troopers in cars, on foot, or even on bicycles; event directors hiring additional city and county police; and hiring private security companies. The 2005 Elephant Rock ride hired a total of 46 officers from state, county, and city law enforcement agencies.

Q: In the State Patrol letter the Chief mentions a ratio of 300 riders to 1 motorcycle officer. Where did the State Patrol get this ratio?

A: We asked them the same thing. They

were not able to produce any study or figures supporting this number nor any data showing a recent increase in crashes. Many bicyclists also report seeing officers in patrol cars and on foot rather than only on motorcycles at bicycling events, so it's unclear why motorcycle officers were solely referenced in the Chief's letter. We think the solution is to schedule additional officers (who are paid by event organizers) rather than restrict the size of the ride.

Q: How many participants are there in the biggest events in Colorado?

A: We estimate the number of riders for Elephant Rock at 6,000; Triple Bypass at 3,400; MS 150 at 2,400; Ride the Rockies at 2,000; and Courage Classic at 2,000. It is important to remember that the cap can be lowered at any time by whoever is currently working at the State Patrol without public input. Any cap puts events of every size at risk.

Q: Is there a state law that limits the number of bicyclists who may use a public road?

A: Bicycles are vehicles on Colorado roads just like cars, trucks, and motorcycles. Colorado law does not limit the number of vehicles that have access to public roads. Bikes are traffic just like cars and to our knowledge the State Patrol does not limit other vehicles' access to public roads. By applying for an event permit, ride organizers acknowledge there will be increased traffic on certain roads during the event. They supply a traffic management plan, detour signs, and hire off-duty law enforcement to ensure safety.

Team Evergreen Classifieds

FOR SALE: Fondriest Frames – Brand New! Special Team Evergreen pricing! Members receive 10% off any frame & I will pledge an additional \$50.00/each frame to Team Evergreen! '05 TF1 53cm Frameset - \$3,950 or b/o. Includes everything except the seat post. Best of the best. MSRP - \$5,500.00. '04 Complete Top Carbon 53cm w/ Campy Complete 53cm '04 TF1 for only \$4,350 or b/o. Brand new Easton Orion II wheel set Mix of Campy components. Contact me for pics or test ride. Used sparingly. Plus \$75 pledge to Team Evergreen. '05 STATUS CARB PLUS Steel & Carbon. 56cm \$995.99 or b/o. 56cm w/o headset \$950 or b/o. 50cm \$995.99 or b/o. 48cm \$995.99 or b/o. All other comes with integrated headset. Great ride for the Triple. '03 54cm CARB LEVEL PLUS Lmt Ed Monumental SAT. \$995.99 or b/o. Fork, headset and compression cap Superior racing bike with Italian flair! Please contact Bryan @ (973) 476.7906 or bryans@i-enabled.com 10% discount does not apply to b/o.

HARD SIDED BIKE CASE: Never used. \$275. (303) 670-2517.

BIKE FRIDAY TANDEM FOR SALE: Bike Friday Tandem Traveler XL. Very light and fast, great condition. Full Ultegra components plus Sachs 3-sp internal hub giving incredible range - did 2000 Triple. Breaks down into 2 suitcases for travel. Both captain and stoker sized for 5' 5" to 6' 1" \$2,750. Call Dave (303) 748-1167.

SUMMIT COUNTY SKI RENTAL: Fully furnished townhouse with hot tub in Silverthorne (6752 Ryan Gulch Road). Minutes to Loveland, A-Basin, Keystone, Breck, and Copper. Free shuttle bus to all Summit Co. ski areas stops near the front door. Call Paul for info and rates - Day (303) 994-6521, Eve. (303) 669-9276.

FRISCO CONDO FOR RENT: Great location-1 block from Main Street. Just remodeled. 2BR/2BA. Pool and hot tub. Great for families. Discounts for Team Evergreen members and last minute specials. www.vrbo.com or call (303) 679-1224.

FOR SALE: Kid's 20" Trek Mountain Bike. Blue and white, 6 Speed grip shift. Great for new rider – too small for my kids. Asking \$75, was \$200 new. Call Jeff at (303) 933-9493.

EDDY MERCKX TITANIUM AX FOR SALE: 54 cm full Ti frame w/ Kestral carbon fork. Full Campy Chorus groupo w/ Campy Record ergo shifters. Racing Triple crankset. Sella Italia saddle. Mavic rims. FSA wing Alum bars. FSA stem. Cateye computer. SPD road pedals. A sweet ride as only Merckx can make it! Treat yourself to shock-free cycling! \$1380.00 Call (303) 674-3021 or email daskier@ecentral.com.

TRIPLE BYPASS JERSEYS FOR SALE: I have two extra jerseys from the 2005 Triple Bypass for sale. Both XL, still in bags and never worn. \$35 each. Email Will at junkfortheeking@comcast.net.

LIKE NEW 2003 TREK 2200: The bike is in fabulous shape because it only has about 3,000 light miles. It has never been raced or crashed or even mishandled. The only reason for the sale is my wife found a pink Cannondale that she has been wanting for years. 56 cm Alpha SL Aluminum frame. Double butted, seamless drawn round tubing. Custom butted 1-1/8" head tube. Trek Pro geometry. Triple crank. Bontrager Race, OCLV CARBON, 1-1/8" aluminum steerer tube, aluminum crown fork. Bontrager Select wheels, Shimano 105 front and Shimano Ultegra rear derailleur, Shimano Ultegra crankset with Shimano HG-70 12-25, 9 speed cassette. Ascent, clipless pedals. Lance rides Trek and you can too. Call Travis (719) 591-8742.

Team Evergreen members can place a free classified ad by emailing it to bikebeat@teamevergreen.org or fax to 303-670-4656.

On The Lighter Side . . .

PARIS , France The Associated Press
Friday, August 5, 2005 ; 11:00 PM

Lance Armstrong's record setting seventh Tour de France victory, along with his entire Tour de France legacy, may be tarnished by what could turn out to be one of the greatest sports scandals of all time Armstrong is being quizzed by French police after three banned substances were found in his South France hotel room while on vacation after winning the 2005 Tour de France.

The three substances found were toothpaste, deodorant, and soap which have been banned by French authorities for over 75 years. Armstrong's girlfriend and American rocker Sheryl Crowe is quoted as saying "We use them every day in America , so we naturally thought they'd be OK throughout Europe ."

Along with these three banned substances, French authorities also physically searched Armstrong himself and found several other interesting items that they have never seen before, including a backbone and testicle.

"Sweat is sweet."

Robb McGuffin, Bicycle Outfitters

**FALL INDOOR CYCLING CLASSES
ARE CURRENTLY UNDERWAY!**

Our studio comes complete with individual heart rate monitors and private headphones for every rider. This is not just an aerobics class on bikes; our cycling instructors focus on pedaling form and technique specific to performance cycling, making for a beneficial workout for cyclists of any level. Current class schedule is online at www.velocolorado.com.

 **bicycle outfitters**

Bergen Village Shopping Ctr. | 303.674.6737 | velocolorado.com

Team Evergreen Board of Directors

President	Janet Saxon	303-777-4699 (h)	303-850-4776 (w)	president@teamevergreen.org
Vice President	Chris Harry	303-263-2103 (c)	303-939-6915 (w)	racing@teamevergreen.org
Treasurer	Steve Riggle	720-855-9348 (h)	303-910-6466 (c)	shredderco@aol.com
Secretary	Terri Wickstrom	303-474-4161 (h)	720-359-3119 (w)	bicyclebabe62@comcast.net
Assistant Secretary	Aaron Miller	303-359-2670 (h)	303-492-3597 (w)	aafmiller@yahoo.com
Road Bike Committee Chair	George Rooney	303-670-1908 (h)	303-619-1908 (c)	gbrooneyiv@yahoo.com
Mountain Bike Committee Chair	Bob Campbell	303-949-2566 (c)	303-526-3000 (w)	mountainbike@teamevergreen.org
Sponsorship Chair	Tom Evans	303-670-8828 (h)	303-296-8011 (w)	tomlarae@speedtrail.net
Merchandise Coordinator	Laura Robinson	303-670-7165 (h)	303-318-8377 (w)	laurarobin@juno.com
Board Calendar Chair	Steve Mayka	303-674-6006 (h)	303-228-9212 (w)	smayka@earthlink.net
Membership Chairman	Rich Boyan	303-674-4872 (h)	303-875-5126 (c)	rboyan@webconsul.com
Ex-President	Bruce Epstein	303-526-2061 (h)	303-526-2155 (w)	bruce.epstein@mindspring.com
Board Member	Mac McShane	303-355-3581 (h)	303-757-5446 (w)	macm@prodigy.net
Board Member	Chris "Rocky" Davis	303-679-2749 (h)		chirocdavis@msn.com
Board Member	Chris Davis	303-679-8510 (h)	303-905-6597 (c)	c_davis45@earthlink.net

Committee Heads

Triple Bypass Coordinator	Leslie & Carl Caimi		303-525-6373 (c)	triple@teamevergreen.org
Team Evergreen Racing Director	Chris Harry	303-263-2103 (c)	303-939-6915 (w)	racing@teamevergreen.org
Database Coordinator	Roger Hassell	303-674-0691 (h)		tbpregis@teamevergreen.org
Bicycle Advocacy Chairman	Tim Morrison	303-697-4122 (h)		timomorrison@cs.com
Bike Beat Editor	Ellen Nelson	303-674-7510 (h)	303-674-7789 (w)	bikebeat@teamevergreen.org
Team Evergreen Hotline		303-674-6048		information@teamevergreen.org

Team Evergreen Membership Application/Renewal

Name _____

Address _____

City/State/Zip _____

Home Phone _____ Work Phone _____

Annual membership fees: Individual \$25 Family \$35 New membership Renewal

My primary cycling interest is: Road bike Mountain bike

Email Address (where you would like to receive Team Evergreen news) _____

TE will periodically send pertinent news via email. Which type(s) of news would you prefer? Club Road bike Mtn. bike

Bike Beat is available by email (under 2 MB), which will save club funds. Select Bike Beat delivery: US Mail Email

TE occasionally shares its mailing list with its major sponsors, such as Bicycle Outfitters and other prominent bicycling organizations and events, such as Bicycle Colorado and Elephant Rock. For those who grant permission, only name, email and mailing address is shared. Please indicate if TE SHOULD NOT share contact information with bicycle-friendly organizations: Do not share.

ACCIDENT WAIVER AND RELEASE OF LIABILITY

IN CONSIDERATION of being permitted to participate in any way in all activities (collectively, "Activities") sponsored by Team Evergreen Bicycle Club, Inc. ("Club"),

I acknowledge that these Activities are an extreme test of a person's physical and mental limits, and I voluntarily assume all risks of all loss, damage or injury occurring in connection with such Activities. I fully understand that my participation carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, conditions of athletes, equipment, vehicular traffic, lack of hydration, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event. These risks affect not only athletes, but also volunteers. I hereby assume all of the risks of participating and/or volunteering in these Activities. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, or from dangerous or defective equipment or property owned, maintained or controlled by them.

I certify that I am physically fit, have sufficiently trained for participation in these Activities and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form ("Waiver and Release") will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said Activities.

In consideration of my application and permitting me to participate in these Activities, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) WAIVE, RELEASE and DISCHARGE from any and all liability, claims, demands, actions or rights of action, which are related to my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me which are related to or are in any way connected with participation in all Club Activities or result from my traveling to or from these Activities, THE FOLLOWING ENTITIES OR PERSONS: Team Evergreen Bicycle Club, Inc. and its directors, officers, employees, volunteers, representatives, agents, contractors, the event holders, event sponsors, event directors, event volunteers and their successors, assigns and insurers; and (B) INDEMNIFY AND HOLD HARMLESS the entities or persons

mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during these Activities. I UNDERSTAND THAT THIS IS A LEGAL DOCUMENT AND THAT BY SIGNING IT I AM GIVING UP MY RIGHT TO SUE OR OTHERWISE MAKE A CLAIM against the Club and other entities and persons mentioned in this paragraph.

I intend this Waiver and Release to be effective whether or not any loss, damage, injury or death RESULTS FROM NEGLIGENCE of the Club or any of its directors, officers, employees, volunteers, representatives, agents, contractors, the event holders, event sponsors, event directors, event volunteers and their successors, assigns and insurers. I understand that negligence means a failure to do an act which a reasonably careful person would do, or the doing of an act which a reasonably careful person would not do, under the same or similar circumstances to protect himself, herself or others from injury or death.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this event. In the event of accident and/or injury I further consent to the release of any and all transport, treatment and/or medical information to the Club relating thereto.

I understand that at these Activities or related events, I may be photographed. I agree to allow my photo, video, film likeness and email address to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and or assigns.

I agree to wear an ANSI or SNELL approved helmet and to ride in accordance with all applicable laws.

This Waiver and Release shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

PARENT GUARDIAN WAIVER FOR MINORS (Under 18 years old)

The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such a capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Signature(s) _____

If a family membership, all members must sign; if under age 18, parent or guardian must sign.

Mail to: Team Evergreen Bicycle Club, Inc. P.O. Box 3804 • Evergreen, CO 80437 • Questions? Call 303-674-6048



EVERGREEN

Team Evergreen Bicycle Club
P.O. Box 3804
Evergreen, CO 80437

Is your membership
expiring? Check your
mailing label.

JAVELIN



www.javbike.com



A.T.P.



JAVELIN



John Elway Subaru West
SUBARU
DRIVEN BY WHAT'S INSIDE™



We are grateful to our sponsors. Please patronize their office, store or service as a thank you to them.

TEAM EVERGREEN BIKE BEAT JAN/FEB ISSUE

GET *BIKE BEAT* BY EMAIL

Save Team Evergreen money and save a tree by choosing to receive *Bike Beat* via email. We now have over 500 email subscribers! The email *Bike Beat* is easy to read, it's in color, and, because there is no postal delivery delay, it arrives faster than snail mail. Send an email to Roger Hassell (tbpregis@teamevergreen.org) to request the switch.

PRSR STD
U.S. Postage
PAID
Arvada, CO
Permit No. 747