

Team Evergreen's

# Bike Beat



August 2004

Team Evergreen Bicycle Club Inc.  
P.O. Box 3804, Evergreen, CO 80437  
[www.teamevergreen.org](http://www.teamevergreen.org)

*From the Captain's Saddle*

## Kudos to Triple Riders

by Bruce Epstein  
TE President

At 6:00am on July 10, I stood at the start line of the Triple Bypass feeling amazement, admiration and respect for the three thousand riders who mounted their bikes and road toward the clouds on top of Squaw Pass. The rain had just receded, but more rain appeared imminent. It was 50 degrees in Bergen Park, and there was no telling how cold and wet it would be on top on Squaw Pass. Why were people starting the ride? Why weren't they home in their warm, dry beds? What the hell is wrong with these people?

And what about the volunteers? They too were out in mass. The Blue Spruce Kiwanis were already waiting on top of Squaw Pass, the Evergreen Players were unloading food at the Georgetown aid station, Evergreen Children's Chorale were registering people at the start line, and Mike Carter, along with Drive Smart

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*Triple Bypass cyclists enjoy the scenic ride through Clear Creek county.*

**Saturday, July 10**

## A Sweet Sixteenth Triple!

By Leslie Caimi

After a rainy night, the clouds started breaking and blue sky greeted more than 2,900 cyclists for the 16th Annual Triple Bypass held on Saturday, July 10th. Temperatures were chilly for the ascent on Squaw Pass and cyclists did not seem to linger at the summit but the remainder of the day turned into a great day for riding — sunny, cooler temperatures and a tail wind (what more can you ask?). A safe enjoyable day seemed to be

the norm for most riders — a few crashes but nothing major with riders ending in Avon for a relaxing finish line celebration. Food at the finish line was once again provided by Specialty Catering of Evergreen, with beer sponsored by Tommyknocker Brewery in Idaho Springs. Other sponsors who contributed cash, products or services were: Javelin Bikes, Countrywide Home Loans, Bicycle Outfitters, John Elway Subaru, Charles Swab, White Peaks Dental Care, Balance Bar, Clif Shot,

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# MOUNTAIN BIKE HAPPENINGS

# Captain's Saddle

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*John, Elisa, Al, Terry, Jerry and Matt had something else to do on July 10th.*

## A Mountain Bike ride on Triple Bypass day, how dare they!!

Yes, there were 6 of us mountain bikers, which dared to ride something besides the Triple. While thousands were riding the club's signature ride, we were riding the Camp Hale to Tennessee Pass/Colorado trail. We were lusting for single track and dirt that day and we got it. The weather was a little iffy that morning, raining all night and into the early hours of morning, but as we got clos-



er to Leadville, the sun started to show and the day turned out great.

The ride was roughly 25 miles, with single track, double track, water

crossings, roots, and some steps and drops. We all had a beautiful ride and later stopped in Leadville for food and drinks.

have scheduled through September. All rides have a meeting time of 5:45 p.m. with ride departure at 6:00 p.m.

- August 4: Elk Meadow/Bergen Peak
- August 11: Lair O' the Bear to Pence Park
- August 18: Private property in Evergreen
- August 25: Evergreen Mtn. from 3 Sisters
- September 1: Matthews/Winters Park
- September 8: Maxwell Falls Lower
- September 15: Elk Meadow/Bergen Peak

*Visit [www.teamevergreen.org](http://www.teamevergreen.org) for complete ride descriptions and the ride leaders. The emphasis for these rides is social. There will be two riding groups, one faster and one slower. After each ride, we will regroup at a local watering hole for some replenishment and refreshment. Mark your calendars now!*

Evergreen members and Team Evergreen members, were directing car traffic at Bergen Elementary School like it was just another day at the office. As I was trying to shake off the cold at 6:00 am, the day had also been well underway for our friends at Special Olympics, Evergreen National Bank, Border to Border, Friendship Bridge, Alpine Rescue and the Lakewood High School Marching Band. No one called in sick. I was dazed and amazed.

As I drove the course throughout the day, recurring themes emerged. Riders expressed appreciation for the aid station volunteers. The Triple participants often commented on the quality of the other riders, riders who held straight lines on descents and who understood the basic courtesies and practices of road riding. I witnessed a friendly, enthusiastic energy among the riders throughout the day. It became apparent that, in the end, it is the riders that make the Triple Bypass very special.

So to you daring, tenacious and audacious Triple Bypass riders, Team Evergreen gives you our heart felt admiration and gratitude. Thank you for showing up. Thank you for being courteous and enthusiastic. Thank you for appreciating our volunteers. Thank you for making the Triple Bypass a very special annual event that challenges us, makes us smile, and contributes to local charities.

See you on the bike.

*Take care,  
Bruce*

## Wednesday Night Mountain Bike Ride News

*by Jerry Haynie*

The turnout for our Wednesday night rides has been fantastic. We have had 15-20 riders in attendance for nearly every ride. Come and join your fellow mountain bikers for fun rides and great libations every Wednesday night.

There have been times when riders are apprehensive because of the weather, but as a rule if it is not raining at the trailhead, the ride will go on. If you have doubts, contact the ride leader for last minute updates.

So that you can make early plans to ride with us, here is a list of all of the rides that we

# Triple · Double · Triple

Choice is an Illusion  
By David Nelson

The morning began just like that one 12 years ago when I rode my first Triple Bypass. Distant thunder woke me around 3:30 a.m. followed shortly thereafter by the sound of rain on the roof. I was going to have to ride in the rain. I really didn't care. I was on a mission, a recovery mission that would complete my return to bicycling after my surprise double bypass surgery last August.

Besides the obvious euphoria of waking up in the hospital "on the right side of the grass," some of my first morphine-induced thoughts were focused on recovery goals. I didn't know at that time what was in store for me or what had even happened, I

just



knew that I was going to come back and return to my former life. I had no other choice.

Choice is a funny thing. You think you have it but you really don't. I didn't choose to have a heart attack. In fact, I did everything you should do to avoid heart problems but I still got hit. You can't choose your grandparents.

In the same manner, I didn't have a choice in recovery. If I wanted to regain my former life, I needed to get back on the bike, and I needed to ride the Triple again.

I say this with the most sincere conviction; cycling saved my life. More than any other athletic activity I do, cycling was and is responsible for keeping me active and alive. It's a long time since my middle-aged knees have allowed me to run the way I did before. Nordic skiing is fun but it is merely a winter diversion, something to mix in with the bike. If I were not a cyclist, I would not be writing this story. My genetically-impaired heart would have stopped years ago with no warning.

But, riding my bike is different now. The biggest change I have to deal with is my heart rate. For instance, I used to climb Hwy 103 to Juniper Pass averaging 155 beats per minute. This was completely normal and expected.

I could ride all day at that rate. If I got above 165 then I was in the danger zone — going anaerobic, burning fuel like a Hummer.

Because of the heart medications I now take, my heart rate is suppressed. My new comfort zone is around 135. The

Hummer zone is above 150. That's the way it is. I have no choice. In my former life, if I needed to get up the hill faster, I paid for it with more

beats per minute. That line of credit is now closed. I needed a different form of payment. I needed to learn to ride all over again.

So I'm relearning to ride, which is a good thing. I don't stand as much as I used to; it still hurts. I spin more, although I have kept my 39-25 low gear. I turn perfect circles. Since I can no longer just turn up the heat, I develop power from my core and my legs. My fingers float on the bars. Everything is even and still. I am more precise now. Not only do I get to breathe, I get to ride my bike again.

The rain bothered me, not because I would get wet but rather it bothered my subconscious. "Is this a sign?" I wondered. I'm not one to be superstitious but I have come to truly believe in something larger than this world. Something tapped me on the shoulder last August and told me to get to the doctor; I'm convinced of that. Was the rain there to tell me to stay home and forget the Triple? I decided that the only way to find out was to ride.

When I crossed the line at the Evergreen Inn my first Triple back in 1992, I felt a sense of relief and accomplishment like none other before. I remember sprinting that final 100 feet down the entry lane to the hotel with a group of other wet riders. Subsequent years were measured against that experience.

This year was different. Instead of 300 there were 3,000 riders and success was measured in a new but familiar way. I entered Nottingham Park alone although many along the way had helped and offered encouragement. The sun was shining and there was no mini field sprint, just a steady pace around the lake and to the finish. But the elation was just like it was on that rainy day in 1992.

The rain was indeed a sign...I was back!

FOR THOSE WHO DARE  
**TRIPLE BYPASS**  
 16  
 MILES

*They drove...they came in droves...and they were driven to ride!*



Wheel sucker.  
 This is one pace-line I can keep up with.



Same day registration is NO HASSELL

Almost 3000 riders going 120 miles, that's 360,000 rider-miles. What me worry???



I can't believe we wore the same outfit!

I tried Gu once...my thumb tastes better.



Is this what they call a bicycle tune-up?

I don't think this is what they had in mind.





**Drinking buddies**

**THE HOME STRETCH...IN GEORGETOWN?**

Hello, Rent-A-Bike? I need a road bike, fast!



I inspired Bruce's "Legs" column.



Fastest spatula in the West.

I have perfected the "hover bike."



I can hula and balance a little cyclist on my hand at the same time!





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Accelerade Energy Drink, Rocky Mountain Sunscreen, Town of Avon and Beaver Creek Resorts. Team Evergreen would also like to thank Canyon Cycles and Wheat Ridge Cyclery for providing mechanical support along the route.

As always an event such as the Triple Bypass would not happen without the support of the community and the many volunteers who put in lots of hours making sure everyone is taken care of. All in all — several hundred volunteers are involved in the execution of the days events. We would like to thank the following groups for their support:

- Blue Spruce Kiwanis: Squaw Pass Aid Station
- Evergreen Players: Georgetown Aid Station
- Special Olympics of Colorado: Loveland Aid Station
- Evergreen National Bank: Summit Aid Station
- Border to Border Bike Tour: Vail Pass Aid Station
- Bill & Susan Zeeb (and friends): Route signage
- Evergreen Children's Choral: Registration
- Drive Smart Evergreen: Parking
- Lakewood Performing Arts Council: Start line band, road marshals
- Friendship Bridge: SAG
- P.E.O.: Finish line
- Alpine Rescue Team: Medical support

Plus all the other individuals who stepped up to help.

### A few tidbits of relevant (or non-relevant) information:

What does it take to feed 3,000 hungry cyclists riding 122 miles, you ask?

- 44 cases of bananas
- 39 cases of watermelon
- 37 cases of cherries
- 46 cases of oranges
- 40 dozen bagels
- 297 dozen mini muffins
- 340 loaves of bread
- 120 jars jelly
- 60# peanut butter
- 172# cheese
- 60# ham
- 96# turkey
- 70# roast beef
- 5,000 Clif Shots
- 3,000 Balance Bars
- 18 cases of Accelerade
- Gallons, and gallons and gallons of water

### And when you're done riding....

- 2,000 potatoes
- 900 chickens
- 3,000 hamburgers
- 20 cases of lettuce
- 19 gallons ranch dressing
- 3,000 pounds of ice
- 5,337 cookies!
- 268 gallons lemonade
- 13 kegs of beer

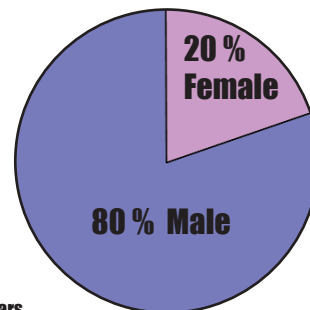
So, a big thank you to everyone who rode, the volunteers who make this happen and the communities along the route for putting up with this moving city. Don't forget to mark your calendar for July 9th, 2005 for the 17th Annual Triple Bypass!

See you next year!

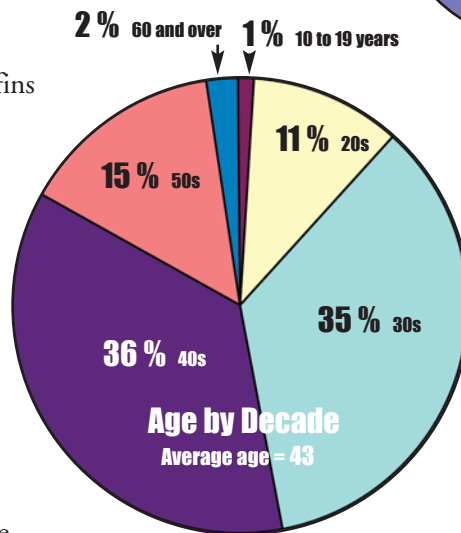
# Triple Stats

Compiled by Roger Hassell

Unofficial average time: 8 to 10 hours

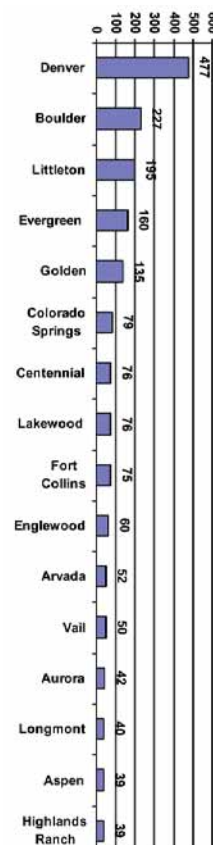


## Rider Profile



Triple riders came from 41 states and Canada.

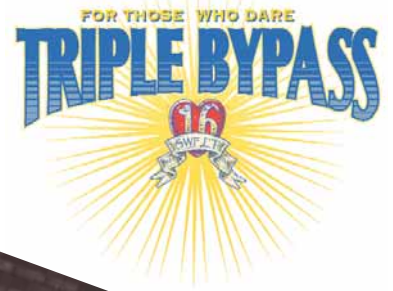
CO - 2514	MI - 5
CA - 42	PA - 5
TX - 38	NV - 4
IA - 31	NY - 4
MO - 27	FL - 4
WY - 27	KY - 4
NM - 25	IN - 4
MN - 21	NC - 4
UT - 21	WA - 3
AZ - 19	VT - 3
KS - 19	OR - 3
IL - 14	MA - 2
OK - 12	TN - 2
NE - 12	LA - 2
WI - 11	MT - 1
OH - 9	SC - 1
VA - 7	CT - 1
NJ - 7	RI - 1
GA - 6	AR - 1
MD - 5	AK - 1
ID - 5	



Evergreen was not the town with the most participants; Denver, Boulder and Littleton had more.



# A Triple Tribute



Steven P. Fronapfel, age 47 and an avid cyclist since 1993, was struck on June 30, 2004 by a semi-tractor while commuting to work on his bicycle in Columbia, Maryland. Steven subsequently died from his injuries on July 2.

Steven participated in and completed the Triple Bypass in 2003, and was scheduled to ride again in 2004.

Steven was born and raised in Arvada, Colorado, was a 1975 graduate of Pomona High School, and attended Colorado State University from 1975 to 1979 before entering the United States Air Force. He was a Russian linguist for the Department of Defense until his retirement from military service. His military career included assignments in Japan, Italy and the United States.

Steven participated in numerous MS-150 events for the National Multiple Sclerosis Society, predominately for the Maryland Chapter. He also participated in various cycling fund-raising events for other non-profit organizations in the Columbia

and Baltimore, Maryland areas. His love of cycling grew with each event he participated in.

In addition to his love of cycling, Steven's hobbies included the art of Ukrainian egg decorating and cycling and kayaking with his sons Nick and Cameron. His eldest son David owns a photography business in Hanover, Maryland.

Steven is survived by his six children, all living in the Columbia area.

Survivors in his immediate family include his parents (Harold and Bonita), his brothers (Tom, Jim, Mike, Eric, Ed and Paul) and his sisters (Karen, Gretchen and Lora). Tom lives in Carson City, Nevada and Paul lives in Rochester, Minnesota. The remaining siblings are all front-range residents.

Tom plans to ride the Triple Bypass in 2005 in memory of Steven and also to pick up the MS-150 events where Steven left off. Tom has also been an avid cyclist since 1993. Steven's other "survivors" include the transplant recipients of his heart, liver, kidneys, pancreas and eyes. He will be honored with

One rider didn't make it to the start line.

It was Steve.

Steve was killed this month while training for the Triple.



the other organ donors on the "donor wall" at the University of Maryland Medical Center in Baltimore.

Steven was buried with full military honors at the Crownsville Veterans Cemetery in Crownsville, Maryland.

A memorial trust fund has been established with the Bank of America (Carson City, Nevada) for his four surviving minor children. The fund is the "Steven P. Fronapfel Children's Fund" and anyone wishing to make contributions may do so by sending them to Tom Fronapfel at 1855 Panaca Drive, Carson City, Nevada 89701.

Our thoughts and prayers go to Steven and his family.



# Club News

## FREE MEMBER PICNIC

Don't miss the opportunity for a free lunch! TE's annual member picnic is on Saturday, August 7th from 2:30 to 5:30 pm on the covered outdoor deck at Keys on the Green. Watch the website for more details.

## IMBA Epic Buffalo Creek, Oct. 9 - 10

Team Evergreen has been selected to co-host an IMBA Epic Weekend. Epic celebrations are a weekend-long opportunity to bring mountain bikers together to celebrate our sport and great riding. The first day we focus on trailwork, the second on riding and enjoying the fruits of our labor. Participants camp near the trailhead, share meals, riding stories and ideas. The events are free to members (limited to 100 riders) co-hosted by local mountain bike clubs and IMBA. Look for more details in September's issue!

## VACATION ISSUE

What did you do on your summer vacation? TE members have done some incredible rides and we want to hear about it! September's *Bike Beat* is our special "Summer Vacation" issue, with photos and stories from members about the Triple Bypass or their bicycling adventures. Email [bikebeat@teamevergreen.org](mailto:bikebeat@teamevergreen.org) before August 15th with your contribution.

# Appreciations

Team Evergreen is a bicycle club of volunteers. Many people enthusiastically contribute their energy, time and ideas because of their passion for cycling and their desire to serve our community. Also, it is fun. If you would like to join in, please do not hesitate to contact our Volunteer Coordinator, **Terri Wickstrom**, at [bicyclubabe@comcast.net](mailto:bicyclubabe@comcast.net).

We want to express our appreciation for just a few of the recent contributions made by our volunteers and board members:

The following team members volunteered in July to lead our road and mountain bike rides. Without these people to organize our rides, we would be lost, literally. Many thanks to **Mike Carter, Jerry Haynie, Antoinette Bradley, Cheryl Tucker, Molly Epstein**, our Club Pro **Craig Hofer, Gary Pallaoro, Dave Nelson, Karen Opp, Steve Kerschbaum, Matt Bailey, Richard Giniewski, Steve Myka**, and **Lew Gaskell**.

**Leslie and Carl Caimi** returned to the role of Event Directors for the Triple Bypass this year. They spent months planning the 3,000-person, 120 mile ride, which meant working with at least four different county governments, three municipal governments and two federal forestry agencies. From law enforcement to emergency medical services, insurance certificates to use permits, port-a-potties to barbeque, drinking water to beer, jerseys to tee shirts, volunteers to board members, **Leslie and Carl** performed their formidable responsibilities calmly, professionally and with a smile on their faces. We are profoundly grateful for their persistence, their success and their attitudes.

**Roger Hassell** is an extraordinary force. Roger managed the registration of the 3,000 Triple Bypass riders, bringing a sophisticated level of technology and accountability to the process. For the last several months, even while on vacation, he monitored registration daily, honing in on minor problems early, before they became significant problems. Roger's work continues long after July 10, following up on jersey exchanges, out-of-stock jersey orders, credit card kickbacks and a million other details necessary for us to close our books. Most notably, however, is that Roger is an absolute pleasure to deal with, not to mention patient, committed and dedicated.

**Ellen Nelson** contributes to the success of the Triple with her communications expertise. Ellen creates our registration documents, makes our flyers and publishes *Bike Beat*. If what you see is printed, typed or published, odds are the Ellen had a creative hand in it. Ellen is not only an accomplished writer, editor and publisher, but she also is an expert photographer. You might have seen her during the Triple taking thousand of pictures in an effort to capture the flavors and thrills of the day.

Speaking of communication, Team Evergreen's web page has become an exceptional tool and source of information for our club members and Triple riders. **Bob Campbell** continues to improve and update our website each month, and we are grateful for Bob's prompt, accurate and innovative responses to the many updates requested during the last weeks leading up to the Triple.

# August Rides

for maps and more details of each ride, go to [www.teamevergreen.org](http://www.teamevergreen.org)

**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.

## Sunday, August 1

### Easy/Moderate

**Idaho Springs to Georgetown Option: Bakerville.** Meet at the Forest Service parking lot ¼ mile north of the Mt. Evans exit to Colo. 103 off I-70 (Exit 240) in Idaho Springs for a 9:00 am departure. Idaho Springs, Dumont, Lawson, Georgetown, w/Option to Bakerville. Route follows the I-70 frontage road and bike path. Round trip: 25 miles 900 ft. elevation gain. w/Option: 38 miles 2,300 ft. elevation gain. **Ride Leader: Lew Gaskell (303-526-5919).**

## Wednesday, August 4

### Moderate Road Ride

#### Morning Ride

Show and go for a Moderate Road Ride. RSVP to ride leader for route and meeting place. If you have any questions, do not hesitate to call. **Ride Leader: Antoinette Bradley (303-674-3578 or agjb1010@aol.com).**

### Wednesday Night

#### Moderate Mountain Bike Ride

#### Elk Meadow/Bergen Peak

Meet at Elk Meadow Open Space Park (Hwy 74 parking lot) at 5:45 pm for a 6:00 pm departure; be sure to arrive at 5:45 to allow time to sign in and get ready for the ride. Most rides last for 1.5 hours. We typically enjoy a dinner/libations after each ride; the website will post these details. **Ride Leader: Jerry Haynie (303-915-5395 or email [jphaynie@mindspring.com](mailto:jphaynie@mindspring.com)).**

## Friday, August 6

### Easy Road Ride

#### Mountain Gentleman and Lovely Ladies

Meet at 8:30 a.m. in Morrison at the east end of town on CO Hwy 74 (near C-470) across the road from the Conoco Breakplace. Call Mike Carter if

the weather is questionable. NOTE: 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. **Ride Leader: Mike Carter (303-670-7898).**

### Ride with the Pro Clinic.

#### Blue Technical Rating, Strong Fitness Rating

Meet at 6:00 p.m. in Kittredge at Canyon Cycles on CO Hwy 74. Ride for a little over an hour. RSVP or just show up. **Ride Leader: Craig Hofer (timberlinelighting@yahoo.com)**

## Saturday, August 7

### Annual Team Evergreen Member's Picnic

Free to members. See page 8 of this issue and [www.teamevergreen.org](http://www.teamevergreen.org) for more details.

## Sunday, August 8

### Difficult Road Ride

#### Copper Triangle

RSVP to the Ride Leader for this ride. At least 7 riders are needed. This is a long ride that will require 6+ hours to complete. Take I-70 to Copper Mtn. (Exit 195) and meet in the Copper Mtn. parking lot on the east side of the complex for an 8:00 am departure. Copper Mtn., Vail Pass, Vail, Minturn, Tennessee Pass, Leadville, Fremont Pass, Climax mine, back to Copper Mtn. Round trip: 81 miles 5,500 ft. elevation gain. **Ride Leader: Chris Norton (303-670-9723).**

### Copper Mountain Bike Triangle

#### Mountain Bike Ride

#### Black Technical Rating, Extreme Fitness Rating

Meet at the El Rancho Park n' Ride (I-70 Exit 252) at 6:30am for 6:40am departure OR Take I-70 west to Copper Mountain ski area. Park in the dirt pay lot at the mountain (free in summer). The ride begins in the grass area between the American Flyer and American Eagle ski lifts. Look for other riders in the parking lot at 7:45am or in front of the American Eagle ski lift at 8am. Ride time: 6+ hours to complete the entire ride. **Ride Leader: Matt Bailey (303-239-6857 or email [onetackrider@yahoo.com](mailto:onetackrider@yahoo.com)).**

## Wednesday, August 11

### Moderate Road Ride

#### Morning Ride

Show and go for a Moderate Road Ride. RSVP to ride leader for route and meeting place. If you

have any questions, do not hesitate to call. **Ride Leader: Molly Epstein (303-526-2061 or [molly.epstein@mindspring.com](mailto:molly.epstein@mindspring.com)).**

### Wednesday Night

#### Moderate Mountain Bike Ride

#### Lair O' the Bear to Pence Park

Meet at Lair O' the Bear parking lot parking lot at 5:45 pm for a 6:00 pm departure; be sure to arrive at 5:45 to allow time to sign in and get ready for the ride. Most rides last for 1.5 hours. We typically enjoy a dinner/libations after each ride; the website will post these details. **Ride Leader: Jerry Haynie (303-915-5395 or [jphaynie@mindspring.com](mailto:jphaynie@mindspring.com)).**

## Friday, August 13

### Easy Road Ride

#### Mountain Gentleman and Lovely Ladies

Meet at 8:30 a.m. in Morrison at the east end of town on CO Hwy 74 (near C-470) across the road from the Conoco Breakplace. Call Mike Carter if the weather is questionable. NOTE: 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. **Ride Leader: Mike Carter (303-670-7898).**

### Ride with the Pro Clinic.

#### Blue Technical Rating, Strong Fitness Rating

Meet at 6:00 p.m. in Kittredge at Canyon Cycles on CO Hwy 74. Ride for a little over an hour. RSVP or just show up. **Ride Leader: Craig Hofer (timberlinelighting@yahoo.com)**

## Saturday, August 14

### Mountain Bike Ride

#### Rocky Mountain Metric Century Part 1

#### Blue Technical Rating, Strong Fitness Rating

Ride a portion of the old Rocky Mountain Metric Century ride. See website for more details. **Ride Leader: Bob Campbell (303-526-3000 or [mountainbike@teamevergreen.org](mailto:mountainbike@teamevergreen.org)).**

## Sunday, August 15

### Moderate/Difficult Road Ride

#### Morgul Bismark Loop

Meet in Golden at the corner of Ford St. and 12<sup>th</sup> St. (Coors Wellness Center) for an 8:00 am departure. This ride is deceiving, so plan for 4 hours to complete the round trip including the

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# More August Rides

*continued from page 9*

Morgul Bismark loop. Ford St., 10th St., Easley Rd., 64th Ave., Quaker St., Leyden Rd., Alkire St., 80th Ave., Simms St., 82nd St., Alkire St., 100th Ave., Simms St. Retrace the route from the intersection of Simms St. and Highway 128 back to Golden. **Option:** Morgul Bismark Loop: Highway 128, Highway 93, Marshall Rd., McCaslin Blvd., Highway 128. Round trip: 40 miles 1,500 ft. elevation gain. **w/Option:** 52 miles 2,050 ft. elevation gain. **Ride Leader: Vince Pietrobon (303-274-9055).**

## *Wednesday, August 18*

### **Moderate Road Ride Morning Ride**

Show and go for a Moderate Road Ride. RSVP to ride leader for route and meeting place. If you have any questions, do not hesitate to call. **Ride Leader: Rosemary Hackney (303-670-9038).**

### **Wednesday Night**

#### **Moderate Mountain Bike Ride Private property in Evergreen**

Meet at 30504 Upper Bear Creek Road (one mile uphill from Evergreen golf course on the left) at 5:45 pm for a 6:00 pm departure; be sure to arrive at 5:45 to allow time to sign in and get ready for the ride. Most rides last for 1.5 hours. We typically enjoy a dinner/libations after each ride; the website will post these details. **Ride Leader: Jerry Haynie (303-915-5395 or email [jphaynie@mindspring.com](mailto:jphaynie@mindspring.com)).**

## *Friday, August 20*

### **Easy Road Ride**

#### **Mountain Gentleman and Lovely Ladies**

Meet at 8:30 a.m. in Morrison at the east end of town on CO Hwy 74 (near C-470) across the road from the Conoco Breakplace. Call Mike Carter if the weather is questionable. NOTE: 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. **Ride Leader: Mike Carter (303-670-7898).**

## *Sunday, August 22*

### **Moderate/Difficult Road Ride Bergen Park to Echo Lake**

Meet at the Bergen Park Park and Ride for a 9:00 am departure. Bergen Park, Squaw Pass/Juniper Pass/Echo Lake via Colo. 103 and return the same. From Bergen Park take Highway 74 south ¼ mile to Colo. 103. Turn right (west) on Colo.

103 and ride 15 miles to Juniper Pass. Descend from Juniper Pass 3 miles to the Echo Lake Lodge. The Lodge has refreshments. Retrace the same route back to Bergen Park. Round trip: 36 miles 3,900 ft. elevation gain. **Ride Leader: Debbie McCabe (303-674-1644).**

### **Mountain Bike Ride**

#### **Blue Technical Rating, Standard Fitness Rating SolVista (Silver Creek) Ski Area**

Meet at 8:15 for an 8:30 a.m. departure at the El Rancho Park n' Ride (across the road from the El Rancho restaurant). See website for more details. **Ride Leader: Terry Mitchell (303-838-6675 or [aspen80421@netzero.com](mailto:aspen80421@netzero.com)).**

## *Wednesday, August 25*

### **Moderate Road Ride Morning Ride**

Show and go for a Moderate Road Ride. RSVP to ride leader for route and meeting place. If you have any questions, do not hesitate to call. **Ride Leader: Cheryl Tucker (303-674-4282).**

### **Wednesday Night**

#### **Moderate Mountain Bike Ride Evergreen Mountain from Three Sisters**

Meet at Alderfer/Three Sisters (upper parking lot) at 5:45 pm for a 6:00 pm departure; be sure to arrive at 5:45 to allow time to sign in and get ready for the ride. Most rides last for 1.5 hours. We typically enjoy a dinner/libations after each ride; the website will post these details. **Ride Leader: Jerry Haynie (303-915-5395 or [jphaynie@mindspring.com](mailto:jphaynie@mindspring.com)).**

## *Friday, August 27*

### **Easy Road Ride**

#### **Mountain Gentleman and Lovely Ladies**

Meet at 8:30 a.m. in Morrison at the east end of town on CO Hwy 74 (near C-470) across the road from the Conoco Breakplace. Call Mike Carter if the weather is questionable. NOTE: 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. **Ride Leader: Mike Carter (303-670-7898).**

## *Saturday, August 28*

### **Mountain Bike Ride**

#### **Blue Technical Rating, Standard Fitness Rating Monarch Crest (Monarch to Poncha Springs)**

RSVP to ride leader for this ride. Bike the

Monarch Crest Trail. See website for more details. **Ride Leaders: Terri Wickstrom and Steve Kershbaum (Terri: 303-474-4161 or [bicyclebabe@comcast.net](mailto:bicyclebabe@comcast.net) and Steve: 303-674-8726 or [skerschbaum@geographix.com](mailto:skerschbaum@geographix.com))**

## *Sunday, August 29*

### **Moderate Road Ride Sedalia to Palmer Lake**

Meet in Sedalia at the intersection of Highway 67 and Highway 105 (Perry Park Road) ½ mile west of Sedalia for a 9:30 am departure. Round trip: 47 miles 2,100 ft. elevation gain. **Ride Leader: David Ballinger (303-480-0565).**

## *Wednesday, September 1*

### **Moderate Road Ride Morning Ride**

Show and go for a Moderate Road Ride. RSVP to ride leader for route and meeting place. If you have any questions, do not hesitate to call. **Ride Leader: Antoinette Bradley (303-674-3578) or [agjb1010@aol.com](mailto:agjb1010@aol.com)**

### **Wednesday Night**

#### **Moderate Mountain Bike Ride Matthews/Winters Park**

Meet at Matthews/Winters Park (SW corner of I-70 & Morrison Rd) ) at 5:45 pm for a 6:00 pm departure; be sure to arrive at 5:45 to allow time to sign in and get ready for the ride. Most rides last for 1.5 hours. We typically enjoy a dinner/libations after each ride; the website will post these details. **Ride Leader: Jerry Haynie (303-915-5395 or email [jphaynie@mindspring.com](mailto:jphaynie@mindspring.com)).**

## *Friday, September 3*

### **Easy Road Ride**

#### **Mountain Gentleman and Lovely Ladies**

Meet at 9:00 a.m. in Morrison at the east end of town on CO Hwy 74 (near C-470) across the road from the Conoco Breakplace. Call Mike Carter if the weather is questionable. NOTE: 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. **Ride Leader: Mike Carter (303-670-7898).**

# DON'T LEAVE HOME WITHOUT IT



Colorado residents and visitors are well served by dedicated volunteer search and rescue teams, but mission costs are often in the thousands of dollars. By purchasing a CORSAR card you are contributing to the Search and Rescue Fund, which will reimburse these teams for

costs incurred in your search and rescue. Funds remaining at the end of the year are used to help pay for training and equipment for these teams. Anyone with a current hunting/fishing license, or boat, snowmobile, ATV registration is already covered by the fund.

If you don't have a licensed ATV or don't hunt or fish, you can still contribute to the fund and take advantage of the benefits.

Buy One Now — before your next outing — like the Triple Bypass — she is on the phone until 5pm!

You can purchase a card over the phone with a credit card by calling (970)248-7310. It is \$12 for an individual for five years.

When you buy a card you are in the Tier1 card holder category.

**TIER 1** - This category gets paid off first.

**TIER 2** - Relatives of card holders get paid off first.

**TIER 3** - Allows Sheriff to apply

for non-covered member of party if funds are leftover.

**TIER 3** - If you have an ATV or boat that is licensed and someone other than the card holder needs rescue.

*(All above reimbursements are subject to review board once a year)*

*(Helicopter search is covered but not medical evacuation, unless there is no other way out.)*

If a ride leader has a card, they are a Tier1 card holder, if a member of the ride group does not have a card and needs rescue, their rescue costs will be reimbursed as a Tier3 person.

For more details, please see Colorado Search and Rescue fund at [www.state.co.us/searchandrescue/](http://www.state.co.us/searchandrescue/)



WHITE PEAKS  
LUXURY DENTAL CARE

303-991-4320

“We treat Team Evergreen members like the cycling demi-gods they are.

For those unswayed by shameless ego-stroking, we also offer 10% off.”

Robb McGuffin, Bicycle Outfitters

Always 10% off all parts, clothing and accessories for Team Evergreen members. Come in for great road and mountain bikes, certified bike fitting, and spinning, too. For bicycle lines we carry, our service and maintenance packages, and directions to our store, call us or visit our web site.


bicycle outfitters

Bergen Village Shopping Ctr. | 303.674.6737 | [velocolorado.com](http://velocolorado.com)

# MORE TRIPLE BYPASS STUFF

For the past four and a half years, I have been a board member and medical director for Special Olympics Colorado (SOCO). The SOCO athlete, despite personal obstacles, demonstrates courage, determination and a love for the game or sport. They are inspirational people. The competitors truly practice the concept "FOR THOSE WHO DARE."

The TRIPLE BYPASS ride is the epitome of a Special Olympics athlete. It is not about winning, but more about preparation, intestinal fortitude, determination and courage. The partnership between Team Evergreen's TRIPLE BYPASS and SOCO is unique. The message is the same. It is SOCO's honor to be the recipient of the Loveland Pass lunch stop. Our athletes and volunteers will be there to feed, hydrate and, most of all, INSPIRE the cyclists to grind up Loveland Pass and ultimately finish in Avon.

Our ability to participate in the TRIPLE BYPASS comes at a critical time. Given the economy and cut-backs in funding, there has been a significant decrease in athlete participation and event programming. It is the hope and goal that the new relationship between Team Evergreen's TRIPLE BYPASS and Special Olympics Colorado will provide for a premier ride experience with the euphoria one receives from helping others.

Tailwinds Behind You,

*Dr. Scott J. Primack, DO  
Board Member & Medical Director,  
Healthy Athletes Program/Special  
Olympics Colorado*

## Spinning Thoughts

It is cool, but I am sweating. The sun is warm, yet I have on a wind-breaker...

How long can this go on? This must be the final turn to the summit. Unbelievable, there is another switchback. How do those guys on the "tour" do this for twenty-one stages? A little more work ahead. Life is teaching me another lesson, am I listening?

There seems to be little in life that is more natural than riding a bike. At an early age, I learned to get back on after falling. The lessons were sometimes painful, as evidenced by the scrapes on my knees and elbows. Then one day I defied gravity, and returned unscathed. The world became bigger with transportation. There were new challenges to explore, and I was up for the challenge.

This must be it, yes! The summit, breathtaking...I have always said "there are no atheists at 14,000 feet," now I know that extends down to 11,990 feet. Colorado is awe inspiring. Riding a bike to the top of Loveland Pass may be a bit obsessive; but, it is worth every minute of training to experience this. The Triple Bypass, 120 miles, 3 mountain summits, and memories for a lifetime, or is that lessons for a lifetime...

Isn't that so much like life? I pondered philosophically. Long steep climbs, followed by a summit, and sometimes swift dangerous descents. Riding a bike to the top of a mountain pass is challenging. Riding a bike down from the summit can be frightening. Winding turns at 40-50 miles per hour, with a catastrophic spill lurking in some loose gravel around a hairpin turn. Life doesn't show me what is around the next corner. That is good when pain is

unavoidable.

Are the summits worth the work and pain? Absolutely! The Divine is undeniable there. Grace, I find is where I look for it. In the mountains it seems to grab my soul, and make me pay attention.

The puffy white wisps of clouds moving across the vivid blue skies, look almost surreal as I lay back on the cool grass reflecting on what I had just finished. I smile for a moment indulging in the accomplishment. I reached beyond what I believed I was capable of. I feel so alive. The miracle of the human body astounds me, what a gift. Grace...

Grace is there to assist me when I have fallen, and steady me on the climbs. Enjoy the work, relish the vistas, the pain will pass...I am alive...thank you God.

Ronald L. Richardson  
7/13/04

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# Dear Team Evergreen...

Here's a sneak peek at some of our email following the Triple Bypass. . .

Dear Leslie,

I just wanted to tell you what a great event you put on this past weekend. I don't know if you remember, but in April I sent you an email asking if a guy from the "Flat Land of Florida" could do the Triple Bypass. Well, I'm here to tell you the answer is "YES I CAN and YES I DID." What a great experience. Sure the climbs were brutal and the thin air didn't help much, but the scenery was spectacular and the organization of the ride was tremendous. The rest stops were packed with food and drink and all of the volunteers were very helpful and supportive. Kudos on whomever thought about serving watermelon at rest stop #4. I hope the pictures they were taking along the way came out so I have some proof that I actually did it. I finished in just around 10 hours (9:15 in the saddle) and was wondering if you had some idea of the average time most people finish in? I'd just like some idea of how I compared to other riders. Again, thanks for putting on such a well organized event.

Best Regards,  
Freddy Bailys

Let us know about your  
bicycle concerns or  
adventures.

Contribute a  
story to  
*Bike Beat!*

Deadlines are the 15th of  
each month. Email  
[bikebeat@teamevergreen.org](mailto:bikebeat@teamevergreen.org)

Hi Freddy:

Congratulations! Glad to hear that you did the ride and even enjoyed it :) Are you coming back next year is the big question???? The pictures will be posted on our website — our photographers are working furiously to get everything uploaded and to get the link posted. So check back in the next day or so — they are working to load them by time of day for ease of finding your photo.

Regarding average ride time — I would say about 8 - 10 hours for most. Thank you again and see you in '05.



Dear Leslie:

Yeewhaw. . .that was my first Triple Bypass . . . great ride and the support was top notch. Party at Avon was more than I expected. Very professional and well done!!

See ya next year.



Dear Team Evergreen:

Rode my first Triple this year and it was an awesome event. Thanks for all the work you folks did putting it together. Thanks to all the volunteers, the State Highway Patrol and local police departments (especially on those traffic circles the last few miles), the foodies and all those working the fun time at the end. It was by far one of the best organized rides I have ridden. A fun time, hard, tiring fun, was had by all.

A couple of things that people in my group did express: 1) need for more rest rooms, especially at Summit County HS and Georgetown. 2) luggage drop was as far from the showers and changing area as possible, next year could you put it by the volleyball courts or at least close to the rec center?

Roger Lynn



Dear Leslie and Carl,

I wish you had worn big signs identifying yourselves because I would have liked to thank you personally for the fabulous organization and tremendous work you did to make the ride so exceptional Saturday. Did you get to join in? I hope so, because you deserve to be rewarded! There's nothing I would change.

Thanks for making me feel like an Olympian and for giving so many of us the opportunity to really challenge ourselves in such a beautiful place with such good people. What good, clean fun!

Most sincerely,  
Nancy Howell



Congratulations on another great ride with this year's Triple Bypass. This year's Triple was my 13th, and I am always impressed with Team Evergreen's efforts to make it a fun and safe event.

Thank you and all of your volunteers for the support you provide. That gets better every year. The aid stations were stocked better this year (and having trail mix was a nice addition.) Involving Special Olympics at Loveland was good, too. I hope they got good exposure.

I am concerned, however, about something that happened at the Squaw Pass aid station at about 8:15. Because it's early in the ride, the masses of riders are still bunched together at Squaw Pass. As you surely know, the highway was totally overrun with cyclists, private sags and other people. Eastbound cars waited to get through, and it sure didn't appear that anyone was successfully marshaling the crowd.

An impatient and enraged woman

*continued on page 18*



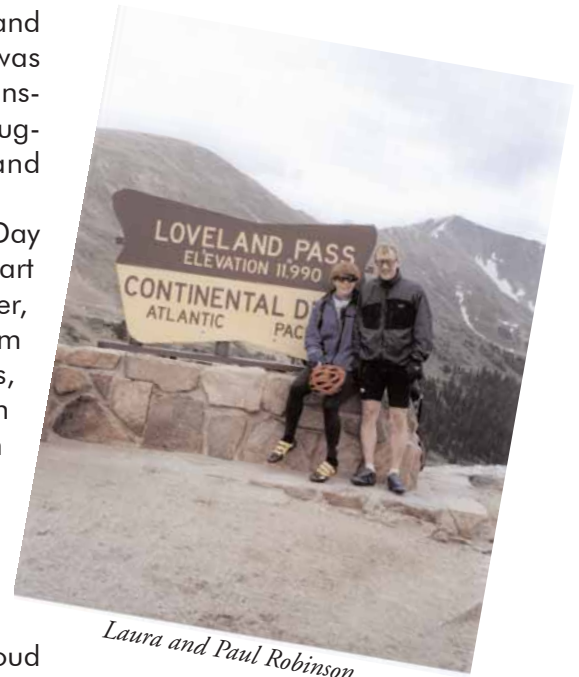
## Team Evergreen Rides the Rockies Minus One

by Laura Robinson

We started and ended in the rain on Day 1 from Boulder to Estes Park. We never got to ride on Day 2 (Estes Park to Granby via Trial Ridge Road). For the first time in its 19 year history, a day was canceled due to snow and rain. Those hearty riders who actually rode to the toll booth in Rocky National Park were

turned away. An unbelievable and successful contingency plan was activated as ride coordinators transported 2000 riders, bikes and luggage to Granby via I-70 and Berthoud Pass.

One brave TE'er did ride on Day 2. Paul Robinson, unable to start with us on Sunday in Boulder, decided to instead do a loop from Idaho Springs to Idaho Springs, where the tour would finish on Day 6. He bravely set out on Monday morning from Idaho Springs in 50 degree, rainy weather to join up with us in Granby, via Berthoud Pass. Needless to say, he found more rain and snow on Berthoud



Laura and Paul Robinson.

### Is it a Long Way?

# Tipperary Creek

By Karen Opp



It was a wonderful day when twelve TE advanced mountain biking cyclists were willing to take on the difficult 34 mile Tipperary Creek ride from Fraser to Winter Park. We parked our cars at the Winter Park Resort and rode our bikes to the Tipperary Creek trailhead. The first part was a steady climb that lasted about 30 minutes. The trails were challenging but the views were breathtaking! After the ascent, there was an exhilarating descent of winding single track through the trees along the Flume Trail. There was another tough climb up the Chainsaw trail that would lead us down a short but thrilling downhill.

At this point all the riders were eager for our technical climb. WTB section of this ride was demanding, especially since it had been wet and we had already ridden 20 miles. The climb transversed rocks, roots and we had to

dodge mud puddles. That was challenging. We had a storm that threatened the rest of the ride, but there was no stopping us. We headed down a rocky descent to

Vasquez Ford. TE had to cross a deep creek to continue the ride and we were ready for the challenge! A few riders got their feet wet but everyone made it through the creek with great success. We cruised to Blue Sky trail and headed for Ice Hill, a narrow rolling trail. We descended down Serenity trail, which led us right into Winter Park. After our five-hour ride all the riders' stomachs were growling for beer and food. Some of us ate in Idaho Springs and some stayed in Winter Park and kicked back for the day. What an awesome day we had. We are looking forward to next year's Tipperary Creek Ride. See you next year!

*(Team Evergreen organizes off road rides weekly on Wednesdays and Saturdays. Check out [www.teamevergreen.org](http://www.teamevergreen.org) to see the schedule and the venues).*

Pass. CDOT was also not cooperating. Due to construction, the crews were letting cyclists through the construction zone near the top of the pass only on the hour. Paul got there 45 minutes early.

Rather than wait in the rain, he hitched a ride with a Ride the Rockies Coach USA Bus that was conveniently sitting in the traffic, up and over the pass. He cycled from Fraser to Granby (in the rain) — but at least he made up the missed miles.

Day 4 was our annual get-together in Steamboat. More than 40 TE'ers joined us for a barbecue catered by Double Z Barbecue of Steamboat. Old and new faces, happy and tired cyclists, hungry and thirsty TE'ers rejoiced in the good weather we had on the first of 2 century days. We were all looking forward to doing 50 miles of the Triple Bypass backwards on the last day — Frisco to Idaho Springs via Loveland Pass. First, we had to do Day 5 — our second century day from Steamboat to Frisco.

Many thanks to Dave Williams for helping to coordinate this annual TE event!

# Coming to a Road or Trail Near You



## **U.S. Bank MOONLIGHT CLASSIC Saturday, August 14** [www.moonlight-classic.com](http://www.moonlight-classic.com)

Join us Saturday night, August 14 for this lunar lunacy! Whether you're an avid cyclist or you're simply looking for a great reason to dust off that bike in the garage, you won't want to miss the 12th Annual U.S. Bank MOONLIGHT CLASSIC. It starts and finishes at the foot the State Capitol in downtown Denver. The 20-mile course will tour other landmarks, new and old. The Denver business district, lower downtown and the Cherry Creek shopping district will all seem very different as you pedal your bike by the light of the moon. A 10-mile short-cut course will also be available.



## **STONEWALL CENTURY Saturday, August 28** [www.spcycling.org/stonewal.htm](http://www.spcycling.org/stonewal.htm)

La Veta, Colorado. The Stonewall Century is a challenging road bike ride along one of southern Colorado's most scenic highways. 102 miles, with 25- and 50-mile options. The ride starts and ends in La Veta Town Park.

## **The Tyler Hamilton Foundation ROCKYMOUNTAINCHALLENGE August 27 - 29**

[www.TylerHamiltonFoundation.org](http://www.TylerHamiltonFoundation.org)

Come join in on the three day citizens bicycle ride through some of Colorado's most scenic landscape along the Continental Divide. The challenging mountain roads of the Colorado Front Range from Boulder to Estes Park, to Ft Collins, and back to Boulder. Each day's routes will be approximately 80 miles of challenging mountain roads with up to 6000 vertical feet of climbing.



## **ROAD RAMBLE Sunday, August 29** [www.roadramble.com](http://www.roadramble.com)

11th annual COBIZ INC. Road Rumble, with an anticipated 1,000 cyclist. Our course will include 12-, 34-, 63-, and 100-mile rides, all of which will start and finish at the Renaissance Festival lot in Larkspur, Colorado. All proceeds from the COBIZ INC. Road Rumble will go towards helping heal cycles of abuse, by benefiting Emily Griffith Center's troubled children and families.

## **Aspen/Snowmass RIDE FOR THE CURE Saturday, September 11** [www.AspenRideforcure100.com](http://www.AspenRideforcure100.com)

The first annual Aspen/Snowmass Ride for the Cure organized by the Aspen Affiliate of the Susan G. Komen Breast Cancer Foundation. The purpose of this beautiful 100 mile route is to raise awareness and funds for the fight against breast cancer.



## **PARK-TO-PARK Saturday, September 11** [HTTP://bicyclecolo.org](http://bicyclecolo.org)

Wind through Denver's local parks entirely on off-street bike paths, away from cars. Choose from routes between 25 miles to a full 100-mile century. Then enjoy post-ride festivities!

## **CU BUFFALO CLASSIC Sunday, September 12** [www.buffalobicycleclassic.com](http://www.buffalobicycleclassic.com)

Start and finish at CU Boulder and ride one of three courses through Boulder and Larimer counties. The 32-mile course is a fun ride in Boulder; the 65-mile ride challenges riders north of Berthoud and back; and the Century ride winds past Carter Lake, north past the new Green Ridge Glade Reservoir to Masonville and home.



## **CHANEY KING BIKE RIDE & RUN Saturday, September 18** [www.falconfoundation.org](http://www.falconfoundation.org)

Come and enjoy the first annual Chaney King Bike Ride/Run September 18th, 2004 at the Air Force Academy. Choose between a metric 100, 30 mile or 15 mile ride. There is also a 10K run and for the really adventuresome there is a biathlon (15 or 30 mile ride + 10K run). The routes are entirely on the academy grounds and offer an opportunity to see areas that are no longer available to civilians.

# Bicycle Advocacy News

by Dan Grunig

Executive Director Bicycle Colorado  
dan@bicyclecolo.org

## SAFE ROUTES SPONSOR HIT BY DRIVER

State Representative Greg Brophy, sponsor of the Colorado Safe Routes to School Bill, was struck on his bike by the driver of a Jeep in Steamboat Springs on July 1. Greg reports that injuries include a broken left ankle and a broken right hip. As an avid cyclist, he was participating in the Bicycle Tour of Colorado. Greg was beginning the day's ride when the driver, heading in the opposite direction, turned left and stuck Greg with the front of the vehicle. The driver was ticketed at the scene.

Greg's attitude is positive and he is already critiquing the stationary bikes used in the physical therapy clinic. Bicycling will be an important part of his rehabilitation and Greg pledges to be back in shape for his favorite rides in summer 2005.

Well wishes and words of encouragement may be sent to [greg@gregbrophy.net](mailto:greg@gregbrophy.net)

## BICYCLE ACCESS DURING BERTHOUD PASS CONSTRUCTION

Bicycle Colorado has worked with the Colorado Department of Transportation to add shoulders as part of highway reconstruction projects such as US 40 over Berthoud Pass.

During this project CDOT is alternating traffic, on a single eleven-foot lane,

Monday-Thursday, 6 a.m. to 7 p.m., and Fridays 6 a.m. to 1 p.m. Delays up to 20 minutes can be expected. Work is not scheduled on weekends or holidays. This phase continues through November 2004 with project completion scheduled for November 2006.

To improve bicyclists' safety, Bicycle Colorado and CDOT together created two options to safely navigate this narrow construction zone:



1. At the top of each hour, bicyclists traveling uphill will be allowed to ride through the construction zone free of motorized vehicle traffic from either direction.

2. Bicyclists may proceed to front of the wait line and ride in the pilot truck with your bicycle through the two mile construction zone.

Full details at [www.BicycleColorado.org/to/Berthoud](http://www.BicycleColorado.org/to/Berthoud)

## BIKES BELONG HIRES BLUMENTHAL AND MOVES TO COLORADO

Bikes Belong has selected long-time IMBA CEO Tim Blumenthal to head the organization and moved the headquarters from Boston to Boulder. Bikes Belong is a coalition in the bicycle industry whose mission is to "put more people on bikes more often." Tim leaves IMBA after eleven success-filled years growing IMBA into the largest mountain bike advocacy group in the world. Congrats to Tim and welcome Bikes Belong! [www.bikesbelong.org](http://www.bikesbelong.org)

Sign up now to ride the 5th anniversary Park-to-Park Tour. The fun happens Saturday, September 11, at Cherry Creek State Park in Denver. Choose your route from 26 miles up to a full century, away from cars entirely on paved bike paths. This is a great end-of-summer ride benefits Bicycle Colorado and Fun Safe Places to Ride. [www.BicycleColorado.org/to/Park2Park](http://www.BicycleColorado.org/to/Park2Park)

## COLORADOANS RACING TO THE TOP

Have you noticed all the amazing performances by cyclists from Colorado this year? Colorado residents are competing and winning at the highest level of our sport. Our state has always been an ideal place for competitive cyclists to live and train. Seeing Coloradoans star in the Tour de France, Race Across America, NORBA mountain bike events, and the US Olympic Team selection inspires all of us to ride a little more.

To all of Colorado's cycling stars: Keep up the hard work! While you're away making us proud, Bicycle Colorado is working to ensure you'll have great roads and trails on which to ride and train when you return.

*You may contact Dan Grunig by email at [dan@bicyclecolo.org](mailto:dan@bicyclecolo.org). Bicycle Colorado is a non-profit organization, and your membership makes them stronger. Join Bicycle Colorado today online at <http://bicyclecolo.org>.*



Team Evergreen Bicycle Club's  
and the Ten Essential's First Anniversary



# Peter Estin Hut Trip

Friday - Sunday  
September 24-26 2004

*See our web site ([www.teamevergreen.org](http://www.teamevergreen.org)) for late breaking news or  
for more details.*

Meet Friday morning September 24 for a two-night hut trip. We will have a support vehicle to transport your gear (one duffel or backpack) and food. Team Evergreen will provide two breakfasts and two dinners, wine with dinner and appetizers. Each hut visitor should bring snacks and lunches. The cost is \$115. Reservations are limited to 16 persons. For information call Nancy Warnicke at 303-816-1104 or email [girls-club@att.net](mailto:girls-club@att.net).

 REGISTRATION FORM 

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Day Telephone: \_\_\_\_\_ Evening Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Number Attending \_\_\_\_\_ @ \$115.00 TOTAL \_\_\_\_\_

*Please make your check payable to Team Evergreen.*

SPACE IS LIMITED TO 16 RIDERS, SO MAIL YOUR REGISTRATION EARLY.

Send the above form with check to: Team Evergreen Hut Trip • PO Box 3804 • Evergreen, CO 80437

## Team Evergreen Classifieds

**MOUNTAIN BIKE FOR SALE:** Trek 930 17" frame, Shimano STX 21-speed with GripShift. Excellent condition. Blue/Green. \$225. Contact Ray Sirianne 303-670-3405 or rsirianne@aol.com.

**SEROTTA ROAD BIKE FOR SALE:** 59cm road bike with new carbon fork. Navy blue with white lettering. Campagnolo wheels. Shimano 105/600 components. Look pedals. Never crashed. \$650 Mark 720-308-2348.

**ROAD BIKE FOR SALE:** Trek 5200 OCLV All carbon fiber 52 centimeter frame Shimano Ultegra, triple on front New rear cassette and chain (less than 100 miles as of today) Shimano Flight Deck Rolf Sestriere wheel set (Very nice!!) Asking price: \$1200. Contact Blair at 303-933-2745.

**BIKES FOR SALE:** Cannondale F800 (medium Caad3 frame) with Avid brakes, Coda crank, Deore rear derailleur. New rear Mavic X138 rim, some wear and tear, but very few miles. Nothing very fancy, but worth the \$800 I'm asking. Women's Novara (small). Great beginner's bike, only \$300 OBO. Scott at 303-362-4545 or hhcounseling@hotmail.com

**TANDEM FOR SALE:** 2001 Custom Co-Motion Cappuccino. Silver. Comes with King headset, drum brake, wireless Shimano flight deck computer, Wound-Up carbon fork, Shimano spd pedals, Race Face Crankset, rear Soft Ride seat, and Tandem Topper roof mount. Ridden only 1200 miles. Fits large captain and small stoker. Price:\$4,000. Contact Doug Johnston 970-255-6604 or bechler365@bresnan.net

**WANTED:** Trail-a-bike or other brand of trailercycle that hooks onto an adult bike. Call Julia Brunner 303-984-5944.

**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.

**BURLY/GIRL'S BIKE FOR SALE:** Older Burly, yellow and red — Fits two kids, Good condition for the age — only \$75. Girls Schwinn pink "Lil' Stardust" bike 16" wheels — good condition \$45. Call 719-481-4161 for details.

**ROAD BIKE FOR SALE:** Tomasini Colorado (Red) Scandium 8cm Extremely light and tight 18# Best of everything on it: Full Dura Ace 10-sp Look carbon fork Ti seat post + Specialized Pro Ti seat Look Seaco Team pedals Deda Newton stem and 215 bars Dura Ace/Mavic wheels. Rarely ridden, climbing bike. The ultimate ride for the Triple \$1800 o.b.o. Also available Dura Ace Twin spoke aero wheels Hutchinson Krono Gold racing tires 700x18. Second set Ti Cogs. For additional \$450 Call Bob at 720-635-7665 (c) or 303-526-9802 (w)

**MOUNTAIN BIKE FOR SALE:** Specialized S4 Mountain Bike. Large frame light and fast. Full suspension with lock out F+R Ti upswept bars. Specialized seat and post. Ready to race \$2200 o.b.o . Call Bob at 720-635-7665 (c) or 303-526-9802 (w)

**ROAD BIKE FOR SALE:** 2001 Bianchi Veloce 62 cm (59 cm top tube C-C), 175 mm crank. Ridden only 100 miles! Absolutely pristine showroom condition. Includes Campy Veloce 9-speed group w/ the following upgrades: Chris King headset, Time Equipe Pro carbon fiber fork, Selle Italia TriMatic gel saddle, hand-built Mavic SUP rear wheel w/ multi-color alloy nipples, Specialized Team computer, Conti GP 3000's, LOOK PP237 pedals, Ritchey 115mm stem. Color: Mango w/ matching tires. Price: \$995 firm. Contact: Ray Sirianne 303-670-3405 or 303-619-7360.

*Team Evergreen members can place a free classified ad by emailing it to [bikebeat@teamevergreen.org](mailto:bikebeat@teamevergreen.org) or fax to 303-670-4656.*

## Dear T.E.

*continued from page 13*

in a car cursed the riders — and the State Patrolman who was trying to help. As I left the aid station, he was having to physically prevent her from driving off, while other cars were backed up behind her. The Patrolman knew he couldn't permit her to drive down the road in that state of mind.

I don't know how that situation got sorted out, but some things are clear: We cannot totally overrun a public roadway like that. If the Triple is going to have that many people crowding the Squaw Pass aid station, someone must take charge to ensure traffic can get through safely. Volunteers are working the area where cyclists come into the aid station, but no one is working the area behind that.

I can appreciate what a tall task that must be. Cyclists tend to have big egos, and many of us don't like being ordered around by volunteers. But somebody has to take charge of this situation, or an angry driver like that woman will hold a grudge against cyclists for a long time. I would support having a Patrolman assisting with crowd control. Maybe someone with real authority could get the attention of some of the more inconsiderate cyclists.

Because of them, the rest of us are at risk of drivers who hate cyclists.

Thanks,  
Don Richards

*Hi Don:*

*Thank you for your kudos and your feedback. We, too, (along with the State Patrol) are extremely concerned about the situation at Squaw. As this is the first stop the riders tend to hit there all within 1-1/2 hours and it is congested. It is also the smallest area we have for a rest stop! We are already at work addressing how to make this better for next year — so keep an eye for changes of some sort to come out of this.*

*Thank you again and we will see you next year!*

*Leslie Caimi*

## Team Evergreen Board of Directors

President	Bruce Epstein	303-526-2061 (h)	303-526-2155 (w)	bruce.epstein@mindspring.com
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### Committee Heads

Triple Bypass Coordinator	Leslie & Carl Caimi	303-697-2159 (h)	303-525-6373 (c)	triple@teamevergreen.org
Database Coordinator	Roger Hassell	303-674-0691 (h)		tbpregis@teamevergreen.org
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* will soon be available by email (under 3MB), 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 there to.

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*



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

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