

Team Evergreen's

# Bike Beat

February 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*

## Measuring My Ride

by Bruce Epstein  
TE President

My name is Bruce, and I have a measuring problem.

Most people use their bicycle computers, heart rate monitors, altimeters, GPS's and other similar devices to improve fitness and to monitor progress. I use them to determine whether I am having fun.

Instead of utilizing data, I fixate on data. The data defines the experience rather than providing incidental information about the experience. Sartre declared, "I think, therefore I am." The foundation of my existential, cycling philosophy is, "I have recorded data while propelling my bicycle, therefore I had a cycling experience." Angst permeates.

It started innocently with such basic information as distance and speed, but the passion for more information grew subtly and insidiously. After I learned about cadence, I noticed that I paid more attention to my computer than the mountain scenery. Then heart rate crept in. I strapped an uncomfortable, restricting harness across my chest, and proceeded to monitor two computers between glances at road or trail obstacles.

My demise continued with the acquisition of an altimeter. I absolutely love to climb. The rhythm and challenge of ascending a mountain (or mountain pass) trans-

*continued on page 2*



*Mild weather brought out more than the usual handful for the 2004 Polar Bear Ride.*

### JANUARY 1, 2004 POLAR BEAR RIDE

## Biggest One Yet!

by Ellen Nelson

It was a great way to start off the new year...to get in those miles. And this year's mild weather made that commitment even easier.

About 10 riders, the most in recent TE history, took off on New Year's day and sped through The Ridge at Hiwan and Hiwan Country Club neighborhoods for the annual President's Polar Bear Ride.

"We did 11 miles with 1130 feet of vertical," TE past Prez. Dave Nelson

remembered. "That's a lot of climbing for an early season ride, actually it's similar to the Triple."

The ride was supposed to be a fairly easy pace, but the smooth pavement and comfortable 45 degrees coaxed the speed up a few notches.

"It was pretty brutal," said Nelson, who is easing back to his previous bike level after his surprise heart surgery in August. "It was not the casual ride in the park I thought it would be. Some of the cyclists took off like rabbits."

# TE Mountain Bike Party

TE threw a terrific mountain bike year-end party on November 7th at Bob Campbell's house (if you haven't been to a party at Bob's get on the list for the next one, his house is like "The Ponderosa," a perfect party spread).

Lots of mountain bikers came and enjoyed great food, conversation and a lot of reminiscing, especially from the "10 Essentials," the ten riders who were stranded overnight during the TE Gates-Estin hut trip in September (for more details on the hut trip, see the November issue of *Bike Beat*).

Nancy Warnicke, who happened to be one of the 10 Essentials, made a huge banner at her sign shop, Sign Adventures, and some other fun stuff commemorating the 10 Essentials and the other half of the hut trip party that chose to stay warm.



*There was plenty of food and beer for everyone.*

*Nancy's banner was a big hit.*



*Everyone admired the new issue of *Bike Beat* that had just come out spotlighting the hut trip.*



# Captain's Saddle

*continued from page 1*

forms me. Equipped with an altimeter, the satisfaction of merely reaching the summit was incomplete. I needed to measure it. I needed to know the climb's total elevation gain, not to mention my rate of ascent. How else would I know if my performance improved? So I invested in an altimeter which also measured heart rate (not to mention temperature, barometric pressure, and the price/earnings ratio of the S&P 500). Equipped with my new tools, I could measure time, distance, average speed, maximum speed, heart rate, cadence, total elevation gain and rate of ascent. In short, I possessed data that informed me whether I was having fun. I rode exclusively to improve my performance. At some point along the line, I stopped seeing my biking excursions as "riding." Instead, I was "training."

Then, one day last summer, I inadvertently left my technological gadgets at home. I undertook a strange and exotic experiment: I just rode. I remembered how enjoyable just riding is. I embarked on rides with only my bike and a vague notion of potential routes, just like during my youth when I ventured to unknown territories on my Schwinn Varsity. I explored. I brought music along. I pushed myself hard when my body desired. I spun absent mindedly for miles. I observed my surroundings. I forgot. I ceased to think. When I returned home hours later, I was exhausted, rejuvenated, smiling and centered. What a gift.

I am not suggesting that other cyclists throw away their bike computers, heart monitors and altimeters. Most people know how to incorporate training data into their rides without detracting from the pleasure of their ride. I do not. I salute those that do know how.

I am grateful that I rediscovered the joy of riding by leaving my computers behind. However, in the spirit of complete disclosure, I must admit that my riding delight is still dependent on two critical pieces of data, for which I bring along my watch and my cell phone: the location of the closest coffee shop and the time that I need to be home for dinner. See you on the bike.

*Take care,  
Bruce*

# 2004 will be a TRIP!

## Moab · Chamonix · And More!

Team Evergreen is putting together some great trips for TE members this year. Check out the trip to Chamonix below and more details about Moab on page 9.

### BICYCLE CHAMONIX, FRANCE

The English bicycle outfitter, 10Fifty Limited, is offering this trip at a discount to TE club members this summer. You can register with 10Fifty to go on this trip with other Team Evergreen members. This is a rare opportunity to travel to the French Alps this summer for some fantastic mountain bike riding. The price is \$450 for guided mountain bike riders (there is also fantastic road riding, hiking and sightseeing in the Chamonix area and our hosts can suggest excellent road biking excursions. The trip price for non-mountain riders/hikers/sightseers is \$350!)

10Fifty Limited will provide chateau lodging (with private bath in each room), dinner, breakfast, mountain bike guiding and ground transportation to and from the Geneva airport for this price. *Note: TE is working on group airfare rates to Geneva, or make your own arrangements.*

Send in your fully refundable \$100 trip deposit per person to reserve your space by Feb 13th! Make your check payable to "10Fifty Limited."

On February 16th we will know how many people paid the deposit. If the trip is cancelled, or if the week you want is full, your deposit check will be returned promptly. On April 11th your deposit is 50% refundable, one month before departure the deposit is non-refundable. For more details, go online to [www.teamevergreen.org](http://www.teamevergreen.org) and click on the Chamonix Trip hypertext.



*The town of Chamonix.*



*The 10Fifty chateau.*



*Incredible trails and views.*

### REGISTRATION FORM

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

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

City/State/Zip: \_\_\_\_\_

Phone(s) Day: \_\_\_\_\_ Evening: \_\_\_\_\_ Mobile: \_\_\_\_\_

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

Week preference:  June 12-19  June 19-26  July 31-Aug 7

Number riders attending \_\_\_\_\_ Number non-mtn bike riders attending \_\_\_\_\_ Total \$ \_\_\_\_\_

*Please make your check payable to 10Fifty Limited.*

*Complete the above form and send to:*

*Team Evergreen Chamonix Trip • 1851 Swede Gulch Road • Golden, CO 80401*

*Space is limited to 12 participants per week so mail in your registration and check early!!*

# 2004 Triple Bypass

*For those who dare!*

Don't forget to mark your calendars for July 10th, 2004 for Team Evergreen's 16th Annual Triple Bypass. Registration is scheduled to open approximately March 1st so watch for more information and details on the Team Evergreen website at [www.teamevergreen.org](http://www.teamevergreen.org), as well as in upcoming issues of *Bike Beat*.

We would like to thank those of you who contacted Team Evergreen regarding possible changes in permitting and access in Summit County, specifically Swan Mountain Road. After multiple discussions and public hearings with Summit County Open Space and the Board of County Commissioners, several changes were implemented. Most pertinent to Team Evergreen (and the Triple Bypass) is the regulation for Swan Mountain Rd. which states: "only three events will be permitted to utilize Swan Mountain Road in 2004: the Courage Classic, Triple Bypass and Ride the Rockies. Eastbound vehicular traffic flow will not be stopped, regardless of the event travel direction." So be assured that the Triple Bypass will again travel over Swan Mountain Road in 2004.

To contact Leslie or Carl Caimi with questions or comments about the Triple Bypass, please email ([triple@teamevergreen.org](mailto:triple@teamevergreen.org)) or call 303-525-6373.

*Happy riding!*

## AROUND THE RINGS

by Robb McGuffin

Hi, my name is Robb McGuffin and I own Evergreen Bicycle Outfitters. I'll be writing a monthly article bringing you insight and information on new products, companies, services and news around the bike industry to keep you informed, current and hopefully more committed to your bike. So let's go!

Did you know that right in our own back yard in the foothills of Golden resides Yeti Cycles? And, if you live in Evergreen you might live right next door to one of the three primary executives of Yeti that make Evergreen home. Yeti Cycles is truly a hometown company. In October, we met Chris Conroy (President) and Joe Hendrickson (Sales Manager) for a tour of the Yeti Factory. We then spent the afternoon riding some of the 2004 bikes around Green Mountain. What a fun day. Yeti is like a big fraternity house that also happens to make some of the world finest Mountain Bikes. The Yeti crib feels cozy, comfortable and lived in, but make no mistake, you also feel the focus and passion that everyone has for the products Yeti sells and the cycling lifestyle. You also get a clear sense for the heritage of Yeti when you see all the old frames and rider photos gracing the walls of the lobby. Yeti is all about creating a "tribe" of fanatic customers. If you are lucky enough to own a Yeti, there is something special about personally knowing the guy that welded your frame or watched the precision of how the bike is laid into a frame jig. It gives you that extra confidence when you are blazing down a rocky decent at maximum speed.

For 2004, Yeti has two bikes that make a lot of sense for Team Evergreen riders. The ASR and the 575 both deserve a good look if you want a light, fast, efficient Cross County or Trail Bike for Colorado riding. The new breed of full suspension Mountain Bikes is truly amazing. They are just as light as a hard tail, but climb better and offer more control on the descent. If you own an older suspension bike, the new "Stable Platform Shocks" combined with mechanical improvements in suspension design will astonish you. Not to mention that after a 30-mile technical ride you still have energy to play with the kids or go out to dinner. The new bikes don't beat you up and they are fast.

So as I often tell my wife, life is too short to ride an old inefficient clunker. Go check out the new offering and find your passion for a wonderful sport.

By the way, Yeti, along with Evergreen Bicycle Outfitters is sponsoring a youth Mountain Bike Team, so if you have a kid between 9- and 15-years-old and want to introduce them to racing, come see us.

See ya on the trail and road.



## Club News

### SINGLES MIXER

Having a hard time meeting that special someone that has anything in common with you? Singles, this is your opportunity! On March 6th, 2004 we are meeting at Jillian's in Colorado Mills Mall in Lakewood at 7:00 pm. Come join the fun! Please RSVP Karen at (303) 816-0823

for the exact location. Looking forward to meeting you!



### MOUNTAIN BIKE RIDE LEADERS WANTED

TE is still looking for mountain bike ride leaders for the summer of 2004. The latest listing of rides and their leaders is at

[www.teamevergreen.org/Mountain\\_Bikes/2004MTBRides/2004MTBSchedule.htm](http://www.teamevergreen.org/Mountain_Bikes/2004MTBRides/2004MTBSchedule.htm)

## Appreciations

Team Evergreen is a bicycle club of volunteers. We are the beneficiaries of many people who enthusiastically contribute their energy, time and ideas because of their passion for cycling and their desire to serve our community. If you would like to join in, you are welcome. Please do not hesitate to contact us.

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

George Rooney organized our Ride Leader's Dinner at the Mt. Vernon Country Club, an annual celebration for our Club members who volunteered to lead a Club road ride or mountain bike ride.

Karen Opp organized our annual Oktoberfest celebration at the Evergreen Lake House and our annual Board Member dinner. Karen has also planned upcoming Club outings for singles, snowboarding and skiing.

Bob Campbell and George Rooney have already put the finishing touches on our 2004 mountain bike and road ride schedules. (While most rides already have ride leaders, we still need a few more volunteers to be ride leaders.)

Dave Nelson recently completed his term on the Board. He served on the Board for six years, and served as the President of our Club for the last three years. We are

greatly indebted to Dave for his leadership and spirit. Fortunately, Dave will not wander far. He already has plans to organize and lead an exciting new ride this coming season.

After serving on the Board and as Vice President for the last three years, Gary Sterns recently completed his term. Gary spearheaded our Club's contributions in the community.

Vince Pietrobon also completed his term on the Board. Vince has made numerous contributions to the Club over the years, most recently utilizing his CPA expertise to advance our Club's financial records and reporting system to a more sophisticated level.

Co-Treasurer and Business Manager Laura Robinson contributed many hours in 2003 by overseeing our business affairs, including utilizing her consulting experience to help the Board better understand how the governance of our Club could be structured.

Finally, returning Board members Bob Campbell, Bruce Epstein, Laura Robinson and George Rooney are excited and grateful to welcome our seven new, wonderful Board members: Mike Brislin, Tom Evans, Steve Mayka, Robb McGuffin, Aaron Miller, Janet Saxon and Terri Wickstrom.

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## Find A Ride Buddy

Looking for a training or riding partner?

Try using the new rider matching system. We have partnered with Trail Central to provide this functionality. It has some great features for our club members.

Go to the Team Evergreen site ([www.teamevergreen.org](http://www.teamevergreen.org)) and click the "Find A Ride Buddy" menu button. Enter your riding preferences and see who is available to ride at times and places that are convenient for you.

# Ned Tips

*Editor's Note: Mountain bike champion Ned Overand has given Bike Beat permission to reprint his useful tips on bicycling and bike safety. See [www.specialized.com](http://www.specialized.com) for more tips.*

## Tip 8: Braking Skill Drill

It's a fact that the front brake is stronger than the rear. For this reason, lots of riders are reluctant to use it, probably because they fear an endo—going over the front wheel. Here's a drill to get you comfortable with your front brake's stopping power. The key is making a rearward weight shift.

Find a short, smooth downhill with a clear runout at the bottom. Place a rock to designate the braking point on the runout. Start at the same place on the hill for each run. Coast, don't pedal, so you'll reach the identical speed each time and be able to compare stopping distances. First, apply only the front brake as you pass the rock. Make sure to stay vertical with the bike (don't turn the handlebar), or the front tire will lose traction and slide out. Extend your arms to push your weight back. Be careful the first time so you don't endo. Modulate the lever to prevent locking the wheel and skidding. Mark the spot where you stop. Repeat several times to achieve the shortest distance possible.

Next, use only the rear brake for several runs and mark your stopping distance points. Finally use both brakes. Compare distances. The first thing you should realize is how much power you have in the front brake. The difference is pro-

found compared with the rear. Also, notice that it's possible to improve rear-brake traction by shifting your weight off the back of the saddle to above the wheel. And of course, it will be clear that using both brakes in combination yields the best result of all.

There's one more point to this drill: Notice that if either wheel skids, you don't stop as quickly. That is because you lose traction. Doing this drill repeatedly helps you recognize what you are shooting for—the point of maximum stopping power that occurs just before the wheels lock up. You'll even feel your tires "chirp," especially in front, and the bike will try to throw you forward. Use a strong rearward weight shift to keep the wheels just this side of skidding.

## Heads-Up Displays Move From Cockpits to Cyclists' Helmets

By JOHN MARKOFF  
Published: December 8, 2003

SAN FRANCISCO, Dec. 7 - Fighter pilots have long been able to view flight data projected onto jet windshields within their line of sight. Soon bicyclists will be able to take advantage of that technology.

Motion Research, a Seattle company founded in 1993 by a former racecar driver, Dominic Dobson, said that next spring it would begin selling an inexpensive information display system to be attached to a motorcycle helmet.

The Sportvue head-mounted display will allow riders to see speed, r.p.m. and gear position without taking their eyes off the road. The system gathers speed information from a global position-

*continued on page 10*

John Elway Subaru West

**SUBARU**

**DRIVEN BY WHAT'S INSIDE™**

At John Elway Subaru West we admire and respect you for the active lifestyle you have chosen. We understand the commitment and effort it takes to maintain the high level of fitness and endurance for such a lifestyle. We share in this commitment. "Driven By What's Inside" and bringing Lance Armstrong into the Subaru family is testimonial to our commitment.

We would like to thank you for making Subaru your vehicle of choice. Please visit us at John Elway Subaru West. We hope you will accept our invitation so we can show you our appreciation.

### SUBARU SERVICE

**½ off oil change, only \$13.45**  
(regularly priced \$26.95)

Windshield Replacement only  
**\$200.00**

*Must present coupon at time of write-up.  
Coupon good through 2/29/04*

**John Elway Subaru West**

**16351 W. Colfax • Golden, CO 80401 • (303) 590-6600**

# Team Evergreen Winter Activities



## Attention all winter skiers and snowboarders

On Saturday February 21th, March 20th, and April 3rd Team Evergreen is meeting at Pine Junction Park and Ride at 7:00 am to enjoy a day at Breckenridge. If you would like to join us, please call Karen at (303) 816-0823 to RSVP.



## RIDE THE ROCKIES

The Denver Post Ride the Rockies registration will be published on February 1st in the Denver Post and online at [www.ridetherockies.com](http://www.ridetherockies.com). This year's ride will take place from June 20 - 25. Watch *Bike Beat* for TE member parties and events for Ride the Rockies participants.

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) for more details.

## Stay on Your BIKE

Mountain Gentlemen and Lovely Ladies weekly Friday rides will continue throughout the year, weather permitting. Call Mike Carter (303-670-7898) to see if there is going to be a ride.

## Ride With Us!

weekly clinics for bicycle enthusiasts at Bicycle Outfitters



### rides:

#### Tuesdays:

- **On the Road: Women's Cycling Clinic**  
call for time and info  
road bike  
intermediate-advanced  
riding a minimum of 3 times per week  
COST: \$10 per ride  
(4 ride minimum. sign up)  
RSVP 303-674-6737
- **Shop Ride: Everyone Welcome**  
6:15pm  
road/mtn bikes alternate  
FREE

#### Fridays:

- **Friday Afternoon Club: Everyone Welcome**  
3:15pm  
road/mtn bikes combo  
refreshments to follow  
FREE  
call for more info  
call to RSVP

### spinning & yoga:

#### Mondays:

- **Recovery Spinning & Stretching**  
6:00pm

#### Wednesdays:

- **Spinning**  
8:45am
- **Yoga**  
5:00pm  
- RSVP 303-674-6737

#### Saturdays:

- **Yoga**  
8:00am

where: meet at Bicycle Outfitters

why: improve your cycling, meet others who cycle, and have fun!



303-674-6737  
1260 Bergen Parkway, Evergreen  
Bergen Village Shopping Center  
Located across from King Soopers,  
below LePeep

# Bicycle Advocacy News

by Dan Grunig

Executive Director Bicycle Colorado  
dan@bicyclecolo.org

## COLORADO SAFE ROUTES BILL ON DECK

Our long awaited and much needed Colorado Safe Routes to School Bill is cued for introduction in the Colorado House of Representatives. This bill will improve children's safety and provide facilities for biking and walking to school. It will direct a portion of Colorado's federal transportation safety funds towards projects near schools such as bike lanes, side-walks, paved paths, and improved crossings at busy roads.



Citizens across the state are pledging support for the bill, especially in concern for children's safety and the rise in childhood obesity and inactivity related diseases. Areas near schools have become dangerous for bicycling and walking as the number and speed of vehicles increase. Look for more details via email and posted on our website in conjunction with the bill's introduction.

## OBESITY DOUBLES IN COLORADO

Colorado's obesity rate is sadly on the rise. Since 1991, the percent of obese Colorado citizens has jumped from 8.4% to 16.5% (complete study at [www.cdc.gov/nccdphp/dnpa/obesity/trend/index.htm](http://www.cdc.gov/nccdphp/dnpa/obesity/trend/index.htm)). While Colorado's percentages are better than other states, our "growth" trend is alarming especially in terms of our transportation choices.

Health experts recommend incorporat-

ing into each day at least 30 minutes of moderate physical activity. An effective way to do this is by including biking or walking in your daily transportation choice. We need streets which make this daily activity safe and easy. This is central to our Safe Routes proposal and the national Complete Streets initiative. Learn more about building Complete Streets at [www.americabikes.org/bicycleaccommodation\\_factsheet\\_completestreets.asp](http://www.americabikes.org/bicycleaccommodation_factsheet_completestreets.asp).

## FEDERAL TRANSPORTATION BILL UPDATE

Martha at America Bikes reports on the progress of the reauthorization of the federal transportation bill. "We're seeing some action in both the House and the Senate. The Senate bill is supposed to come to the floor the first week in February, the House T&I Committee is talking about the second week in February for committee action. But the big question of how to pay for the bill is still unresolved. Just today at a luncheon, Congressman Petri said he's leaning towards a year and a half or two-year bill. So the short answer to 'when will TEA-3 pass?' is we still don't know, maybe this spring, maybe 2005."

## NATIONAL BIKE SUMMIT REGISTRATION OPEN

Join Bicycle Colorado at this year's National Bike Summit in Washington D.C. March 3-5, 2004. The Summit, convened by the League of American Bicyclists, is a three-day educational forum on improving bicycling policies and initiatives. It includes an important day on Capitol Hill and meeting with Colorado's congressional leaders. Bicycle

advocates (like you), industry leaders, transportation professionals, government officials are all invited to attend.

Details and registration are at [www.bike-league.org/events/natlsummit-march2004.htm](http://www.bike-league.org/events/natlsummit-march2004.htm).

## GAY PAGE: FROM CDOT TO ADVOCACY

Well, first the bad news: we are sad to report that Gay Page has retired from her post as Colorado's Bicycle/Pedestrian Coordinator as of the end of December. She has served as an inspiring leader and resource for bicyclists, planners, engineers, and transportation officials. Her vast knowledge of transportation issues and undying desire to help solve problems has truly made Colorado a better place to bike and walk.

Gay, thank you so much for your years of assistance from all your friends at Bicycle Colorado!

Now the good news: she is already on to her next career as the Director of Colorado Walks, a new statewide pedestrian advocacy group! We are definitely looking forward together with Gay on many collaborative projects.

*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

# MOAB TRIP

Friday - Sunday, April 23-25, 2004

See our website ([www.teamevergreen.org](http://www.teamevergreen.org)) for late breaking news and more details.

**Depart:** Friday morning, April 23rd for a three day, two-night visit to Utah's premier mountain biking region. We have a block of rooms reserved in Moab and will be scheduling three great rides on the famous trails in the Moab area. The trip includes two continental breakfasts and a Saturday night barbecue. The hotel has a hot tub and pool. You provide snacks and other meals.

**Rides:** **Friday the 23rd** you will be riding the famous Slickrock Trail, 12.7 miles of blue to black trails, great views to a quick finish. **Saturday the 24th:** will take you to the Klondike Bluffs Trail, 15.0 miles, out and back, — moderate ride, with “fun spots” on slickrock and dinosaur tracks. Blue rating. There's an **optional extra ride on Saturday** to Tuscher Canyon, 4.20 miles of slickrock, sand, and awesome views. Blue rating. **Sunday the 25th:** will take us to the Behind the Rocks ride, (24 hours of Moab Race course). Blue-Black riding, with a little bit of everything. 13.5 miles. **Please RSVP to ride leader before sending in your check.**

**Ride Leader:** Terry Mitchell *h) 303-838-6675, e-mail: [aspen80421@netzero.com](mailto:aspen80421@netzero.com)*



## REGISTRATION FORM

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

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

City/State/Zip: \_\_\_\_\_

Phone(s) Day: \_\_\_\_\_ Evening: \_\_\_\_\_ Mobile: \_\_\_\_\_

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

Number attending \_\_\_\_\_ sharing a room with two queen beds @ \$105/person for the weekend. \$ \_\_\_\_\_

Number attending \_\_\_\_\_ not sharing a room with two queen beds @ \$200/person for the weekend. \$ \_\_\_\_\_

*Sorry, no king bed rooms are available.*

Indicate who you are sharing a room with or if no preference \_\_\_\_\_

Total \$ \_\_\_\_\_

*Please make your check payable to Team Evergreen.*

*Space is limited to 28 riders so mail in your registration and check early!!*

*Send the above form to: Team Evergreen Moab Trip • P.O. Box 3804 • Evergreen, CO 80437*

# Team Evergreen Classifieds

**MOUNTAIN BIKE FOR SALE:** Santa Cruz Blur; size large; black anodized frame; Fox Talas forks; Deore XT; Monkey Lite bars; eggbeater pedals; Bomber wheels; Wireless Cateye; extra wheel set. In excellent condition (less than 400 miles). \$1700.00. Home 303-258-7431, Cell 303-249-2131.

**BIKE PEDALS, CLEATS, SHOES FOR SALE:** Road pedals and cleats, used, Shimano Dura-Ace SPD model PD-7410. \$20. MTB pedals and cleats, New In Box, Shimano SPD model PD-M747. Includes second pair of matching pedals, used. \$80. MTB pedals and cleats, used, Shimano SPD model PD-M858. \$20. Road shoes, used, Carnac Legend Kevlar/Carbon. Size 9. \$20. MTB shoes, used, Performance. \$10. Everything for \$90. All items in good working condition with years of service left. 303-670-2200.

**MAINE COTTAGE:** Seasonal rental. Pushaw Lake, Orono, Maine. 161' water frontage. 3 bedroom/2 bathroom. Fully furnished. Centrally located. Lots of mountain/road riding. Special discount to fellow Team Evergreen members. [www.sticksnstonesmaine.com](http://www.sticksnstonesmaine.com) 303-973-2062.

**21' SUNLITE TRAVEL TRAILER FOR SALE:** Excellent condition. \$7,500. Sleeps 5. Separate bathroom/shower. Refrigerator/freezer. Stove, sink, heater, plus more. Linda Childers, email [milltrust@aol.com](mailto:milltrust@aol.com) or call 303-973-2062.

**ROAD BIKE FOR SALE:** 16" Raleigh M/600. Aluminum frame, seldom ridden. New. Paid \$850. Make an offer. 303-838-8418.

**THULE ROOF RACK FOR SALE:** Fits most SUV's where the cross-bar on the factory rack can be removed (this one came off of a '98 Toyota 4Runner). For cars with roof rails, the load carrier feet will adjust to fit just about any type of rail. Everything is functional and in excellent condition. Includes everything you need to mount 4 bikes (road, mtn, disc brakes etc.) to the roof of your car/SUV: foot pack (4), square cross bars (2), locks (4), wheel trays with front fork attachment and adjustable rear wheel straps (4), Thule front wheel carrier - #545 (4). Bikes are locked to the carrier, and the carrier locks to the load carrier. Fits all bike frames. 1 - 4 trays can be mounted, right or left side. \$350 for everything, OBO. Please call 719-440-9204.

**FRONT AND REAR WHEEL FOR SALE:** Specialized Tri Spoke Rear Wheel (clincher) with Continental tire for \$150 or best offer. Zipp Deep Rim 440 Front Wheel (tubular) with Continental Triathlon tire for \$150 or best offer. Both wheels in mint condition with ~500 miles. If interested, contact Trish Heisdorffer at 303-428-6299 (H) or 720-888-2716 (W).

**ROAD BIKE FOR SALE:** 2003 Litespeed Classic. Fast and smooth. Excellent condition. Purchased new August 2002 (2003 model). Never crashed. About 2000 miles on the bike. Full titanium frame, Size 59, Brushed finish, Full Dura-Ace Triple, Reynolds Ouzo Pro fork, Chris King Headset (non-integrated), ITM Millennium Oversize bars and stem, Easton EC 70 seatpost, San Marco Aspide saddle, Shimano Dura Ace Wheels (about 750 miles), Michelin Pro Race tires. Price: \$2,800. Contact Carter at 303-674-7501.

**ROAD BIKE FOR SALE:** '98 Jamus Quest, 53cm, Standover height-29 inches, Top Tube Length-20 inches, CXP14 Mavic Wheelset, Clipless Pedals, Shimano 105 Shifters & Gear Set, RX100 Brakes, Steel Frame, 24 Speed, Just tuned, New handlebars & tape. Great condition, \$400, 303-674-3578.

*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.*

## Heads Up

*continued from page 6*

ing satellite receiver attached to the rear of the helmet.

The design, based on a patent co-developed by Tom Furness, one of the pioneers of head-mounted display technology, uses a lens and mirror and backlit liquid crystal display to give the viewer the illusion that the information displayed in the periphery of one eye is projected in the distance.

Mr. Dobson founded Motion Research when he was racing Indianapolis and Formula One cars, and his initial idea was to use the display technology for racecar drivers. But the cost of producing such displays was prohibitively high a decade ago. He retired in 1998 and recently picked the idea up again because the costs of the technology have fallen significantly.

"We realized we could build it far more cheaply today," he said. "Not much changed in the technology itself. What happened was the cost of manufacturing changed."

"Today," he said, "the technology is beginning to appear in the consumer market, both in wearable systems and in some cars, like certain models of the Cadillac with systems that project driving information onto the windshield."

The bicycle version of Sportvue, which will be introduced sometime after the motorcycle system, will project speed, distance traveled and heart rate information, like current cyclometers, and be from \$150 to \$199, Mr. Dobson said. He said the company was also in discussions with helmet manufacturers to integrate the display systems into helmets.

## Team Evergreen Board of Directors

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Team Evergreen Hotline		303-674-6048		information@teamevergreen.org

## Team Evergreen Membership Application/Renewal

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 City/State/Zip \_\_\_\_\_  
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Annual membership fees:  Individual \$25  Family \$35  New membership  Renewal  
 My primary cycling interest is:  Road bike  Mountain bike  
 I prefer to receive the Team Evergreen newsletter, *Bike Beat* (10 issues/year):  Mail  Email

### 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*



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