



June 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*

## Getting A Leg Up

by Bruce Epstein  
TE President

*This piece is from Paul Fournel's Need for the Bike (translated from French by Allan Stoekl). Fournel's book is an extended meditation on cycling, written by an author who is a devoted cyclist and a beautiful prose writer. As our legs start to take shape this season, I trust that you will enjoy his observations. See you on the bike.*

### LEGS

When I go out with someone for the first time, I immediately glance at his legs to know how fast we're going to go and with what sauce I'm going to be eaten.

You can read a cyclist by his legs.

To see, early in the morning, before the start of the stage, the tanned and oiled forest of the peloton's legs — that's something.

The bike lengthens muscles, makes them bigger around. The better the shape of the cyclist, the more defined the muscles. Freed of its fat, freed of its casing, the muscle is like an anatomy lesson.

To add to the spectacle, racers shave their legs, and their legs seem made of pure bronze.

If you come upon somebody who's

*continued on page 2*



*June is Colorado Bike Month. Artwork by Annette Coleman.*

### Bike to Work Day is June 23

## Colorado Bike Month

*June is Colorado Bike Month. And with gas prices hitting the roof, what better reason to ride your bike! Check out the following article by CDOT and other Bike Month stories and events in this issue.*

The Colorado Department of Transportation Bicycle/Pedestrian Program announces that once again, the month of June is Colorado Bike Month. It's part of a nationwide celebration of bicycling that encourages cycling novices and enthusiasts to ride their bikes for fun, transportation and health during the month-long series of festivities. Bike Month's mission is to promote bicycling as an alternative form of

transportation and increase safety awareness.

While there will be many events around the state throughout the month, the highlight of the month is Bike to Work Day, when employees leave their cars at home and enjoy bicycling to work. The number of Bike to Work Day participants has risen steadily since 1995, and due to the popularity of bicycling in Colorado that trend is expected to continue this year.

Besides the personal health benefits of bicycling, there are considerable environmental benefits as well. In fact, using a bicycle for one ten-mile trip results in the following savings:

*continued on page 17*

# MOUNTAIN BIKE HAPPENINGS

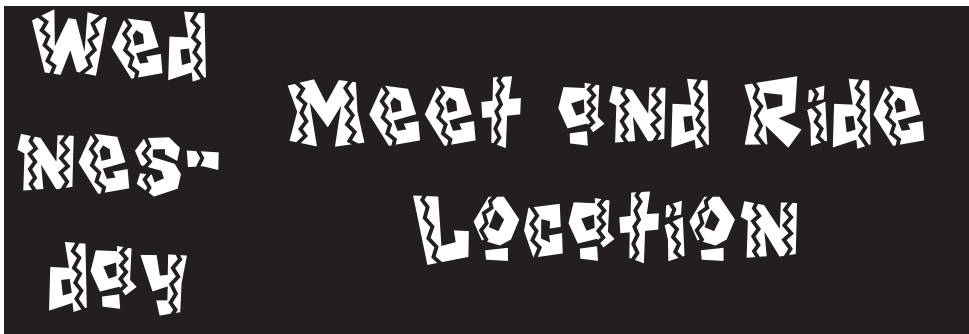
## Wednesday Night Mountain Bike Ride News

by Jerry Haynie

As we announced last month in the *Bike Beat*, the Denver Bicycle Touring Club (DBTC) is joining Team Evergreen for two Wednesday night MTB co-rides in June. The first ride will be June 9 at Aldefer/Three Sisters Open Space. We will meet at the upper park-

ing lot that is near the big barn. The next ride will be June 16 at Elk Meadow Open Space. We will meet at the Evergreen Parkway (Highway 74) parking lot across from Lewis Ridge Road. This is a great opportunity to ride with members of other bike clubs and then get together afterwards for good times with food and libations.

So that you can make early plans to ride with us, here is a list of all of the rides that we have scheduled through the end of July. All rides have a meeting time of 5:45 p.m. with ride departure at 6:00 p.m.



June 2, 2004 Dakota Ridge to Red Rocks (Rooney Rd parking lot)

June 9, 2004 Alderfer/Three Sisters (upper parking lot) (with DBTC)

June 16, 2004 Elk Meadow (Hwy 74 parking lot) (with DBTC)

June 23, 2004 Mt. Falcon Lower (Morrison parking lot)

June 30, 2004 Pence Park to Lair of the Bear (Pence Park parking lot)

July 7, 2004 Dedisse Park and Three Sisters (Dedisse Park parking lot)

July 14, 2004 Maxwell Falls Upper (Shadow Mtn parking lot)

July 21, 2004 Meyers Ranch Park

July 28, 2004 Mt. Falcon Upper (Mt Falcon parking lot - upper)

Visit [www.teamevergreen.org](http://www.teamevergreen.org) for complete ride descriptions. 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!

## Captain's Saddle

continued from page 1

shaved, beware: generally, they go fast, and they're in shape (the out-of-shape racer willingly lets his leg hair grow back). The slightly chubby leg, vaguely heavy and with indistinct contours, means, on the other hand, that there's still work to do, and that "going for a ride" will be just that.

The slender leg, with a little bitty calf, belongs to the climber. The good-sized thigh — that's a sprinter. The long and harmonious leg — a rouleur (a racer on the flats). A short femur? He'll be swift. Rounded buttocks? He'll start strong. Slender ankles and knees mean class.

Contrary to what's usually claimed, fat calves aren't all that useful: the essential energy of the cyclist is concentrated in the back, the buttocks, and the thighs.

At the height of the season, it's difficult to forget one's legs. They are the site of curious physiological phenomena. The most surprising is "big thighs." With an accumulation of I don't know what kind of fatigue, the thighs swell up and get hard. They won't fit into your shorts, or your pants, and you find yourself burdened with two hams whose cycling worth is relative, at least for a few days.

When you're in shape, standing up can be painful. One of my friends was getting married, and I had to go to Mass — not a habit of mine. I found myself unable to stand, as do the faithful. I had the painful feeling that my legs wanted to move up into my trunk.

In that situation, only the bike can soothe the pain. After a few kilometers, it goes away — or it changes into cramps, for good.

I dream about massage. Just seeing the greediness with which racers "go for a massage," or their ill humor when their turn doesn't come, makes me think it must be a panacea. Masseurs occupy a special place: they are confidants,

continued on page 11

# SANTA FE GETAWAY

By Mike Brislin

This year we had a group of eight mountain bikers join some sixty roadies for the Santa Fe Getaway.

We set out on the Glorieta Baldy trail on Friday afternoon. The near continuous 3700' climb, all on fire roads was long but most rewarding with some stupendous views of the snow-packed Sangre de Cristo peaks. We heard lots of climbing groans, although these were easy to figure once we heard about the massive breakfasts that were eaten at the hotel that morning. The summit was a little chilly, so a quick chew on an energy bar, a customary summit snapshot, and we enthusiastically set out for the decent. Well, within 1/4 mile the switchbacks became so steep, tight and loose that we were all reduced to carrying. It got worse when the trail become littered with dozens upon dozens of downed trees. This made staying on



head beers whetted our appetites, and we headed straight for the Blue Corn Cafe and Brewpub who provided huge plates of nachos and burritos and a few more yummy pitchers of beer. Smiles all around after a rewarding opening day in Santa Fe.

On Saturday, we spent 2 1/2

hours playing on the Dale Ball trails. This really is the closest thing you will ever see to a mountain bike course a little dubious, although I was comforted by knowing that four of our group were of the "night out hut trip fame," who always carry suitably prepared packs. We learned later that the downed trees were due to a freak windstorm after some unusually heavy rains. After a half hour of frustrating and sometimes painful tree crossing, the trail cleared. The long and fast decent that followed

will stand out as one of my all-time favorite sections of any ride. The vegetation and landscape was amazing in the late afternoon light, and I got to see my first Horny Toad! In the end this was a rewarding five hour ride which gets my vote to stay on the calendar. A round of trail-



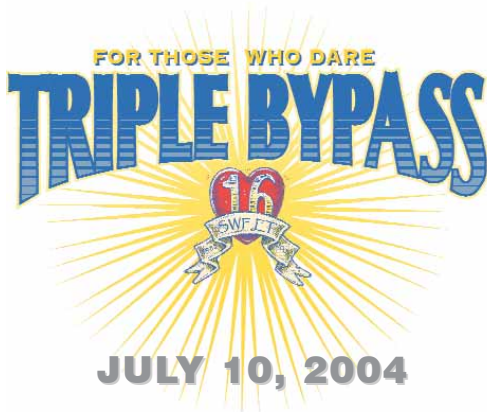
The summit



Glorieta Baldy

playground. There are 31 miles of trails, and each junction (such as the Dale Ball Junction) has a posted map, so all you need to do for this one is show up and ride. The trails are also immaculately maintained, so hats off to the city of Santa Fe and the local trail builders. We then met for a rooftop lunch at the Coyote Cafe. Excellent cuisine, a cosmo-

*continued on page 14*



## Triple Tidbits

by Leslie Caimi  
Triple Bypass Director

Once again we'd like to take this opportunity to mention and thank some of the sponsors who help to make the Triple happen. Our appreciation goes out to:

Javelin Bikes — our top cash sponsor. Other cash sponsors: Countrywide Home loans, Charles Schwab, John Elway Subaru, White Peaks Dental and Bicycle Outfitters. Our inkind sponsors — Accelerade Energy Drink, Balance Bar, Clif Shot, and Tommyknockers Brewery — who provide products to keep riders fueled (either along the route or at the finish line). Other inkind sponsors who provide services include: the Town of Avon (our finish line location) and Beaver Creek Resorts (who help us with parking, shuttles and tents for shelter).

We would also like to welcome the Special Olympics organization who will be joining with Team Evergreen this year as one of our volunteer groups. They will be manning the Loveland Pass aid station.

On a final note: rider safety is one of Team Evergreen's biggest concerns when it comes to putting on an event for 3,000 plus people and we are committed to working closely with law enforcement agencies along the route to ensure everyone's safety — from the cyclists, to support crews, and also other motorists. So this year you will probably notice an increase in Colorado State Patrol officers

*continued on page 14*

# information@teamevergreen.org

By Mike Brislin

*Ever wondered where those e-mails go?*

I took on the task of receiving all mail sent to information@teamevergreen.org

This is my 1st year as a TE Board member, and I figured that it was the ideal opportunity to learn fast.

I also decided to create a simple method of assessing all our mail. So here are some totally irrelevant stats and tit-bits on what I have been receiving over the past three months. Remember you get three kinds of lies, LIES, DAMN LIES and STATISTICS!

Monthly totals of emails received = 308 (March 110, April 82, May 116)

Mails requiring a response 65%. The rest can be classed as spam which I break down into;

- ☒ 18% Bicycle Related Spam. That's usually event organizers, sometimes far and wide, trying to get us to email blast our members. The rest is related businesses trying to market their products. Some of these are seen as useful and get forwarded to *Bike Beat* editor.
- ☒ 15% General Spam. This is mostly computer generated, and interestingly computer industry related. Some just get my efinger and some I report as spammers to my ISP.
- ☒ Scary Spam 3%. Unmentionable offers and some get-rich-quick schemes. These all get reported as spammers to my ISP.

So, what of all those emails requiring responses?

- ☒ 18% are inquiries for information that is available on our website. The most common of these are prospective members wanting to check their rider level/ability against the clubs. I do respond with the information, and lead them to specific pages on the website.

- ☒ 20% Membership status or renewal dates. I forward these mails to the database coordinator who diligently responds with accurate and up-to-date information. So, with this volume we have created a new members email address which will go straight to the database coordinator. This is membership@teamevergreen.org.
- ☒ 25% were Santa Fe getaway inquiries.

The rest are a mixture of requests for donations, general questions from prospective members and some comments from members.

Two last observations. Respondents have often expressed their pleasant surprise at prompt responses and that there is actually a person behind the mail link. I do sign most mail off with my name.

Almost 25% of the emails get sent to more than one of the email addresses. That's OK, but hopefully this will reassure our member readers that emails sent to information@teamevergreen.org do not end in a black hole.

**"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 McCuffin, 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



## Club News



### TE Picnic During Ride the Rockies

If you are riding Ride the Rockies, or even if you're not and want to party, come to the Comfort Inn (take the RTR shuttle bus if you can't bring yourself to get back on the bike) in Steamboat Springs on the Ride the Rockies rest day, Wednesday, June 23. Team Evergreen is having its annual RTR BBQ with all of the fixin's (well, you gotta bring your own alcohol if you want to drink).

The picnic starts at 4:00 pm and will go until the chow runs out, the sun goes down or everybody leaves, whichever comes first. Please RSVP by email to TE Business Manager Laura Robinson at [laurarobin@juno.com](mailto:laurarobin@juno.com) (and be sure to thank her for volunteering to organize the party, because it is more work than you would think to put one of these together).

## 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, you are welcome. Please do not hesitate to contact us. Our Volunteer Coordinator is Terri Wickstrom, and her email address is [bicyclebabe@comcast.net](mailto:bicyclebabe@comcast.net). We want to express our appreciation for just a few of the recent contributions made by our volunteers and board members:

Twenty-six of our club members enjoyed a great weekend of mountain biking in Moab at the end of April thanks to Terry Mitchell. Terry is already talking about plans for next year.

Board member Mike Brislin organized a long weekend of entertainment (i.e., margaritas and New Mexican food) and riding in Santa Fe. Roadies enjoyed the Santa Fe Century while the mountain bikers spent several days of trail riding on what was reported to be excellent single track.

Board member and mountain biker

extraordinaire Bob Campbell was responsible for Team Evergreen's participation in the annual MALT Bike Swap. The event raised in excess of \$5,000 for the local land trust. Bob did not do it alone. The following club members also had a fun time helping out at the bike swap: Tricia Sorensen, C.O. Dolan, Robert Garriga, Rich Boyan, Steve Kerschbaum, along with Board Members Terri Wickstrom, Steve Mayka, Laura Robinson, and Bruce Epstein. Canyon Cycles and Bicycle Outfitters also provided vital facilities, mechanical expertise and equipment. It was a wonderful community effort.

The following team members volunteered in May 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, Rosemary Hackney, Cheryl Tucker, Molly Epstein, Chris Canfield, Terry Mitchell, Brian Smith, Dennis Driscoll, Bob Cutler and Board members Janet Saxon, Terri Wickstrom and Robb McGuffin.



### New Prices on TE Merchandise

Order conveniently online at  
[www.teamevergreen.org](http://www.teamevergreen.org)  
*Check out the bargains on old jerseys too!*

# Dear Team Evergreen...

Dear Team Evergreen,

This is a story from last year, but I thought your club would enjoy it.

As the weather is finally letting us start to ride here in the Roaring Fork Valley, we are beginning to do our training in anticipation of another great Triple Bypass but one with a little less "angst."

There were ten of us in a van towing my rafting trailer, rigged to carry ten bikes. My bike is an older, classic, handmade in Belgium, LeMond, with the pre-litigation no nubbs forks. As my bike was one of the front bikes, I had stretched a T-shirt over the bars and clamped it into the QR attachment to the trailer. Unbeknownst to me, the T-shirt had popped out of the QR and the attachment was now becoming loose. As we entered the

Eisenhower Tunnel we hit a large pot hole and shortly after I said, "Hey, does anybody hear that sound?" To my horror I saw that my "beauty" had separated from the right side of the trailer, but was still attached by the rear wheel, and was grinding it's way down the road. Being only 1/3 of the way through the tunnel we had to continue and watch and listen as sparks flew and sounds emanated. Sure enough, when we got out to see the results, my bike was about 15 inches shorter and one brake lever short of a set.

We started calling home to see if anyone my size could send a bike over. Nope! Then we looked through the ride packet to see if we could rent something good from one of the sponsors. We called the Screaming Beagle and a mechanic answered, Jim I think, and he told me "only have

clunckers and mountain bikes for rent, not much fun on such a ride as the Bypass." Bummer, "but wait! I just finished putting together an old Kestrel I got at a yard sale, it's all retro, downtube shifters, 7 speed, etc. You are welcome to it, I've not even ridden it yet." Well, I took him up on the offer and was able to make it fit me and had a great ride, 8 1/2 hours ride time. I hope I ride as well this year on my own bike.

Great event and great sponsors!

Greg Paul  
El Jebel, CO

## TE Members Ride Down South

by Jerry Haynie

TE members Nancy Spencer and Jerry Haynie visited friends and relatives in Georgia in March. The visit would not have been complete without getting in some mountain bike riding. Jerry's cousin, Bud Merritt, who competes in the southeastern MTB race circuit and is also affiliated with a biking and water-sport outfitter, was gracious enough to



Bud Merritt, Jerry Haynie, Jeremy Haynie, and Nancy Spencer.

get loaner bicycles for us and arrange a ride at the Dauset Trail system in central Georgia. If you are ever in this area with your bike, try riding these well-planned and gorgeous southern trails.

Visit <http://www.dauset-trails.com> for more info.

Jerry also wanted to introduce his 10-year-old grandson, Jeremy, to MTB riding. He and

Nancy had a wonderful time together exploring the Dauset Trails. Jeremy immediately got hooked on the adventure of mountain biking, logging in nine miles on his first ride. He looks forward to more riding on his next visit to Colorado from his home state of Florida.

John Elway Subaru West

**SUBARU**

DRIVEN BY WHAT'S INSIDE™

# 10% OFF

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

Plus applicable taxes. Valid only at John Elway Subaru West. May not be combined with any other offer. Subaru vehicles only. Must present coupon when order is written.

# \$13.45

Oil Change

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

**John Elway Subaru West**

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



# FOR THOSE WHO DARE TRIPLE BYPASS



**JULY 10, 2004**

Early registration deadline ends midnight **June 8, 2004**  
 Online registration for packet pickup at **Handle Bar & Grill** ends midnight **July 3, 2004**  
 Online registration for packet pickup at **Wheat Ridge Cyclery** ends midnight **July 5, 2004**  
 All online registration ends midnight **July 7, 2004**  
**www.teamevergreen.org**

Name \_\_\_\_\_  
 Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_ Age \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

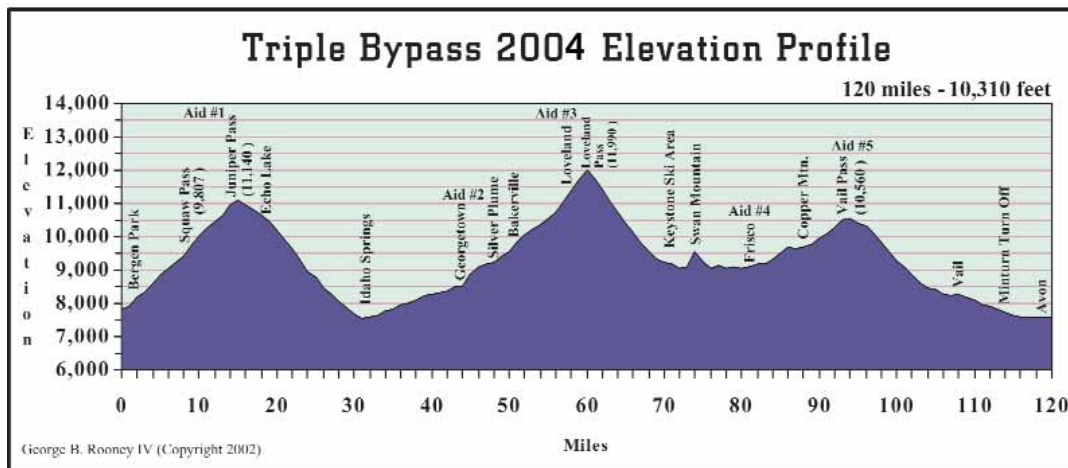
**Packet Pickup Location: (check one)**

- |   |  |
|---|--|
| <input type="checkbox"/> Evergreen Nat. Bank Bergen Park (June 28 - July 3)   | <input type="checkbox"/> Wheat Ridge Cyclery (3 - 7 pm, July 8)  |
| <input type="checkbox"/> Wilderness Sports, Frisco (June 28 - July 2)   | <input type="checkbox"/> Handle Bar & Grill (4 - 8 pm, July 6)   |
| <input type="checkbox"/> REI Flagship Denver (June 27 - July 3)   | <input type="checkbox"/> REI Fort Collins (June 27 - July 3)     |
| <input type="checkbox"/> REI Boulder (June 27 - July 3)   | <input type="checkbox"/> REI Colorado Springs (June 27 - July 3) |
| <input type="checkbox"/> REI Lakewood (June 27 - July 3)  | <input type="checkbox"/> REI Park Meadows (June 27 - July 3)     |
| <input type="checkbox"/> Start line, Bergen Elem. (5:30 - 7:30 am, July 10)   | <input type="checkbox"/> Bicycle Outfitters (June 27 - July 3)   |
| <input type="checkbox"/> <b>Mail Option!</b> Mail the packet directly to me (\$6 additional fee, by midnight, July 3, 2004) |  |

**PLEASE MAKE A NOTE OF YOUR PICKUP LOCATION. IF NO LOCATION IS SELECTED ON THIS FORM OR IF YOU FAIL TO RETRIEVE YOUR PACKET AT THE SELECTED LOCATION, YOUR PACKET WILL BE AT THE START LINE. IF YOU FAIL TO PICK UP AT START, THE PACKET WILL BE MOVED TO FINISH LINE. ALL UNCLAIMED PACKETS WILL BE MAILED FOR A \$6 FEE.**

My spouse/friend may be willing to help on the day of the ride. Please contact:

Name \_\_\_\_\_ Home Phone \_\_\_\_\_



**JAVELIN**



bicycle outfitters



**Countrywide®**

HOME LOANS

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

WHITE PEAKS  
 SPORT RENTAL CAR  
 303-981-4320

**REGISTRATION FEE:** Includes Triple Bypass cycling jersey, map, route markings; aid stations; light snacks and drinks; sag support; finish line party and barbecue. Your canceled check is your confirmation. All registration fees and collected contributions are not refundable under any circumstance, including, without limitation, my failure to participate in the Triple Bypass, for any reason, or the cancellation or rerouting of the Triple Bypass bicycle ride due to reasons beyond the control of the Team Evergreen Bicycle Club, Inc. (such as road closures or forest fires). **ALL RIDERS MUST WEAR THEIR RIDER NUMBER TO BE GRANTED ACCESS TO HWY 103, SWAN MOUNTAIN RD, AND PARTICIPATE IN THE EVENT.**

**Registration (circle one):**

- Early registration (midnight June 8) Team Evergreen members \$78
- Early registration (midnight June 8) \*non-members \$95
- Late registration Team Evergreen members \$95
- Late registration \*non-members \$115

**Ride day registration \$125**

Optional: packet sent to rider address (by midnight, July 3) \$6

**Optional Membership (circle one):**

- Individual \$25
- Family \$35

Please check box to indicate if new member or renewal.

- New Member
- Renewal

\*Team Evergreen membership: You do not have to be a member to participate. Membership includes a one-year subscription to our newsletter, Bike Beat, discounts from our sponsors and special events. **Note:** If you join Team Evergreen now, you qualify for the member Triple registration fee.

**Additional contribution to:**

- Alpine Rescue Team \$ \_\_\_\_\_
- Mt. Evans Hospice \$ \_\_\_\_\_

**Jersey size (included with ride fee — check one):**

- Men's SM
- Men's MD
- Men's LG
- Men's XL
- Men's XXL
- Women's SM
- Women's MD
- Women's LG
- Women's XL

**Note:** See sizing chart below. If your jersey does not fit, you may exchange it at the finish line at the Team Evergreen booth (if size is available).

**Grand Total \$ \_\_\_\_\_**

**All registrants must read and sign the following:**

**ACCIDENT WAIVER AND RELEASE OF LIABILITY**

IN CONSIDERATION of being permitted to participate in any way in the Triple Bypass and all other 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 (including, without limitation, the Triple ByPass) 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.

**I understand that I must wear my rider number to be granted access to Highway 103, Swan Mountain Road and to otherwise participate in the Triple Bypass.**

I hereby certify that I have read this document, and understand its content.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

*If under 18 years of age, parent or guardian must sign below. If starting or renewing a family membership, all members of the family must sign.*

My primary cycling interest is:  Road bike  Mountain bike

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

TE periodically sends pertinent email news. Which type(s) of news would you prefer?  Club  Road  Mtn. Bike Beat will soon be available by email, saving 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

**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 \_\_\_\_\_ Date \_\_\_\_\_

Please make check payable to Team Evergreen.  
Mail to Team Evergreen Bicycle Club, Inc.  
P. O. Box 3804, Evergreen, Colorado 80437-3804



Men's Jersey Sizes					
SIZE	WAIST	WEIGHT	HEIGHT	CHEST	
SM	29-31	120-145	5'4" to 5'8"	35-37	
MD	32-34	145-170	5'7" to 5'11"	38-40	
LG	35-37	170-190	5'10" to 6'2"	40-42	
XL	38-41	190-220	6'1" to 6'5"	42-44	
XXL	42-45	220-250	6'3" and up	44-46	

Women's Jersey Sizes					
SIZE	WAIST	HIPS	WEIGHT	HEIGHT	BUST
SM (2)	22-24	31-32	95-115	5'2" & under	30-32
MD (4-6)	25-27	34-36	110-120	5'1" to 5'5"	32-34
LG (8-10)	27-29	36-38	120-145	5'4" to 5'8"	34-36
XL (12-14)	30-32	39-41	140-165	5'7" to 5'11"	36-38

Use the above charts to determine the best jersey fit for you.

# June 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.

## Wednesday, June 2

### 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 Dakota Ridge to Red Rocks

Meet at Dakota Ridge Trail (Rooney Rd 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, June 4

### 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, June 5

### Mountain Bike Ride

#### Meadow Mountain Loop — Vail (Minturn)

Meet at 9:45 for an 10:00 a.m. departure at the Meadow Mountain parking lot. See website for more details. Ride Leader: **Vince Talavera (303-886-1727** or [vincent.talavera@jnli.com](mailto:vincent.talavera@jnli.com)).

## Sunday, June 6

### Moderate/Difficult Elephant Rock Century.

Round trip: 103 miles 5,800 ft. elevation gain.

## Wednesday, June 9

### 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 with DBTC Aldefer Three Sisters Open Space Park

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 email [jphaynie@mindspring.com](mailto:jphaynie@mindspring.com)).

## Friday, June 11

### Easy Road Ride

#### Mountain Gentleman and Lovely Ladies

Meet at 7:30 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)**.

## Sunday, June 13

### Difficult

#### Idaho Springs to Berthoud Pass w/ Winter Park Option.

Meet at the Forest Service Parking Lot in Idaho Springs for a 9:00 am departure. Idaho Springs,

I-70 frontage road for 9 miles, right over I-70 to Empire, Highway 40 to Winter Park, return the same. Round trip: 48 miles 4,000 ft. elevation gain w/option 70 miles 5,500' elevation gain. Ride Leader: **Matt Kondler (303-466-7426)**.

### Mountain Bike Ride

#### Green Technical Rating, Standard Fitness Rating Colorado Trail — Wellington Lake

Meet at the Conifer Safeway parking lot for a 9:00 am departure. See website for more details. Ride Leader: **C.O. Dolan (303-679-3152** or email [cdolan@cemines.com](mailto:cdolan@cemines.com)).

## Wednesday, June 16

### 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 with DBTC Elk Meadow Open Space Park

Meet at Elk Meadow (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, June 18

### Easy Road Ride

#### Mountain Gentleman and Lovely Ladies

Meet at 7:30 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, June 19

### Mountain Bike Ride

#### Blue Technical Rating, Capable Fitness Rating St. Mary's Glacier or other Epic ride

*continued on page 10*

# More June Rides

continued from page 9

Meet at 8:30 for an 8:45 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: Matt Bailey (303-239-6857 or email onetrackrider@yahoo.com).**

## Sunday, June 20

**Moderate/Difficult**  
**Ride the Rockies.**

### Brook Forest Loop.

Meet at the Evergreen Library parking lot for 9:00 am departure. Evergreen Library parking lot, Colo. 73, Brook Forest Rd., Black Mtn. Dr., Shadow Mtn. Rd., Colo. 73, Grey Fox Dr., Colo. 73, N. Turkey Creek Rd., S. Turkey Creek Rd., Highway 285, Parmalee/Meyers Gulch Rd., Highway 74. Round trip: 35 miles 3,200 ft. elevation gain. **Ride Leader: Damon Foshée (303-745-8730).**

## Wednesday, June 23

**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 with DBTC**  
**Mt. Falcon Open Space Park**

Meet at Mt. Falcon (Morrison 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.**

## Friday, June 25

**Easy Road Ride**

**Mountain Gentleman and Lovely Ladies**

Meet at 7:30 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, June 26

**Mountain Bike Ride**

**Blue Technical Rating, Strong Fitness Rating**

**Leadville ride**

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: Ben Sokolski (719-486-5983 or email roaddog@colorado.net).**

## Sunday, June 27

**Difficult**

**Bergen Park to Echo Lake. Option: Mt. Evans.**

Meet at the Bergen Park Park and Ride for an 8:00 am departure. This is a classic ride if Mt. Evans is included. Plan 5+ hours for Mt. Evans. On most days you need to be on Mt. Evans by noon to avoid thunderstorms. There are toilets on Mt. Evans, but no water or refreshments. Be sure to stock up at the Echo Lake Lodge if you go for Mt. Evans. Bergen Park to Squaw Pass, Juniper Pass, and Echo Lake via Colo. 103. Return the same. **Option:** Highway 5 to Mt. Evans. Round trip: 36 miles 3,900 ft. elevation gain. **w/Option:** 66 miles 7,300 ft. elevation gain. **Ride Leader: Linda Portman (303-690-6090).**

## Wednesday, June 30

**Wednesday Night**

**Moderate Mountain Bike Ride with DBTC**

**Pence Park to Lair of the Bear**

Meet at Pence Park (Parmalee/Meyers Gulch 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.**

## Friday, July 2

**Easy Road Ride**

**Mountain Gentleman and Lovely Ladies**

Meet at 7:30 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, July 3

**Mountain Bike Ride**

**Blue Technical Rating, Strong Fitness Rating**

**Keystone Gulch/Soda Creek Loop**

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: Gary Pallaoro (303-674-2154 or email YetiMtnBik@aol.com).**

## Sunday, July 4

**Difficult**

**Reverse Loop of Hell.**

Meet at the Clear Creek Middle School parking lot ¼ mile south of the Mt. Evans exit to Colo. 103 off I-70 (Exit 240) in Idaho Springs for a 9:00 am departure. Forest Service parking lot, Colo. 103 to Echo Lake then Juniper Pass, return the same. **Option:** Continue down Colo. 103 to Bergen Park, Colo. 65 through Soda Creek, Highway 40 to Floyd Hill and Highway 6 to Kermit's bar, bike path and Colo. 314 to Idaho Springs, return to the Forest Service parking lot. Round trip: 32 miles 3,500 ft. elevation gain. **w/Option:** 43 miles 4,300 ft. elevation gain. **Ride Leader: David Nelson (303-674-7510).**

## AND DON'T FORGET ABOUT...

## Sunday, July 10

**Difficult**

**Triple Bypass. (See page 7 for details).**

Round Trip: 120 miles 10,310 ft elevation gain.

# BUFFALO CREEK TO WATERTON CANYON



Left to right. Clay Sanford, Steve (Shredder) Riggle, Dan Knight, Jeff Moyers, Ed McIvan, Kathy Eckert, Matt Bailey, Bob Campbell, Andy Williams, Terri Wickstrom, Elisa Whaler, Mike Brislin, Terry Mitchell, Carlos Hwa, Bruce Epstein. Photo by Steve Kerschbaum.

## Point-to-Point Mountain Bike Ride on Sunday, May 23

By Terri Wickstrom  
Ride Leader

I woke up Sunday to a gorgeous sunny day. The previous day the weather had been finicky, not knowing whether it wanted to be sunny, or cloudy and stormy. I was hoping we wouldn't have a day like that before our 30 mile point-to-point ride. With this ride being the first long mountain bike ride of the season, I wanted the weather to cooperate and thankfully it had. The ride started at Buffalo Creek and ended up at Waterton Canyon. At first the logistics of the meeting place took a little bit of figuring, but it all worked out. I believe people often don't like to do the point-to-point rides because of the hassle of the

logistics and the extra commuting time it takes, but I think those rides always end up being memorable and worth the extra trouble. This ride was one of those.

The route followed the Colorado Trail the whole way, which if you have never been on it is one of the best single-track around. OK, some of it was a little tricky especially if you are like me and have a hard time going around loose sandy switchbacks. I wasn't the only one who had a hard time with them either, our great fearless leader of singletrack (no names) B.C., only biffed 4 times!!! I was hoping that the climb out of the Platte River was going to be of a different variety and thankfully it was. I thought, and others did to, that the climb (all six miles?) was great! The switchbacks were rideable (which to me is a bonus) and the terrain was superb. I had only done this ride on either end before so I did not know what I was in for and was pleasantly surprised.

The trail and conditions aside, we had only a few mishaps. A few people took wrong turns; maybe they wanted to get more miles in, as if 30 miles wasn't enough. We had a couple of mechanical problems and a small crash, which unfortunately ended the ride for one of the guys, but luckily he was OK and no ambulance had to be called. Maybe we will have a safe year this season (relatively speaking).

After everyone got to the end, we had to do some more logistical thinking to get everyone back to their cars. One thing I learned from leading this ride was to make sure to leave keys and important stuff you want to have at the end of the ride in the cars that are left at the ending point.

All in all, this was a great ride and one that I think should be on the calendar every year.



WHITE PEAKS  
LUXURY DENTAL CARE

**303-991-4320**

## Captain's Saddle *continued from page 2*

friends. Just by touching the muscles they know if it's been a hard day, if their racer is "doing well" or is "tight." For a long time they had an obscure role and carried mysterious bags — like Coppi's blind masseur, who was supposed to have supplied him with all sorts of explosives.

I dream of a masseur who would supply me with supple muscles, unknotted cramps, and nice talk. That would give me two beautiful legs.

*Take care,  
Bruce*

# TEAM EVERGREEN & MALT BIKE SWAP PEDDLED ALL SORTS OF BIKES



The second annual Team Evergreen/Mountain Area Land Trust Bike Swap went off without a hitch on Saturday, May 22 at the Xcel Energy parking lot in Evergreen; despite looming rain clouds that threatened a return of last year's torrential bike swap storm. This year's brief rain didn't faze organizers Bob Campbell, Jonathan Moore and Ginny Ades a bit as they were prepared with waterproof bid sheets and check-in forms (printed on National Geographic Adventure Paper).

There were even a couple of umbrellas at the site. "The rain came and the ink didn't run a bit," Ades said. The organizers' crafty planning boded well for the event's success.

From 10 am until noon, cars, trucks and vans delivered bicycles to be donated or sold. About 40 bicycles had been collected by Canyon Cycles, Campbell, Moore and Ades prior to the event. At least another 60 appeared the morning of the swap. By noon, Girl Scout Troop 1840 had washed most of the bikes, while volunteers tagged all of the bikes and placed them in one of three categories: Kids, Recreational or Elite. Most of the bicycles were donated but many of the higher-end bicycles were offered on consignment.

From noon until 3 pm, bike shoppers browsed, took bikes for test drives, and strategized about how to outbid any other riders interested in the bike of their dreams. The swap is run like a

silent auction with staggered closing times for each category. Any bikes with more than one active bidder at closing time are moved into a live auction so each party has the opportunity to have the last bid.

Hugo Doetsch and Brian O'Connell, mechanics from Bicycle Outfitters volunteered their time to help analyze needed bike repairs, adjust seats and make minor adjustments. Doetsch, O'Connell and Team Evergreen volunteers Bruce Epstein, Terri Wickstrom, Steve Mayka, Laura Robinson, C.O. Dolan, Tricia Sorensen, Robert Garriga, Rich Boyan, and Steve Kerschbaum, along with volunteers from MALT and the Mountain Foothills Rotary Club, assisted buyers in finding the right bike, or in buying a jersey or shorts from the Team Evergreen booth, or in completing their transaction for the benefit of the Mountain Area Land Trust's land preservation activities. "It's a good feeling to help a kid find a bike he's going to love for the next year or two," Rotary volunteer Mike Jacoby said.

The bikes sold ranged in price from \$1 to \$2,200. Styles and ages ran from vintage 1950s Sears bikes to top-of-the-line titanium and full suspension mountain bikes. There were Burleys, training wheels, a nostalgic bike with a generator for the headlight, a 30-year old custom-made racing bike signed by the creator, and a bike used in triathlons. Every bike came with a story and most of the bikes

went home with new owners intent on making stories of their own.

Bikes that were left over at the end of the day were given to two groups; both refurbishing bicycles for children and families who would not otherwise have bicycles, the Golden Optimists and the Bicycle Recycle Program. The Front Rangers Bicycle Club picked up a carload of bikes to share with their guest riders.

By day's end, when the rain clouds finally gave up for good, the money was counted. Bike sales netted MALT a profit of \$2,900. With sponsorships added in, the event raised about \$6,200 for MALT's land preservation activities. All involved in organizing the event are very grateful to the Team Evergreen volunteers, Rick Willcox of Canyon Cycles, and Hugo and Brian from Bicycle Outfitters. Next year's Bike Swap promises to be another great success, no matter what the weather!



# Tips For Riding in a Group



Riding is more fun when you ride with others! There's no better source of motivation, knowledge and camaraderie than your fellow riders. Group riding is like having your own Tour de France! However, the prospect of joining a ride for the first time can be intimidating. Worried that you might not know "the rules" of the group ride? We've got you covered! Just read the following suggestions.

## Pick The Right Group Ride

Group-ride levels and objectives vary. Determining the group's goal and pace will ensure that you join a ride that's right for you. Is the ride social or sadistic? Is it considered a training ride or a training race? How far will the group go? What route will it follow? What are the rendezvous points? Are there any rest stops? Will quicker riders wait for those who've been dropped? Answer these questions before the ride so you don't jump into a blistering hammerfest when all you wanted was a social "coffee" ride and vice versa. If you're not sure what a ride offers, ask.

## Don't Be Late

Many riders have a limited amount of time to ride. So group rides typically start within minutes of the official starting time. If you're late, you'll miss out. Plus, if you hold the group up, you'll make a bad first impression. And, don't forget to allow for donning your equipment, pumping up your tires and reassembling your bike if you drive to the start. It's a good idea to arrive at least ten minutes early.

## Ride Carefully And Considerately

Bikes are considered vehicles, just like

cars, and are required to obey the same traffic laws. And, getting a traffic ticket or placing your fellow riders in danger is certain to make a bad impression. Make sure that any actions you take are possible for those behind you. Avoid darting in front of cars while making a left or crossing an intersection when only two or three riders can successfully get across. It's a natural tendency to follow the rider ahead of you and having to make a split-second decision whether to cross or not places the cyclists behind you in jeopardy.

## Communicate

Communication is the key to safe group rides. Because roads are full of traffic and hazards, and because visibility is limited when riding in a group, it's important to warn others about hazards and to remain alert at all times to the warnings shouted and pointed out. Warnings you're likely to hear include: *Car back*: there's a car approaching the group from the rear. *Car up*: car approaching from the front. *Car right (or left)*: a car's approaching on a cross street. *Stopping*: the group is stopping for a stop sign or light. *Walker up*: there's a pedestrian on the road ahead. *Gravel, Sand, Glass or Hole*: there's a road hazard ahead.

## Ride Smart To Stay Safe

Group-ride dynamics are interesting and ever-changing. As the pace and terrain changes, the pack stretches and compresses. The latter can cause some very tight quarters and even an occasional crash. In order to ride safely, it's important to ride smoothly and avoid hard braking as much as possible. In fact, even light braking or swerving by someone in front can have a ripple effect and cause problems at the rear of the pack. Inexperienced riders who panic and touch a wheel may crash. Never fear! You can avoid problems by practicing

these simple rules:

**1.** Stay alert at all times. Never assume that it's safe. Keep "reading" the dynamics of the group and always leave yourself an out by keeping on opening to one side that you can escape through if there's a crash or obstacle you have to avoid.

**2.** Hold your line. This means swerving as little as possible. If you need to move left or right, do so gradually after checking the area for other riders and pointing out your move to make your fellow riders aware of your intentions. If you notice that someone is swerving, he's probably tired or inexperienced. Stay away from him!

**3.** Don't overlap wheels. Overlapping is putting your front wheel next to someone's rear wheel. This is asking for trouble, because if they move, they'll bump your front wheel, knocking you down. Try to always be behind the bike(s) in front unless you're passing.

**4.** Don't look back! Looking back causes even skilled riders to swerve, which can cause a crash. If you must look back, ask the person next to you if you can put your hand on their shoulder. That will keep you riding straight so that when you look back, you won't swerve.

**5.** Relax! Use a relaxed grip on the handlebars, keep your shoulders down (not up against your neck) and bring your elbows down and in so that they're slightly bent. These steps will help you stay relaxed, which allows quicker reaction time and prevents tension in the neck and shoulders that can lead to fatigue and sloppy riding.

**6.** Focus on the rider(s) ahead. Don't make the common mistake of focusing on the back wheel in front of you. Look up at the shoulders of the riders ahead and occasionally look at the road ahead and the riders up front so you can see what's going on and be prepared for sudden changes.

*continued on page 18*

# SANTA FE: SIGHTS & SINGLETRACK

*continued from page 3*

politan crowd and all manner of Margarita made this a fun outing. Most spent the rest of the day wandering about the old Santa Fe town center and plaza. What a cool place to visit!

So the mountain bike crew for Sundays ride was cut down to four. Terry Mitchell lead the ride on the famous Windsor Trail, which starts from Santa Fe's ski mountain. This description from Terry: "Ten miles up, a single track climb, from 7100' to 10,500'. The trail offers a little of everything; water crossings, rocks, steep slopes and pitches. Our hearts were pounding, but what a trail, beautiful forest with spruce and aspen trees. We made the top and turned around for the downhill scream, WOW! Now, one of the riders decided to take the paved road down from the Sante Fe ski area. I guess what goes on tour stays on tour, so this rider's name will be kept out of print."

Santa Fe Century. The weather was kind, since it was a little cooler than average, and the winds that had prevailed all week died down in time for the event. This is obviously a popular destination and ride. We heard the entry totaled over 3000

miles while speeding along in a bunch. I was also most impressed with the many well-stocked and friendly aid stations.

Meeting, greeting, eating and lots of tired ride tales were the order of the day at the poolside ride reception. After some well-deserved afternoon naps, we met for a club sponsored dinner at Gardunos Mexican Cafe, who did a great job of feeding this hungry mob. There was plenty of good food served buffet-style with our own tableside bar to keep the Margaritas flowing.

What a fun and interesting trip it turned out to be. I am certainly going mark this trip as a regular entry in my ride calendar.



*The Dale Ball Junction.*



*Why we ride!*

The rest opted to ride with the with nearly 1000 coming from

Colorado. I have not done a road event for many years now, and I must admit that I have a new lease on road riding. I had all but forgotten the exhilarating feeling of rolling away the

## Triple Tidbits

*continued from page 4*

riding along with us as well as an increase in police in the various towns. They are out there for your safety! Please obey all traffic laws and ride with courtesy for your fellow cyclists and other motorists. The CSP will be cracking down on cyclists who do not obey the laws and will be issuing tickets to offenders. Flagrant violators could find themselves removed from the ride! So please ride safely and within the law.



**Evergreen National Bank**

303-674-2700  
Locally owned, locally committed since 1981

Offers free checking for one full year. And quality customer service for a lifetime...

<b>Downtown Evergreen and Bergen Park Offices</b>	
Main Number	(303) 674-2700
Customer Service	(303) 674-8300
24-hour Banking	(303) 674-9122
www.enbcolorado.com	Member FDIC



New customers and personal accounts only. After the first 12 months, free checking becomes a regular personal checking account subject to applicable fees and disclosures. ENB offers free ATM transactions at all Plus/Cirrus ATMs, however, owners of Plus/Cirrus ATMs may charge a foreign transaction fee. ENB has no control over foreign transaction fees. Credit qualifications apply for ENB's debit card.

# Coming to a Road or Trail Near You



**ELEPHANT ROCK**  
**Sunday, June 6**  
[www.elephantrockride.com](http://www.elephantrockride.com)  
Seven rides to choose from for both skinny and fat tire fans, a cycling expo and more at this wild and crazy party in Castle Rock. Register for the ride as a TE member so that we can bring home the Elephant Cup for the most member miles!



## **COLORADO-EAGLE RIVER RIDE** **Sunday, July 25** [www.sosride.net](http://www.sosride.net)

Eagle County's third Colorado-Eagle River Ride — a one-day, 100-mile or 100 Km bicycle ride looping from Beaver Creek to Wolcott up U.S. Highway 131 to Colorado River Road down to Dotsero and back to Beaver Creek — is back. The ride takes cyclists through the Eagle River Valley up the rural setting of Highway 131 and down 20 miles of hard dirt road along the Colorado River. Most importantly, proceeds from the event will go to the Snowboard Outreach Society. See website for more info.

## **THE BIG MICK** **Saturday, June 19**

[www.mickelsontrailaffiliates.com/big\\_mick.htm](http://www.mickelsontrailaffiliates.com/big_mick.htm)

Join us for the annual mountain bike ride on the George S. Mickelson Trail starting at the Deadwood Trailhead and following the old Burlington Northern line that took trains from Edgemont, SD to the gold mines of the northern Black Hills area. Rides include: 114 century (whole trail), metric century (60 miles), half century (52 miles), 32 miles and 16 miles.



## **PEDAL THE PEAKS** **June 19 - 26** [www.cycleamerica.com](http://www.cycleamerica.com)

Pedal the Peaks is a part of a series of rides that stretch from coast to coast, including the Mission: MT ride from June 27 - July 3 and the Range Ride in WY from July 3-10. The Rocky Mountains of CO route is from Gunnison to Crede, Pagosa Springs Durango, Telluride and ending in Delta. See the website for more details and to register online.



## **RIDE THE ROCKIES** **June 20 - 25** [www.ridetherockies.com](http://www.ridetherockies.com)

The Denver Post Ride The Rockies is an annual bicycle tour that takes 2,000 cyclists on a 6 day ride on paved roads through Colorado's Rocky Mountains each June. Registration is closed. This year's route is a 431 trek from Boulder to Idaho Springs...the long way.



## **Colorado Cyclist** **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, all to benefit the MS Society and youth cycling programs through the Tyler Hamilton Foundation.

The challenging mountain roads of the Colorado Front Range from Boulder to Estes Park, 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.

# Bicycle Advocacy News

by Dan Grunig

Executive Director Bicycle Colorado  
dan@bicyclecolo.org

*Editor's Note: Since June is Colorado Bike Month and June 23 is Colorado Bike To Work Day, Bicycle Colorado has put together the top five excuses to avoid bicycle commuting...and ways to bust those excuses.*

## BICYCLE COMMUTING EXCUSE BUSTERS

It's easier than you think to commute. To prove it, here are comebacks for the top five excuses given for not biking. First, though, take it from the staff of Bicycle Colorado: cycling to work is fun and rewarding. It's a great way to start the day, a fine calorie burner and much less stressful than driving. Plus, it gets you energized for a productive day at the office. In fact, you may find that you come up with your best ideas while pedaling to work!

### Excuse Buster

#### 1. It's too far to bicycle commute. I don't have the time.

This may seem true, but often, if you analyze your situation, you'll find that pedaling is possible — even practical. For example, we know a commuter who bikes ten miles each way to work who says that it takes her only fifteen minutes longer each way. Plus, she says, "By combining my workout and commute, I get to exercise 1¼ hours per day and only spend an extra ½ hour to do it!

Moreover, my car insurance gives me a rate discount of \$160 per year to ride!" Keep in mind that by avoiding stop-and-go traffic you can make excellent time on a bicycle. You might also consider driving part way to work, parking, and biking the rest of the way. This saves money, gas, and the environment. And, while everyone else is idling in traffic developing road rage, you're spinning along reducing your stress level.

#### 2. I need to wear dress clothes at work.

We know several attorneys who regularly commute by bicycle. They've solved this problem by leaving their suits at the office. Says one, "I just keep a couple of clean, pressed shirts at the office with a couple of suits." Other bicycle commuters bring their nice clothes and lunches to the office on weekends, so that during the week they can simply dress up once at work. This requires planning, but works great. And, if you drive in on the weekend to drop off your stuff, you at least won't be dealing with rush-hour traffic.

#### 3. I don't have a place to shower.

Consider a quick cleanup in the restroom, instead. Or maybe you can use the showers at a nearby health club (sometimes at a discounted shower-only fee). Be creative and check out the facilities near your office. Chances are pretty good that you can find an arrangement that will work. Also, remember that sweat doesn't stink. If you're clean when you leave home and you're wearing clean clothes, no one will know you biked to work. In fact, if you wear the right

clothes and don't have to climb steep hills on your commute, you may not even sweat at all!

#### 4. The weather is too rotten to ride my bike.

Regular cyclists know that there's no such thing as bad weather, only bad clothing. If you dress in layers and fabrics that block wind and repel rain and breathe, you'll be fine. There are even special gloves and booties to keep your fingers and toes toasty. We can help you select the proper equipment for year-round riding. And, even if you decide to bike only during warm weather, that's still months of not using your car, which will save you big bucks and make you feel great!

#### 5. There's no place to park my bike at work.

There should be, and if there isn't, maybe it's time you asked management why they're not encouraging something as healthy and responsible as bicycling to work? After all, they provide parking spots for cars! Bikes take up hardly any space. Look for other areas in the building — a basement, utility room, closet, garage, etc. Or try an adjacent parking area where an attendant can watch out for your bike. Wherever you leave your rig, be sure to lock it (remove anything easily stolen, too, such as your pump, cyclo-computer, light, etc.).

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



# June is Colorado Bike Month

continued from page 1

- ½ gallon of gasoline
- \$.75 saved on gasoline costing \$1.50 per gallon
- .328 pounds of carbon monoxide are not produced
- .044 pounds of nitrous oxides are not produced
- .039 pounds of hydrocarbons are not produced

While these numbers may seem small when broken down into one ten-mile trip, they are significant when viewed statewide. For instance, Colorado's population is 4.4 million, and if one million people (approx. one quarter of our population) replaced just one ten-mile motor vehicle trip per year with one bicycle trip it would result in the following savings:

- 500,000 gallons of gasoline
- \$750,000 would be saved on gasoline costing \$1.50 per gallon
- 328,000 pounds of carbon monoxide would not be produced
- 43,000 pounds of nitrous oxides would not be produced
- 39,000 pounds of hydrocarbons would not be produced

For information about Colorado Bike Month events in Colorado visit the Bicycle Colorado web site at <http://bicyclecolo.org>. If you would like your Bike Month events listed on the statewide calendar contact [dan@bicyclecolo.org](mailto:dan@bicyclecolo.org).

Employers or employees interested in promoting Bike to Work Day at your business or for more information about bicycling and walking in Colorado please contact:

CDOT Bicycle/Pedestrian Program  
4201 E. Arkansas Ave. DTD  
Denver, CO 80222  
303-757-9982  
[bicycleinfo@dot.state.co.us](mailto:bicycleinfo@dot.state.co.us)

Check out the websites in your town for a Colorado Bike Month calendar of events and breakfast station locations. Here are a few of the biggie sites. Denver: [www.drcog.org/btwd2004](http://www.drcog.org/btwd2004), Boulder [www.ci.boulder.co.us/goboulder/WBW/](http://www.ci.boulder.co.us/goboulder/WBW/), Ft. Collins: [fcgov.com/bicycling/bm-overview.php](http://fcgov.com/bicycling/bm-overview.php), Loveland: [www.ci.loveland.co.us/PublicWorks/Traffic/Traffic-bikemnth2004.htm](http://www.ci.loveland.co.us/PublicWorks/Traffic/Traffic-bikemnth2004.htm) and Colorado: <http://bicyclecolo.org>



TE has sponsored a team! Six kid's races in Summit County, need three volunteers to accompany kids to Wednesday races. Email ([bicyclebabe@comcast.net](mailto:bicyclebabe@comcast.net)) or phone Terri Wickstrom (303)474-4161 if you would like to help with this or any TE volunteer event. We have events that come up all summer long, please help TE as a volunteer from time to time — you will have a great time and meet some fun folks!

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)



Look how much fun it is being a TE Board member! If you're lucky, you get cake! (It was Bruce's birthday, thanks to Molly for bringing the treat).

## Team Evergreen Classifieds

**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.

**WANTED:** Your tax deductible pledge for my participation in the Red Cross/Winter Park Fat Tire Classic 6/26-6/27. Your pledge supports Red Cross efforts in the Denver Metro area. You can donate online or through me (I will provide an official receipt). Please contact me and I will provide info on how to donate (via web site or in person). More info on the event can be found at <http://www.denver-redcross.org>. The Red Cross allows pledges to be accepted after the event. Thank you for your consideration. Tim Murray ([trmurray@yahoo.com](mailto:trmurray@yahoo.com)).

**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.

**MOUNTAIN BIKE FOR SALE:** Brand new red Yeti ARC hardtail. Never seen dirt. Manitou Mars 3" fork with optional lock out. Carbon Easton rise bars with RaceFace stem. Avid brakes. Mixed mountain components (XTR rear, XT shifters, LX cranks). Ritchey pedals. Ritchey OCR PRO rims with IRC Serac tires. Paid \$2399...will sell for \$1550 OBO. Craig @ 303-683-9961 or [roadeeee@aol.com](mailto:roadeeee@aol.com)

**FRAME FOR SALE:** 59cm Serotta Legend Ti frame with F1 fork. 1/2 polish & 1/2 paint. Yellow with red lettering. New paint and full factory inspection last year. Never raced or crashed. Added bonus: rare Serotta titanium stem with Chorus headset & carbon handlebars included. Perfect condition. Must see! \$1800. Craig @ 303-683-9961 or [roadeeee@aol.com](mailto:roadeeee@aol.com)

**TOUR DE FRANCE RIDE:** We are unfortunately unable to travel to France for the l'Etape du Tour (a ride with the Tour de France) organized through the London sporting tours company. Our deposits have held four positions with room accommodations. These deposits are transferable but non refundable. If anyone is interested contact Charlene Barron at 763-473-6290 or e-mail at [b31280@aol.com](mailto:b31280@aol.com)

*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.*

## Group Etiquette

*continued from page 13*

**7.** Don't brake unless absolutely necessary. If you must brake, do so lightly to scrub off a little speed. You can also slow down by sitting upright and catching more wind in your chest.

**8.** Warn others of hazards. Keep on the lookout for things that could cause problems and shout out a warning or point out the hazard.

**9.** Pass carefully. Sometimes you'll see the riders ahead starting to accelerate and you'll want to jump up to them. Be careful! Make sure you're not going to get cut off or cut someone else off. Usually, a moment's hesitation is all it takes to make the move safely.

**10.** If you get tired, move to the rear. Fatigue causes dangerous riding, so it's safer to go to the back of the group than to be in the middle of the action. Don't just swerve and slow, though! Tell those around you that you're dropping back so it's a safe move.

## Be Prepared

Be prepared for the challenges of the ride. Learn the route ahead of time to ensure you don't get lost. Also, if you know the route, it's easier to shortcut the ride if you get into trouble. Always bring a tube, a pump and any tools you need. Bringing a cell phone and cash is a good idea, too. And keep in mind that not all rides stop for flat tires, so you may be riding in alone if you puncture.

## Join The Fun!

Group rides can be immensely rewarding. You get a great workout, cover more distance than you would alone and get to hang out with friends. You might even stop for coffee and conversation. So what are you waiting for? Get out there and join the gang!

*Thanks to Bruce Heidlauf (Owner) Mill Race Cyclery <http://millrace.com/site/index.cfm>*

## Team Evergreen Board of Directors

President	Bruce Epstein	303-526-2061 (h)	303-526-2155 (w)	bruce.epstein@mindspring.com
Vice President/Sponsorship	Tom Evans	303-670-8828 (h)	303-296-8011 (w)	tomlarae@speedtrail.net
Secretary	Mike Brislin	303-494-1677 (h)	484-686-5376 (c)	mbrislin @comcast.net
Assistant Secretary	Aaron Miller		303-492-3597 (w)	aaron.f.miller@colorado.edu
Treasurer	Janet Saxon	303-777-4699 (h)	303-850-4776 (w)	janet.saxon@juno.com
Road Bike Committee Chair	George Rooney	303-670-1908 (h)	303-619-1908 (c)	gbrooneyiv@yahoo.com
Mtn. Bike Committee Chair	Bob Campbell	303-526-3001 (h)	303-526-3000 (w)	bob@rkcampbell.com
Bicycle Advocacy Chairman	Robb McGuffin	303-679-3145 (h)	303-674-6737 (w)	robb@velocolorado.com
Volunteer Coordinator	Terri Wickstrom	303-816-0823 (h)	303-816-0823 (w)	bicyclebabe@comcast.net
Business Manager	Laura Robinson	303-670-7165 (h)	303-318-8377 (w)	laurarobin@juno.com
Board Calendar Chair	Steve Mayka	303-674-6006 (h)	303-228-9212 (w)	smayka@earthlink.net

### Committee Heads

Triple Bypass Coordinator	Leslie & Carl Caimi	303-697-2159 (h)	303-525-6373 (c)	triple@teamevergreen.org
Membership Chairman	Rich Boyan	303-674-4872 (h)	303-875-5126 (c)	rboyan@webconsul.com
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

*Is your membership  
expiring? Check your  
mailing label.*



**Countrywide**®

**HOME LOANS**

**Team Evergreen Bike Beat June Issue!**



Javelin is proud to be the primary sponsor  
for the 2004 Triple Bypass ride.

[www.javbike.com](http://www.javbike.com)



PRSR STD  
U.S. Postage  
**PAID**  
Wheat Ridge, CO  
Permit No. 10