

Team Evergreen's

# Bike Beat



March 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*

## Riding the Triple Bypass — Provides Gifts to You and to Others

by Bruce Epstein  
TE President

When you ride the Triple Bypass this year, you will improve the quality of life of a woman and her family in Guatemala.

By riding 120 miles in one day, you will contribute to the quality of care of a hospice patient.

When you climb 10,000 feet riding from Bergen Park to Avon, you will contribute to the lives of pediatric AIDS patients.

Through the years, Team Evergreen has formed valued relationships with local community service organizations that meaningfully contribute to the quality of life of others. We are proud to support such organizations as Mt. Evan's Hospice, Alpine Rescue, Blue Spruce Kiwanis, Border to Border (pediatric AIDS), Evergreen Players, PEO (women's educational opportunities), Friendship Bridge (micro business loans

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*Bruce Epstein (from left), Patricia Steinholz, Jim Black, Jerry Haynie, Jeff Anderson, Cathy Leibowitz and Alex Repenning enjoy a mild January on the hogback.*

## 2004 Season Kickoff Look what's inside this issue!

by Ellen Nelson

A year's worth of road rides, the entire mountain bike season, the Santa Fe Getaway, Moab, and of course the 2004 Triple Bypass. It's all in this issue.

For those of you surprised to find that you received a Team Evergreen *Bike Beat* in the mail, this is not a mistake: it was part of the benefit of your participation in the Triple in the last few years. It's our way of saying "we're proud that you

did the Triple before...let's do it again!"

Think of the benefits and personal satisfaction you gained from riding the Triple Bypass. And if you read new Prez Bruce Epstein's column, you'll see that the benefits stretched well beyond the Triple's 120 miles.

So take the time to see what's inside Team Evergreen, come join us on our training rides and visit our website ([www.teamevergreen.org](http://www.teamevergreen.org)) for even more details, maps and adventures.

# WINTER MOUNTAIN BIKING



*Mountain bikers on the hogback.*

*by Jerry Haynie*

Since the official Team Evergreen mountain bike rides ended in late October, several members decided that just because daylight savings time had ended, there was no reason not to continue riding as long as the weather and the trails cooperated.

We started with rides in the Evergreen area (mostly Three Sisters and Lair O' the Bear) and as the colder weather progressed, we slowly moved to the east. We got about as far east as we could where there would still be some climbing, so the Green Mountain area ended up being our place of choice.

This area offered us a great variety of riding especially since the new Zorro trail was cut this past season. This gave us access from Green Mountain to Dakota Ridge (the infamous Hogback) and into the Red Rocks and Matthews/Winter Park trail systems. These areas offer rides for everyone, from the smooth sweet trails on Green Mountain, to the gut wrenching, rock hopping, endo-prone descents on Dakota Ridge. After making it through Dakota Ridge, it is actually a pleasure to grind the climbs from Red Rocks to Matthews/Winter Park. At least

you know the endo dangers have ended.

We talk about these trails as if danger lurks around each bend (heck, it does) but we've had great times riding off-season and our Colorado weather has cooperated nearly every weekend. This picture was taken on January 24th on top of Dakota Ridge (as you can see, the smiles are a give-away that the ride is nearly over). How can we ask for better weather?



*It's not just about the bike! TE member Jerry Haynie organized a snowshoe trip to Idaho Springs in February.*

## Captain's Saddle

*continued from page 1*

to Guatemala women), Avon Literacy Program, Denver and Evergreen Civil Air Patrols, Mountain Area Land Trust, and Georgetown Civic Center. Last year Team Evergreen donated approximately \$40,000 to over 20 local, non-profit organizations, all from funds generated by the Triple Bypass.

The Triple challenges us. It motivates us. It excites us. We train harder because of it. It is an annual measuring device. The Triple is one of the most defining and rewarding rides of the season.

Please sign up for the Triple this year, not only for the adventure but also because your participation enables your bike club to support important community organizations and to fund other club biking events. Your part is simple (but not necessarily easy): ride the Triple Bypass on July 10. You will be glad that you did, in more ways than one.

See you on the bike.

*Take care,  
Bruce*



# Friendship Bridge

Building Bridges of Opportunity & Empowerment



*Friendship Bridge is one of the many volunteers on the Triple Bypass and in return, a portion of the Triple Bypass proceeds goes to help Friendship Bridge, an Evergreen non-profit organization. Learn more about their far-reaching international endeavors.*

## Microcredit

Breaking the cycle of poverty for women and their families is the mission of Friendship Bridge, a non-profit, non-governmental organization that began working with women in Vietnam and continues this work today in Guatemala. Friendship Bridge utilizes microcredit loans along with educational and health programs to help women help themselves and their families.



Microcredit, small renewable business loans, also known as microfinance, microlending, peer lending and village banking is a powerful development tool with a thirty year history of success all over the world. Microcredit loans, the granting of small business loans to start self-employment projects that generate income, is specifically targeted at the poorest of the poor. This most often means women, the most financially disadvantaged

people in society.

In 1994 Friendship Bridge began offering small microcredit loans to over 6,700 women. The microcredit loan program represents a direct investment in women entrepreneurs. Not only do these women receive loans, they are taught how to develop a successful business that will grow through our Microcredit Program.

Increasing the earning potential for women living in impoverished conditions is just the first step. Friendship Bridge's Microcredit Program adds educational opportunities for women and children. Friendship Bridge allocates 62% of its program budget to microcredit loans and 38% to educational programs.

## Did You Know?

A loan of just \$100 allows a woman to buy seeds to grow corn, materials for weaving or basket making, or to begin or enhance any number of locally sustainable businesses.



A scholarship of as little as \$16 can send a child to school with a backpack full of books and supplies.

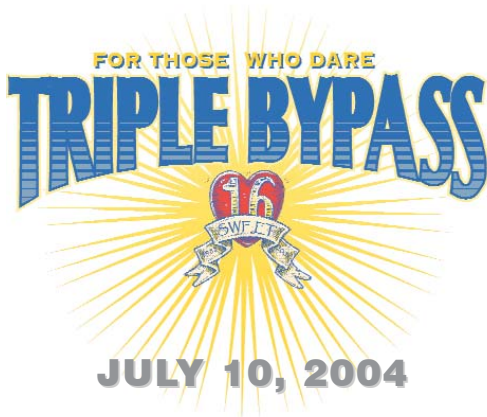
\$5,000 will fund an entire loan group of 25-30 women, including scholarships for their children to attend

one year of school.

As these numbers indicate, our ability to help women and children to positively change their lives is a very real possibility that can be achieved with what many would consider a nominal investment. As you can imagine, demand for this remarkable program is great and it is our goal to continue to grow this program and help these remarkable women help themselves and their families.

## Evening in Evergreen

Friday, May 14th is our annual "Evening in Evergreen" event at the Evergreen Lakehouse. We will have a silent and live auction with goods and services from local merchants, mini-vacations, and colorful hand-crafted items from Guatemala. All our proceeds go towards our micro-credit projects as well as our educational project of educating the children of our borrowers. Please phone Anita Bunch at 303-674-0717 for more information or to be placed on the mailing list.



## Triple Bypass Registration

by Leslie Caimi  
Tour Director

It's that time of year already! Time to start thinking about dusting off the two-wheeler (that is — if you are one of those that put it away for the winter months). And what better way to get motivated than to register for the 16th Annual Triple Bypass. The Triple will be held on Saturday, July 10th and will once again travel from Bergen Park to Avon. Registration fees for early registration (prior to June 8th) will be: \$78 for TE members, \$95 for non-members. After June 8th the fees will increase to: \$95 for TE members and \$115 for non-members. For those that wait until ride day to register, fees will be \$125. So don't wait — register today. Check out this issue of *Bike Beat* for a registration form or go online at [www.teamevergreen.org](http://www.teamevergreen.org).

# AROUND THE RINGS

by Robb McGuffin

Last September I had the joyous privilege of spending a few days in Wisconsin touring the Trek factory and learning how Lance's tour-winning bikes are created. One of the best experiences of the trip was riding one of Lance's new machines, the Trek Madone, kitted with the 2004 Dura Ace. At that time I had only seen the new Dura Ace on race bikes as they buzzed past us on the roadside of France during the Tour. Anyway, while we were in Wisconsin I had a chance to get intimate with the new Dura Ace group and OH BOY is it ever dreamy! By now you've probably read reviews on Dura Ace and I'm sure a lucky few have even tried it. I want to give you an overview of the group and how it applies to the type of riding we do in Colorado.

One of the first things that you feel when riding the new Dura Ace is your hand fitting into the bars and levers. The current trend is to attach the levers higher onto the bars, creating a nice flat area for the hands to rest. The levers have been redesigned to better accommodate this more comfortable and powerful body position. They are narrower in the body and slightly longer in how they fit the hand. In addition, the throw required to shift gears is shorter and faster. Add all this up and you get a lever that is more comfortable for long rides, shifts quicker, responds better during standing climbs and sprints and shifts more easily under a load (uphill shifts). All of these elements are continually thrown at us during Colorado rides.

Another stunning visual and performance feature of the new Dura Ace is the crank set and integrated bottom bracket. Visually it looks very different and fast, bearing a sleek Japanese style design. I think that a bike is as much function as it is aesthetics' and the cranks add an element of speed and luxury while being totally functional and superiorly efficient. As a matter of fact, Velonews just conducted a study with all the major crank producers and the new Dura Ace won the overall award. So what does it mean to you? The bearings have been moved to the outside of the bottom bracket shell of the frame, which makes them stiffer and stronger. The spindle is connected to the drive side of the crank, eliminating the old style bottom bracket bearings and spindle, so the overall weight is 27 grams lighter than previously. The new cranks require less maintenance, are lighter and stiffer, and spin like butter! When you get these cranks on a hill and drop the hammer, more energy is transmitted to the road than ever was possible before. The bike climbs faster and is more powerful.

Ten is better than nine. One of the elements that could hold great potential for us mortals that want to ride the big mountains of Colorado is the update of Dura Ace to a ten-speed rear cluster. The tighter cog spacing makes shifting faster and gear combinations smoother. It also offers the potential to ride a double in the front with a larger gear combination in the rear. For example, with Campy you can use an 11-29 (ten speed) rear cluster

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## Club News

### TE NEEDS MOUNTAIN BIKE RIDE LEADERS



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)

### Alpine Rescue First Aid for Cycling Emergencies Class

April 17 at 1:00 pm

Come to the first aid class designed for mountain and road bikers. This class will teach you how to tell if someone is hurt and what to do if you come upon an injured cyclist. Join TE after your Saturday morning ride at the Alpine Rescue HQ across from El Rancho for this fun and informative class. Pizza provided, free to TE members. Please RSVP to Patti Steinholtz by email if you plan to attend at [pjdsdnvr@earthlink.net](mailto:pjdsdnvr@earthlink.net).



## New Prices on TE Merchandise

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

## 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:

Janet Saxon has spent many hours as our new treasurer learning the intricacies and nuances of our club's accounting responsibilities. Janet represents the spirit of enthusiasm and willingness that we are blessed to have on our board and in our club. She knew very little about accounting when she volunteered to be treasurer, but her intelligence, zeal and commitment enabled her to accomplish her challenges.

Bob Campbell has been experimenting with an improved calendar that, with luck, we may be able to implement on our web site. Speaking of experimentation, Bob organized a new mountain bike trip to Chamonix, France through an independent guide company, and he reports that he has

already received checks from 30 club members to reserve their spots.

Mike Brislin volunteered to organize our annual club event at the Santa Fe Century. Mike arranged for discounted hotel rooms, a party for club members, and additional mountain bike rides during the weekend.

Leslie and Carl Caimi finalized the budget for the Triple Bypass and, with the help of George Rooney and Janet Saxon, finalized the design of the 2004 Triple jersey.

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## BOARD AND SKI WITH TE

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On Saturday 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.

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Team Evergreen Bicycle Club's Tenth Annual

# SANTA FE GETAWAY

May 16, 2004



*Join us for our annual sojourn to beautiful northern New Mexico.*

## THE RIDE

Journey down the ancient Turquoise Trail. The ride takes you through the old mining towns of Madrid, Golden, across the Ortiz and San Pedro mountains, through the Estancia valley. It continues on through the towns of Cedar Grove, Stanley, Galisteo, and finally back to Santa Fe. This ride is great value at \$16.00! There are also several alternative "out and back" routes as well as an MTB route. Register directly with the organizers on the Santa Fe Century website ([www.santafecentury.com](http://www.santafecentury.com)). Please note that you are responsible for picking up your ride packet at Capshaw School on Saturday.

## A PARTY

Join fellow club members for a Team Evergreen sponsored poolside party at the Marriott Courtyard on Sunday from 2 pm until 5 pm. Don't miss this chance to share some drinks and eats and of course the ride post mortem with fellow club members. The party is on us, for all Team Evergreen members. For those century riders that take 10 hours, we recommend that you start early enough so you don't miss this party!

## HOTEL DISCOUNT

Enjoy a club secured discounted room rate of \$79 (excluding taxes) at the Marriott Courtyard — Santa Fe. It's located at 3347 Cerrillos in Road Santa Fe. Team Evergreen has enjoyed its stay here for many years. Discounted rooms are available to club members for any of the nights Thursday 13th through Tuesday 18th.

## HOW TO SIGN UP

Simply send an e-mail to Mike Brislin at [information@teamevergreen.org](mailto:information@teamevergreen.org). Please mark the subject field "SFC Sign Up," and provide your full name (as stated in the membership register), your phone number, and tell us how many will be in your party. We will respond with an email confirmation, and a code which will enable you to get the discounted hotel rate. We request your courtesy in sending us an email if you decide to cancel. **Hey!.....Wear your Team Evergreen jersey on ride day!**

## FRIDAY ROAD RIDE

**Pojoaque:** US 84 approximately 15 miles north of Santa Fe at Casino on east side of road. NM route 4 is approximately .5 miles north of here, and is the route. Park in the NW corner of parking lot. Enter lot and take an immediate left. Espanola, and Chimayo are approximately 10 miles north of here.

## MOUNTAIN BIKE RIDES

**Friday: Ride the Glorieta Baldy Trail**  
The climb to the summit of Glorieta Baldy will challenge any mountain bike rider, but the reward is a long single-track descent. This trip passes through the Glorieta Baptist Center, so ride quietly on the private land and on the trails above. Trails begin as gravel roads and turn into rocky single-track. 20.9 miles 3,600 feet. RSVP to the ride leader, the ride leader name and exact meeting location and time will be posted on the website in April.

## Saturday: Explore the Dale Ball Trail

In 2001 a new trail system was completed and opened to the public for hiking and biking. The Dale Ball trail system is now over 31 miles and connects to the Dorothy Stewart trails and the Atalya trail. These are all intermediate to advanced single track riding and only a ten minute ride away from the downtown Santa Fe plaza. The trail system features a numbering system at every intersection where your current location is given and a map of the entire trail system so you can never get lost. We will explore this trail system as a group, meeting at the hotel lobby at 9 am. Check website for updates.

## Sunday: Ride the classic Winsor Trail

*(If your not doing one of the SFC rides)*  
The Winsor Trail winds through National Forest and BLM lands near Casa Del Rio in the Sangre De Cristo Mountains. There's a 10 mile one-way climb from 7100' to 10,500'. It's all single-track down and runs adjacent to Santa Fe Ski Area. The Winsor Trail gives a bit of everything, from smooth glides to bone-jarring rocks, from gentle slopes to brake-screaming pitches. Few single tracks in any part of the country offer such a variety in ten miles. The bottom four miles are the most challenging. The trail crosses Tesuque Creek 15 times. It's an awesome ride down — hard-pack single-track with occasional technical sections, passing through gorgeous forest that changes from spruce and aspen to pines and finally to high desert scrub. 20 miles 3,400 feet. RSVP to the ride leader, the ride leader name and exact meeting location and time will be posted on the website in April.



# 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 \_\_\_\_\_

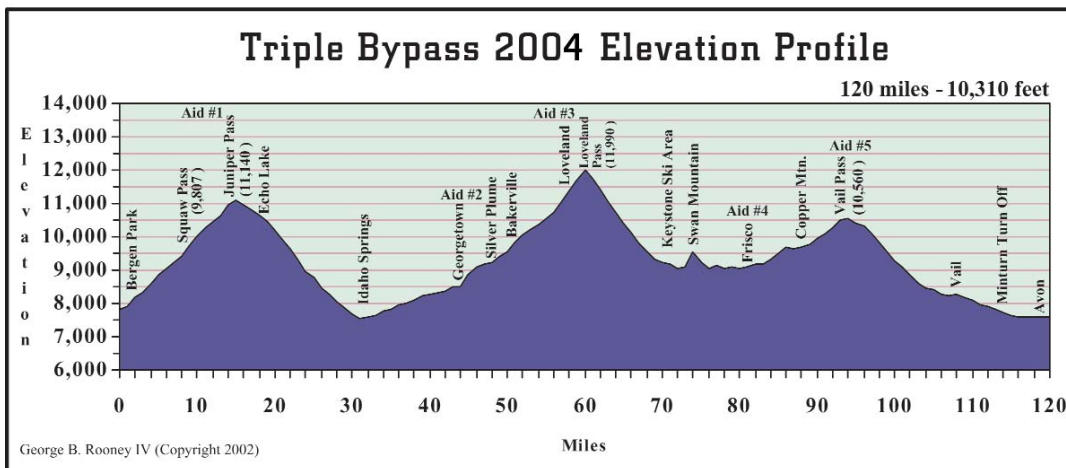
**Packet Pickup Location: (check one)**

- |  |  |
|--|--|
| <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 Elementary (5:30 - 7:30 am, July 10)   |  |
| <input type="checkbox"/> <b>Mail Option!</b> Mail the packet directly to me (\$6 additional fee, postmarked by 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 \_\_\_\_\_



**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
XSM (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.

# TE 2004 Road Rides

**March 7: Moderate**

**Willow Springs to Chatfield Reservoir.**

Meet at the Fort Restaurant 2 miles south of Morrison on Colo. 8 for a 10:30 am departure. From the Fort, through Willow Springs to Deer Creek Canyon Rd., to Chatfield Reservoir, and return. Round trip: 22 miles 2,100 ft. elevation gain. **Ride Leader:** Prilla O'Conner 303-733-1346.

**March 14: Moderate/Difficult**

**Chatfield/Arrowhead Loop. Option to the top of Deer Creek Canyon.**

Meet at Wadsworth and Deer Creek parking lot for a 10:30 am departure. From the Deer Creek parking lot, Wadsworth Blvd., Kassler Rd., Waterton Rd., Rampart Rd., Roxborough Dr., Sundown Tr., Arrowhead Golf Course. Retrace to Rampart Rd. Rampart Rd., Titan Rd., Roxborough Park Rd., Chatfield State Park. Follow the Park road around the south and west end of the lake back to Wadsworth Blvd. Wadsworth Blvd. back to the parking lot. **Option:** Follow Deer Creek Canyon Rd. west to the top and return to the parking lot. Round trip: 22 miles 800 ft. elevation gain. **w/Option:** 40 miles and 2,900 ft. elevation gain. **Ride Leader:** Aaron Miller 303-492-3597.

**March 21: Moderate/Difficult**

**Morrison/Lariat Loop/Red Rocks Loop.**

Meet in Morrison at the downtown parking lot for a 10:30 am departure. Morrison, Rooney Rd., Highway 40, Highway 93, Jeffco Parkway., Johnson Rd., Ford St., 24th St., Illinois St., 19th St., Lariat Loop Rd., Lookout Mtn. Rd., Highway 40, Genesee Park, Red Rocks, Morrison. Round trip: 30 miles 2,700 ft. elevation gain. **Ride Leader:** Kirk Ryder 303-697-9748.

**March 28: Moderate/Difficult**

**Little Cub Creek/Parmalee Gulch Loop.**

Meet at the Albertson's parking lot at Highway 74 and Stagecoach Blvd., 3 miles south of Bergen Park for a 10:30 am departure. Highway 74 & Stagecoach Blvd., downtown Evergreen, Little Cub Creek Rd., Stanley Pk. Rd., High Dr., N. Turkey Creek Rd., S. Turkey Creek Rd., Tiny Town, Indian Hills, Parmalee/Meyers Gulch, Kittredge, Evergreen, Meadow Dr., Highway 74, Albertson's. Round Trip: 30 miles 3,550 ft. elevation gain. **Ride Leader:** Eric Fredrickson 720-981-9086.

**April 4: Moderate/Difficult**

**Genesee/Morrison Loop. Option: Lariat Loop.**

Meet at the Genesee Park Park & Ride for a 10:00 am departure. Genesee Exit to Highway 40, Colo. 26, Morrison, Rooney Rd., Highway 40, Heritage Square, I-70 interchange, Highway 40 frontage Rd., Genesee Exit. **Option:** Rooney Rd., Highway 40, Highway 93, Jeffco Parkway, Johnson Rd., Ford St., 24th St., Illinois St., 19th St., Lariat Loop Rd., Lookout Mtn. Rd., Highway 40, Genesee Exit. Round trip: 22 miles 2,400 ft. elevation gain. **w/Option:** 29 miles 3,450 ft. elevation gain. **Ride Leader:** TBA

**April 11: Easter, no ride today.**

**April 18: Moderate/Difficult  
Tour of Evergreen.**

Meet at the Hiwan Homestead parking lot for a 10:00 am departure. Hiwan Homestead, Highway 74, Upper Bear Creek Dr., Witter Gulch Rd., Stagecoach Blvd., Highway 74, to Bergen Park, Highway 65 through Soda Creek, El Rancho via Highway 40, Bergen Park and back to the Hiwan Homestead parking lot via Highway 74 and Douglas Park Rd. Round trip: 31 miles 3,200 ft. elevation gain. **Ride Leader:** Mike Fife 303-679-9212.

**April 25: Moderate/Difficult**

**Deer Creek/High Grade/Conifer/City View Loop.**

Meet at the parking lot at Wadsworth Blvd. and Deer Creek Canyon Rd. for a 9:30 am departure. Deer Creek Canyon Rd., S. Deer Creek Rd., High Grade Rd., Pleasant Park Rd., Oehlman Park Rd., Snowy Trail, Crystal Way, City View, Hilldale, South Turkey Creek, Deer Creek Canyon Rd. Round trip: 38 miles 4,400 ft. elevation gain. **Ride Leader:** Tom Evans 303-670-8828.

**May 2: Moderate/Difficult**

**Tour of the Black Forest. Option: Tour Air Force Academy.**

RSVP to the Ride Leader for this ride. At least 7 riders are needed. Meet in Monument at the Monument Park and Ride next to Village Inn (Exit 161 off I-25) for a 9:30 am departure. Monument, Colo. 105, Walker Rd., Black Forest Rd., Hogden Rd., Estonville Rd., Murphy Rd., Meridian Rd., Ayer Rd., Goodson Rd., Burgess Rd., Milam Rd., Shoup Rd., Highway 83, Northgate Rd., Rollercoaster Rd., Higby Rd., Rollercoaster Rd., Colo. 105, Monument. **Option:** From Shoup Rd. and Highway 85, Highway 85 south to Academy Blvd., Southgate Blvd., Pine Dr., Academy Dr., Northgate Dr., Roller Coaster Rd., Colo. 105, Monument. Round trip: 47 miles 2,200 ft. elevation gain. **w/Option:** 65 miles 3,600 ft. elevation gain. **Ride Leader:** Chris Canfield 303-521-0643.

**May 9: Moderate/Difficult**

**Double Nickel Loop.**

Meet at the Albertson's parking lot at Highway 74 and Stagecoach Blvd., 3 miles south of Bergen Park for a 9:00 am departure. This ride is challenging to say the least. Plan from 3 to 5 hours to complete the 55 mile loop. Highway 74 and Stagecoach Blvd., Bergen Park, El Rancho, I-70 to Genesee Pk., Highway 40 to I-70/Morrison Exit, Colo. 26 to Morrison, Colo. 8 to the Fort, through Willow Springs to Deer Creek Canyon Rd., Tiny Town, Indian Hills, Parmalee/Meyers Gulch to Kittredge, Evergreen, Albertson's. Round trip: 55 miles 5,300 ft. elevation gain. **Option:** 29 miles 2,650 ft. elevation gain. **Ride Leader:** Janet Saxon 303-777-4699.

**May 16: Santa Fe Century.** Round trip: 104 miles 3,800 ft. elevation gain.

**Moderate/Difficult  
Greystone Ranch Loop.**

Meet at the Albertson's parking lot at Highway 74 and Stagecoach Blvd. For a 10:00 am departure. Albertson's, Upper Bear Creek Dr., Witter Gulch Rd., Stagecoach Blvd., Highway 74 to Bergen Park, return to downtown Evergreen via Highway 74. Round trip: 18.5 miles 1,700 ft. elevation gain. **Ride Leader:** Brian Smith 303-979-1814.

**May 23: Difficult**

**Bergen Park to Echo Lake.**

Meet at the Bergen Park Park and Ride for a 9:00 am departure. Bergen Park, Squaw Pass/Juniper Pass/Echo Lake via Colo. 103 and return the same. **Option:** From Echo Lake, Colo. 103 to Idaho Springs, bike path to Kermit's, Highway 40 frontage road to Floyd Hill, Colo. 65 to Soda Creek and Bergen Park. Round Trip: 36 miles 3,800 ft. elevation gain. **w/Option:** 43 miles 4,300 ft. elevation gain. **Ride Leader:** Dennis Driscoll 303-670-5450.

**May 30: Difficult**

**Lefthand Canyon/Ward/Lyons/Hygiene Loop.**

Meet in Altona, 5 miles north of the Broadway and Highway 36 intersection in Boulder, at the Greenbriar Inn in Altona for a 9:00 am departure. Plan for 4+ hours to complete the entire loop. Altona, Lefthand Canyon Dr. to Ward, Colo. 72 to Colo. 7, Colo. 7 to Lyons, Highway 36, Highway 66, 75<sup>th</sup> St., Nelson Rd., Highway 36, Altona. Round trip: 57 miles 4,500 ft. elevation gain. **Ride Leader:** Bob Cutler 303-786-9927, Alt: Stephanie Dodge, 303-604-2220.

**June 6: Moderate/Difficult**

**Elephant Rock Century.**

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

**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.

**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.

*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.

*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.

*July 10: Difficult*

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

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

*July 18: Moderate/Difficult*

**Three or Four Creeks Loop.**

Meet at the Bergen Park Park and Ride for an 8:00 am departure. Bergen Park, Highway 74, Colo. 73, Brook Forest Rd., Blue Creek Rd., Colo. 73, Grey Fox Rd., Colo. 73, N. Turkey Creek Rd., High Dr., Stanley Park Rd., Little Cub Creek Rd., Colo. 73, Highway 74, Meadow Dr., Highway 74, Bergen Park. **Option:** Stagecoach Blvd., Greystone Rd., Witter Gulch Rd., Upper Bear Creek Rd., Highway 74. Round trip: 31 miles 3,400 ft. elevation gain. **w/Option:** 40 miles 4,200 ft. elevation gain. **Ride Leader:** Steve Kerschbaum 303-674-8726.

*July 25: Moderate/Difficult*

**Carter Lake.**

RSVP to the Ride Leader for this ride. At least 7 riders are needed. Meet in the middle of the main street (Franklin) across from the old Rev. Taylor's (121 2nd St. in Niwot) for an 8:30 am departure. This is a long ride that will require 4+ hours to complete including the Carter Lake Loop. Niwot Rd., Highway 36, Nelson Rd., 75th St., Woodland Rd., 83rd St., 23rd St. Retrace back to 75th St. and Nelson Rd. Take 75th St. then 73rd St. back to Niwot. **Option:** Carter Lake Loop: 8E Rd. (Carter Lake Rd.), 31 Rd., 18E Rd., 29 Rd., 12 Rd., 23rd Rd. Round trip: 44 miles 1,550 ft. elevation gain.

**w/Option:** 61 miles 2,450 ft. elevation gain. **Ride Leader:** Richard Giniewski 303-766-8750.

*August 1: Easy/Moderate*

**Idaho Springs to Georgetown. Option: Bakerville.**

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

*August 8: Difficult*

**Copper Triangle.**

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

*August 15: Moderate/Difficult*

**Morgul Bismark Loop.**

Meet in Golden at the corner of Ford St. and 12<sup>th</sup> St. (Coors Wellness Center) for an 8:00 am departure. This ride is deceiving, so plan for 4 hours to complete the round trip including the Morgul Bismark loop. Ford St., 10th St., Easley Rd., 64th Ave., Quaker St., Leyden Rd., Alkire St., 80th Ave., Simms St., 82nd St., Alkire St., 100th Ave., Simms St. Retrace the route from the intersection of Simms St. and Highway 128 back to Golden. **Option:** Morgul Bismark Loop: Highway 128, Highway 93, Marshall Rd., McCaslin Blvd., Highway 128. Round trip: 40 miles 1,500 ft. elevation gain. **w/Option:** 52 miles 2,050 ft. elevation gain. **Ride Leader:** Vince Pietrobon 303-274-9055.

*August 22: Moderate/Difficult*

**Bergen Park to Echo Lake.**

Meet at the Bergen Park Park and Ride for a 9:00 am departure. Bergen Park, Squaw Pass/Juniper Pass/Echo Lake via Colo. 103 and return the same. From Bergen Park take Highway 74 south ¾ mile to Colo. 103. Turn right (west) on Colo. 103 and ride 15 miles to Juniper Pass. Descend from Juniper Pass 3 miles to the Echo Lake Lodge. The Lodge has refreshments. Retrace the same route back to Bergen Park. Round trip: 36 miles 3,900 ft. elevation gain. **Ride Leader:** Debbie McCabe 303-674-1644.

*August 29: Moderate*

**Sedalia to Palmer Lake.**

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

*September 5: Difficult*

**Stanley Park Loop.**

Meet at the Albertson's parking lot at Highway 74 and Stagecoach Blvd., 3 miles south of Bergen Park for an 8:00 am departure. Plan from 4 to 5 hours to complete the 59-mile loop. Highway 74 and Stagecoach Blvd., Bergen Park, El Rancho, I-70 to Genesee Pk., Highway 40 to I-70/Morrison Exit, Colo. 26 to Morrison, Colo. 8 to the Fort, through Willow Springs to Deer Creek Canyon Rd., S. Deer Creek Canyon Rd., High Grade Rd., Pleasant Park Rd., Conifer, Highway 73, Shadow Mtn. Rd., Black Mtn. Dr., Brook Forest Rd., Highway 73, Evergreen, Highway 74, Meadow Dr., Douglas Pk. Rd., Highway 74, Albertson's. Round trip: 59 miles 5,500 ft. elevation gain. **Option:** 29 miles 2,650 ft. elevation gain. **Ride Leader:** Ray Sirianne 303-670-3405.

*September 12: Moderate/Difficult*

**Historic Lariat Loop.**

Meet at the Bergen Park Park & Ride for a 9:30 am departure. Bergen Park, Evergreen, Kittredge, Morrison, Colo 93 & 26, Highway 40, Heritage Square, Highway 93, Jeffco Pkway, Johnson Rd., Ford St., 24<sup>th</sup> St., Illinois St., 19<sup>th</sup> St., Lariat Loop Rd., Lookout Mtn. Rd., Highway 40, Genesee Park, El Rancho, Bergen Park. Round trip: 38 miles 2,950 ft. elevation gain. **Ride Leader:** Joel Marks 303-670-3491.

*September 19: Difficult*

**Gore Pass to Toponas Out & Back.**

RSVP to the Ride Leader for this ride. At least 7 riders are needed. Meet at the Red Desert Overlook Rest Stop on the east side of Highway 40, 8 miles north of Kremmling for a 9:00 am departure. Plan for 5 hours to complete the entire trip. Red Desert Overlook, Highway 40 to Colo. 134, Colo. 134 to the top of Gore Pass, continue on Colo. 134 to Toponas. Return via the same route. Round trip: 58 miles 5,000 ft. elevation gain. **Ride Leader:** George Rooney 303-670-1908.

*September 26: Moderate/Difficult*

**Bergen Park/Morrison/Kittredge/Evergreen Loop.**

Meet at the Bergen Park Park and Ride for a 9:30 am departure. Bergen Pk., Highway 74 to El Rancho, I-70 to Genesee Pk., at Genesee Pk. take Highway 40 to I-70/Morrison Exit, Colo. 26 to Morrison, Highway 74 to Kittredge & Evergreen, Meadow Dr. to Douglas Pk. Rd., Douglas Pk. Rd. to Highway 74 back to Bergen Park. **Option:** 1/3 mile up Meadow Dr. take Fireweed, Alpine Dr., S. Valley Dr. and Valley Dr., Buchanan Dr., Sage Cr., Ponderosa Dr., Highway 74 back to Bergen Pk. Round trip: 29 miles 2,650 ft. elevation gain. **w/Option:** 29.5 miles 3,000 ft. elevation gain. **Ride Leader:** Matt Kondler 303-466-7426.

*October 3: Moderate*

**Blackhawk to Nederland Out & Back.**

Meet in Blackhawk at the public parking lot across from The Isle of Capri casino for a 9:30 am departure. Blackhawk, top of Golden Gate Canyon (Junction 119 & 46), Rollinsville, Nederland. Return the same. Round trip: 36 miles 1,950 ft. elevation gain. **Ride Leader:** Gary Hart 303-526-0614.

*October 10: Moderate*

**Willow Springs to Chatfield Reservoir.**

Meet at the Fort restaurant 2 miles south of Morrison on Colo. 8 for a 10:00 am departure. From the Fort, through Willow Springs to Deer Creek Canyon Rd., to Chatfield Reservoir, and return. Round trip: 22 miles 2,100 ft. elevation gain. **Ride Leader:** Jon Kidder 303-756-2000.

**October 17: Moderate/Difficult Golden Triangle.**

Meet in Golden at the corner of Ford St. and 12th St. (Coors Wellness Center) for a 10:00 am departure. Ford St., Jackson St., Ford St., Johnson Rd., W. 10th Ave., Highway 93, Highway 40, Genesee Pk., Mt. Vernon Country Club Rd., Lookout Mtn. Rd., Colorow

Rd. to Boetcher Mansion, Lariat Loop Rd., 19th St., Ford St. Round trip: 22 miles 2,300 ft. elevation gain. **Ride Leader:** Eric Fredrickson 720-981-9086.

**October 24: Moderate/Difficult Little Cub Creek/Parmalee Gulch Loop.**

Meet at the Albertson's parking lot at Highway 74 and Stagecoach Blvd., 3 miles south of Bergen Park for a 10:00 am departure. Highway 74 & Stagecoach Blvd., downtown Evergreen, Little Cub Creek Rd., Stanley Pk. Rd., High Dr., N. Turkey Creek Rd., S. Turkey Creek Rd., Tiny Town, Indian Hills, Parmalee/Meyers Gulch, Kittredge, Evergreen, Meadow Dr., Highway 74, Albertson's. Round Trip: 30 miles 3,550 ft. elevation

gain. **Ride Leader:** Patsy Radley 303-670-0292.

**October 31: Moderate/Difficult Evergreen Loop.**

Meet at the Evergreen Lake House parking lot for a 10:00 am departure. Evergreen Lake House, Highway 74, Upper Bear Creek Dr., Witter Gulch Rd., Stagecoach Blvd., Bergen Park and El Rancho via Highway 74, Floyd Hill via Highway 40, Soda Creek via Colo. 65, Bergen Park, and back to the Evergreen Lake House parking lot via Highway 74 and Upper Bear Creek Rd. Round trip: 30 miles 3,100 ft. elevation gain. **Ride Leader:** Alan Kahn 303-670-3278. **Meet at the Lake House for Oktoberfest at 12:00 pm.**

# 2004 Mtn Bike Rides

RIDE	DATE	LOCATION	RIDE LEADER	EMAIL ADDRESS	PHONE
Weekend MTB ride	Apr 17	Mt. Falcon	Steve Reed	preedzo@aol.com	(303) 674-1665
Moab Trip (2 days)	Apr 23	Moab Trip	Terry Mitchell	aspen80421@netzero.com	(303) 838-6675
Weekend MTB ride	Apr 24	Chimney Gulch to APEX or Bergen Peak	Terri Wickstrom	bicyclebabe@comcast.net	(303) 474-4161
Weekend MTB ride	May 01	Colorado Trail - Buffalo Creek	Janet Saxon	Janet.saxon@juno.com	(303) 777-4699
Mountain Ride Kickoff Social	May 07	Evergreen	Bob Campbell	mountainbike@teamevergreen.org	(303) 526-3000
Weekend MTB ride	May 08	Deer Creek Canyon	Robb McGuffin	robb@bicycle-outfitter.com	(303) 674-6737
Sante Fe Century (3 days)	May 14	Sante Fe MTB rides	Mike Brislin	mikebrislin@earthlink.net	(303) 494-1677
Weekend MTB ride	May 15	Rampart Range Reservoir	Terry Mitchell	aspen80421@netzero.com	(303) 838-6675
Weekend MTB ride	May 23	Colorado Trail - Waterton Point to Point	Terri Wickstrom	bicyclebabe@comcast.net	(303) 474-4161
Weekend MTB ride	May 29	Golden Gate Canyon State Park	Janet Saxon	Janet.saxon@juno.com	(303) 777-4699
Weekend MTB ride	Jun 05	Meadow Mountain Loop - Vail (Minturn)	Vince Talavera	vincent.talavera@jnli.com	(303) 886-1727
Europe Trip (one week)	Jun 12-19	Chamonix	Steve Riggie	ShredderCO@aol.com	(303) 783-2100
Weekend MTB ride	Jun 13	Colorado Trail - Wellington Lake	C.O. Dolan	cdolan@cemines.com	(303) 679-3152
Weekend MTB ride	Jun 19	St. Mary's Glacier or other Epic ride	Matt Bailey	onetrackrider@yahoo.com	(303) 239-6857
Europe Trip (one week)	Jun 19-26	Chamonix	Geoff Worley	pworleyrt@aol.com	(303) 670-9563
Weekend MTB ride	Jun 26	Leadville ride	Ben Sokolski	roaddog@colorado.net	(719) 486-5983
Crested Butte trip	Jul 02	Crested Butte long weekend	Tricia, Roberto, Victor	robogar@yahoo.com	(303) 679-1891
Weekend MTB ride	Jul 03	Keystone Gulch / Soda Creek Loop	Gary Pallaoro	YetiMtnBik@aol.com	(303) 674-2154
Road Event	Jul 10	Triple Bypass	Leslie Caimi	triple@teamevergreen.org	
Weekend MTB ride	Jul 17	Winter Park - Tipperary Creek	Karen Opp	ko_mountains@hotmail.com	(303) 816-0823
Europe Trip (one week)	Jul 31-Aug 7	Chamonix	Jim Black	jblack1@qwest.net	(303) 733-7312
Weekend MTB ride	Jul 23	Steamboat Trip	Matt Bailey	onetrackrider@yahoo.com	(303) 239-6857
Weekend MTB ride	Jul 31	Silver Creek Ski Area - Fraser	Terry Mitchell	aspen80421@netzero.com	(303) 838-6675
Member Picnic	Aug 07	Didesse Park	Bob Campbell	mountainbike@teamevergreen.org	(303) 526-3000
Weekend MTB ride	Aug 08	Copper Mountain Bike Triangle	Steve Kershbaum	skerschbaum@geographix.com	(303) 674-8726
Hut trip (2 days)	Aug 13	Colorado Hut Trip	Nancy Warnicke	girls-club@att.net	(303) 816-1104
Rocky Mtn Metric Century	Aug 14	Rocky Mtn Century	TBA - Bob Campbell	mountainbike@teamevergreen.org	(303) 526-3000
Weekend MTB ride	Aug 22	Winter Park - High Lonesome Trail	Steve Mayka	smayka@earthlink.net	(303) 674-6006
Weekend MTB ride	Aug 28	Monarch Crest	Wickstrom/Kershbaum	bicyclebabe@comcast.net	(303) 474-4161
Weekend MTB ride	Sep 05	Winter Park - Corona Pass	Jerry Haynie	jphaynie@mindspring.com	(303) 915-5395
Ghost Town Trip (2 days)	Sep 10	St Elmo	Karen Opp	ko_mountains@hotmail.com	(303) 816-0823
Weekend MTB ride	Sep 12	Peaks Trail - Frisco	Terry Mitchell	aspen80421@netzero.com	(303) 838-6675
Weekend MTB ride	Sep 19	Colorado Trail - Kenosha & Georgia Pass	Steve Kershbaum	skerschbaum@geographix.com	(303) 674-8726
Weekend MTB ride	Sep 25	Silver Plume/Waldorf Mine/Argentine Pass	R.J. Kern	rjkern@ngs.org	(303) 474-0983
Weekend MTB ride	Oct 03	Idaho Springs - Warren Gulch	Don Bellio	dbellio@ix.netcom.com	(303) 674-1260
Kokopelli's Trail (3.5 days)	Oct 08	Kokopelli's Trail	Robert Garriga	robogar@yahoo.com	(303) 679-1891
Weekend MTB ride	Oct 09	Colorado Trail - Pine Valley	Chris Davis	CBikedavis@aol.com	(303) 679-8510
White Rim (2 days)	Oct 16	White Rim or other long ride	Robert Garriga	robogar@yahoo.com	(303) 679-1891
Weekend MTB ride	Oct 17	Boulder - Hall & Heil or Switzerland Trail	Mike Brislin	mikebrislin@earthlink.net	(303) 494-1677
Oktoberfest	Oct 24	Lakehouse	Bob Campbell	mountainbike@teamevergreen.org	(303) 526-3000
Mountain Bike Party	Nov 04	Evergreen	Bob Campbell	mountainbike@teamevergreen.org	(303) 526-3000

# More 2004 Rides

**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 MORNING RIDES

Show and go for these easy to moderate road rides. Meeting times vary, based on weather and month. *RSVP to Chris Swan (303-670-0570) or Antoinette Bradley (303-674-3578) for route and meeting place.*

## Mountain Gentlemen and Lovely Ladies

Mountain Gentlemen and Lovely Ladies weekly Friday rides will continue on Fridays throughout the year.

*Meet 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.*

## START TIMES

March	10:30 am
April	9:30 am
May	8:30 am
June	7:30 am
July	7:30 am
August	8:30 am
September	9:30 am
October	10:30 am

**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.

Weather permitting. This one-speed (slow) ride is great for beginning cyclists or easy training miles. Will follow bike paths to McDonald's in the Bear Valley Shopping Center and return (22 miles) or continue to Chatfield and return (48 miles), or even pedal to downtown Denver and Larimer Square (45 miles). In the heat of the summer, some rides will move to the foothills. **Ride Leader: Mike Carter (303-670-7898).**

## Wed. Night "Trails & Ales" Mtn. Bike Rides

Here it is, that most anxiously waited for, list of Wednesday night mountain bike rides.

You will see that early in the season we have scheduled two rides each to Bear Creek Lake Park and Matthews/Winters Park. This is because adverse weather is always a factor in late spring. We will plan to do each ride both times, or if the weather is a problem, we will get to ride each trail at least once. In any case, these rides will be perfect for helping you get back your "riding legs" after the long cold winter.

We have added some new rides this year that will appeal to a greater diversity of riders. We are also anticipating having enough riders on Wednesday nights so that we can break into groups; this will allow riders of different capabilities to enjoy the same rides.

All rides, including meeting places, will be posted on the [www.teamevergreen.org](http://www.teamevergreen.org) website. The site posts the technical and fitness ratings, and coordinates. All you need to do is RSVP the ride leader for each ride, or just show up. Most meeting times are for

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.

Helmets are required on all Team Evergreen rides. Rides will be cancelled when temperatures are below 40° and/or trail conditions are obviously too wet. When conditions are questionable, call the ride leader for a last-minute check. If you have any questions concerning the route(s) chosen, please contact the ride leader(s) listed. Also, check [www.teamevergreen.org](http://www.teamevergreen.org) for any general changes to the schedule.

We are looking for ride leaders for our Wednesday night rides. If you are interested, email [jphaynie@mindspring.com](mailto:jphaynie@mindspring.com) and list your selections.

Last year was a great time for the Wednesday night riders and we expect this year to be even better. Come and join us; you'll have a great time.

*Jerry Haynie*

DATE	LOCATION
April 28	Bear Creek Lake Park
May 5	Bear Creek Lake Park
May 12	Matthews/Winters Park
May 19	Matthews/Winters Park
May 26	Flying J Ranch
June 2	Dakota Ridge to Red Rocks (from Rooney Road)
June 9	Aldefer Three Sisters
June 16	Elk Meadow
June 23	Mt. Falcon (lower)
June 30	Pence Park to Lair of the Bear
July 7	DeDisse Park and Three Sisters
July 14	Maxwell Falls (upper)
July 21	Meyers Ranch Park
July 28	Mt. Falcon (upper)
August 4	Elk Meadow/Bergen Peak
August 11	Lair of the Bear to Pence Park
August 18	Evergreen Mountain (from Three Sisters)
August 25	Reynolds Ranch
Sept. 1	Matthews/Winters Park
Sept. 8	Maxwell Falls (lower)
Sept. 15	Elk Meadow/Bergen Peak

# 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 10: Brake Tech Tip

If you're going to use your brakes as hard as I'm recommending, you need maximum leverage and power. Your mountain bike is likely to have one of three braking systems: cantilever, parallel-pull, or disc.

**Cantilever:** Stopping power is affected most by the height of the straddle cable that connects the two arms. The lower the cable, the farther out the arms will be, and the more power you'll get. Shoot for a 90-degree angle between each arm and the cable. But make sure the cable doesn't hit the tire or reduce mud clearance.

**Parallel-pull:** This type (also known as direct-pull or by Shimano's brand name, V-Brake) is superior to the cantilever because it's more powerful and reduces the risk of a brake pad sliding up into the tire or down into the spokes. For these reasons, parallel-pull brakes became standard equipment on better bikes in the late 1990's. After the pads are positioned to hit the rim squarely, make adjustments to braking leverage at the levers themselves.

**Disc:** Unlike the first two types, disc brakes operate at the hub rather than at the rim. This location keeps them cleaner, and their design gives them various mechanical advantages. In fact, they're an

offshoot of the brakes found on motorcycles. In my experience, it's the innate quality and design of a given disc brake that produces excellent stopping power, not tweaks that you make after the fact. The difference between a good disc brake and a mediocre one is in the modulation it allows. If it simply works like a light switch (on/off), it's poorly designed. Also, look for a system that doesn't leave pads in continuous contact with the discs.

**Lever position.** It's best to position the brake levers so your wrists are straight when braking from out of the saddle, as on a fast or technical downhill. Move the levers laterally on the bar until you can easily reach their ends with your index and middle fingers (or even one finger if your hands are strong enough). This creates the most leverage. Fine-tune lever play by turning the cable adjustment barrel. The brake pads should not make contact until the lever is relatively close to the bar, where your hand strength is greatest. However, the wheel should lock up before the lever actually reaches the bar.

**Pad Selection.** Brake pads can wear out in as little as one ride. When you need to replace your pads, you're not limited to original equipment. Several companies make aftermarket pads with compounds designed for specific riding conditions. Whatever you use, frequently check pad condition and replace them sooner rather than later. If pads wear out during a ride, the metal-to-metal contact can ruin your rims.

## AROUND THE RINGS

*continued from page 4*

ter with a double in the front and have an adequate geared bike for climbs of 15% grade. If you are not opposed to riding some gravel roads, something I love doing, 15% grades are all over Colorado and the traffic is minimal. Anyway, I'm digressing, the key is that rear shifting has been improved and we are now given more options on setting up the proper gearing for a rider's style and fitness.

Finally, the brakes have been changed to increase stopping power and reduce weight. The new calipers are 25% stiffer while dropping 4 grams of weight. When you pull on the levers you can feel precise movement of the caliper. When you get the bike moving the brakes slow you down fast and accurately. One feature I always want on a bike that is being ridden in the mountains is the best brakes available. We put a lot of stress on our brakes in Colorado, not to mention our lives depend on them working correctly. Anything that makes the brakes better is a great thing. The Dura Ace breaks work better.

There are other changes to Dura Ace that you should check out. Every part has been re-worked and the system is a work of art. Best of all, for all you weight freaks (yes we are!) the entire group weighed in at 135 grams lighter in our shop test at Bicycle Outfitters.

Colorado demands your peak fitness and your equipment to operate at a high level. When the body is working well and the bike "disappears" under you, cycling nirvana has been achieved. Dura Ace is the aphrodisiac to help you love your bike and ride the ride. Go give it a try.

*Ride on!*

# Team Evergreen Ride Leader's Dinner

Team Evergreen sponsored the annual Ride Leader's dinner last month at Mt. Vernon Country Club, a popular event as an appreciation to the 2003 ride leaders. How can you get in on the free feed? Lead a ride in 2004 (hence the name...Ride Leader's Dinner). There are still rides available to lead, see what's up at [www.teamevergreen.org](http://www.teamevergreen.org) for the road and mountain bike schedule or email Bob Campbell (mountain bike) at ([mountainbike@teamevergreen.org](mailto:mountainbike@teamevergreen.org)) or George Rooney (road rides) at ([gbrooneyiv@yahoo.com](mailto:gbrooneyiv@yahoo.com)).



*The dessert table is always a favorite.*



*TE Prez. Bruce Epstein (left) said a few words with George Rooney.*



*Long-time TE member Patsy Radley loads up with some scrumptious sides and entrees in the buffet line.*

**"Turn mountains into molehills.  
OK, maybe just smaller mountains."**

Robb McGuffin, Bicycle Outfitters

SUN	MON	TUE	WED	THUR	FRI	SAT
8-9:30 AM Endurance Jeff	9-10:30 AM Endurance Jarmilla	6-7 AM All Terrain Anna  6-7 PM Intervals Peter	9-10 AM* Intervals & Speed Climb Mishelle  *Call Tuesday to reserve spot in Wed. class	6-7 PM Climbing Tom	9-10 AM All Terrain Barbara	8:30-9:30 AM* Intervals & Power Climb Robb/Mishelle  *Call Friday to reserve spot in Saturday class

Evergreen is never 'easy' bike riding. But nothing beats having the right cycling strength and conditioning under your belt. Come join our spinning classes, with expert instruction, personal heart rate monitors and private music headphones provided.



Bergen Vill. Shop. Ctr. across from King Soopers | 303.674.6737 | [velocolorado.com](http://velocolorado.com)



*The Borscht Brothers dazzled the crowd with their antics.*

# Coming to a Road or Trail Near You



## BUENA VISTA BIKE FEST

**Saturday, May 22**

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

Colorado Springs Cycling Club presents the 6th Annual Buena Vista Bike Fest May 22, 2004. This event includes a century from Buena Vista, CO north to Leadville along the scenic rolling hills of the Turquoise Lake Road, around the Mineral Belt Trail passing Aspen groves and Conifer forest, meandering through the historic Leadville mining District and back to Buena Vista in the shadows of Colorado's highest mountain peaks. Other options include a 40 miler, a 50 miler and a metric century (62 miles) while still enjoying the Collegiate Peaks' magnificent scenery. Register online for \$35.



## IRON HORSE BICYCLE CLASSIC

**Saturday, May 29**

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

A spectacular race through the San Juan Mountains where all the vistas are outstanding. Best of all, you can experience this classic course free from cars. The course is 47 miles to Silverton, with 5,500 feet of climbing. This is a no support race on the open highway and riders should take appropriate precautions. BEAT THE TRAIN! Climb 5,500 feet and scale two 11,000 foot mountain passes on this 47 mile ride through Colorado's San Juan Mountain range. Plus, the Purgatory - Silverton road will be "bikes only" from 8 am to noon. McDonald's provides three aide stations and free t-shirts to all tour riders who reach Silverton.



## PEDAL THE PEAKS

**June 19 - 26, 2004**

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

Pedal the Peaks Challenge is a part of a series of rides that stretch from coast to coast, including the Mission: Montana ride from June 27 - July 3 and the Range Ride in Wyoming from July 3 - 10. The Rocky Mountains of Colorado route from Gunnison to Creede, Pagosa Springs Duango, Telluride and ending in Delta.



## 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.



## 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!

# Bicycle Advocacy News

by Dan Grunig

Executive Director Bicycle Colorado  
dan@bicyclecolo.org

## COLORADO SAFE ROUTES TO SCHOOL BILL

Representative Greg Brophy (R) introduced House Bill 04-1309 to improve children's safety, health, and neighborhoods by making it easier and safer to bike and walk to school. Senator Ron Tupa (D) is carrying the bill in the Senate.

The Colorado Safe Routes to School Bill will create a program within the Colorado Department of Transportation to utilize a portion of federal safety funds for projects around schools. Improvements may include creating bike lanes, multi-use paths, paved shoulders, sidewalks, safer road crossings, safety signs, traffic calming measures, bicycle parking, and safety education.

"Colorado's spending of federal transportation safety funds have focused almost exclusively on protecting motorists. It is time to invest in protecting the most vulnerable people out on the streets – our children," stated Representative Brophy. He added, "The area around schools, both rural and urban, has become a congested place for kids to bike and walk. Parents need to know that their kids have a safe route to school."

Read the Press Release, bill text, and

FAQs at the following: [www.bicyclecolorado.org/for/saferoutes](http://www.bicyclecolorado.org/for/saferoutes)

## BIPARTISAN SUPPORT FOR SAFE ROUTES TO SCHOOL

We would like to thank the bill sponsors and co-sponsors in the House and Senate. These are the leaders working to protect children, improve health, and encourage biking and walking.

### HOUSE

#### Sponsor:

Greg Brophy (R) - Adams, Cheyenne, Crowley, Kiowa, Kit Carson, Lincoln, Morgan, Washington, Yuma

#### Co-sponsors:

Bob Briggs (R) - Jefferson  
Mike Merrifield (D) - El Paso

### SENATE

#### Sponsor:

Ron Tupa (D) - Boulder

#### Co-sponsor:

Ken Chlouber (R) - Douglas, El Paso, Lake, Park, Teller

*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>.*



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

1/2 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 3/31/04

**John Elway Subaru West**

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



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

**2003 RIDE THE ROCKIES JERSEYS AND TAPE FOR SALE:** A mans large jersey and a woman's large jersey, never worn, for sale. The 2003 RTR tape, never viewed, also for sale. \$25.00 each or all three for \$60.00. Contact Dave B. at [dballinger@downtowndenver.com](mailto:dballinger@downtowndenver.com).

**WINCHESTER TRAILER AND ALLYCAT FOR SALE:** Winchester trailer, seats two children facing each other, good condition, \$75. Alley Cat Shadow II, with added luggage rack behind saddle and toe clips, plus custom fork for mounting on bike rack. Excellent condition. \$150. Call Melissa at 303-973-5920 or email to [melissa@ecentral.com](mailto:melissa@ecentral.com).

**ROAD BIKE for SALE:** Lemond Zurich for Sale: 1998, Very Well Maintained, 48" Frame, 853 Reynolds Tubing, Carbon Fork, Ultegra Components, Double Crankset, 12-27 Rear Cassette, Great Ride!!! \$800 - Call 303-670-9435.

**ROAD BIKE for SALE:** 2000 Lemond, Maillot Jaune (Red/black)55cm. Excellent condition. Reynolds 853 ovalized, double butted steel. MAVIC EQUIPE wheels (18f 20r). Full Ultegra group (double 53/39). Icon carbon fork (11/8), FSA headset, TTT bars (44) and stem (120), Sellia Italia FLITE gel Ti saddle. A fast and smooth ride, loves the hills. PRICE: \$1,500. Contact Walter at 303-734-0524 or [w.wwheimer@att.net](mailto:w.wwheimer@att.net)

**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). Load carrier feet will adjust to fit just about any type of car 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.

*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.*



## THE BORDER TO BORDER CHALLENGE SERIES

Border to Border (B2B) has a mission to provide you with a life adventure opportunity. We will bring together a group of diverse individuals to accomplish a common goal of raising money for people who truly need help. Border to Border is a bicycle ride from Canada to Mexico to benefit pediatric AIDS. The process will positively impact the future of the benefactors, sponsors, participants, crew and communities along the ride.

The Border to Border Challenge will begin in September of 2004.

Not enough time? How about this?

B2B has organized six spectacular century rides in and around Colorado that will meet your cycling needs and also help children with AIDS. Most of the rides are one-day events, but we also have a few two-day events. (Routes, dates and costs are not final, please contact Border to Border to confirm.)

Ride the Monument: Grand Jct. — May 1st

Vail to Steamboat — June 4th

Vail to Aspen — June 20th

Vail to Evergreen Ride — July 25th

Salida to Gunnison to Salida  
(2 Day) Aug. 7 & 8

Vail to Santa Fe (4 Day) Aug. 20th to 23rd

Contact us at [info@borderto-borderusa.org](mailto:info@borderto-borderusa.org) or 1.970.390.7884 if you have questions.

## 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)	tevans@moreyevans.com
Secretary	Terri Wickstrom	303-816-0823 (h)	303-816-0823 (w)	bicyclebabe@comcast.net
Treasurer	Janet Saxon	303-777-4699 (h)	303-850-4776 (w)	janet.saxon@juno.com
Ride Committee Chairman	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
Business Manager	Laura Robinson	303-670-7165 (h)	303-318-8377 (w)	laurarobin@juno.com
Member-at-Large	Mike Brislin	303-494-1677 (h)	484-686-5376 (c)	mbrislin@comcast.net
Member-at-Large	Steve Mayka	303-674-6006 (h)	303-228-9212 (w)	smayka@earthlink.net
Member-at-Large	Aaron Miller		303-492-3597 (w)	aaron.f.miller@colorado.edu

### 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.*

*Team Evergreen Bike Beat  
March Issue!*

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

For those immune to shameless ego-stroking we also offer 10% off.”

Robb McGuffin, Bicycle Outfitters

Always 10% off all parts, clothing and accessories for all Team Evergreen members. Don't see something you like? We'll order it for you. We're certified bike fit specialists. Get more comfort and power with proper fit. Stay strong and conditioned with on-site fall/winter indoor cycling classes.



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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.

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