



May 2004

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

From the Captain's Saddle

What a Nice Group of People

by Bruce Epstein
TE President

As I recently drove away from a superb Team Evergreen mountain bike ride on Mt. Falcon, I found myself thinking, "What a nice group of people." I then realized that I always seem to have that same response after Team Evergreen rides. What a nice group of people.

I love to ride solo. Riding for hours without talking to anyone can be a meditative, cathartic experience. Whether on the trails or on the road, just me and my bike — it's a beautiful relationship. After a long solo ride, my prior worries are reduced to manageable, minor tasks are completely dismissed as silly irrelevancies. What a gift.

I also enjoy riding with others, and the Team Evergreen rides provide me with an easy channel for group rides. I can just show up and follow the leader, and usually I discover routes, nooks and crannies that I never knew existed. And the

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Evergreen will host a handcycle time trial race on Upper Bear Creek on May 29. If you are interested in volunteering, contact TE volunteer coordinator Terri Wickstrom. See www.adaptiveadventures.org for more details. Photo of Mike Bond courtesy of Adaptive Adventures.

Reynolds Park Closed No Mountain Bikes as of March 31

Don't plan any mountain bike trips to Reynolds Park until you read this news release. We do not know about the accuracy of the content of either side, but we thought that TE members should be aware of the issue and some of the concerns expressed by both sides so that TE members could get involved if they choose. For more information, please see www.co.jefferson.co.us/ext/dpt/comm_res/lope_nspac/rej.htm and www.linearpull.com

FROM JEFFCO OPEN SPACE

As a recommendation from the

Reynolds Park Management Plan, biking will no longer be allowed at Reynolds Park effective March 31, 2004. Members of the Trails Task Force, a representative group of volunteers from each user group, were able to evaluate the plan and accepted the recommendation to close Reynolds Park to mountain biking with the understanding that the majority of other existing Open Space Trails will continue to allow multiple use.

Currently, bicycle use at Reynolds Park is quite low when compared to hikers.

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MOUNTAIN BIKE HAPPENINGS

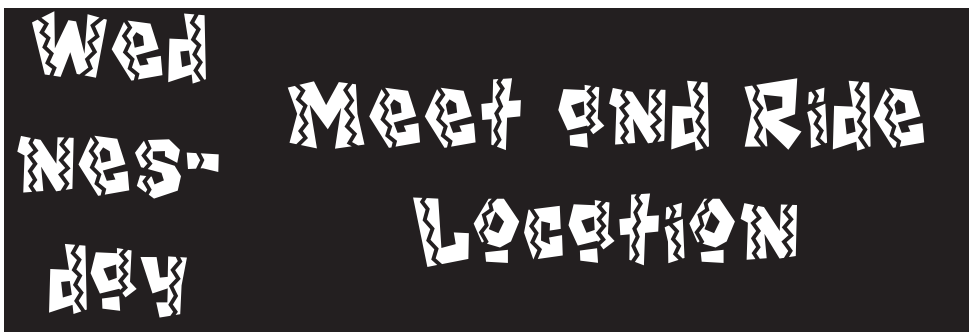
Wednesday Night Mountain Bike Ride News

by Jerry Haynie

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 parking 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 other club members 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 June. All rides have a meeting time of 5:45 p.m. with ride departure at 6:00 p.m.



April 28, 2004 Bear Creek Lake Park (park at NW corner C470 & Morrison Rd)

May 5, 2004 Bear Creek Lake Park (park at NW corner C470 & Morrison Rd)

May 12, 2004 Matthews/Winters Park (park at SW corner of I70 & Morrison Rd)

May 19, 2004 Matthews/Winters Park (park at SW corner of I70 & Morrison Rd)

May 26, 2004 Flying J Ranch (park at CO 73 & Shadow Mtn. Rd)

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

June 9, 2004 Aldefer 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)

Visit 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

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people: they are engaging, entertaining, looking for laughs, and are capable, if not accomplished, cyclists. Cyclists tend to be an appealing group of people, looking for adventure, challenges and exercise. I am sure that Team Evergreen has no exclusive on enjoyable cyclists. They are everywhere. I am just glad that Team Evergreen makes it so simple for me to plug into a wonderful group of people.

Take care,
Bruce

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TE Goes to Moab

by Terry Mitchell

On Friday morning April 23rd, as I was putting my bike on the car rack, snow was coming down all around me. The roads were icing, and it was cold. I was thinking to myself, I am driving to Moab to meet 26 riders for a weekend of riding in this weather!

I was glad I did. After picking up two riders in Evergreen, the closer we got to Moab, the nicer the weather became. It was perfect biking weather. After everyone checked into the Archway Inn, it was time to take off for our first ride. The warm up ride was the famous Slickrock trail, 12.7 miles up and down on the Navajo sandstone.

There were quite a few first-timers to Moab and this was the ride they were waiting for. A group took off ahead of me and somehow a first-timer became the lead rider. They accidentally ended up on the practice loop, not realizing until they came back to the start of the main trail. Our large group broke up into several

smaller groups and each found their own route around the infamous slickrock trail. Two other riders and I took the right turn and did the entire ride. The three of us had a great ride with the snow-capped peaks of the La Sals in the background.



The gang at Moab.



Day two would be the Klondike Bluffs trail, a little bit of everything, 15 miles out and back on sand and slickrock. The day was beautiful, the views great, and our large group enjoyed the ride. A group of five riders completed a long ride, up

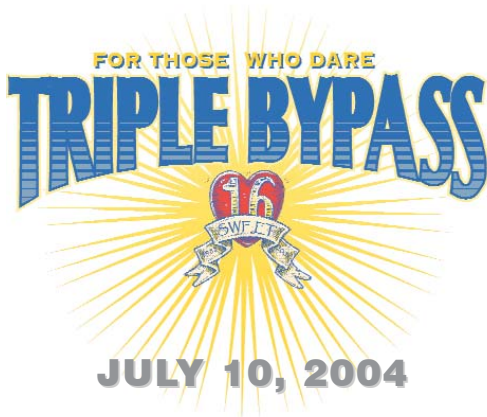
to Gemini Bridges then back to the hotel via Gold Bar, Golden Spike and Poison Spider trails. Everyone met back at the hotel for a barbeque by the pool that evening, with burgers, brats, beer and margaritas a-flowing. It was a relaxing evening, meeting new members and reminiscing with the old. We told stories, relived crashes, ate more food, planned the next ride and stayed up too late.

It was finally Sunday the 25th, our last day in Moab, and 23 of us decided to ride the new Sovereign Singletrack trail. This trail was new in 2003, and was incredible. This narrow single-track trail combines dirt, open

rock, ledges, climbs, and views. The far end of the Lariat Trail at Sovereign has a huge slickrock area that is open for exploration. It was great fun for all and worth

coming back again.

All in all, a terrific weekend, new members, great rides, cannot wait until next year. Look for a bigger event in 2005 with rooms that are more reserved and a repeat of the Saturday night feast next year.



Triple Tidbits

by Ellen Nelson
Bike Beat Editor

Now is the time to begin thinking about the Triple (if you haven't started already). If you can believe it, it's only about 10 weeks away!

Because we want you to have the best possible experience when you ride the Triple, make sure that both you and your gear are in good shape. *Bike Beat* has a few articles this month that can point you in the right direction.

There's a new column by Mill Race Cyclery on page 13 called "Six weeks to the Ride of Your Life." If you follow that advice, you'll be in prime cycling shape and still have a few weeks to go before the Triple.

Bicycle Outfitters owner Robb McGuffin spins out some excellent tips on proper bike fit in his column "Around the Rings" on page 6 and it might be a good idea to read the story on this page about first aid (it can't hurt!).

And, of course, we have lots of rides for you to choose from on our ride schedule pages, so no excuses, get out and ride! You'll be glad you did.

First Aid for Cyclists A Huge Success

by Patti Steinholtz

Approximately 30 TE members attended the First Aid for Cyclists clinic on April 17th, and responses were overwhelmingly positive! Sue Ahrend and Simon Edwards, members of Alpine Search and Rescue and avid cyclists, delivered an informative, engaging, and often humorous presentation on how to care for an injured cyclist. They covered the most common types of cycling injuries (collarbones for road riders, necks for mountain bikers), as well as how to tell if an injury is life-threatening. The biggest red flags are:

- + head injuries (amnesia, level of consciousness, dilated pupils)
- + respiratory problems (slow breathing rate, skin color, clogged airway)
- + bleeding and shock (fast pulse, clammy and sweaty skin)
- + broken bones (pain, crooked limb)



Roll a victim onto his back using the "log roll" technique. It is important to prevent further injury to the spine.

We learned innovative ways to make splints and slings using items we already carry in our Camelbacks (although most of us will have to add a knife). Simon demonstrated two methods of making slings using tire tubes. We also learned

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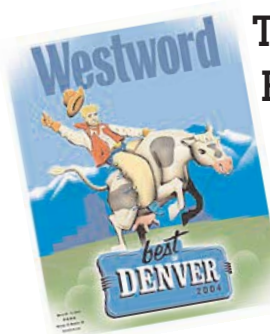
New Prices on TE Merchandise

Order conveniently online at
www.teamevergreen.org

Check out the bargains on old jerseys too!



Club News



**Team
Evergreen
Makes
Westword's
"Best Of"
issue!**

Best Mountain-Bike Rides Team Evergreen

Westword writes in westword.com: "Road-ride organizer of the killer Triple Bypass, Team Evergreen has begun offering kinder, gentler mountain-bike rides. While some can be challenging, others serve merely as an excuse for socializing while rock-hopping. Check the team's website (www.teamevergreen.org) for upcoming events, then get ready to roll." For more details and other Best Of's, see the westword website.

POLICE GIVING CITATIONS TO CYCLISTS

by Al Smith

On Saturday, March 27 I witnessed two of Colorado's finest issuing a citation to a cyclist who was going south on Wadsworth just past C-470 heading toward Chatfield. Although I don't know for certain, it's quite possible the rider ran one of the lights from one of the exit ramps at the intersection. I have ridden in that area for many years and this is a first for me.

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.

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

Sue Ahrend and Simon Edwards are medical professionals and volunteers for Alpine Rescue. They recently presented a free first aid clinic to more than 30 Team Evergreen members and friends. Their seminar was engaging, entertaining, educational and blood free. We are grateful to them and to Patti Steinholtz, who organized the event.

Roger Hassell's official title is Database Coordinator. In reality, he zealously and professionally performs such vital tasks for our Team as updating our membership list, maintaining our email list, registering Triple Bypass riders, filling internet merchandise orders, picking up our mail, depositing money at our bank and sending detailed reports on all of these activities to our Board members. Thank you, thank you, and thank you Roger.

Board member Terri Wickstrom has agreed to be our Volunteer Coordinator. We have had numerous people express a desire to help out when the need arises. Terri will match our Team's needs with the interest of team members who want to volunteer. If you want to get involved, please email Terri at bicyclebabe@comcast.net.

Board member Mike Brislin continues to coordinate hotel rooms and party plans for the upcoming Santa Fe Getaway weekend. Also we want to

congratulate Mike and team member **Tammy Richards** on their recent wedding! May your gears shift smoothly, your tubes have plenty of air, and your shocks absorb all of the bumps along your trails.

As a result of the efforts of Board members **Laura Robinson** and **Bob Campbell**, our web site (www.teamevergreen.org) continues to improve. Most recently they added a Training link and a Find a Ride Buddy link. They also enabled team members to select email preferences regarding such choices as the receipt of blast emails and the receipt of *Bike Beat* by email rather than regular mail.

The millions of details required to organize the Triple Bypass have been admirably managed by **Leslie and Carl Caimi** of Caimi Ridge Catering (triple@teamevergreen.org). From food to first aid, police to port-a-potties, sponsors to the start line, the list is endless. We are grateful for Leslie and Carl's leadership and professional service.

The following team members volunteered in April 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**, Board member **George Rooney**, **Antoinette Bradley**, **Rosemary Hackney**, **Mark Rickertson**, **Mike Fife**, Board member **Terri Wickstrom**, Board member **Tom Evans**, **Terry Mitchell**, and **Jerry Haynie**.

Finally, Board member **Steve Mayka** has created our first-ever calendar of administrative tasks to help the Board manage the numerous responsibilities that we have on our plates. From renewing insurance policies to our annual filings with the Secretary of State and the IRS, Steve's calendar will be a vital planning tool.

AROUND THE RINGS

by Robb McGuffin

The proper bike fit is essential to comfort and performance on the bike. It's almost impossible to purchase a bike off the rack or buy a used bike and have it fit you correctly. It's a little like buying a suit. After you find the right general size the suit is tailored to fit you correctly. It's unworkable to buy a suit right off the rack that will fit your body perfectly. We know that about suits but many people assume a bicycle is different. If you want to be able to master long rides with comfort and effortless power, the bike must be professionally fit to your riding style, fitness, flexibility and biomechanics.

I recently worked with Bruce Epstein in fitting a new road bike for him. His position on his old bike was tolerable, however his mechanics were not allowing him to take full advantage of his anatomy. By re-fitting the new bike and moving his position back and further behind the bottom bracket while reducing the drop equation, Bruce is riding faster and more is comfortable. What can seem like the most minor adjustments can pay huge dividends in efficiency, power output and comfort.

So lets review bike selection and fitting position to assist in your quest to ride faster, longer and with more comfort.

- Manufacturers have done a much better job in recent years building bikes from the factory that fit better. Perhaps the biggest area of improvement has been in women's specific designs. Companies like TREK and LeMond have made a commitment to build bikes from the ground up to fit

a woman's build and not just painting the bike a "women's color." Generally, women have longer legs, wider hips, narrower shoulders and shorter torsos than men. This seems most true for women under 5'6". Through proper measurements it can be determined if a woman's specific design is the right choice. From a bike design standpoint, the women's bike includes; shorter crank arms, narrower handlebars, smaller grips, shorter reach brakes/shifters, women's saddle, and a shorter top tube.

- In addition to the measurements taken with fitting tools, a fitting should include an analysis of your riding style, health history (injuries), flexibility, if you are a multi-bike user (mountain, road, touring, etc) age factor and current position on the bike. A proper bike fit is a combination of several factors and it's not all about the bike. For example, two people that are both 5'10" might have completely different bikes based on the factors listed above. All the information put together determines your fitting and position on the bike.
- Recently, I've seen a lot of Mountain Bike riders interested in getting into the Road Bike. I applaud that move because road riding is such an incredible thrill and the ultimate pure fitness machine (you "roadies" should also try some mountain riding as it helps bike handling skills,

power and anaerobic capacity). A few years ago I was training for the Vail Ultra 100 Mountain Bike Race. I was using my road bike to help build base fitness with long rides. Unfortunately, my body position on the road and mountain bike was different and I developed some lower back issues. If you are actively riding both disciplines, you want the two bikes to work in harmony with one and other. The time you spend riding one bike should feed the fitness of the other bike. If your bikes are working together, your net riding will improve dramatically. Because mountain and road riding work the body in such different ways you will become an overall stronger rider if the bikes are set up correctly.

- Every year we attend several industry events where we get a chance to see and ride just about every bike made. One of the things I see is companies making bikes that look sleek and fast that are not user friendly. They look cool but they are not comfortable

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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 _____

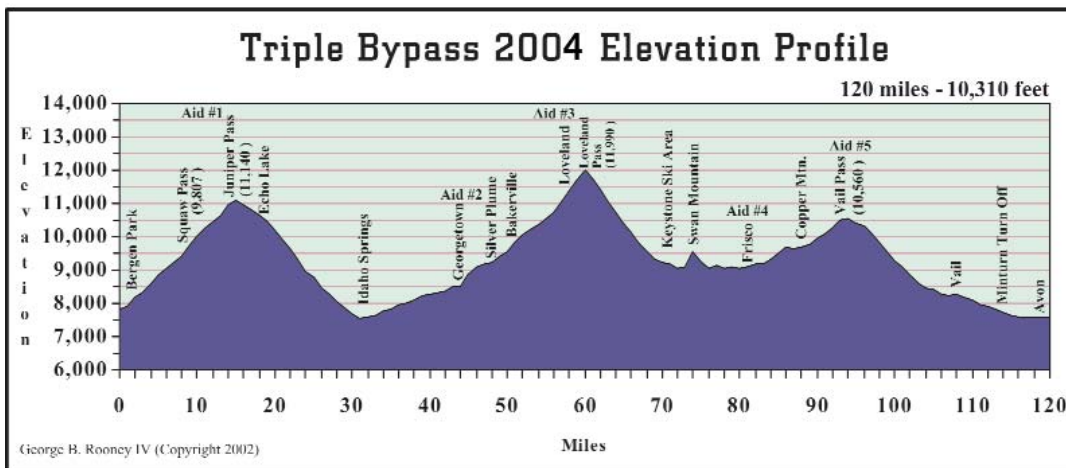
Packet Pickup Location: (check one)

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

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 _____



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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.

May Rides

for maps and more details of each ride, go to 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.

Saturday, May 1

Mountain Bike Ride

Colorado Trail — Buffalo Creek

Ride Leader: Janet Saxon (303-777-4699)

Janet.saxon@juno.com

Sunday, May 2

Moderate/Difficult

Tour of Black Forest. Option: 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).

Wednesday, May 5

Moderate Road Ride

Morning Ride

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

Wednesday Night

Moderate Mountain Bike Ride

Bear Creek Lake Park

Meet at NW corner of Bear Creek Lake Park

(C470 and Morrison Rd.) at 5:45 pm for a 6:00 pm departure; be sure to arrive at 5:45 to allow time to sign in and get ready for the ride. Most rides last for 1.5 hours. We typically enjoy a dinner/libations after each ride; the website will post these details. **Ride Leader:** Jerry Haynie (303-915-5395) or email jphaynie@mindspring.com.

Friday, May 7

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, May 8

Mountain Bike Ride

Deer Creek Canyon

Ride Leader: Robb McGuffin (303-674-6737)

robb@bicycle-outfitter.com

Sunday, 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.

Wednesday, May 12

Moderate Road Ride

Morning Ride

Moderate road ride, Meet at 8:45 am, show and go. RSVP to ride leader for route and meeting place. **Ride Leader:** Molly Epstein 303-526-2061 or molly.epstein@mindspring.com.

Wednesday Night

Moderate Mountain Bike Ride

Matthews Winters Park

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

Friday, May 14

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, May 15

Mountain Bike Ride

Rampart Range Reservoir

Ride Leader: Terry Mitchell (303) 838-6675

aspens80421@netzero.com

Sunday, May 16

Santa Fe Century. Round trip: 104 miles 3,800 ft. elevation gain. Join TE for the annual Santa Fe Getaway. See page 14 for details.

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.

Wednesday, May 19

Moderate Road Ride

Morning Ride

Moderate road ride, Meet at 8:45 am, show and go. RSVP to ride leader for route and meeting place. **Ride Leader:** Rosemary

continued on page 10

Alpine Rescue's First Aid for Cyclists

continued from page 4

how to make a splint for a broken bone by tying sticks (or bike pumps) to the limb with cut pieces of tire tube. But the technique that got the most “oohs and ahhs” was making a splint from an empty Camelback bladder. Empty the bladder, wrap it around the limb, cover the arm and bladder with an arm warmer to hold it in place, and inflate the bladder by blowing into the bite valve.

So to answer questions under Scenario #1 in last month's newsletter, all of the responses would be appropriate given your assessment of the situation:

A: If the rider is lying face-down, roll him over to assess whether or not he is breathing, bleeding, has broken bones, etc. Be sure to use the “log roll” technique to prevent injury to the spine. Assess the level of injury and make a decision as to whether or not to leave him.

B: The rider is in shock if he has a fast pulse and clammy, sweaty skin. Dehydration can also lead to shock, so riders may be more susceptible and could

can also do a quick “head to toe exam” to identify broken bones. If bones are broken, do not let him eat or drink because he will likely need to be sedated, or could



Make a splint using a Camelback bladder by wrapping an empty bladder around the broken limb.

become unconsciousness. Keep the victim warm and get circulation back to the vital organs; elevating the legs can help.

C: Stop any obvious bleeding simply by applying pressure to the wound. If all you have is a sweaty, mud-splattered jersey, use it. It's more important to stop the bleeding; infection can be treated later.

D: If the victim is conscious, he will be in pain if bones are broken. You

possibly need surgery at the hospital. Splint the break if you can.

As for Scenario #2, only you know the answer!

The bottom line is this: We likely will not be able to treat a life-threatening injury, but we at least learned how to identify one. The good news is that the majority of cycling injuries, even neck injuries, are usually not life-threatening. If you have a cell phone and a life-threatening emergency, dial 9-1-1, which will notify search and rescue. “Cliff notes” from the class will be available on the TE website, along with a list of extra first aid items should you wish to augment your Camelback.



WHITE PEAKS
LUXURY DENTAL CARE

303-991-4320

AROUND THE RINGS

continued from page 6

to ride. It doesn't matter how fast looking and light a bike feels, if it's not comfortable and fit correctly you will ride slower. I also see this happen when people purchase used bikes. For example, if you bought a race bike from a 23-year-old professional (Velo Swap Syndrome), the bike is not going to be ideal for you and it will be expensive to make that bike work correctly. Old race bikes look cool but they have been raced very hard, and often hold some battle wounds. Typically they are built with longer crank arms, longer stems, more drop (seat to handle bars)

smaller gear ranges and wheels with lock-tight nipples (you can't true the wheel). Don't be fooled by cool used bikes and the urge to save a few dollars. You will end up spending more money in the long run trying to make the bike fit you correctly. Build the bike and fitting to your needs, don't try and squeeze your build and riding style into another person's bike. The wrong bike will stifle performance, cost you more to make it right, lead to injuries and typically cause you to not ride the bike.

pedals, handlebars and crank arms lengths that it's very easy to get a pro level fit on a stock frame. Many frame builders now make frames in one or two centimeter increments. Check out the options before springing for that custom frame. Remember Lance won his first tour on a stock TREK 5200 and has won five Tours on a stock bike!

- Despite what you may think,

most pro riders don't ride custom frames. Although custom frames are becoming more popular with the recreational riders it's not necessary to have a custom frame to achieve a proper bike fit. There are such a wide variety of choices in frame sizes and geometries in addition to saddle, stem, seat post,

- Can you ride on the drops of the bar? Most people that I know and see riding cannot ride the drops. This can be partially due to fitness but is much more likely to be bike fit. The drops are very efficient for headwinds, flats, sprints, and rolling climbs. The reason most people can't ride the drops is because the bike is not set up correctly. By decreasing the drop equation a completely new riding position is available to help you be a more accomplished rider.

Bottom line, have your bike professionally fit or buy a new bike that is fit to your needs. You will ride faster, longer and with more comfort than you thought possible. It's time to start cranking it up for the season, don't get dropped with sore knees, a stiff back, aching neck, tight shoulders and premature fatigue.

Ride on.... Ride Right!



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Six Weeks To The Ride Of Your Life!



Editor's Note: We decided to give Mountain bike champion Ned Overand a break (See www.specialized.com for more tips) and start a new series of interesting riding tips by Bruce Heidlauf of Mill Race Cyclery. Thanks to TE member Kirk Ryder for getting permission to publish these articles.

Summer's here, the season with some of the year's best riding. Whether you're planning on completing a century, entering your first race or taking a long tour with friends, now's the perfect time to begin preparing. To help, we offer our six-week training program. Follow it and you'll experience the ride of your life!

Note: Do not attempt this program unless you've been riding and know you're reasonably fit.

Week One: Build A Fitness Foundation

During the first week of training, you build base fitness for the longer and more intense rides in weeks to come. A strong aerobic base enables you to pedal longer distances and recover more quickly between tough rides. Get on your bike six days this week and alternate between long and short rides. A "Long" day is approximately an hour shorter than your longest planned summer event. Therefore, if you intend to complete a long 3-hour event or race this summer, ride for 2 hours on a "Long" day. A "Short" day is an hour or less.

Week Two: Increase The Mileage

After a week of regular riding, you're getting into a groove and feeling comfortable on the bike. This week add some time on two of your "Long" rides. We'll call these "X-tra Long" workouts. These two rides should be as long or a half-hour longer than your longest planned summer ride. Therefore, if your longest summer ride will be 3 hours, an

"X-tra Long" ride should be 3-and-a-half to 4-hours long.

Week Three: Turn Up The Heat

Now that you've built a solid base, it's time to turn up the intensity with "intervals." These are short, intense efforts that build strength and speed so you're able to push a bigger gear and ride faster on the big day. Monday's ride is a "Short" ride for complete recovery from last week's big rides. You should feel fresh for your first intense day. The first intervals we recommend are "AT" intervals. AT is short for anaerobic threshold. This is the pace when your legs start to burn, but you're still able to hold the pace for 10 to 20 minutes. After a 20-minute warm-up, complete four 15-minute "AT" intervals with a 10-minute easy recovery spin between each. Follow each "AT" interval day with a "Long" ride, then a day off. Repeat this block after your day off.

Week Four: Go For It

This is your most challenging training week yet, but after three steady weeks of training you're ready for it. You'll be doing "Super AT" intervals. These intense efforts feel harder and much more intense than last week's intervals, yet they're much shorter. On Monday, your first "Super AT" day, begin with a 20-minute warm-up followed by four, 5-minute "AT" intervals with a 5-minute easy recovery spin between each. Be sure to cool down with an easy 20-minute spin after the intervals are completed. On the following day do the same workout, but reduce each "Super AT" interval to 3-minutes. The warm-up, between-interval rest and cool down should be the same length as on Monday. The next day should be an "X-tra Long" ride at an easy pace, followed by a day off. Repeat this cycle at the tail end of the week.

Week Five: It's Time For A Rest

With four weeks of quality training in your legs, it's time for a well-deserved break. This

doesn't mean sitting on the couch letting all that hard-earned fitness get sucked into the television! It means you can cut back on ride intensity and duration for the week. After two complete rest days following your last interval day, get back on the bike for an easy "Short" ride followed by an easy "Long" ride. Repeat this cycle after a day off.

Week Six: The Big Week is Finally Here!

The big day's almost here and you're primed and ready to show off your awesome fitness. All that's left is fine-tuning your engine. After a day off, do some "Pre-Race" (PR) intervals. These should be intense enough to get your juices flowing, but not too taxing on the legs or lungs. After a 20-minute warm-up, ride at your "AT" interval pace for 3-minutes, then do an all-out sprint for 30 seconds. Follow this effort with a 5-minute rest and repeat the cycle 4 times. Finish the ride with a 30-minute cool down. This workout might not feel like much, but it will have your motor humming in a few days. Wednesday, do a "Short" recovery ride, followed by a day off. The day preceding your big event, ride for an hour and a half. During this ride, do a 15-minute warm-up, then complete one 10-minute "AT" interval, spin easy for 10 minutes, then complete two, 2-minute "Super AT" intervals with a 5-minute rest in-between. Spin at an easy pace for the rest of the ride.

The Big Day!

Chances are you'll be nervous before the start of your event. But unlike most of your peers, you can calm this anxiety by thinking about the work you've done. Your training and preparation ensures that you'll have the most successful day on the bike ever!

Have a great ride!

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



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). 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. 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 you're 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.

Coming to a Road or Trail Near You



2nd Annual BIKERPELLI

May 6-9

www.bikerPELLI.com

The Kokopelli Mountain Bike Trail, the epic ride of a lifetime, is 142 miles of linked singletrack, jeep trail and retired wagon road traveling from Grand Junction to Moab, crossing an amazing and untainted part of the desert southwest. BikerPELLI is a fully-supported event covering just under 50 miles per day. Waiting for us at the halfway point every day is a water & lunch stop, and at the end of each day, a fresh camp. All of your camping gear will be shuttled from camp to camp by our support drivers, and includes all meals & support while in-camp and a return shuttle from Moab to Loma. Cost is \$185.

THE BIG MICK

Saturday, June 19

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.



BUENA VISTA BIKE FEST

Saturday, May 22

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.



ELEPHANT ROCK

Sunday, June 6

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!



IRON HORSE BICYCLE CLASSIC

Saturday, May 29

www.ironhorsebicycleclassic.com

A spectacular race through the San Juan Mountains. 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 ride through Colorado's San Juan Mountain range. Plus, the Purgatory - Silverton road will be "bikes only" from 8 am to noon.



PEDAL THE PEAKS

June 19 - 26, 2004

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 Creede, Pagosa Springs Durango, Telluride and ending in Delta.

Bicycle Advocacy News

by Dan Grunig

Executive Director Bicycle Colorado
dan@bicyclecolo.org

SAFE ROUTES PASSES STATE SENATE: 28 TO 7!!

Coloradoans and their elected leaders have made children's safety and health a priority by passing HB 1309 "Safe Routes to School." The bill reinforces that public roads need to be safe for drivers, bicyclists, pedestrians, and most importantly for kids. It also helps address the growing health costs of obesity and inactivity-related diseases which burden business, government, and individuals.

The Colorado State Senate passed HB 1309 by a 28 to 7 vote Wednesday morning. The strong vote of support followed Tuesday's passionate discussion on the Senate floor.

A broad coalition of individuals and organizations supported of this bill, sending a volley of calls and emails to our legislators from all corners of the state. This overwhelming success could not have happened without the help of:

- American Heart Association
- American Cancer Society-Colorado
- Bicycle Colorado
- Colorado Association for Health, Physical Education, Recreation and Dance
- Colorado Council of Landscape Architects
- Colorado Environment Coalition

- Colorado Walks
- City and County of Denver
- Environment Colorado
- Feet First
- National Multiple Sclerosis Society, Colorado Chapter
- USA Cycling

Thank you, each and every person who helped with this effort—every call, email, and note was important!

WHAT'S NEXT?

HB 1309 heads back to the House so they can approve the amendments added by the Senate and, if successful, it goes to the Governor to sign.

INTERN WANTED

Coordinate the Public Relations component of Bicycle Colorado. Projects may include producing one issue of our newsletter (the Bulletin), soliciting memberships, implementing a promotional campaign for 1-2 events, and assisting with real-time public communication such as website and press releases. Activities to complete these projects will include: contacting current and potential members; project scheduling; writing and editing copy; basic web design and maintenance; sourcing and coordinating graphic design, printing and distribution; and balancing multiple projects and deadlines. Gain real-world, hands-on experience for your resume and portfolio.

This internship will start at the begin-

ning of each school semester and last the length of the semester, approximately 15 weeks. Expect to work 150 hours over the semester to average approximately 10 hours per week, most of which will be at our office in downtown Denver. This internship is currently an unpaid position. We are in search of a grant that would allow us to offer a stipend; however no stipend is promised or guaranteed. We offer a flexible schedule, casual working conditions, and enthusiasm about cycling.

Please submit a cover letter and resume no later than May 15, 2004 to:

Bicycle Colorado
Attn: Kimberly Urish
1701 Wynkoop St., Ste. 236
Denver, CO 80202
fax: 303.825.1038
email: kimberly@bicyclecolo.org

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>.

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



Reynolds Open Space Park Closed

continued from page 1

Through evaluation of the parks resources, visitation, and existing management it was concluded that the prohibition of biking would not be a dramatic sacrifice for Open Space's bicycling constituents. Survey data and citizen contact data indicate that a significant portion of our constituents are quite supportive of this initiative and the action is seen as a benefit for our other park users (hikers, picnickers, and equestrians).

The acquisition of 240 acres in 2001 as an expansion of Reynolds Park has been identified as a future multiple-use regional trail corridor connecting the park to the North Fork of the South Platte River and on to the Colorado Trail. Upon completion of this regional trail a portion of the park on the east side of Foxton Road will be re-evaluated for multiple use. Additional property interests must be acquired before trail construction can begin.

AND THE MOUNTAIN BIKER SIDE...

(from www.linearpull.com)

1. The Reynolds closure is a test case by certain parties to see how much resistance it will create.
2. If it goes unchallenged, it will serve as the model by which future trail usage decisions will be made in Jeffco.
3. The perception is that Front Range bikers are disorganized, and can't present any type of cohesive action to prevent this from becoming precedent.
4. We (the Front Range Mountain Bike Community) will be dreadfully sorry if this decision is allowed to stand.
5. It's time to pull out all the stops.

Action Alert:

Help Reopen Reynolds Park!

To The Board of County Commissioners:
Appeal to reopen Reynolds Park.

Thank you for your interest in protecting mountain bike access to Jefferson County Open Space (JCOS) trails. Since April 1, 2004 we have conducted in-depth

research surrounding Jefferson County's organization structure and committees, and reviewed relevant governing documents and related information surrounding the closure of Reynolds Park. These documents include: Jefferson County's formally adopted Trails Use Action Plan of 1996, the Reynolds Park Management Plan of December 2002, JCOS website communications, and relevant meeting minutes. All of this information is Public Record, and available to anyone by calling Jefferson County at 303-271-5925, or go to www.linearpull.com to view the documents.

Based on this in-depth research, we now send this Action Alert, which provides concrete grounds to overturn the Reynolds Park closure.

After reading all of this information, we believe you will feel compelled to become actively involved in appealing the decision to close Reynolds Park to bicyclists; and hope you will fully understand the dangerous precedent its closure poses to our mountain bike community.

Please participate in this Action Alert and urge others to participate now.

ACTION ITEMS

1. EMAIL CAMPAIGN: Please send an email to each of the Jefferson County Commissioners with your concerns. A Suggested email communication citing several reasons for appeal is on the website www.linearpull.com and below. Although it is a bit lengthy, it provides a strong foundation for appeal. Email addresses: Patricia B. Holloway commish@co.jefferson.co.us (when addressing add: "Attn P Holloway" in subject line); Michelle Lawrence mlawrenc@jeffco.us, and Richard M. Sheehan, rsheehan@jeffco.us.

2. VOICEMAIL BLITZ: Please voicemail each Jefferson County Commissioner to share your concerns. Voicemail takes time and attention, puts this matter higher on the Commissioners' priority lists, and ensures the Commissioners will look for

any email you send. Voice Mail Numbers: Patricia B. Holloway 303-271-8503, Michelle Lawrence, 303-271-8504, Richard Sheehan 303-271-8502.

SUGGESTED EMAIL

Dear Commissioner,

I am a member of the mountain bike community who was not represented in the decision to close Reynolds Park to bicyclists effective March 31, 2004. I was informed that there is no appeals process for the closure decision, so I am contacting you to request the help of the Board of County Commissioners in this matter.

The decision to close Reynolds Park concerns me for three reasons: (1) The Reynolds Park Management Plan and its March 31, 2004 closure to bicyclists fails to act in accordance with Jefferson County's Board of Commissioners adopted Resolutions and established procedures; (2) The implementers of the Reynolds Park Management Plan performed insufficient outreach efforts to mountain bike user organizations prior, during, and after closing Reynolds Park to bicyclists; and (3) The Reynolds Park closure decision, and the process by which it was enacted, sets precedents that potentially affect all JCOS trail user groups.

These concerns are thoroughly detailed on the website www.linearpull.com.

IN SUMMARY

The citizens of Jefferson County voted to tax themselves of one percent on sales to fund the Open Space program in 1972; and again in 1998 these citizens approved the bonding of \$160 million toward an aggressive acquisitions policy for the program. These citizens include the mountain biking community at large.

Unfortunately, during the implementation of the Reynolds Park Management Plan, the Trails Use Task Force became an information sink, instead of a source for community outreach as it was designed

continued on page 18

Team Evergreen Classifieds

MOUNTAIN BIKE FOR SALE: 2001 Gary Fisher Sugar 2 Genesister small full suspension mountain bike. Great Condition \$850. All stock components with upgraded Monkey Lite riser bars. 2001, purchased new in 2002 - brand new rear cassette/chain and cables. This is a great bike for a smaller rider - I am 5'3" - for a full suspension with great components, XTR and XT. Call Hazel at 303-887-8684 or email at hazelwh@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

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

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

BICYCLE/CANOE ADVENTURE: 4 days August 12-14, Novice waters and easy bicycling, all abilities, spectacular scenery, gourmet food, swimming and exploring opportunities in Colorado's newest wilderness area. Contact Stan for details at 303-279-0454 (h) or 303-982-4949(w).

2003 RIDE THE ROCKIES JERSEYS AND TAPE FOR SALE: A man's 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.

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

Reynolds Park Closed

continued from page 17

and intended. Its casual disregard for well-established procedures presents a perception of bias, whether intended or not. The closure of Reynolds Park to bicyclists offers no tangible benefit to trail users, appears arbitrary and capricious, violates the formally adopted Trails Use Action Plan unnecessarily, and sets dangerous precedents for all user groups.

Regrettably, despite an untold number of phone calls and email communications by the mountain biking community directly to Mr. LaBreche, he still refuses to even revisit the decision to close Reynolds Park.

THEREFORE: I, as a member of the mountain bike community who was not represented in the closure of Reynolds Park, am now requesting the help of the Board of County Commissioners.

The Trail Use Action Plan of 1996 was carefully crafted, and formally adopted, to protect the interests of all users while preserving the integrity of Open Space. In its wisdom it brings forth an understanding that any usage ban presents a potential and significant sacrifice to trail users. Based on all of the reasons explained within this communication, I respectfully make the following request of the Board of County Commissioners:

Please nullify the decision to close Reynolds Park and reopen its trails to bicyclists; unless and until the construction of the park's regional multi-use trail is completed and opened to bicyclists;

and/or,

Provide an open, public, and announced forum in which all voices, including those from the mountain biking community at large, can be heard in this important and fundamental matter.

Team Evergreen Board of Directors

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

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expiring? Check your
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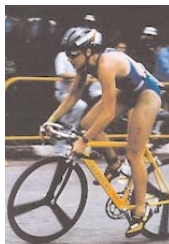
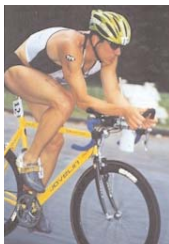
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