

Bike Beat



November/December 2004

Team Evergreen Bicycle Club Inc.

P.O. Box 3804, Evergreen, CO 80437

www.teamevergreen.org

From the Captain's Saddle

In Shape

by Bruce Epstein
TE President

As many of us start to locate our snowboards, skis and other winter equipment, our peak cycling shape for this season may be behind us. I wanted to share with you one of my favorite pieces from Paul Fournel's Need for the Bike (translated from French by Allan Stoekl) which addresses the wonderful feeling we have when we know that we are riding at our peak level. This memory is what will sustain me on the trainer this winter. I hope that you enjoy it. See you on the bike.

The profound truth of the need for fatigue, its end, is the need for fitness.

Non-athletes should, at least once in their lives, indulge in the luxury of being in shape. It's a physical experience that's worth the trouble.

Even after many years of activity it remains a mystery.

After the winter break (not all cyclists have the opportunity to spend winter in the sun), the first outings are laborious. They're dappled with small pains. Little chills, cramps, loss of desire. Still, there's steady improvement and you get your bearings again.

And then one morning you feel like you've been let out of prison. The air, the same as it was the day before, seems light; the countryside opens up, and you

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Mountain bikers enjoy the view at Pavilion Point during the September 25th mountain bike ride from Silver Plume to Waldorf Mine. Photo by Brad Haack.

Wait 'Til Next Year

How was your bicycle season? Are you still riding? Do you take it indoors for the winter? Don't think that the bicycle has to stay in the garage for the next six months. We've got some fun events and have rekindled a classic for you to sink your cleats into during the winter.

First, Mike Carter will continue to lead his Mountain Gentlemen and Lovely Ladies laid-back ride down the mountain on bike paths throughout the fall and winter, weather permitting.

Call Mike at 303-670-7898 to see if it's warm enough to ride.

How many of you remember TE's Indoor Century? Think you could spin for 100 miles? Take the challenge with the club at Bicycle Outfitters on February 5th. See page 9 of this issue for more details. Remember, *Res Firma Mitescrere Nescit*.

And don't forget, it's never too early to start training for the Triple. The 17th annual Triple Bypass will be held on Saturday, July 9, 2005.

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Nasty Weather

Mountain bikers found an extra bonus on their ride near the top of Georgia Pass, on a route from Kenosha Pass to Breckenridge.

Mtn Bike Blizzard

by Terry Mitchell

On Saturday, September 25th, six of us decided to ride from Kenosha pass to Breckenridge, on the Colorado trail...we should have known when we started out the trail already had snow on it, from a storm that came in the week before.

Matt, Steve, Jeff, Robert, Jerry and Terry, were the riders. The ride was not too bad, until we got closer to Georgia Pass, then the sudden blizzard came in. We ended up having to push our bikes and ski bike down the 4 wheel drive road to Breckenridge as we decided not to continue on the Colorado trail from the pass . . . it was definitely different.



Ski biking down Georgia Pass.

Robert, Steve, Jerry, Matt, Terry and Jeff before all of the excitement.



feel at home in the fold of the mountain. You like the hill you're climbing, and to celebrate you up shift two cogs and accelerate. You're in shape.

Nothing can get in your way, and you pedal delightedly.

Fitness is a global state applicable to all the facets of the bike. You pedal smoothly, as if in oil, you climb well, you descend quickly. You're capable of efforts that you yourself find astonishing. You're happy.

One summer, while I was staying in Bédoin, near my friend Bens, I decided to go and climb the Ventoux. I left around six, to avoid the intense heat. It was early morning and the birds were singing in the grapevines. No one was around, and because the air was still brisk, I developed a quick cadence on the flat part and on the false flat that comes before the steep section.

Arriving at the fateful left turn, which rises before you like a wall and which rather bluntly indicates the beginning of the serious stuff, I got into a lower gear but maintained the same cadence. I kept it to the top, wary of the blowup hiding behind every cork-oak, behind every bush, and then behind every rock — and it never came.

At the summit (even the long ledge at the end seemed gentler) I decided to take the road down to Malaucène.

At Malaucène, where it was already hot, rather than taking the road on the left, winding through the vines (Cotes de Ventoux, AOC) to Bédoin, I purely and simply turned around and treated myself to another Ventoux.

At noon, having showered and shaved, I was back with my friend Bens, watching the truffle-oaks grow in the field across the way.

Fitness is a climb. That's why riding in the high mountains is such a beautiful metaphor. The bad thing about climbs

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HUT TRIP

This time they made it!

By Nancy Warnicke

The journey to Peter Estin Hut started at the Sylvan Lake campground. It was a successful adventure for me this year. Some of you know that last year was a different story. One that I shared with my hutmates once we arrived . . . I took a number of jabs as to why I and only one other from last year's trip went on this one!!

A group of 10 riders rode up the 10 miles of doubletrack to the hut. Two of the members drove the sag wagons. (we needed two cars for the lack of having one large truck). Everyone was very prompt on meeting and leaving the trail head.

It took no time at all for the members to warm up to one another.

As the road climbed and switched back and forth in elevation it began to deteriorate, mostly due to the snow that had fallen in the previous days. The last half mile turned into a mud bog, similar to what you might see on a tractor pull or monster truck show. But eventually we made it to the hut.

We wined and dined as kings and queens, consumed delicious food and libations. A wonderful Italian feast with chicken pesto lasagna, baked ziti with meat sauce and a salad that was more than just a bag-o-greens. We had fresh



Amy Ward and Brad Olson.



The hut group. All photos by Kevin Ward.

vine ripe tomatoes, avocado, marinated mozzarella and many more items. Red and white wine flowed as the mountain stream. Dessert was miniature cream puffs. I don't know which was better the ones served after dinner or the ones we tossed during a small food fight that had broken out later!

Saturday took on the Mexican theme, starting with breakfast burritos smothered with green sauce, and ending in the evening with shrimp and chicken fajitas. Don't forget all the trimmings and the top shelf margaritas and Mexican beer. No one starved!

Several groups went out for rides on Saturday, descending the five miles back to the main road.

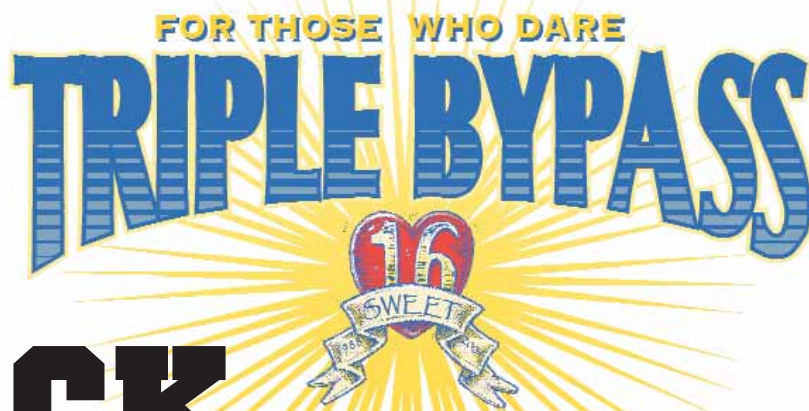
With hardly having to spin a crank. Another group found some nice hiking trails. Siestas had been the call of the afternoon.

A light snow dusted the deck on Saturday evening, along with a mean game of cards.

All of the effort that goes into one of TE's events brings new friendships, laughs, and many a smile. We had that feeling of accomplishment that another hut has been visited and this time, we all stayed warm.



THE GREAT GIVE BACK



By Ellen Nelson

The Triple Bypass has become a standard in the country, an example of how a bicycle event can and should be run. But did you know that Team Evergreen gives out more than fig bars and orange slices? TE gives away money too.

It wasn't always that way. Fifteen years ago I was at board meetings where the board barely had enough money to scrape together a jersey

deposit. The success of the Triple over the years has strengthened TE's ability to create an even better ride and at the same time, give back to the community.

"When the Triple had matured and became financially stable, we wanted to give back to the cycling community and the greater community in which we live and ride," former TE President Dave Nelson recalled. "The more we give back, the more goodwill we generate. That way the community has a stake in our success. We thrive so they thrive."

Meanwhile, finding volunteers to run aid stations was becoming a challenge. Everybody we knew wanted to ride it, not run an aid station! Some Evergreen nonprofits were already involved in the TBP and doing a terrific job, why not enlist the help of other organizations and donate Triple profits back to them?

That concept has been in place ever since. This year, 14 organizations and their members volunteered to help make

the Triple successful. They helped stuff packets, drive SAGs, run aid stations and more. Those organizations received a combined \$50,000 (the highest amount Team Evergreen has distributed to date) for their efforts.

"We are excited to be able to donate a record \$50,000 to local charities this year," TE President Bruce Epstein said. "Our only regret is that we do not have ten times that amount of money to give away. All of our community-based organizations do wonderful things with the money they have, and they seriously need every dollar that we are able to give them."

"The money we received goes to our Microcredit Plus program which provides small business loans in Guatemala to about 30 women and sends their 65 children to school," Friendship Bridge Co-Director of Development Nancy Hiester explained. "This year's Team Evergreen donation impacts about 100 people. If the riders only knew, it makes the Triple Bypass doubly powerful. They are riding for a good cause and good health . . . how cool is that?"

"Summer may be over, but you can still burn your legs."

Robb McGuffin, Bicycle Outfitters

SUN	8-9:30 AM	ENDURANCE	Jordan
MON	9-10 AM	ALL TERRAIN & CORE CONDITIONING	Mishelle
TUE	5:30-6:30 PM	INTERVALS & POWER CLIMB	Peter
WED	9-10 AM	INTERVALS & SPEED CLIMB	Mishelle
	5-6 PM	CYCLOSTRETCH *Begins on Oct. 27	Anna
THUR	6-7 PM	CLIMBING	Tom
FRI	9-10:30 AM	ENDURANCE	Jarmilla
SAT	8:30-9:15 AM	TIME TRIAL	Robb

Fall studio cycling sessions have begun, with heart rate monitors and personal sound systems. Ask about special passes and save nearly 50%.

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Kokopelli's Trail

By Robert Garriga

We drove from Evergreen to Loma to a nice 75-degree sunny day after a wet and snowy drive over the mountains. We met Allan Poertner, wife Pat, and Steve Galchutt at the trailhead parking lot. Allan was on crutches from an

earlier injury, he learned he would have to stay on crutches only the week before! The riders dropped off their duffels, aired up the tires and shocks, had a quick lunch, and anxiously hit the trail — 25 riders, three and half days, 157 miles to go!

Day 1 — Loma to Rabbit Valley ~25 miles. The ride began with technical singletrack, later changing to an open-desert road and onto our first camp at Rabbit Valley for grilled burgers, Steve Kerschbaum's pot of tasty green chili, and a group campfire. Before dusk, and after a head count, we were missing a rider.

Allan went out with two riders to conduct a search, meanwhile, the rider, to her credit, found her way to camp. A brief rain shower fell that evening, and the weather was fantastic for the rest of the ride.

Day 2 — Rabbit Valley to Cowskin ~52 miles (longest riding

day). Big breakfast, and we hit the trail! This leg of the trail was more open-desert type roads, mixed with views from canyon edges, and also two separate

Photos by Thomas Richardson

asphalt road sections. We served lunch at a prearranged midpoint. The day finished with a four-mile dirt road climb from the Colorado River at Dewey Bridge to the Cowskin camp. The camp was most impressive, nestled in a small gulch with a large rock wall to one side. We served a spaghetti and meatballs dinner with salad and another group fire.

Day 3 — Cowskin to Rock Castle ~47 miles. We kicked off the day with a hot breakfast, knowing that we had a little shorter mileage than the day before. This day brought a more technical section, including Rose Hill, a steep downhill into a narrow canyon that later opened into the larger picturesque Fisher Valley where the riders were met for the daily trailside lunch. Following lunch, we headed uphill out of Fisher Valley into another relatively narrow canyon, leaving the arid terrain behind for a while. From there we headed into the

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AROUND THE RINGS

by Robb McGuffin

Hard to believe but another Team Evergreen season is in the books. I thought it might be nice to make the last Around the Rings a sampling of different ideas on how to maintain your fitness and increase your ability as a rider over the winter.

You've probably worked hard to gain cycling fitness this season. Don't lose it over the winter. While it's natural to lose some motivation for the bike over the fall/winter, it's important to keep the muscular and cardiovascular systems tuned into the motion of cycling. The idea is to enter the season at your ideal weight with fresh legs and mind. That is a task easier said than done, but it is possible. Listed below are some ideas, tips and suggestions on how to get through a Colorado winter as a cyclist.

- Get involved in a spinning program that is built for cyclists. Many of the "health club" programs are glorified "aerobics on a bike." Look for a program that teaches the classes like a pro cycling coach would teach you. Classes should include things like climbing, time trial, core conditioning, intervals, speed work and power. Cadence, watts and heart rate should be utilized in all aspects of the class format.
- Get some good winter riding

gear. We have lots of breaks in the weather during the winter and if you have the right clothing winter riding can be great. The air is crisp and clean and you feel like a road warrior. One of my favorite things is to bang out a 30 mile winter ride a few days after a snow storm has passed. I love that warm feeling in my legs when I get home and sit by the fire with some hot cocoa.

- A couple of simple bike preparation things can also make the riding more enjoyable. Switch to a 700/25 width tires, use a heavier chain lube, use a detachable rear fender for wet days, hose the bike off after riding and "spin" the water out of the drive train. If possible, switch to a winter wheel set. I like a heavier, lower end wheel for the winter that I can trash if needed and the extra weight makes me feel fast when I switch back to my summer wheels.
- Try to ride around 1:00 pm. The sun is at its highest point and it's the warmest part of the day.
- Crosstrain of course . . . but realize that training is very sport-specific. If you want to ride better you have to ride. One winter I skied over 75 tele days. About half of those days were backcountry that included

lots of skiing and hiking uphill. By the end of that ski season I was incredibly ski fit and could burn top to bottom runs all day. However, when I got back on the bike I suffered immensely trying to change my body back to riding fitness. I'd become so fitness-specific to skiing that the bike became foreign to my body. I still ski a lot but the bike is never too far away.

So let's all ride, ski, run, spin, and hike and have fun this winter. Just don't forget about the bike because spring is close and it's a great feeling to hit the front end of the season in form. Thanks for the time this year and Happy Holidays.

Robb McGuffin
Evergreen Bicycle Outfitters

P.S. Just for fun, we're hosting the TE Indoor Century on February 5th. Watch the next Bike Beat and website for more details.



Oktoberfest

Team Evergreen's end-of-season party on October 24th was a HUGE hit this year. Although 90 RSVP'd, more than double that many showed up! Specialty Catering's Joe Davinroy had to run out to buy more plates to accommodate the ravenous riders. A special thanks to all who came and Leslie Caimi for organizing the event.

Gary Sterns shows off his vintage TE jersey.

Captain's Saddle

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is that they have a summit. One day your fitness stops going up, and it starts to twist and turn. That's when the alternation between "with" and "without" days starts.

Their distribution can be surprising, and the Tour de France racers themselves told me that it was their first question of the day, their first worry. They flung themselves at rises in order to know whether they were, yes or no, silky smooth.

I have an urgent need for "with" days.

*Take care,
Bruce*

19 Miles of Singletrack

Team Evergreen Mountain Bikers set out on the Peaks Trail ride on September 12th from Frisco to Breckenridge. Photos by Terry Mitchell.



Carmen and Sue crossing a bridge.



The Peak Trail.

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Club News

Triple Bypass 2005

Be sure to mark your calendars for July 9th, 2005 — the date for the 17th Annual Triple Bypass! As we have for the last few years, the Triple will begin in Bergen Park and end in Avon at Nottingham Park. Keep an eye on our website (www.teamevergreen.org) for updated details to become available and for information regarding early registration.

Happy Holidays!
Leslie and Carl Caimi
TBP Tour Directors

Appreciations*

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

We shudder to think where we would be without the leadership and work of our trusted Road Bike and Mountain Bike Chairmen. Board members **George Rooney** and **Bob Campbell** performed their responsibilities successfully and seamlessly this season, and they have already organized our rides (and many of the ride leaders) for the 2005 season. We offer out heart felt gratitude for their enthusiasm and creativity. Our rides are the heart of our Club's existence, and the work of these guys is the key to our fun.

We would be buried by mounds of receipts, invoices and bank statements but for the efforts of our dedicated Treasurer, **Janet Saxon**. Janet

generously gave innumerable hours of her time this year to make sure that the Board had a handle on our expenses and income. Janet's dedication, professionalism and organization have been exceeded only by her wonderful energy.

Board members **Aaron Miller**, **Mike Brislin** and **Bob Campbell** stepped to the plate last month to create and organize our first trail building weekend, in conjunction with IMBA. Aaron ensured that everyone was well fed, Mike organized the trail work, and Bob attended to the other necessary details to pull off this extraordinary event. The baffling part of the weekend was that we showed up to work, but the work felt more like a party than labor. Perhaps that is what is meant by the term, "Labor of love."

Triple Event Director **Leslie Caimi** volunteered to plan our annual Oktoberfest celebration. We had a record attendance, with delicious food and endless beer, proving once again that Leslie knows how to throw a party. It's no wonder that she also runs a catering business.

The following team members volunteered to lead our recent road and mountain bike rides. Without these people to organize our rides, we would be lost, literally. Many thanks to **Mike Carter**, our Club Pro **Craig Hofer**, Board Member **Bob Campbell**, **Gary Hart**, **Don Bellio**, **Jon Kidder**, **Eric Fredrickson**, Board Member **Mike Brislin**, **Alan Kahn** and **Patsy Radley**.



WHITE PEAKS
LUXURY DENTAL CARE
303-991-4320

Stay on Your BIKE

Mountain Gentlemen and Lovely Ladies weekly Friday rides will continue throughout the fall and winter, weather permitting.

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. Meet in Morrison at the east end of town on CO Hwy 74 (near C-470) across the road from the Conoco Breakplace, time TBD. We 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). Call Mike Carter (303-670-7898) to find out start time and see if there is going to be a ride.

THE RETURN OF THE INDOOR CENTURY

Back in the early 1990's, long before spinning classes were popular, TE created the Indoor Century "Going Nowhere Fast." Participants brought their rollers, wind trainers, mag trainers...even Sears stationary bicycles to join in the group century in the King-Murphy Elementary gymnasium and cafeteria. It was a lot of fun, we ran inspirational training videos and classics like *American Flyers*. No one got lost, we had no weather problems and the aid stations all looked strangely familiar.

And it was so much fun we've decided to do it again! Plans are being made for the new Indoor Century at Bicycle Outfitters on Saturday, February 5, 2005. Bring your own trainer or reserve one of the spinning bicycles in the spinning studio. Space is limited, so we will have morning and afternoon start times.

Look for registration information in the January/February *Bike Beat* or email bikebeat@teamevergreen.org.

377 members in the training partner directory and more being added every day. [Register for FREE](#) or login above if already a member.

Members Area on TrailCentral.com

Create a Profile.
Search for training partner profiles by: Experience, City, Time Availability, and MTB Style.
Collect points for contributing to TrailCentral.com
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Name	State	MTB Style	Contact Partner
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Ben Springs, CO	Enduro/Downhill/X-Country	Send Email	
Stardiva, CO	Downhill/Trail/X-Country	Send Email	
Ben, CO	X-Country	Send Email	
Green, CO	X-Country	Send Email	
Jeffie, CO	X-Country	Send Email	
Ben, CO	Downhill/X-Country	Send Email	
Ben, CO	X-Country	Send Email	
Ben, CO	X-Country	Send Email	
Ben, CO	X-Country	Send Email	
Ben, CO	X-Country	Send Email	

My Profile:
Updated Daily

Name: Joe Sport
Age: 35
Sex: Male
Location: Boulder, CO
Club/Team: Team TrailCentral.com
Personal Website: www.trailcentral.com
Nickname: Joe Sport

I consider myself to be **expert** in the sport of cycling.
I'm looking for **Men and Women** to work out with.
I'm willing to travel up to **48 miles** from Boulder to train with a partner.

Mountain Discipline(s): Mountain Biking
Road Discipline(s): Road Biking
Strength Points: Endurance, Distance, Hill Climb, Motivation

I Want to Improve: Cycling Technique, Distance, Hill Climb, Motivation

Find A Ride BUDDY

Looking for a training or riding partner for road bicycling, mountain biking, skiing and more?

Try using the new rider matching system. We have partnered with Trail Central to provide this easy to use training partner program on the web. It has some great features for our club. Over 60 TE members have already registered!

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

J.C.O.S. TRAIL USE TASK FORCE NEWS

The "Trail Use Task Force" is a group made up of representatives from the three main user groups of Open Space. The Task Force was formed in 1995 when sweeping changes were suggested by land planners. At that time there were threats of permanent closures at some parks and rotating seasonal closures to others. These closures were averted then, but the threat continues. The Task Force gives a voice to the public when land planners are implementing changes or designing new parks.

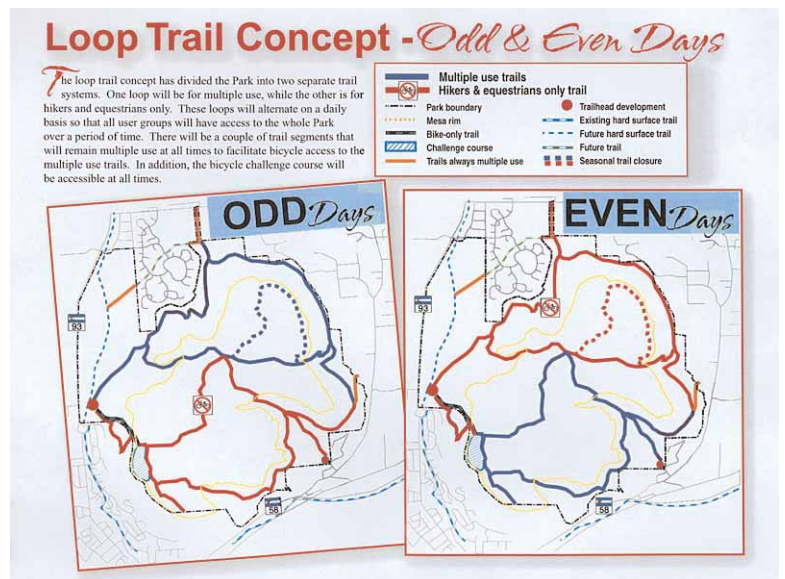
Jeffco Open Space is without a doubt one of the best trail systems in the country. Mountain bikers have enjoyed relatively unfettered access to the parks for many years. Many of us have considered this access secure and unthreatened. Well my friends, the winds of change are upon us. As many of you know, last March, land planners at Jeffco shut down Reynolds Park to bikes. Members of the Task Force were assured this was not a precedent and really just a small experiment adversely affecting few. Jeffco held its twice-annual Task Force meeting October 14th, 2004 at the Open Space offices. At that meeting, planners unveiled their use/management plan for North Table Mountain. This property has been gradually acquired since 1993 and encompasses nearly 2000 acres. The map shows the planners "vision" for the park. As you can see

below, of the approximately 10 miles of trail, mountain bikes will be restricted from using half of the park every day, and that half alternates each day. We fear this is the wave of the future for new Open Space parks. The plan never allows bikes on the entire park on the same day. There are no restrictions to all other users. This is the first Odd/Even Loop concept Jeffco has designed. Jeffco held two public meetings, one in March, 2004, and one in on August 18th, 2004. The meetings were not attended by members of the Task Force as they were not made directly aware of the meetings. As such, the October meeting was the first where the Trail Use Task Force members had seen the new park plan. We think the plan is a starting point, and something to build on, but we do not support the segregation philosophy in general. We have shown through education that the multi-use doctrine is a good one when it comes to the majority of trail users.

One challenge facing us all today is that some activities such as downhill or freeriding are not necessarily compatible with other

users.

Note that there is a proposed section labeled Challenge Park on North Table, however, while we feel that recognizing the growing freeride trend in mountain biking and attempting to offer appropriate property suited for the activities is necessary to keep current with the growth and direction of park and trail use into the future. We also view this particular section in this park as a consolation offering in exchange for being restricted from half of the park. The plan must be reviewed carefully to assess the intended uses of each user group utilizing the park. Multi-Use is a fair and proven doctrine, and segregating specific use trails are options to explore if benefiting all park users. However, complete user group exclusion from



Jeffco land planners vision of North Table Mountain.

the entire property or portions of it is a clear and present danger to the affected group. This is not a conflict solution. Discrimination serves no purpose toward solving multi-use conflicts. Education is a better alternative, not restrictive exclusion which eliminates the physical conflict by eliminating the use of the property.

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TASK FORCE NEWS

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Many changes to the philosophy of "Multi-Use" are on the horizon. There are two other large new parks soon to be opened, 2000 acre Hildebrand Ranch near Deer Creek Park and 5000 acre Centennial Cone north of Clear Creek Canyon.

Both these parks have a new doctrine of "Multi-Use" which will continue to challenge mountain bike access with rotating closures and bans on certain trails. The Trail Use Task Force is here to represent the interests of mountain bikers, and to protect our access to Jeffco public lands. We need the continued input from the mountain bike community, and will endeavor to keep you informed on access issues in our Jefferson County Open Space Parks.

In closing, we urge everyone to stay informed and involved as much as possible. Visit forums, read Jeffco's web site news on Open Space, attend public meetings, or at least email your thoughts on the North Table plan to the Task Force representative's addresses below. Also remember to be a trail steward by following the rules of the trail while riding.

Have a good ride, and we'll see you on the trails.

Tim Morrison
Trail Use Task Force Alternate
timomorrison@cs.com



TEAM EVERGREEN GOES TO THE RACES IN 2005

Team Evergreen member Chris Harry will be head of the newly formed Team Evergreen racing committee. This is the first time TE has gotten involved with bicycle racing. Team Evergreen has over 1,200 members now, and with the success of the

Triple Bypass, access to some great sponsors, and a large group of skilled riders, we are looking forward to an exciting year. The first racing committee meeting has been tentatively set for November 19th at 7pm. Please check our website calendar for time and place. You can find the latest information about racing at Team Evergreen at www.teamevergreen.org/race/

Chris will be attending a coaching summit November 11-14 in Colorado Springs and has lots of ideas about how TE members can get involved and benefit for bicycle racing. There are many opportunities to participate in races in Colorado. Team

Evergreen racing team will be for road, mountain and endurance riders. From Moab 24 hour teams, Mountain States Cup series, Winter Park mountain bike series, and the many road bicycle criterions and road racing events, look for Team Evergreen members to get more involved in racing in 2005.

POSSIBLE RACING TEAM EVENTS:

- More structured / intense training rides on weekends
- Central POC to hook up other riders to events
- Give advice to other riders from previous event experiences
- Email list for TER members with upcoming events, training / coaching tips, etc...
- Field 24 hour event teams
- Encourage more team participation in racing / training rides
- Winter training rides on Saturdays, w/ Sundays as a back up day. Meeting down by Chatfield reservoir.

Racing is a great way to bump up both your technical skills and your level of fitness. You just ride a little differently when you participate in a timed competition. Racing is a blast! We will focus on team riding, rider improvement and fun. Look for club race training events to be held this winter.

Chris is looking for interested members that might want to get involved. He will need several more committee members as well as riders who have raced in the past or just want to see what it is all about.

Please contact Chris (chris@highaltitudetraining.com) and let him know that you have some interest in this exciting new program from Team Evergreen.



IMBA Epic Weekend October 8-10, 2004 Buffalo Creek

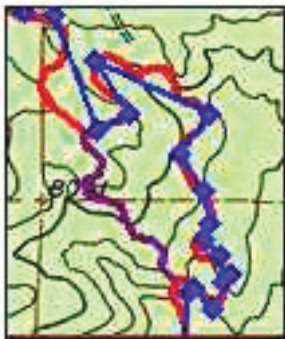
by Aaron Miller and Bob Campbell

Each year IMBA honors a specific mountain bike riding area by holding an Epic Weekend of trail work and riding. For each Epic weekend a host bike club is selected to organize the event. In July, we got the call. Little did we know what we were getting ourselves into when we agreed to host the International Mountain Bike Association (IMBA) Epic Ride weekend. After all the planning and organizing, the collectively inspired weekend of trail building and riding paid more dividends than we could have imagined. Team Evergreen's Bob Campbell acted as overall coordinator, Mike Brislin worked with the forest service and trail work leaders on the trail building project and Aaron Miller took on the provisioning of food and water for all participants.

Participants for the Epic weekend were recruited from the Team Evergreen and IMBA organizations. Both organizations advertised the Epic weekend in their newsletters and with email messages to their respective memberships. IMBA handled registration

for the event on their website.

Due to the location of the event, we camped at the group campsites down at the Meadows Group campsite at Buffalo Creek in the Pike National Forest. It was a bit of a chore to find a catering company that would set up and serve 80-100 festive mountain bikers in such a primitive location. As the campground did not have potable water, we had to bring a full tank of our own as well. We were grateful for the generosity of Kent Powell at Bicycle Colorado for allowing us to use his trailer and 450-gallon water tank. Bob took it upon himself to arrange to get the water from the North Fork fire station and haul the trailer and water with his truck out to the campground. Mary and Craig,



The trail reroute.

who operate Aspen Catering, came through with a massive salad and pasta carbo load on Saturday night that was well received by the hungry trail workers. We had worked up an appetite by building a half-mile of new trail followed by a short and sweet ride over said new trail and the Green Mountain Loop. With satisfied stomachs some went off to bed early to

rest up for next day's ride, while others kept the beer flowing into the small hours of the night, seemingly oblivious to the obvious pain that awaited in the trail mileage to be ridden in the morning. Aspen Catering again delivered an energy packed meal of breakfast burritos to get us going on the trail in the morning.

Living up to the name of the weekend, the Epic, big ride of the day (rated as the red ride) was slated for a full 48 miles of singletrack riding on over ten different named trails, including Gashaus, Baldy, Charlies, Homestead, Strawberry Jack and Sandy Wash to name a few. This route took us over elevation gains amounting to nearly a mile. The short version of the story is many (about 15) came to the start and few arrived at the finish. The inspirational story of the day was the single speed rider and the Crested Butte rider (Dave Lindsay) who schooled all of us on fitness and bike handling while having at least 5-10 years of age on all of us. As we progressed through the miles and hours, gradually our numbers diminished such that when we finally got out to our turn around point at Chair Rocks on the Colorado Trail, there were only five exhausted riders remaining. The return to camp was a major relief to my weary legs. While most folks had gone home, there were a few stragglers willing to hear our tale and plenty



The new trail.

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of beer in the kegs for relaxation.

Working with IMBA, Trail Conservation Services, The Front Range Mountain Bike Patrol and the National Forest Service was a great pleasure. Team Evergreen should be proud to be part of the network of trail builders and riders that was brought together for the greater good of the sport. There has already been talk of next year. We will surely have the experience to put on another monumental Epic should the opportunity arise, however, we will definitely have to be at our best to top the inaugural event.



seven workgroups, each with an initial thirty foot section of trail, I made my way back up to worksite HQ at the highpoint of Gashaus. To my absolute amazement I was already walking on newly cut trail. By 3 pm we had completed a 1/2 mile section of sweet and sustainable singletrack with a few interesting rocky feature sections. I was like a little kid riding up and down and up, and

Trail Building at the IMBA Epic

by Mike Brislin

“Organizing the trail building for the Team Evergreen IMBA Epic Celebration was truly a most rewarding experience.”

Some may not be aware, that at the trail crew leaders briefing on Saturday morning, we had a near snafu in that we did not know the combination for the gate which allowed us to transport some 120 tools to the worksite. I’m not sure if it showed, but believe me, mild panic had started to set in. Scott Dulles of USFS came to my rescue and we soon had the show on the road, with some seventy eager trail builders riding out to the worksite on Gashaus Gulch.

An hour later, after just placing the

down our new creation. We had also done an excellent job of reclaiming the old eroded trail. On one trip up I even missed the old trail, and I was looking! In the final statistics, we had cut an average of 50 feet of trail per person. What a great job by a happy and willing group of trailbuilders. Yes, mountain bikers are nice people! - Thank you to all the volunteers! I certainly got a sense of reward from the dozens of riders who came along on Saturday to be surprised by this new section of trail. I must also send a huge THANK YOU and compliments to my superb group of 10 trail crew leaders. Trail Conservation Services (check out their



website) — You Rock!

The resounding success of the trailbuilding is of course the result of an excellent up front job done by a small and dedicated group. This is again, almost all volunteer work. IMBA were awesome, they gave us a methodology to use, a trailbuilding training course, and invaluable time, advice and support on trail design. I was amazed at how much time and effort went into planning the trail down to the minute detail. It may not be obvious, but the attention to detail is all designed to ensure we build multi-use trails that will be almost totally maintenance free. This involved four separate visits to the worksite, and included gaining approval for our work from an environmental impact standpoint. We also had amazing “can-do” land managers to work with. This, in no small part to the excellent relationship that FRMBP (Front Range Mountain Bike Patrol) has fostered, on behalf of the mountain biking community, with the Forest Service.

So, if Colorado is mountain biking heaven, then Buffalo Creek is mountain biking heaven within heaven. Personally I feel proud to have helped make a small contribution to this Epic mountain biking location. Let’s do more of this!?

Footnote: IMBA and REI have arranged for Team Evergreen to receive a “Trail Building Kit.” This Trail Stewardship Toolkit comes with a McLeod, Pulaski, Clinometer, work gloves, t-shirts, IMBA yield the trail signs, responsible riding tips brochures and an IMBA Singletrack Solutions book. The entire package values well over \$500. Please reserve this toolkit should you have a need to improve our local trails.

EFPD Child Safety Day



Once again Team Evergreen was swamped fitting helmets at the annual Evergreen Fire Protection District Child Safety Day held on Saturday, September 25th at Evergreen High School. Hundreds of bicycle helmets, donated by Children's Hospital, were given away.

"If we avoid one head injury, then we had a successful event," Mike Carter said.

Carter, along with TE members Gerry Moore, Ellen and Dave Nelson were on hand to fit helmets. Roger Hassell laid out the bicycle rodeo course.

Eight bicycles were donated by EFPD for a drawing and Blue Spruce Kiwanis donated two bicycles for the bike rodeo, where children were taught braking, acceleration and bicycle maneuvering skills.

Evergreen Area Chamber of Commerce, Evergreen/Conifer DriveSmart, Trout Unlimited, Evergreen/Conifer Association of Realtors, Blue Spruce Kiwanis and the Blue Spruce Kiwanis Key Club were also involved with the event. Other safety attractions included the DriveSmart child carseat inspection and installation, St. Anthony's Flight for Life, EFPD equipment tour and rides and the Children's Hospital Jnglemobile.

Thanks to Michael Carter for working behind the scenes to make this event a terrific experience for everyone.



Crash dummies Vince and Larry lend a hand.

Gerry Moore makes sure the helmet is a perfect fit.

TBP Volunteer Dinner

As always, the Triple Bypass Volunteer thank you dinner was a big success. The volunteer organizations who participated in putting on the 16th annual TBP were happy to help devour the food provided by Specialty Catering.

Evergreen Children's Chorale, a new TBP volunteer organization, helped with packet pickup and walk-up registrations.



Dear Team Evergreen...

IMBA Epic Weekend

Dear TE:

For those of you that did not join in the fun this weekend, I am here to report that it was absolutely a blast, that everyone had a great time, and that Bob, Mike and Aaron kicked @\$ organizing this event. I suspect that this is the start of something big, not because we should do it, but rather because it was so much fun.

*Many thanks guys,
Bruce*

Dear TE:

I just wanted to send a quick thank you note to Team Evergreen for sponsoring the IMBA Epic at Buffalo Creek this past weekend. I had a great time as I'm sure everyone else did. The event coordination went very well, the catered meals were great, we had music, we had beer, we had great conversations and the weather was perfect (not sure how much influence you wield with the higher powers on that one). Oh and the rides of course were great. And we did some good trail work.

I'm looking forward to next year's event! So again thanks to all involved, especially to Bob and Aaron. I'm sure there were others from TE helping I just can't remember them all.

Based on this experience it looks I will join Team Evergreen (when you fix your online regis-

ter). I always thought that TE was more geared to road rides but it looks like I was wrong.

See you on the trails!

Ed

CO Trail Experience?

Hello Fellow TE Member,

I am determined to ride the Colorado Trail from Denver to Durango (bypassing the designated Wilderness mileage, of course) next July. I have found little intel on such an undertaking. I am familiar with the official CT Society Guide Book (6th ed), but that's thin on MtB specific issues beyond suggestions for Wilderness bypasses. I would really like to ask a question or two of someone who has made a multi-day trek on all or part of the CT (my personal experience is limited to the sections between Denver and Breckenridge). General "war stories" on multi-day MtB trekking would be appreciated, too. I plan to bag a couple of shakedown rides, but would like to make semi-informed decisions regarding gear and tactics prior to that.

If you can help me directly or by referring me or this message to someone who might, I will be grateful indeed.

*Thanks
Dean Cahow
Evergreen, CO
zippy@vantagexp.com*

The Triple from a SAG's Perspective

Editor's Note:

This letter was written to Friendship Bridge, the Triple Volunteer organization that coordinated the SAG drivers.

Dear Kent:

Please donate my SAG gas reimbursement to the Friendship Bridge — great organization and I'd much rather it go there. I considered my time and gas to be my personal donation to the ride — it was so awesome. I spent a lot of time before Saturday morning trying to figure out just why someone, much less 3,000 someone's, would want to DO THIS!! But as I sat and watched the riders at the base of Squaw Mtn, where I spoke with you the first time, I saw something in their faces that gave me some answers to my question — mostly I saw determination. This was a goal to be achieved, whether one was one of the racers or a rider like my husband who needed to know that he could "do it." I was totally impressed by what I saw, and very inspired.

Hopefully, we'll plan a short vacation trip to Colorado again next year to coincide with the Triple...

*Sharon
Wichita, KS*

Kokopelli

continued from page 5

Ponderosa pine forest of North Beaver Mesa, riding ever closer to the snowcapped La Sal Mountains and colorful autumn foliage. Continuing uphill along a maintained dirt road with some flustered "where does the uphill end?" from riders, as the sag crew drove past, fossil fuel assisted. At long last, the riders crested the "hill" and zoomed downhill on an asphalted road to the Rock Castle campground where a view of the Porcupine Rim, food, and drink awaited. Dinner was chicken and brats that night, and a fire . . . of course!

Day 4 — Rock Castle to Moab ~33 miles. The last, but not the least of this ride, started with a 1000 foot climb on an asphalt road decorated



by colorful fall foliage and with a spectacular view of Castle Valley before returning to a dirt trail. With camp packed up for the last time, I got a chance to ride! Steve Kerschbaum and I sagged to this high point. We started down this portion of the Kokopelli Trail, a rutted, fast downhill two-track. We stopped to

Some of the Kokopelli crowd.

check out an old rusted out International truck, and then continued to look for the elusive turn onto the Porcupine Rim Trail. Guys, thanks for the orange tape, and the beer bottle, marking the turn! Though, known as a "downhill" ride, the Porcupine Rim had some challenging steep climbs and rewarded us with more views of the incredible Castle Valley, along 500 to 700 foot or more shear cliffs! From there the trail left the rim, and continued with a mix of stair step drops, and fast open trails with big open views! . . . more difficult to see at



speed! The trail then entered the rocky beauty of Jackass Canyon, and there the trail ran close along the canyon's edge, and sharply dropped down to a finish at Hwy. 128 and the Colorado River.

The shuttle back to Loma was delayed by a traffic accident on Hwy. 128, closing Allan's access to the riders. The riders gathered at the Civic Center in Moab to finally board the shuttle to Loma. Once in Loma, it was a rush to gather gear, pack the vehicles, and head home!



Bicycle Advocacy News

by Dan Grunig

Executive Director Bicycle Colorado
dan@bicyclecolo.org

BICYCLE COLORADO HELPS EXTEND SHOULDER POLICY

The Colorado Department of Transportation plans to continue their policy of including/adding paved shoulders on new and reconstructed roads. Bicycle Colorado met with and encouraged CDOT to extend the 1999 policy which sunsets this year. CDOT's Intermodal Committee endorsed the policy on Wednesday and sent it to Transportation Commission for final approval next month. See the policy at www.BicycleColorado.org/for/shoulders

COLORADO EPIC IS LARGEST EVER

Over seventy mountain bikers attended a weekend of trail work and riding in Buffalo Creek on October 9 and 10. One of four IMBA Epic weekends around the country, Colorado's turnout was the largest in the Epic program's history. Team Evergreen hosted the event which closed an eroded section of the Gashouse Gulch trail and created a fun, sustainable re-route. The entire Bicycle Colorado staff pitched in along with rangers from the Forest Service & State Parks and many dedicated mountain bike groups. Thanks IMBA and Team Evergreen! See photos at www.teamevergreen.org.

JOB OPENING AT BICYCLE COLORADO

We are currently seeking a Membership and Marketing Manager to work from

our offices in Denver. This is a great opportunity to be part of the movement to improve and expand cycling in Colorado. Full job description and application process is posted at www.BicycleColorado.org/to/Jobs. BC staff person Scott Gordon is moving to a membership position with IMBA. Congratulations Scott and thanks for all your hard work making Colorado a better place to ride!

BIKE DENVER TO HOST BIKE TRAINING

Bike Denver is planning to host a Street Skills/BikeEd Road I training course offered by the League of American Bicyclists. Cyclists who pass this course

are eligible for the next training to become League Certified

Instructors (LCI.) LCIs can then teach BikeEd classes to children as well as adults. Curriculum details are at www.bikeleague.org/educenter/education.htm. If you are interested in these classes, please forward your contact info to David Rapp at info@bikedenver.org.

WINTER CYCLING TIPS

Fall is in the air which means winter must be lurking around the curve. While the sun's rays are fading, that doesn't mean your cycling involvement must follow. Below are a few tips for riding and staying involved with advocacy throughout the approaching season.

Sand and Ice: Start braking early to

allow for the increased stopping distance on slick roads. Take this opportunity to practice your cornering technique by braking early and coasting through the turn — just don't practice this at stop signs.

Debris in the Bike Lane: This time of year bike lanes are particularly laden with debris plowed off the roadway. Try using additional protection against flats and consider riding in the lane of traffic where the bike lane is unsafe. Report such conditions to the local street maintenance department.

Be Visible: Motorists must deal with fogged windows, poor visibility, and glare. Make sure they see you by wearing bright, reflective clothing and even using lights on overcast days. Good headlights and flashing taillights are a must for night-time or early morning riding.

Temperature: As any seasoned commuter will tell you, dress in layers. Start with a layer next to your skin that wicks moisture away, then go with an insulating layer such as fleece or a heavier jersey. On the outside use a shell to block the wind. To keep your hands and feet warm, wear long finger gloves and shoe covers — keeping your arms and legs warm help too. One common problem is to sweat and then get cold, so shed layers as you warm up.

Drink Up: You may not feel thirsty, but when you see your breath, that's water leaving your body. When it's really chilly out, some riders even start with warm water in their bottles — never mind the plastic taste.

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Team Evergreen Classifieds

WANTED: New owner for sweet, clean, well behaved 3 year old Titus Racer-X mountain bike (medium size frame). Sid air shock on front. Fox Float R rear shock. Good components. New owner must be passionate yet tender, bold yet wise, willing yet thoughtful. New owner must also have an extra \$1,150 to spend on many good times. Call Bruce Epstein at 303-526-2155 for an introduction.

HR MONITOR FOR SALE: Suunto X3 HR Monitor/Watch. Feature include a Heart Rate Monitor, Altimeter, Barometer, Thermometer and Watch. Audible and visual alarms alert you when you are exceeding preset limits. Like new, rarely used \$150. Call Erich at 720-331-2334 or at konaschultz@msn.com.

WINTER PARK CONDO FOR RENT: Hi Country Haus, located in town, walk to shops and restaurants. One bedroom, sleeps 4, on bus route to ski area(s). Available for weekend, and weekly rental. Contact Janet Saxon (303) 777-4699 or janet.saxon@juno.com for more information.

FOUR BIKE FRIDAYS FOR SALE: 2 road bikes/\$700 each; 2 mountain bikes/\$800 each. All four bikes recently professionally tuned and refurbished. Mountain bikes very few miles, mint condition. Road bikes show light wear. Travel suitcases for each bike as well as numerous spare parts, tools, etc. Call for more info or email photographs. Call Dave Williams 970-879-3730 or williams@esteamboat.com.

TRIPLE JERSIES FOR SALE: 1998 anniversary Triple Bypass jersey and a 1999 jersey. both xl, like new. best offer. Email DeanKrakel@aol.com.

ROAD BIKE FOR SALE: 2001 Specialized Allez Sport, 50cm Red/White, full 105 components, 9spd, triple chainring, new tires, less than 100 miles, Michelin Carbon Tires. In Golden, contact Mike Paris 303-278-4902.

MTB WANTED: Seeking 17.5(16.5-18 cm)/52cm MTB,Hardtail,21-26 lbs optimal. My Cannondale hardtail, well,the kyrpto Ulock succumbed to butane Cryo-lock crack and fly..at a Hospital!!Ok its Bldr. Email Cindy Coe at clcski@yahoo.com.

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

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

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

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

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

Bicycle Colorado

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Pave the Way: The best way to ensure pleasant riding in the spring and summer is to get involved with decision-making this time of year. Since your rides in the winter may be shorter, use you extra time to help support bicycle advocacy efforts by volunteering with Bicycle Colorado or your advocacy local group (see www.bicyclecolorado.org for listings).

Do the Wave: Wave to courteous drivers so they know you appreciate their efforts and ensure they will continue the pattern next time they see a cyclist.

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
(Off-season issues:
Nov/Dec 2004 and
Jan/Feb 2005)

Team Evergreen Board of Directors

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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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