

Bike Beat



September 2004

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

From the Captain's Saddle

A Bear of a Board

by Bruce Epstein
TE President

*So meet a bear and take him on
out to lunch with you*

*Even though your friends may
stop and stare.*

*Just remember that's a bear there
in the bunch with you,*

*And it just don't come no better
than a bear.*

Lyle Lovett

Your Team Evergreen Board Members remind me of Lyle Lovett's lyric, "It just don't come no better than a bear." We have a phenomenal group of volunteers who serve on the Board, and I don't see how it could get much better.

Many of you don't know that our Club has a Board of Directors, and I suspect that most of our members have no idea what the Board does. And that is just fine with the Board. You just show up and ride. That is just what the Board wants. The Board is content to be invisible while it works behind the scenes to ensure that all you have to do is just show up and ride. However, I want to give you a brief glimpse behind the curtain.

Bob Campbell and George Rooney

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TE members George Rooney (left) and Dennis Driscoll at the summit of Col d'Aspin during their bicycle tour of the Tour de France.

vacation issue

Where were you this summer? We had TE members flying all over the world with their bikes. Going to France during the Tour was definitely a favorite, but some TE members did a lot right in our own backyard. Take a spin through the pages of this issue and you may be surprised to see just what we did on our summer vacations!

Mon Grand Boucle

By Bryan McNair

There are many kinds of adventures. Some adventures are enjoyable outings involving excitement and discovery. Others can be frightening ordeals that you are glad to survive with a story to tell but would never want to repeat. Of course, there is also the archetypical Jonesian adventure, complete with tumbling boulders, snake pits, and motion-activated poi-

son darts. This July I had my own 18-day adventure in France that incorporated elements of each.

I like to say that my trip to France just happened to coincide with the second two weeks of the Tour de France. I guess this is because I would like to think that I was not like the other Americans that I met, many of whom were superb illustrations of the "Ugly American." However, ugly or not, I was one of the Americans in Paris, one of the yellow-bracelet-wearing Yanks covered in enough Postal gear

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MOUNTAIN BIKE HAPPENINGS

Captain's Saddle

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Team Evergreen Wednesday night mountain bikers may have gotten rained on, but it was all worth it to see this intense rainbow during the Meyers Ranch ride on July 21st.

Photo by Chuck Bolden

Wednesday Night Mountain Bike Ride News

by Jerry Haynie

Daylight is getting shorter and the shadows are getting longer. I am sad to write that this will be the last publication of the Wednesday night ride schedule until next May. During this past year, we have been with the same grinning faces that we are so accustomed to seeing and many new riders who want to have fun with us on Wednesday evenings. We have found new restaurants that are very happy to accommodate Team Evergreen riders, and we have chosen not to patronize other local establishments.

The turnout for our Wednesday night rides has been great. We have had 15-20 riders in attendance for nearly every ride so

come and join your fellow mountain bikers for the last four rides of the year. Food and libations after the rides are a highlight for many of us.

So that you can make early plans to ride with us, here is a list of all of the final Wednesday night rides for 2004. All rides have a meeting time of 5:45 p.m. with ride departure at 6:00 p.m.

September 1: Matthews/Winters Park
(park at SW corner of I70 & Morrison Rd)

September 8: Maxwell Falls Lower
(Brook Forest Rd. parking lot)

September 15: Elk Meadow/Bergen Peak
(Hwy 74 parking lot)

Visit www.teamevergreen.org for complete ride descriptions and the ride leaders. 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!

create, organize and oversee our weekly road and mountain bike rides. Bob also periodically sends out blast emails, updates our web site, and maintains our new, interactive web site calendar. Janet Saxon pays all of our bills, creates our financial statements and watches over our expenditures. Mike Brislin and Aaron Miller answer the many inquires that we receive by email and by telephone. Laura Robinson plans and implements strategies to sell our large inventory of merchandise, items such as jerseys, hats, tee shirts and socks. Tom Evans brings a level of professionalism to our sponsorship program that has never existed with our Club before. Rich Boyan implemented and manages a program to remind members to renew their membership. Steve Mayka is creating a Board calendar so that the Board can plan events well in advance instead of "managing by crisis." Terri Wickstrom serves as our Volunteer Coordinator, as the name implies, coordinating the volunteer efforts. Robb McGuffin is our Bicycle Advocacy Chairman and is coordinating our bike helmet giveaway to children. These are just a few examples of the tasks our Board members perform. There are literally dozens of other things that each of them does.

What is remarkable, what makes these bears so special, is that each of them enthusiastically volunteers to undertake their roles. In fact, each one creates the job that he or she performs. Just by way of a few examples, no one asked Rich to create a membership renewal program. Rich identified the need for one and set about creating it. Bob recognized the value of an interactive web calendar and implemented it. Laura saw that we needed to focus on merchandising if we wanted to avoid losing money on the team merchandise that we own, and she volunteered to lead

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WHITE PEAKS
LUXURY DENTAL CARE

303-991-4320

that you could drop me in a mailbox and ship me home Priority Mail. However, I consciously tried to explore and embrace French culture, rather than bringing my own American culture to bear on a people who may not wish it. Besides, the best and most memorable parts of my trip did not involve the Grand Boucle, cheering on Lance and the Postal Parade, or sightseeing in Paris. The best parts of my trip were with my laid-back tour group or on my own, especially while interacting with the French people and enjoying the splendor of the Pyrenees and the Alps.

When I first decided to go to France during Le Tour, I thought I would take care of the logistics myself, but I soon realized that, for an inexperienced traveler such as myself, this would be a mistake. So, I decided to



look into guided tours, but every tour company that I called was already booked full for their Tour de France trips. After the eighth or ninth "sorry, but we're full," I was ready to give up. There was one company that was slightly different, according to their webpage, because they offered camping tours. Sure enough, this company still had spaces left for their Tour de France tours. In a way, it was a blessing in disguise, because I could afford two weeks of camping, while I could only have afforded one week in hotels. Plus, I like camping. So, with excitement and relief, I booked spots for two of their tours: a week in the Pyrenees followed by a few days in the Alps and a few days in Paris.

Most of my adventure in France was of the enjoyable outing variety. I spent most of my days with my newfound friends in the tour group, climbing cols (passes), descending them, climbing again, then descending, repeating ad infinitum until finally we arrived at our campsite. To non-cyclists this may not sound like an enjoyable experience, but those of you who ride or know someone who does know that one of the strange things about cyclists is that they like to suffer. The Alps and Pyrenees obliged us with some of the most difficult climbing I have done.

The climbs in France are difficult not because they are high, like Colorado climbs. Some of the summits are only as high as Boulder, where I lived and trained. The elevation gains are similar to those in Colorado, though, because the climbs start lower. No,

French climbs are difficult because they are both long and steep. In Colorado, there are long climbs and there are steep climbs, but very few are steep for as long as the French cols are. I have done Colorado climbs that go on and on at a five percent grade. I have also done Colorado climbs that are a few miles of ten percent or more. However, some of the French cols go on and on, but average eight to nine percent. These are the Hors Categorie (above category) climbs of the Tour de France. Legendary climbs like the Col du Tourmalet and Plateau de Beille in the Pyrenees and the Col du Galibier and Alpe d'Huez in the Alps can make or break the race for a Tour rider. I was a bit worried that my training in Colorado

might not prepare me for the daunting tasks that awaited me in France. The climbs were hard, but my fellow cyclotourists and I were tough. After success on the Tourmalet during our first full day of riding, I knew that I was well-prepared. After that I felt relaxed, confident, and excited each time we started a climb.

One great feature of the major French climbs is that there are signs every kilometer with information that is very pertinent to cyclists. The signs give the elevation of the summit and the current elevation in meters, the distance to the summit in kilometers, and the average grade for the next kilometer. It took me a while to get used to the metric system, so I spent a good portion of my riding time converting meters to feet and kilometers to miles.

Another great feature of the French climbs is that there is almost always a café or other eating establishment at the summit. Our guides gave us maps and written directions that indicated which cols had food on top. We could then plan our day accordingly. We ended up eating on top of the cols more often than we ate in the villages in the valleys because the views were beautiful and we needed to rest anyway. Our favorite dish, at least for lunch, was jambon et fromage (ham and cheese on a buttered baguette). I ate jambon et fromage almost every day, not because I liked it so much, although it was good, but because it was the only thing I knew how to order. The menus were all in French, of course, but all of the restaurants had ham, cheese, and baguettes, so I would order

jambon et fromage even if it was not on the menu. The French must think that Americans only eat ham and cheese. One of my friends thought she was ordering a salad and got (you guessed it!) jambon et fromage. The only difference was that hers had lettuce on it.

It wasn't just the riding itself that made my adventure enjoyable. The scenery was straight out of The Sound of Music. The French mountains are different than the Rockies. For one thing, the forests are mainly deciduous, rather than our pine forests that cover the valleys and lower peaks.

As we climbed, Sherwood-like forests gave way to beautiful pastures where cattle and sheep grazed, all of them adorned with ringing bells. We saw very few fences; nearly all of the livestock were free to roam from pasture to pasture, across the roads, through small villages, and, as those of you watching the Tour will remember, through the peloton of the Tour de France.

We had several run-ins with the resident hoof stock. On one occasion two of us were forced to dismount and make way as a herd of cattle meandered down a narrow mountain road, followed by a herding dog or two and a switch-bearing cowherd (like a shepherd; they're certainly not cowboys!). On another occasion, on top of the Col d'Aspin, we met a couple of other American cyclists who, like us, were riding the cols and watching the Tour. Having just climbed a Pyrenean pass, we were all drenched in salty sweat. In addition to the cyclists, a herd of French cattle were also lingering on the Aspin. Apparently these bovine knew that, after summiting a col, they should rehydrate and replace their electrolytes. Because the cyclists were unwilling to share their Gatorade, one bull decided that the next best thing was "Velopersp." He began to lick the sweat off of the leg of one of the Americans.



The cyclist tried to hold back the cow by its horn, but was overpowered. He then fled, but found that he was

unable to evade his udderly intent pursuer. Evidently, French cattle are at least as fleet of hoof as cleat-clad American cyclists. The hunted human was eventually forced to hop on his bicycle and descend the col. As the herd began to circle in, the rest of us followed suit by mounting our own aluminum, carbon, or titanium steeds and making tracks to the nearest village, where we planned to seek refuge in a wine cel-

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What I did on my

Bike To Work Day

It was fun, healthy, and you got free food! Photo by Dave Nelson.



Beaver Creek 100

Robb McGuffin and his teammate took first place in the men's team division of the Ultra 100 mountain bike race in Beaver Creek on August 21.

And more fast times

When George Rooney was in France, he climbed Alpe d'Huez in 51 minutes. If he was on the Tour, he would have placed about 155th.

Summer Road Series

Tyler Gallup (right) is one of several Team Evergreen members that participate in the summer road series. Tyler races in the Junior Men age 15-16 division and Cat 4. "He has good standings and places for many of his races," his father Steve reports. "He is presently riding for North Metro Cycling. The team is composed of 5 or 6 kids and three coaches. In spite of the scheduling and classification changes, he is having a good year." Tyler placed third in his division in the Bob Cook Memorial Mt. Evans Hillclimb, finishing the shorter course in 1:00:24. Other TE members and friends included in the race were **Terri Wickstrom**, first place Senior Women 35+ with a time of 2:50:16 from Idaho Springs to the summit of Mt. Evans; **Pete Baker**, tenth place Senior Men 35+, 4 completing in 2:24:46; and **Craig Hofer**, twenty-first in the Senior Men 35+ division finishing in 2:17:16.

Bike Beat would like to publish more about members who are racing. Please email Ellen at bikebeat@teamevergreen.org.



TE Picnic

Did you make it to the annual Team Evergreen free member picnic on August 7th? The food at the Keys on the Green was excellent, even though it was a bit windy. Brian Smith enjoys the view.



SUMMER VACATION!



Evergreen to Aspen

Ray Sirianne and Patsy Radley rode their bikes to Aspen a few weeks ago. "160 miles," Patsy wrote. "It's a ride I've wanted to do for a long time. Years ago, I believe it was the Aspen Medallion ride, the Aspen Classic starting from Denver. Anyway, it was a demanding ride! We had excellent weather and no traffic mishaps, which was a concern riding along 285 for 96 miles! We did it on a Wednesday and it took us 9hr and 56min. I was hoping to do it in 10hrs, so I was pleased. My boyfriend, Will, sagged for us."



...and of course nearly 3000 of us rode the Triple. DO YOU KNOW THIS CYCLIST? Teresa snapped this photo and promised to email it, then lost the address. Email bikebeat@teamevergreen.org to identify.



George Rooney snapped this great shot of Lance on Alpe d'Huez.



George Rooney (left) and Dennis Driscoll.

Tour de France

Possibly the ultimate bicycle vacation, George Rooney and Dennis Driscoll road ten Tour de France stages through the Alps and the Pyrenees with Graham Baxter's Sporting Tours. Tour buddy Robert Adolph shot Lance on the Besancon Time Trial (Stage 19, above left). The photo above is Dennis on the 16th switchback cycling up Alpe d'Huez by Breton Photography.

AROUND THE RINGS

by Robb McGuffin

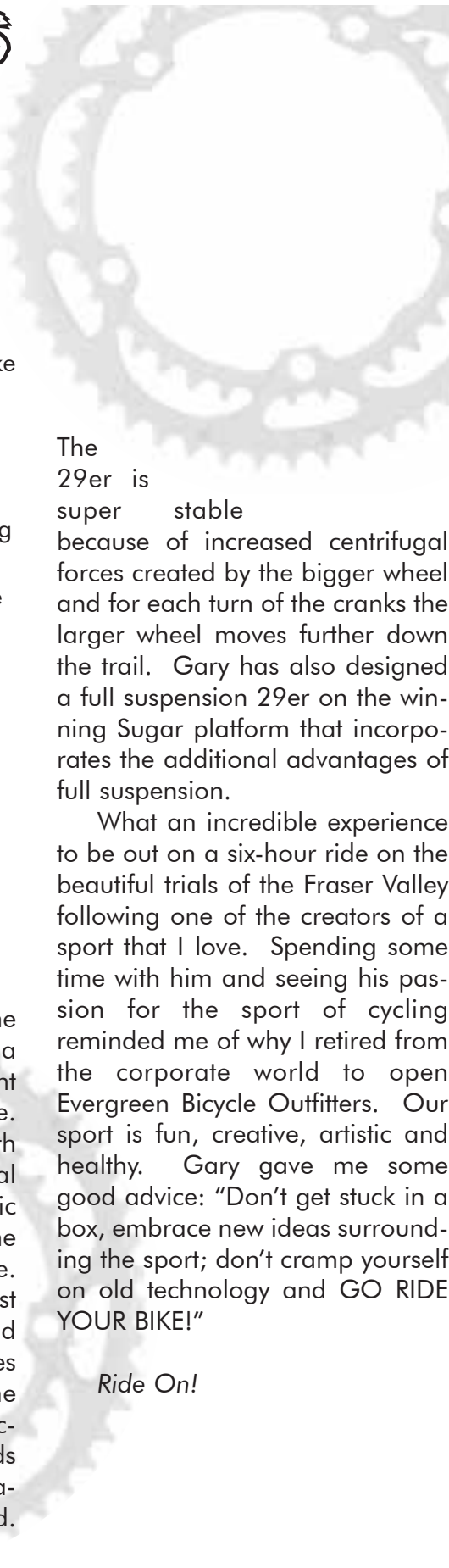
Last month I had the pleasure of spending a couple of days in Winter Park riding with Mr. Gary Fisher. If there ever was an ambassador and founding father for the sport of mountain biking Gary is the man. He displays the same passion and commitment to the sport today that he solely possessed while inventing the Mountain Bike back in the 1970's. Gary's accomplishments in the sport are legendary. He was and still is an accomplished racer on both the road bike and mountain bike. Two years ago Gary was the US Masters Champion and represented the US in the World Championships. He has also worked closely with some of the best riders in the world helping them train and design bikes and components to win races. His list of riders is impressive; Joe Murray, Sara Ballantyne, Mike Kloser, Paola Pezzo (he had some great stories about the dazzling Paola), Michael Rasmussen and Ryder Hesjedal.

In my view, Gary's most notable accomplishment is the actual invention of the mountain bike. Talking around the campfire over a few beers he told us great stories with remarkable clarity on how the bikes we ride today came to be. He remembers every detail and name, weaving together all the small aspects of the sport into a clear chronological story with his own creative and artistic flare. Gary is by far the coolest, hippest fifty-something person you'll ever meet and you get the impression

that he'll be the same way at 60, 70, 80 and beyond. Check out this list of design firsts;

- **1974** — Designs the Klunker by using 1950 frame and other scrap parts
- **1979** — Designs mountain bike style bullhorn bars
- **1983** — Develops the Unicrown fork
- **1985** — Works closely with Shimano to design index shifting
- **1986** — Design frames with shorter chain stays, creating the modern bike geometry
- **1990** — Helps design 11/8 head tube standard
- **1991** — First ever production bikes with front suspension
- **1998** — First suspension bike to win a world cup race — Sugar
- **2002** — First production 29er (mountain bike with 29 inch wheels)

So when Gary speaks of the future of the mountain bike, it's a good idea to listen. His current vision is the 29 inch wheel bike. He showed up in Winter Park with a 2005 prototype 29er Supercal hard tail with XTR kit and hydraulic brakes. Gary's theories on the benefits of the 29er wheel are true. I've been riding one for the last two years and the bike is fast and efficient. The larger wheel creates a bigger contact point on the ground for better float and traction. The bigger wheel holds momentum and rolls over obstacles with more control and speed.



The 29er is super stable because of increased centrifugal forces created by the bigger wheel and for each turn of the cranks the larger wheel moves further down the trail. Gary has also designed a full suspension 29er on the winning Sugar platform that incorporates the additional advantages of full suspension.

What an incredible experience to be out on a six-hour ride on the beautiful trails of the Fraser Valley following one of the creators of a sport that I love. Spending some time with him and seeing his passion for the sport of cycling reminded me of why I retired from the corporate world to open Evergreen Bicycle Outfitters. Our sport is fun, creative, artistic and healthy. Gary gave me some good advice: "Don't get stuck in a box, embrace new ideas surrounding the sport; don't cramp yourself on old technology and GO RIDE YOUR BIKE!"

Ride On!



By Janet Saxon

Stage 12 TDF

We were anxiously awake at 4:30 am, in anticipation of the day to come. The van was warmed up, bikes loaded, and ready to go. We drove to a point as close as we could get to the bottom of the pass. There were a lot of other cars out on the road, especially for this early in the morning. Finally, all cars stopped. It was time to pull over—we were as close as we were going to get. From this spot, we only had about 25K to pedal. We jumped out of the vans, donned our bicycles, and up we went, and up and up.

We were in the French Pyrenees, it was July 16, 2004, and we on the pass called Col du Tourmalet. Very steep in sections, the Col du Tourmalet is the highest col in the French Pyrenees, and is believed to take its name from French for 'bad route' (Tour mal). We were heading to La Mongie, a ski station just shy of the top of the Col, where the finish of Stage 12 of the 2004 Tour de France was taking place.

On this particular stage, they allowed cyclists and pedestrians to maneuver their way up the course as far as we wanted to go. No non-team cars were allowed on the road on stage day. As we got to the top, the road, however, was lined with cars, campers, and tents that had already positioned themselves in opportune spots along the course - they had most likely been there for days.

In just a few hours, the peloton would be chasing us up. We were stoked, and felt as we were part of The Tour, not just our Tour. As we pedaled, we imag-

ined that we were leading the peloton, (undoubtedly, the were still sound asleep). We envisioned our names chalked on the road in bright colors amongst all the other graffiti. From those already situated along the side of the road at their decadent picnic sites, we were offered cookies, wine, sandwiches, and more wine. We even got several pushes up the hill, which, more often times than not, turned into "grope." And everyone cheered us on—*Allez Allez!!!*

We climbed, and we climbed, until we reached the finish line at the ski station in the town of La Mongie, just shy of the top of the Col. This is where the exciting finish of Stage 12 of the 2004 Tour de France was taking place. We arrived at the finish line in time to score a front row spot just behind the barriers. Mind you - if you move from this spot, even just a step back or to the side, some other anxious spectator was ready to pounce and move in on this piece of prime real estate. So we were not moving, and basically, we did not move for 6 hours. What does one do for 6 hours standing and waiting for the brief moments when the peloton screams by??? Who knows, but we had a blast!

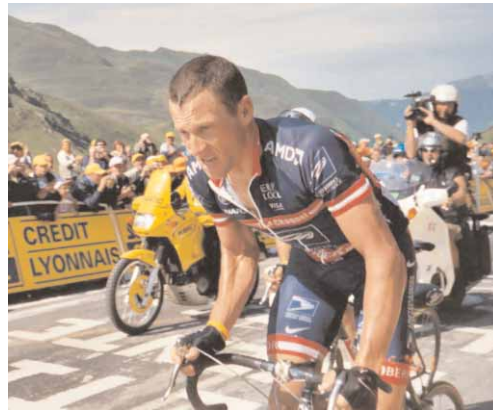
As we waited, we were kept appraised as to where the peloton was since the group of Americans standing across from us had a satellite TV in their camper van — we were doing good, and not moving from our post. About an hour before the racers come, the caravan of sponsor vehicles

drove by tossing out everything from caps, to gummy bears, to key chains, to satchels, in addition to a lot of "useless" trinkets, (but TDF trinkets!). I am certain some of the spectators came for just the caravan and the shower of trinkets. And, again, even though most of the stuff was useless ... I never saw soo many people work soo hard to snatch this stuff up! Spectators grabbed, and fought, and pushed and pulled. No doubt, I even got wrapped up in the excitement, until I realized that I was fighting over, and playing tug of war with a French man from the Basque region over a silly plastic key chain. At least, I think that is what it was, I let him win!

Enough excitement—about a half hour after the caravan was through, and everyone caught their breath, the helicopter came into view. This meant the riders were coming! The Americans with the TV in their camper van jumped out of their safe spot, and got as close to the barriers as possible, about 4 rows of people back at that point.

Then we saw the lead motorcycle...the rest was a blur—but an incredibly exciting one. At this point Lance was in the lead, coming right at us. Basso was right behind him. When they passed, I could have reached out and touched them, they were that close to us—it was amazing. As they passed, Basso was making his move, and as we all know, ended up winning stage 12.

What an awesome experience we had, and I would do it again? In a heartbeat.





Club News

Volunteers Needed for Helmet Give Away

We need 6 - 8 volunteers to help give away 500 - 1000 bicycle helmets 1 - 3 pm Saturday, September 25 at Evergreen High School for Safety Day. Contact Terri Wickstrom (bicyclebabe@comcast.net) if you can help.

IMBA Epic Buffalo Creek, Oct. 9 - 10

Team Evergreen has been selected to co-host an IMBA Epic Weekend! See our website for all of the details.

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

For those unswayed by shameless ego-stroking, we also offer 10% off."

Robb McGuffin, Bicycle Outfitters

Always 10% off all parts, clothing and accessories for Team Evergreen members. Come in for great road and mountain bikes, certified **bike fitting**, and **spinning**, too. For bicycle lines we carry, our **service and maintenance** packages, and directions to our store, call us or visit our web site.



Bergen Village Shopping Ctr. | 303.674.6737 | velocolorado.com

Sunday, October 24

Oktoberfest

It is time for another Oktoberfest! Our annual Oktoberfest will be held on Sunday October 24th at 12:00 p.m. at the Lake House in Evergreen. This event is complimentary for all Team Evergreen Members. For anyone who wants to become a Team Evergreen member, you can sign up at the Oktoberfest. TE membership is \$25.00 for individuals and \$35.00 for families. We will have a catered lunch, beer, and music. This is your opportunity to socialize with Team Evergreen members.

NO SPEECHES

We have decided to keep Oktoberfest low key: no speeches, gag gifts or TBP checks to non-profits (checks will be distributed at the volunteers' dinner this month). Just consider this an opportunity to eat free food and socialize.

OPTIONAL RIDE BEFORE PARTY

Get ready to ride starting at 9:30am at the Lake House in the parking lot west of the Lake House. Road riders are invited to ride the Evergreen Loop and mountain bikers will ride a lap around the golf course, Evergreen Mountain and Didesse Park (see TE website for maps and description). Helmets are required on all Team Evergreen rides. 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 to ride. This event will happen rain or shine. Please check out www.teamevergreen.org for more details.

RSVP ASAP

Please RSVP ASAP by emailing Leslie Caimi at triple@teamevergreen.org. That will help us get an estimate for our caterer. If you forget to RSVP, please come anyway. Everyone is invited to ride hard, eat, and be merry! See you there.

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.

The following team members volunteered in August to lead our road and mountain bike rides. Without

these people to organize our rides, we would be lost, literally. Many thanks to Mike Carter, Jerry Haynie, Antoinette Bradley, Cheryl Tucker, Molly Epstein, our Club Pro Craig Hofer, Lew Gaskell, Chris Norton, Matt Bailey, Board Member Bob Campbell, Vince Pietrobon, Debbie McCabe, Terry Mitchell, Board Member Terri Wickstrom, Steve Kershbaum, David Ballinger, and Jeff Anderson.

September 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.

Wednesday, September 1

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

Matthews/Winters Park

Meet at Matthews/Winters Park (SW corner of I-70 & 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, September 3

Easy Road Ride

Mountain Gentleman and Lovely Ladies

Meet at 9:00 a.m. in Morrison at the east end of town on CO Hwy 74 (near C-470) across the road from the Conoco Breakplace. Call Mike Carter if the weather is questionable. NOTE: This ride is perfect for cyclists new to bicycling. The ride leader promises that slower speeds will be encouraged and no one will be left behind. Ride Leader: **Mike Carter (303-670-7898)**.

Ride with the Pro Clinic.

Blue Technical Rating, Strong Fitness Rating

Meet at 6:00 p.m. in Kittredge at Canyon Cycles on CO Hwy 74. Ride for a little over an hour. RSVP or just show up. Ride Leader: **Craig Hofer (timberlinelighting@yahoo.com)**

Sunday, September 5

Difficult Road Ride

Stanley Park Loop

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

Corona Pass

Mountain Bike Ride

Green Technical Rating, Capable Fitness Rating

Meet at the El Rancho Park n' Ride (I-70 Exit 252) at 8:15 for an 8:30 am departure or the Rollins Pass trailhead at 9:30 am. This ride follows the old train grade all the way to the continental divide. Depending on the group, the trail will continue to Needles Eye tunnel, and on to Yankee Doodle Lake, and back again. Ride time: 3+ hours to complete the entire ride. Ride Leader: **Jerry Haynie (303-915-5395 or email jphaynie@mindspring.com)**.

Wednesday, September 8

Moderate Road Ride

Morning Ride

Show and go for a Moderate Road Ride. RSVP to ride leader for route and meeting place. If you have any questions, do not hesitate to call. Ride Leader: **Molly Epstein (303-526-2061 or molly.epstein@mindspring.com)**.

Wednesday Night

Moderate Mountain Bike Ride

Maxwell Falls Lower

Meet at the Brook Forest Road parking lot at 5:45 pm for a 6:00 pm departure; be sure to arrive at 5:45 to allow time to sign in and get ready for the ride. Most rides last for 1.5 hours. We typically enjoy a dinner/libations after each ride; the website will post these details. Ride Leader: **Jerry**

Haynie (303-915-5395 or jphaynie@mindspring.com).

Friday, September 10

Easy Road Ride

Mountain Gentleman and Lovely Ladies

Meet at 9:00 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)**.

Sunday, September 12

Moderate/Difficult Road Ride

Historic Lariat Loop

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

Mountain Bike Ride

Blue Technical, Capable Fitness Rating.

Peaks Trail (Frisco)

RSVP to the Ride Leader for this ride. Meet at the El Rancho Park & Ride at 8:15 am for an 8:30 am departure. Plan to ride 4+ hours. See website for more details. Lunch to be decided on ride day. Ride: 10 miles, 3,600 feet elevation gain. Ride Leader: **Terry Mitchell (303-838-6675 or aspens80421@netzero.com)**.

Wednesday, September 15

Moderate Road Ride

Morning Ride

Show and go for a Moderate Road Ride. RSVP to ride leader for route and meeting place. If you have any questions, do not hesitate to call. Ride Leader: **Rosemary Hackney (303-670-9038)**.

Wednesday Night

Moderate Mountain Bike Ride

Elk Meadow/Bergen Peak

Meet at the Elk Meadow Open Space Highway 74

continued on page 10

More September Rides

continued from page 9

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

Friday, September 17

Easy Road Ride

Mountain Gentleman and Lovely Ladies

Meet at 9:00 a.m. in Morrison at the east end of town on CO Hwy 74 (near C-470) across the road from the Conoco Breakplace. Call Mike Carter if the weather is questionable. NOTE: This ride is perfect for cyclists new to bicycling. The ride leader promises that slower speeds will be encouraged and no one will be left behind. **Ride Leader: Mike Carter (303-670-7898).**

Ride with the Pro Clinic.

Blue Technical Rating, Strong Fitness Rating

Meet at 6:00 p.m. in Kittredge at Canyon Cycles on CO Hwy 74. Ride for a little over an hour. RSVP or just show up. **Ride Leader: Craig Hofer (timberlinelighting@yahoo.com)**

Sunday, September 19

Difficult Road Ride

Gore Pass to Toponas Out & Back

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

Mountain Bike Ride

Blue Technical Rating, Capable Fitness Rating Kenosha Pass.

Classic single-track ride. This is our first chance to see the leaves change color on this high altitude ride. seldom-used single-track and double track mining roads close to home. See the website for details and map. **Ride Leader: Steve Kershbaum (303-674-8726 or skerschbaum@geographix.com).**

Wednesday, September 22

Moderate Road Ride

Morning Ride

Show and go for a Moderate Road Ride. RSVP to ride leader for route and meeting place. If you have any questions, do not hesitate to call. **Ride Leader: Cheryl Tucker (303-674-4282).**

Friday, September 24

Easy Road Ride

Mountain Gentleman and Lovely Ladies

Meet at 9:00 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, September 25

Mountain Bike Ride

Black Technical Rating, Strong Fitness Rating

Silver Plume/Waldorf Mine/Argentine Pass

RSVP to ride leader for this ride, and to discuss times and meeting place. Explore seldom-used single-track and double track mining roads close to home. See the TE website for details and map. **Ride Leader: RJ Kern (303 474-0983 or rjkern@ngs.org).**

Sunday, September 26

Moderate/Difficult Road Ride

Bergen Park/Morrison/Kittredge/Evergreen Loop

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

Friday, October 1

Easy Road Ride

Mountain Gentleman and Lovely Ladies

Meet at 10:00 a.m. in Morrison at the east end of

town on CO Hwy 74 (near C-470) across the road from the Conoco Breakplace. Call Mike Carter if the weather is questionable. NOTE: This ride is perfect for cyclists new to bicycling. The ride leader promises that slower speeds will be encouraged and no one will be left behind. **Ride Leader: Mike Carter (303-670-7898).**

Ride with the Pro Clinic.

Blue Technical Rating, Strong Fitness Rating

Meet at 6:00 p.m. in Kittredge at Canyon Cycles on CO Hwy 74. Ride for a little over an hour. RSVP or just show up. **Ride Leader: Craig Hofer (timberlinelighting@yahoo.com)**

Sunday, October 3

Moderate Road Ride

Blackhawk to Nederland Out & Back

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

Mountain Bike Ride

Blue Technical, Capable Fitness Rating.

Warren Gulch/Idaho Springs

RSVP to the Ride Leader for this ride. Meet at the El Rancho Park & Ride at 8:15 am for an 8:30 am departure. Plan to ride 3+ hours. See website for more details. Lunch to be decided on ride day. Ride: 10 miles, 3,600 feet elevation gain. **Ride Leader: Don Bellio (303-674-1260 or dbellio@ix.netcom.com).**

Wednesday, October 6

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).**

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.

Mon Grand Boucle



lar (they double as bomb/fallout/cattle shelters). It wasn't exactly a snake pit or stampeding herd of elephants, but, as you can see, my trip to France did have elements of the Jonesian adventure.

In addition to the deep forests and tranquil pastures, the mountains themselves gave reason to take pause. On our final day of riding, we were treated to perhaps the most awe-inspiring scenery of the whole trip. From the top of the Col du Galibier we saw massive glaciers filling the high cirques across the valley, a sight unseen in Colorado. Of course, this was the only ride of my whole trip on which I forgot my camera.

The mountains, forests, and pastures were not the only picturesque elements of my Alpine and Pyrenean experience. The small villages whose streets we cycled may or may not have been truly medieval, but to my American eyes they looked ancient, quietly functioning towns but full of memories of times past. The buildings were of stone, the streets narrow and winding. The tallest structure in each of these tranquil settlements was always the church near the center of town. Gravestones surrounded many of these mini-cathedrals, centuries old and guarded by old stone walls as high as my shoulders.

The people that populated these towns bore no resemblance to the stereotype that many Americans hold about the French. I greeted each inhabitant that I passed with a *bonjour* or a *bonsoir* (good day or good evening). The reaction was always the same: a warm smile accompanied by a soft reply of *bonjour* or *bonsoir*. It seems that, at least in the more rural regions like the Pyrenees, the stereotype of the arrogant, surly, or rude Frenchperson is completely unfounded. I found that, especially if you made any effort to use their native tongue, the French people were always forgiving of my broken French and more than willing to help. Several started conversations with us in the

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cafés or even on the street despite the fact that they spoke little or no English and we spoke little or no French. Hand gestures, facial expressions, and common word roots sufficed. We discussed their life in the mountains, our ambitious cycling, and even the Tour de France. Once, as I rode by one Frenchman in my yellow CU jersey, he laughed and announced that I was wearing the *Malliot Jaune* (yellow jersey, as worn by the leader of the Tour de France). On another occasion, a French cyclist whispered two simple words to me as I reached the summit of the Col du Galibier in the Alps. "C'est finé," he said (it is finished), indicating that the climbing was done. When I was on the summit of the Tourmalet, one of my tour companions was trying to take a picture of me next to the summit sign under the famous cyclist statue. Many people were on the Tourmalet that day, so taking a picture of just me was nearly impossible. People kept walking in front of me, oblivious to the cyclist across the road pointing a camera in my direction. However, one Frenchman did notice her. In a loud voice he announced that a picture was being taken and that nobody should walk in front of me. At least that's what I assume he

said, because people stopped and waited. In addition, he held his arms out to keep people from stepping into the picture. After my friend took the picture, I thanked him in French. He smiled and replied, "De rien" (it's nothing). When I looked at the picture not only did I see myself by the sign under the statue, but also a very friendly Frenchman smiling at the camera with his arms outstretched. It is one of my favorite pictures from France, not only because it shows me on the summit of a famous Pyrenean col, but because it reminds me of the warm, friendly, helpful locals that I met.

The only disagreeable people I met in



View from the top of Plateau de Beille.

France were a surly waiter in Paris, other Americans, and a few French dogs. I remembered from my high school French class that French dogs don't say "bowwow," they say "booboo." Thus, every time I met a French dog I would greet it with a "booboo." Some would excitedly wag their tails, others would raise their ears and cock their heads, but none replied.

Of course, I did get to see four stages of the Tour de France during my trip. I won't bore you with the details, as many of you watched it. I will note that the riders go much faster than it looks like they are going when you watch on TV. They are also a bit smaller than you might think. Besides that, TV viewers are probably more aware of the action than those who are actually

on the side of the road. We would see them go racing by, sometimes in groups, sometimes one at a time, and sometimes as the whole peloton. That was all we would see, though: a blur of bright spandex and shiny bikes. Then they were gone, and the masses of people would do their best to get back to their cars, where they would spend the next few hours waiting in traffic. Those on bikes had much better luck, and would get through the traffic more

quickly than the motorists. It was very exciting, but the excitement was fleeting.

My adventure in France was perhaps the best adventure of any kind that I have ever had. There are many more stories I could tell. Even my 150 pictures don't capture the richness of my experience. People tell me that it was the trip of a lifetime. I don't like to think of it quite like that. That's a depressing thought, now that the trip is over. I like to think of it as the trip of a lifetime, so far, because I know that more adventures await me. It's hard to imagine, but one of them might even be a grander adventure than this. We'll see.



Rumbling about Rumble Strips



Editor's Note: My apologies for the graphic photo. You should have seen the photos I didn't put in!

By Dr. Bruce Ogin

On Saturday, July 24, 2004 I was riding with a group of bicycle friends on a tour from Gunnison to Montrose along Hwy 50 and had a severe accident due to dangerous road conditions.

About 15 miles west of Gunnison I encountered a portion of downhill highway, which was recently covered by black tar and "Chip Sealed." The road was curved, there was a guardrail to the right, and the Rumble Strips were rendered almost invisible. In fact, other riders later told me that they also were unable to see the Rumble Strips and they too went out of control. The shoulder at that point was probably less than 3 feet wide making it extremely dangerous. CDOT's own regulations call for a minimum of 6 feet when a guardrail is present. On other

"Thousands of miles [of road] are being rumble stripped, but what happens as these highways age? They chip-seal them. . . NOBODY addressed the problem that this process renders the rumble strip invisible, doubling the hazard. I predict that we will be hearing of more instances of injury in the future."

of my hands were rendered useless from the extreme damage, I have a major knee injury and more abrasions over my body than I can relate.

The ambulance would only take me to Gunnison so my group had to drive me to Montrose hospital where I

received excellent surgery and medical care requiring hospitalization. I am now under the care of a hand surgeon, a knee surgeon and a plastic surgeon for my facial injuries.

portions of the highway, riders were forced to ride on the traffic side of the Rumble strips since the shoulders are so narrow. This can easily lead to traffic-bicycle accidents or even deaths.

After unexpectedly hitting the rumble strips, I unfortunately was unable to regain control of my bicycle and landed with considerable force sliding along the chipseal causing extensive damage to my body. Fortunately my helmet prevented a serious head injury, but both

received excellent surgery and medical care requiring hospitalization. I am now under the care of a hand surgeon, a knee surgeon and a plastic surgeon for my facial injuries.

I called the State Patrol to report the incident, but they REFUSED to take the report, saying that they do not take reports of bicycle accidents. We spoke to 3 or 4 different people including the sergeant and the refusal was the same. Ironically, this means that although numerous riders spoke of similar accidents, no official records of the incidences are kept.

I know that most bikers do not like these rumble strips, but we must be vocal and speak out against them until someone gets the message. So my plea to all that read this is to write and call your legislators and CDOT officials to get at least strips that meet CDOT's own standards.

Editor's note: Since Bruce wrote this, he did get the CO State Patrol to admit they were wrong in not taking his accident report. "Rules state if there is serious injury they are supposed to take a report. So after repeated calls to higher levels a trooper from the area called to take my report. And while I identified covered invisible rumble strips as the problem, their report mentions nothing about this."

Have you had a rumble-strip related accident? Please contact Bruce at OBruce@aol.com or 303-355-7712.

COPPER TRIANGLE RIDE

By Mike Brislin

There was an almost unanimous call for a visit to the amenities before the start of this ride. I put this down to trepidation for the long ride that lay ahead and above. We set out from the base of the Copper Ski Resort base at 8:30am. We all knew that this was not a ride that could turn into an epic, it was an epic guaranteed. Up the gravel road beside the American Eagle chairlift, two quick switchbacks, and we easily found this new access to the Colorado Trail. "Phew, one mile in, and we weren't lost! Which way now? It's so easy, UP!" This is a tough start. It's steep, a little rocky & rooty, and there just never seems to be a chance to gain any momentum. After 2 to 3 miles the trail had smoothed out a bit and a front group of 6 had developed a cracking pace.

One too eager though? Here is an excerpt from my Monday morning in-box; "Sorry I missed you guys. It was a really crappy day for me. Nothing went right. I made two wrong turns — to the left. I must have been at least 45 minutes behind you guys. I tried to catch everyone then I broke a chain at the top of Searle Pass. Then on top of that I got sick. So I turned around and headed back. I left a note on Larry's car." At Shredder's pace, I'm not surprised at him missing those blurry signs, or having to deal with altitude sickness. By the time we popped the tree line, we were all feeling the altitude. We had a regroup and feed stop and a little bask in the high mountain sun on Searle pass, just at the point where it overlooks one of the 10th Mountain Division huts called Janet's Cabin. Not to miss an opportunity, I used this high mountain top meeting as a chance to promote the October Team Evergreen/IMBA EPIC trail building weekend.

This next high mountain section is to me one of the most rewarding pieces of riding in all the state. It's a vast high mountain meadow beneath Elk Ridge, with tons of wild flowers. This is marmot and piker country, and today there are

no other humans up here. It's a treat to watch a skilled rider take on this section. It is all about finesse. The trail is narrow, so you need to constantly avoid pedal bumps, there are several small challenges, some little steep inclines, some rocky outcrops and a few small streams. The problem is, it's all above 12,000 feet. We're sucking for air, and any overzealous burst of exertion will likely mean a stop for recovery.

Another high mountain meeting at the top of Kokomo pass. We pondered the route to come on the map, and Lisa Shik gave us an impressive lesson, pointing out all of the peaks around this 360° vista by name. Time for some snapshots and we were all set to head on our merry way. Four of our group of 11 elected to turn back the way we had come, which left seven of us contemplating an hour of blissful fast and sometimes steep and gnarly single-track to come. We all got down safely with only a few minor spills. Still on the Colorado Trail, we bottomed out on the gravel road at Camp Hale. We decided to tackle these next 3 miles roadie race line style. We had to take any advantage we could, the The climb to

Ptarmigan Pass on Resolution Road lay ahead. This 5.7 mile climb is simply a monster. It's just shy of 2000' up with an average grade of 7%. We passed several monster size SUVs and dozens of 4 wheelers. We all commented at how polite and respectful almost all the 4 wheelers were to us. Most slowed right down to pass us, and some even gave us welcome words of encouragement.

Another good spirited regroup at the summit. We're now 6 hours in to the ride, and it's all downhill from here, and of course we're starting to think "beer." The 3 mile decent to I-70 down Wilder Gulch is fast and fun, with a few swampy sections to keep us focused. Last 2 miles are on the bike path that runs between I-70, and back to the base at Copper.

I'm bummed that I had to head back to Denver and miss the post-ride libations which were taken at the Keystone Bluegrass and Beer festival.

What a rewarding day's mountain biking in the high Rocky Mountains! I'm going to put my hand up to lead this one again next year!

Captain's Saddle

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us in those efforts. The same is true for all of our other Board members. They are enthusiastic, self-directed, and creative.

What is even more phenomenal is that the Board members execute their duties with ease and fun. Our meetings are characterized by laughter, collaboration, thoughtfulness, laughter, sensitivity, a sense of mission and more laughter. When our Club business is over, we often linger at our monthly Board meetings to tell tales of riding adventures and to compare notes on bike components, which evolves to us relocating to a local pub (at which point facts become exaggerated and credibility diminishes). We enjoy each other's company.

So when you meet a Board member, there is no need to take him to lunch with you, nor is there a need to buy her a beer, but remember that you are with someone who contributes so that all you have to do is just show up and ride. Please remember to thank your Board members, and let them know that it just don't come no better than a bear.

See you on the bike.

*Take care,
Bruce*



KOKOPELLI'S TRAIL

September 30 - October 3, 2004

This trip to Kokopelli's Trail is sponsored and partially funded by Team Evergreen, all riders must be members. Trip fee for members is \$180 and the non-member fee is \$205 which includes a one year membership. We will do this trip with a minimum of 20 and maximum of 30 riders.

Technical Rating: Blue, Fitness Rating: Strong

Meeting time: 7:00am at El Rancho Park 'n Ride for a 7:30am departure. Or meet at the trail parking lot in Loma for a noon ride departure. Ride time: 6+ hours each day. Ride Stats (round trip): 157 miles, 5,000 ft. elev gain. Ride starts at Loma, ends at Moab.

Included with trip fee: Transportation back to Loma, all meals (daily breakfast, lunch, dinner, snacks and drinks — we will eat well), SAG van with tools, spare bike parts, water, first aid, room for 12 sappers. Transportation of your camping gear to each campsite. A ride leader, a cook, and ride guide outfitter with 30 years experience in this geography.

We will begin riding from Loma Thursday noon, ride about 40+ miles each day to a new camp each night. We should be back to our vehicles for the return trip to Evergreen Sunday afternoon and back at the Park 'n Ride by 9pm Sunday night.

A support vehicle will carry our gear the whole ride, we will be riding light. Only one duffel per person due to limited space. Please bring a tent (or arrange to share), sleeping bag and pad, plate, bowl and utensils. We will provide a suggested packing list. *You will be expected to bring a tuned bike and a body that can ride all day!*

Event Leader: Robert Garriga (303) 679-1891.

See our web site (www.teamevergreen.org) for more details, photos, maps and late breaking news.

☼ ☼ REGISTRATION FORM ☼ ☼

Name: _____

Address: _____

City, State, Zip: _____

Day Telephone: _____ Evening Telephone: _____

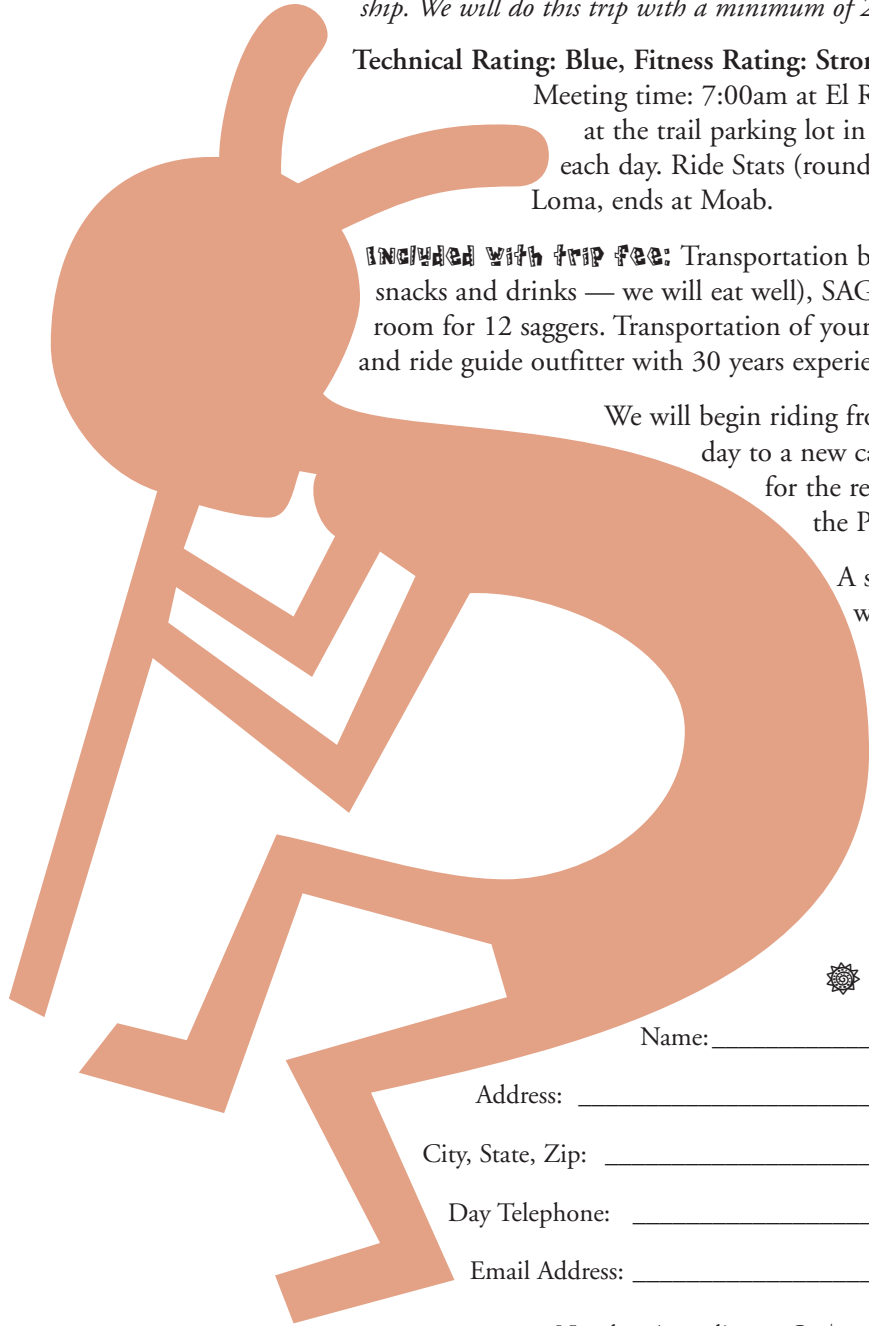
Email Address: _____

Number Attending __@ \$180.00/\$205.00 TOTAL _____

Please make your check payable to Team Evergreen.

SPACE IS LIMITED TO 30 RIDERS SO MAIL YOUR REGISTRATION EARLY.

Send the above form to: Team Evergreen Kokopelli Trip • PO Box 3804 • Evergreen, CO 80437



Coming to a Road or Trail Near You



Aspen/Snowmass RIDE FOR THE CURE Saturday, September 11 www.AspenRideforcure100.com

The first annual Aspen/Snowmass Ride for the Cure organized by the Aspen Affiliate of the Susan G. Komen Breast Cancer Foundation. The purpose of this beautiful 100 mile route is to raise awareness and funds for the fight against breast cancer.



PARK-TO-PARK Saturday, September 11 [HTTP://bicyclecolo.org](http://bicyclecolo.org)

Wind through Denver's local parks entirely on off-street bike paths, away from cars. Choose from routes between 25 miles to a full 100-mile century. Then enjoy post-ride festivities!

CU BUFFALO CLASSIC Sunday, September 12 www.buffalobicycleclassic.com

Start and finish at CU Boulder and ride one of three courses through Boulder and Larimer counties. The 32-mile course is a fun ride in Boulder; the 65-mile ride challenges riders north of Berthoud and back; and the Century ride winds past Carter Lake, north past the new Green Ridge Glade Reservoir to Masonville and home.



CHANEY KING BIKE RIDE & RUN Saturday, September 18 www.falconfoundation.org

Come and enjoy the first annual Chaney King Bike Ride/Run September 18th, 2004 at the Air Force Academy. Choose between a metric 100, 30 mile or 15 mile ride. There is also a 10K run and for the really adventuresome there is a biathlon (15 or 30 mile ride + 10K run). The routes are entirely on the academy grounds and offer an opportunity to see areas that are no longer available to civilians.

We Need Your Help



Photos courtesy of www.tourofhope.org

Six-time Tour de France champion Lance Armstrong and the Bristol-Myers Squibb Tour of Hope™ Team are riding across America to promote cancer research. On October 4, 2004, Lance and the Team will ride onto the Fitzsimons campus in Aurora to visit the University of Colorado Cancer Center. This is Lance's only stop in the Rocky Mountain region.

Be a Part of this Exciting Event by Volunteering!

Available Volunteer Positions:

Position	Description	Shift
Way Finders	Help event attendees navigate.	Noon – 4 p.m.
Event Set Up	Help set up for the event – lunch provided.	9 a.m. – Noon
Event Tear Down	After event, take down event equipment and clean up.	4 p.m. – 6 p.m.
Volunteer Assistance	Check in and coordinate volunteers.	11:30 a.m. – 4 p.m.
Route Control	Crowd control along Tour of Hope entrance path.	1 p.m. – 4 p.m.

Event Details:

Date: Monday, October 4, 2004

Time: 1 p.m. to 4 p.m.

Location: Fitzsimons campus, Aurora (I-225 & Colfax Ave.)

Other: Each volunteer will receive a volunteer T-shirt, snacks and refreshments.

If you are interested in volunteering, please call 303-724-5430 or send an e-mail to sarah.brooks@uch.edu. Please provide your name, phone number and the volunteer position you are interested in. A volunteer coordinator will contact you to confirm your participation.

For more information visit:

www.uccc.info/tourofhope

Thank you!
Your time
will help make
this event
a great success.



Bicycle Advocacy News

by Dan Grunig

Executive Director Bicycle Colorado
dan@bicyclecolo.org

RIDE SMART THURSDAYS

One of the benefits of Bike to Work Day is to show first-time and infrequent bicycle commuters see just how easy and healthy it is to ride, even one day a week. Bicycle Colorado helping sponsor RTD and DRCOG's new program asking folks to use alternative transportation every Thursday for the months of August, September, and October. Ride your bike, walk, take transit, carpool, vanpool or telework from home just one day a week. Residents living or working in the DRCOG/RTD region can sign up to win prizes like airline tickets, vacation packages and day spas. Sign up and get more info at www.RideSmartThursdays.com.

NORBA/IMBA TRAIL GRANTS TO COLORADO

Two Colorado Mountain Bike groups have been awarded \$500 NORBA Trail Tune-Up Grants for upcoming projects to maintain our world-class trails:

- Boulder Off-Road Alliance for Walker and Heil Ranch near Boulder
- Mesa State Cycling Club for the Lunch Loop area near Grand Junction

Mesa State will host the Rocky Mountain Collegiate Cycling

Conference Regional Championships on this trail system October.

Trail Tune-Up Grants are completely funded by National Off-Road Bicycle Association (NORBA) members through an optional checkbox on NORBA license forms and administered by the International Mountain Bicycling Association (IMBA).

PARK-TO-PARK TOUR FOR BETTER RIDING

Bicycle Colorado's 5th annual benefit tour for Fun, Safe Places to Ride is On September 11. That's just around the corner! Sign up for Colorado's only urban century, free of cars and traffic, by August 28 and save \$10 on registration. Plus Bicycle Colorado members get an additional \$15 off. Distances range from 26 miles to a full 100-mile century. This is unlike any tour you've ever ridden. It's a great event for seasoned cyclists, beginning riders, and families alike. Additional info, registration, and route maps are available online at www.BicycleColorado.org/to/Park2Park

Even if you don't ride the tour, you can still participate by signing up to help riders at aid stations. Email park2park@bicyclecolo.org for details.

ROSKOWSKI RETURNS TO COLORADO

As Congress ended its legislative session in July, Martha Roskowski (former Bicycle Colorado Director) returned to

Colorado after more than two years in Washington DC as America Bikes' Campaign Director. America Bikes will continue operations and is planning for the return of Congress in the fall.

Martha is managing GO Boulder, the city's innovative bicycle, pedestrian and transit program. Welcome home Martha!

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>.



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(up to \$150 discount)

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John Elway Subaru West
16351 W. Colfax • Golden, CO 80401
(303) 590-6600



Team Evergreen Bicycle Club's
and the Ten Essential's First Anniversary



Peter Estin Hut Trip

Friday - Sunday
September 24 - 26 2004

*See our web site (www.teamevergreen.org) for late breaking news or
for more details.*

Meet Friday morning, September 24 for a two-night hut trip. We will have a support vehicle to transport your gear (one duffel or backpack) and food. Team Evergreen will provide two breakfasts and two dinners, wine with dinner and appetizers. Each hut visitor should bring snacks and lunches. The cost is \$115. Reservations are limited to 16 persons. For information call Nancy Warnicke at 303-816-1104 or email girls-club@att.net.

 REGISTRATION FORM 

Name: _____

Address: _____

City, State, Zip: _____

Day Telephone: _____ Evening Telephone: _____

Email Address: _____

Number Attending ____ @ \$115.00 TOTAL _____

Please make your check payable to Team Evergreen.

SPACE IS LIMITED TO 16 RIDERS, SO MAIL YOUR REGISTRATION EARLY.

Send the above form with check to: Team Evergreen Hut Trip • PO Box 3804 • Evergreen, CO 80437

Team Evergreen Classifieds

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 information or email photographs. Contact me before 9.4 or after 9.16. 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 DeanKrankel@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.

TANDEM FOR SALE: 2001 Custom Co-Motion Cappuccino. Silver. Comes with King headset, drum brake, wireless Shimano flight deck computer, Wound-Up carbon fork, Shimano spd pedals, Race Face Crankset, rear Soft Ride seat, and Tandem Topper roof mount. Ridden only 1200 miles. Fits large captain and small stoker. Price:\$4,000. Contact Doug Johnston 970-255-6604 or bechler365@bresnan.net

WANTED: Trail-a-bike or other brand of trailercycle that hooks onto an adult bike. Call Julia Brunner 303-984-5944.

BIKE FRIDAY TANDEM FOR SALE: Bike Friday Tandem Traveler XL. Very light and fast, great condition. Full Ultegra components plus Sachs 3-sp internal hub giving incredible range - did 2000 Triple. Breaks down into 2 suitcases for travel. Both captain and stoker sized for 5' 5" to 6' 1" \$2,750. Call Dave 303-748-1167.

BURLY/GIRL'S BIKE FOR SALE: Older Burly, yellow and red — Fits two kids, Good condition for the age — only \$75. Girls Schwinn pink "Lil' Stardust" bike 16" wheels — good condition \$45. Call 719-481-4161 for details.

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

TE Loses Mega Miles Champ

Editor's Note: Team Evergreen used to post Mega Miles in Bike Beat, where members recorded monthly and YTD miles, as a friendly competition and incentive. Jack was always way out front, with more miles than the rest of the riders put together.

By Claire Martin

Denver Post Staff Writer

Published in the Denver Post 8/19/04

Denver financial broker John Thomas "Jack" Wolff died August 13 when he lost control of his bicycle in a crash on the Mount Evans Scenic Byway. He was 70. A memorial service was held at August 20 at the Phipps Tennis Pavilion.

Wolff, a senior vice president with Piper Jaffray, combined a successful business career with an insatiable appetite for athletics.

He played quarterback for Colorado A&M, now CSU, and later played defensive back for the Denver Broncos during the team's debut in 1960. He served as an officer in the Marine Corps during the late 1950s.

Though devoted to his vocation—Wolff was Piper Jaffray's senior bond executive—his affection for outdoor sports was boundless. He enjoyed fly-fishing, skiing and tennis but particularly relished bicycle touring, routinely cycling hundreds of miles a week.

Wolff was in his 50s when his second wife, Mary Nell Wolff, bought him a touring bicycle. He found an intoxicating thrill in spinning away the sort of distances that other people traveled in cars.

Eventually, he had three top-shelf bicycles—a Clark Kent, a Litespeed and a Bike Friday—that he lovingly maintained.

Fastidious in his office dress—"I don't think he owned a dress shirt that didn't have a button-down collar, and he never put on a pair of pants that weren't pressed first," his wife remarked—Wolff was equally exacting in cycling attire.

Wolff wore only bicycle jerseys and bicycle shorts when he rode, with socks matched to the extravagant hues of his jersey. He attended riding technique clinics taught by professional cyclists and tailored his rigorously healthy diet with a view to maximizing his bicycling skill.

For 7 years, Wolff completed the Pacific to Atlantic Coast tour, a grueling 21-day, 3,000-mile tour that averaged 140 miles a day.

On the day he died, Wolff was training for an upcoming bicycle tour in Peru, a fundraiser for Peruvian schoolchildren. He was descending Mount Evans on Colorado 5, celebrated as the highest paved road in the U.S., when the accident occurred.

Just shy of Milepost 3, [witnesses heard him utter an epithet and] his Bike Friday veered off the road, pitching Wolff into an emergency call-box pole. He was declared dead at the accident scene.

Survivors include his wife, of Denver; daughters Mary Elizabeth Lawrence of Scottsdale, Ariz., Ann Wolff of Tulsa, Okla., and Susan Wolff-Schwab of Fraser; sister Connie Orr of Littleton; and eight grandchildren. The family suggests donations to the Christ Lutheran Church/Peru Fund, c/o PACTOUR, P.O. Box 303, Sharon, WI.

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



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