

April 2005

Team Evergreen Bicycle Club Inc.

P.O. Box 3804, Evergreen, CO 80437

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

*From the Captain's Saddle*

## TE Reveals Results of Secret Drug Tests

by Bruce Epstein  
TE President

In what has proven to be the best kept secret in the history of Team Evergreen, Team Evergreen is now revealing the existence and results of last season's secret doping study of our Club members and participants in the Triple Bypass. Doping has been a persistent and pervasive issue in professional racing, and a small group of us, loosely referred to as the Immoral Minority, could not find anything more entertaining to do than organize a secret, scientific study of the doping habits of our friends and neighbors. Some of the results were surprising, if not down right shocking.

Before launching into the details, I want to gratefully acknowledge the generous benefactors who funded our study. As anyone who has reviewed our Homeland Security budget can tell you, sneaking behind your friends' backs to discover intimate details of their private, personal lives is an expensive undertaking. Unfortunately, Team Evergreen's commitment to community charities and our members' benefits prohibited us from using any of the Club's funds for

*continued on page 2*



*TE mountain bike riders take to the trail in Fruita. Photo by Terry Mitchell.*

## Here's Mud in Your Eye

by Brian "Flaco" Conty

It's been cold, wet and gray for the last three days. You have just over eighteen hours before the workweek begins when the sun finally decides to pop out. As it has been far too long since your last ride, you quickly grab your bike and gear, and head out to the closest trail. When you step out of your vehicle at the parking lot of Elk Meadow, your foot quickly sinks an inch closer to the earth's core. It is muddy. Again, as it has been far too long since your last ride, you decide to suck-it-up, be a trooper, and head out anyway. As a member of the Jefferson County Open Space Trails Department, I'd like to offer some suggestions that may help you to consider otherwise.

First, let's look at some of the impacts felt directly by you, the park patron. Before you make it from your vehicle to the trailhead, your tires have already started getting caked with mud, and a brown skunk stripe has begun to develop on your back. By the time you finish your ride, you, your bike, and ultimately the interior of your vehicle will be very dirty. Beyond this, additional time and money will be spent on cleaning and maintaining your bike. Dirt and mud are the key contributors to the reduction in life of your brakes, drive train, and many other components on your bike. Finally, consider the potential for frustration and personal injury. When conditions are

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# Muddy Trails (cont. from page 1)

muddy, every aspect of mountain biking is made more difficult. Less traction results in less control, which may increase the danger level of any given ride. What started out as an activity for fun and exercise could wind up as a day of aggravation.

Second, let's look at some environmental impacts of riding in muddy conditions. Water is the leading cause of erosion in any natural surface trail system. A muddy trail, combined with trail use only bolsters the erosion process. Riding in muddy conditions results in severe damage to the trail surface by displacing soil and creating



ruts. These ruts may allow water to circumvent erosion control devices such as check dams and waterbars, creating further damage to the trail surface. Additional results to riding in wet conditions are trail widening and trail braiding. An eighteen-inch wide trail can easily grow to a thirty-six-inch wide trail in areas where water pools causing park users to ride or hike around the puddle to avoid it. Trail braiding occurs when longer stretches of trail are too muddy to travel upon. Park users ride or hike on the vegetation next to the trail to prevent tires and boots from getting gummed up with mud. Ultimately, this creates two or three parallel trails merely inches apart. Riding in muddy conditions negatively impacts the environment, and creates additional maintenance costs for land managers.

So what do you do if the weather is nice, but the trails are not? If you are just aching to get some miles in the saddle, you may

consider road riding, riding concrete bike-ways, or a home trainer. Also, remember that lower elevation parks like South Valley, Green Mountain, and South Table Mountain will dry out much faster than Jefferson County's mountain parks. During late fall, winter, and early spring, plan your

rides earlier in the morning while the ground is still frozen, or pick a destination where the trail is predominantly on south and west facing slopes as they also dry out faster. This will greatly reduce the impact on the trail surface. Another alternative to riding in muddy conditions may be found in cross training. Running, weight lifting, snowshoeing, and cross-country skiing are great cross training activities for mountain biking. Finally, if you are out riding and come across puddles, please ride directly through them. By doing so, you will help to prevent trail widening, and leave less of an impact on the surrounding environment.

"The mission of the Open Space Program is to provide a living resource of open space lands and waters throughout Jefferson County for the physical, psychological, recreational and social enjoyment of present and future generations." It has been estimated that there are over 1.5 million park users system-wide each year. With this use comes a great impact on trails and the surrounding area. Use of trails when they are muddy compromises the integrity of the trail and increases the costs associated with managing them. It has been said that whatever

doesn't kill you only makes you stronger, and while there is a certain thrill and sense of personal satisfaction to enduring the elements and overcoming them, we ask that when the trails are muddy, please save your ride for another day.

# Captain's Saddle

continued from page 1

this investigation. Fortunately, we were blessed to receive two large grants from two wonderful and diverse organizations.

Families Ride Bicycles First is a Colorado Springs based organization who graciously donated money to our covert investigation. You may have heard of this group from their controversial stance in the February issue of *Being and Bicycling*, in which they argued that riding a unicycle was antithetical to family values. While they understand that some of us feel a desire, from time to time, to ride a unicycle, they urge cyclists to resist the temptation to act. Hence their motto, "Two Wheels, Together." Apparently, they are still formulating their official position on wheelies. The other benevolent benefactor of our clandestine doping study is the liberal, Boulder-based think tank named Deconstructionalists, Cyclists & Thou, the group who coined the phrase, "I ride, therefore I am." Yes, it does appear that we will take money from anyone.

From April 2004 until November 2004, a team of psychologists, pharmacologists, and urine-ologists randomly solicited urine samples from participants in club rides and the Triple Bypass. All samples were anonymously obtained from willing participants, and those who declined to participate in the study were identified by name and turned into local law enforcement agencies on the theory that they should have nothing to hide. Our team of scientists also conducted a brief interview of the participants to determine if any correlations existed between doping and other factors, such as a tendency to fantasize about unicycles. As a footnote, I should mention (i) that none of the scientists who conducted the study are willing to be identified, and (ii) that professional standards and codes of conduct are not relevant when your objective is to create data to support your predetermined conclusions.

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# JAVELIN



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

# TE Members Training for RAAM ... wanna come along?

Hello, Team Evergreen riders!

My name is Jarmila Gorman. You may remember reading about me in Ellen Nelson's October *Bike Beat* article about the Highlander Century in upstate NY. Can't wait to do that one again! A few weeks ago, my training partner and fellow TE member Johnny Delello suggested we take our bicycling to a new level and do the Race Across America as a two-person co-ed team. At first I was overwhelmed by the scope of this race (3,046 miles from San Diego to Atlantic City)! Then I realized, we CAN do this! What an incredible opportunity to achieve something extraordinary! RAAM is the ultimate endurance bicycle race. It doesn't get any harder. It doesn't get any better.

RAAM is an elite level race where the winning two-person co-ed team can cross the continent in a little under eight days — and you bet we've stepped up our training! Thinking of yourself as an elite athlete takes getting used to; yet ultra cycling is within reach of anyone who really wants it!

All it takes is a bike, passion, and dedication. Johnny was on the CU Boulder track team, and ran the mile. He couldn't imagine running a marathon (all of 2-1/2 hours of effort!). In 1993 he was struck by a drunk driver while walking home from track practice and sustained severe injuries.

During rehab he was put on the bike . . . 12 years later, he's a competitive ultra cyclist. I'm a mom; luckily my kids are old enough that I

can take advantage of them and go riding (keeping me more or less sane . . .).

The most daunting part of RAAM is not the race itself. Since we committed to racing it, RAAM has not been more than a few minutes from our minds. I'm confident in my training and mental preparation — what scares me most is getting to the starting line, and I know Johnny feels the same way. RAAM is a tribute to team spirit. It may seem that pedaling across the country as fast as possible is a solo effort for the riders, yet we are completely dependent on logistics, on having the necessary supplies and equipment, and an awesome crew.



Johnny

To that end, we are looking for a few good men and women to be part of this epic race and join our team as crew. We are looking for FUN people with an adventurous spirit, enthusiasm, and a sense of humor. There is not cost to you but time. We pay all of your expenses on this trip where we cross the country twice in two weeks (gotta get home . . .).

We are looking forward to this much more than just as a bike race; we are looking forward to the camaraderie, the incredible sense of accomplishment of the whole team. This is a once-in-a-lifetime, unfor-



Jarmila

get-  
table adventure.

We'll see America in a whole new light, with an intimacy that is lost on the freeway! We are so fortunate to be sharing the experience with old and new friends, and hope to include YOU in that group. There will always be tough challenges ahead — in athletics, in personal lives. The difficulties we face in RAAM (as a team!) will make us stronger, and better for having participated. We hope our participation in RAAM will inspire people to try something outside their "box." That's what it's all about — trying, and going out on a limb to make oneself.

Check out our website, [freeriders2005.org](http://freeriders2005.org)! You'll find more information about how we are actually going to ride the race; links to ultra cycling sites; and more!

Thanks to all TE members for your good thoughts and support. Wish us tailwinds all the way from San Diego to Atlantic City!

*Jarmila and Johnny*

# HELP for Mike Beller UPDATE

Last month *Bike Beat* had an article about TE member Mike Beller, who crushed a vertebra and broke three ribs among other injuries during an impromptu TE winter mountain bike ride. "It was a pretty gnarly break," Mike admitted. "I've been injured before, but to snap my back and ribs in one shot was unexpected."

Mike is now walking 10-13 miles a week, but he is still wearing the hard neck brace. He hopes to begin rehab in early April, once his back heals a little more.

At the end of the article, we posted the street address for the bank that is accepting funds for Mike. However, checks must be mailed to the PO Box, not the street address. If your check was returned, or if you have not sent a check yet, please send contributions to:

Evergreen National Bank  
Attn: Fund for Mike Beller  
PO Box 2020  
Evergreen, CO 80437

The response has been overwhelming. Even though we had the wrong address, we did manage to raise \$2300 for Mike. But that doesn't even begin to help with the medical expenses. Fellow TE member Dr. Scott Bainbridge, an injury rehab specialist, has offered to give Mike free physical therapy.

"TE rocks," Mike said. "It has been a real blessing for me. The physical therapy offer is one of the biggest things and Jerry Haynie has been a stand-up individual. I have nothing but the deepest thanks for them and all of those who have sent cards and donations."

## Border to Border USA 2005 Century Series

Border to Border is inviting you to have some fun and impact the lives of children living with HIV/AIDS. B2B has begun the quest of raising \$100 thousand to fund a research project investigating the long term effects of AIDS drugs on young patients.

You can participate in this mission by riding in the Border to Border Century Series. Your friends, family and co-workers can become your support team and help fight pediatric HIV/AIDS. They can pledge sponsorship by the mile or for each event. A pledge of 25

cents per mile from 10 people for a century ride equals \$250. The usual entry for a B2B event is \$100. By sending 20 emails I'm sure you can improve on that. Fight with us for the kids who so desperately need your effort. Then come and ride with the pride of having given hope to a child or family. If you can't ride please send your tax deductible donation to: Phillips and Assoc., PO Box 1403 Vail, CO 81658.

Border to Border's ride schedule details are on our website [www.border-toborderusa.org](http://www.border-toborderusa.org).

The dates are May 29th Vail to Steamboat. Gourmet lunch, in-ride support and return transportation will be provided. The fall 2 day - Salida to Gunnison Sept 10th - Gunnison to Salida via Buena Vista Sept. 11th. In-ride support and lunch will be provided each day. The last event is the mountain classic, Vail to Aspen, September 24th. Again a great lunch and return transportation will be furnished.


B2B's biggest challenge for the year will be The Border to Border Divas'

effort to set a new speed record across the United States in our Race Across America 2005 effort. Last year they finished in 6 days 23 hours 15 min. They won their division by 29 hours. In the process they raised \$25 thousand for pediatric AIDS assistance at The Children's Hospital CHIP program. Follow their progress this year on RAAM's website, [www.raceacrossamerica.org](http://www.raceacrossamerica.org). You can meet these courageous women at the Vail Pass aid station during The Triple Bypass 2005.



*Thanks for acting on this challenge.*

Joel Fritz  
President  
B2B USA a 501[c]3 corporation  
970-390-7884



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Mt. Vernon Country Club-Golden, CO

April 19th, 20th  
The Ridge & The Peak-Foothills Park & Recreation-Littleton, CO

April 26th  
Denver Athletic Club-Downtown

May 4th  
University of Denver  
The Ritchie Center

Contact the ATP Center to register or for more information  
Ask for Andrea Wieland  
303-674-8008

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Click on Seminars to Register On-line!  
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# AROUND THE RINGS

by Robb McGuffin

It's time to tune up the bikes and get back to the fresh Colorado air for another season of cycling. One thing I hear a lot of lately is that people are fearful of road riding because of the number of cars on the road. I know people who have quit riding on paved roads altogether because they don't like dealing with the aggravations of cars. While road riding does introduce real dangers due to sharing the road, there are many things that you can do as a rider to keep yourself safe and visible to cars.

Be smart about the roads that you ride and the time of day that you ride them. For example, Squaw Pass road on a Saturday morning can be a busy place, but the same road on a Monday afternoon is a completely different experience. Try to pick your road and your rides to avoid busy traffic patterns.

If you are riding during commuting hours ride with extreme defensive caution. I've found that some of the most aggressive and dangerous cars are out during traditional commuting hours.

- Ride Big! If the road has no shoulder, don't feel like you need to "cower" on the white line. I've found that it's safer to ride 6 to 12 inches to the left of the white line so that you have some distance to move right if needed. Also, cars will pass at a greater gap if you are not hugging the white line.
- Learn to sense and listen for cars approaching. Open up your

peripheral vision so that you can "see" the cars coming up from behind.

- Create room. In sailboat racing you can create room around the marks (turning points) by steering your boat in a wider path than needed. I've found this technique also works on the bike. If you are on a road with no shoulder and intermittent traffic, ride further from the white line (12 to 24 inches). As a car approaches you from behind, fade into the white line. This will create a safer area for you because the driver will plan his pass on your wider line.
- In Colorado, bikes and cars share equal rights on the road. Ride with respect of the cars and drivers but know that you have every right to ride your bike on the road. It seems more timid riders run into more aggressive drivers. Be sure of yourself and confident and the driver will sense you.
- Scan the road with your eyes. When you are approaching a busy section of road or intersections, scan the area approaching and look for potential hazards. Stay sharp and focused and you will avoid problems.
- Get eye contact with the driver. For example, when you are traveling at a high rate of speed and you see a car at a stop light or stop sign about to pull into your lane, look at the driver and create eye contact with them. You will then be sure that they see you and do not intend on

pulling

out in front of you. I've found that some people don't really understand how fast a bike can travel and misjudge our closing speed, pulling out and causing a dangerous situation. If you have eye contact it will give you a better sense of what that driver is going to do.

- Follow the rules of the road. It's important that we be good "ambassadors" for cycling and creates good relationships with motorists. One of the things that makes drivers upset is when we ride side-by-side or run red lights. Don't do that stuff, period. It will set us all back. Try to follow the same rules of the road that apply while driving your car.

Road riding is an amazing sport that challenges you in many different ways. If you stopped riding because of the cars give it another try. If you are an avid road rider remember to stay safe and respectful.

See you on the saddle,  
Robb McGuffin  
Evergreen Bicycle Outfitters

# FROM THE CAPTAIN'S SADDLE *(continued from page 2)*

Let's get to the results of the study. The most surprising and reassuring result is that, out of the 647.5 samples studied, there was not one single incidence of EPO or steroids, other than the usual amount of steroids found in people who eat non-organic chickens and dairy. In addition, no evidence of blood transfusions was found from any of the urine samples. However, it is fair to point out that evidence of blood transfusions would only be found by actually testing blood rather than urine. Based on these results, we can proudly proclaim that all of our riders are dope free and are good Americans.

However, the study did yield the following revealing, though arguably useless, bits of information.

The average level of caffeine was off the charts. However, if we remove my sample, I mean, if we remove one individual's sample from the study, then the caffeine levels were in a normal range and indicated consumption primarily by means of skinny, no-foam lattes.

Traces of amber ale pervaded the samples. The scientists were able to associate the highest incidence of amber ale with mountain bikers who rode single-speed bikes. In contrast, evidence of consumption of French Bordeaux's from proper red wine glasses were correlated

most strongly with Durace and Record components.

Ibuprofen was found in 65% of the samples, and the remaining 35% of the riders reported that they had lost their little packet of ibuprofen and expressed more significant levels of frustration than the other 65% who refused to lend them any.

Prozac or Zoloft was found in over 95% of the participants of the Triple Bypass, which helped us to answer the lingering question, "Why in the hell would anyone want to ride 120 miles over 3 mountain passes?" One of the more fascinating correlations that the scientists were able to make: the higher one's daily dose of Prozac, the higher the probability of that person spending more than \$3,000 on a new bike. (Few people realize that a consortium of Trek, Serotta, and seven other bike manufacturers actually own the pharmaceutical company that manufactures Prozac.)

We were shocked, mortified really, to learn that some of the samples contained evidence of marijuana. The level of our horror was exceeded only by the level of our confusion from the fact that the Olympics governing board classifies marijuana as a performance-enhancing drug. Following up with the small group who tested positive for marijuana, we con-

ducted a controlled test to see if the drug did in fact increase bike speed. While this group may have experienced temporary increases in speed, those increases were dramatically offset by frequent stops for potato chips and ice cream.

Finally, there was an astonishingly low incidence of Viagra, which supported the scientists' conclusion that wood is more ubiquitous among male cyclists than carbon fiber and titanium combined.

See you on the bike.

*Take care,*

*Bruce*

*Bruce can be reached at [president@teamevergreen.org](mailto:president@teamevergreen.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](mailto:bikebeat@teamevergreen.org)

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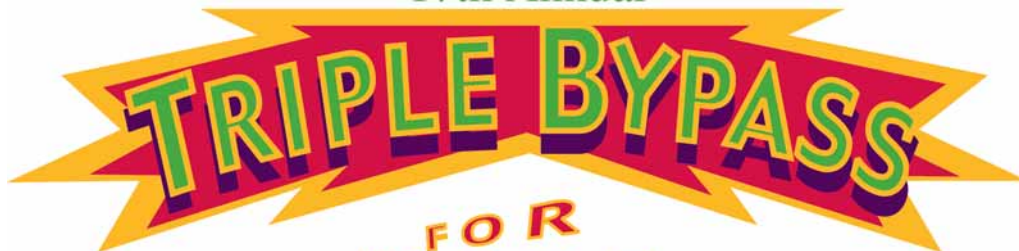
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FOR THOSE WHO DARE

JULY 9 2005

Early registration deadline ends midnight June 9, 2005
Online registration for packet pickup at REI, Bicycle Outfitters and Wilderness Sports ends midnight June 20, 2005
Online registration for packet pickup at Handle Bar & Grill ends midnight July 2, 2005
Online registration for packet pickup at Wheat Ridge Cyclery ends midnight July 4, 2005
All online registration ends midnight July 6, 2005

For details: www.teamevergreen.org
Register: www.active.com

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

Packet Pickup Location: (check one)

- Bicycle Outfitters, Bergen Park (June 26 - July 8)
Wilderness Sports, Frisco (June 26 - July 8)
REI Boulder (June 26 - July 8)
REI Lakewood (June 26 - July 8)
REI Flagship Denver (June 26 - July 8)
REI Fort Collins (June 26 - July 8)
REI Colorado Springs (June 26 - July 8)
REI Park Meadows (June 26 - July 8)

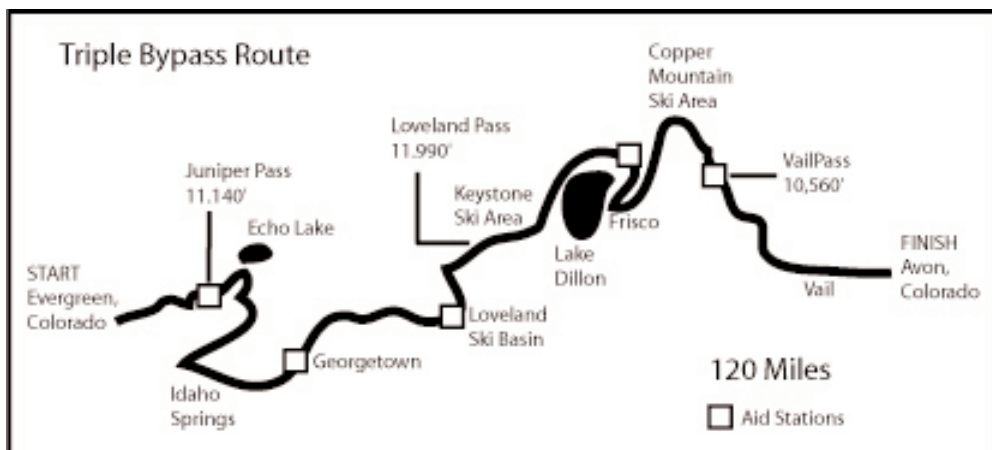
One Day Only Packet Pickup Locations

- Handle Bar & Grill (4 - 8 pm; Tuesday, July 5)
Wheat Ridge Cyclery (3 - 7 pm; Thursday, July 7)
Start line, Bergen Elementary (5:30 - 8 am; Saturday, July 9)
Mail Option! Mail the packet directly to me (\$5 additional fee, postmarked by July 3, 2005)

PLEASE MAKE A NOTE OF YOUR PICKUP LOCATION. IF NO LOCATION IS SELECTED ON THIS FORM YOUR PACKET WILL BE AT THE START LINE. PACKETS DESIGNATED FOR REI, BICYCLE OUTFITTERS OR WILDERNESS SPORTS WILL ONLY BE AVAILABLE AT THOSE LOCATIONS (NOT SENT TO THE START LINE). UNCLAIMED PACKETS WILL BE MAILED FOLLOWING THE EVENT FOR A \$5 FEE.

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

Name
Home Phone



JAVELIN

John Elway Subaru West



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

**Registration (circle one):**

- Early registration (midnight \*June 9) Team Evergreen members \$80
- Early registration (midnight \*June 9) \*\*non-members \$98
- Late registration Team Evergreen members \$98
- Late registration \*\*non-members \$118

**Ride day registration \$129**

Optional: packet sent to rider address (by midnight, July 3) \$5

**Optional Membership (circle one):**

- Individual \$25
- Family \$35

Please check box to indicate if new member or renewal.

- New Member
- Renewal

\*Online deadline is midnight, June 9. Mailed forms must be post-marked June 9.

\*\*Team Evergreen membership: You do not have to be a member to participate. Membership includes a one-year subscription to our newsletter, Bike Beat, discounts from our sponsors and special events.

**Note:** If you join Team Evergreen now, you qualify for the member Triple registration fee.

**Additional contribution to:**

- Alpine Rescue Team \$ \_\_\_\_\_
- PEO \$ \_\_\_\_\_
- Pediatric Aids (Border to Border) \$ \_\_\_\_\_
- Special Olympics Colorado \$ \_\_\_\_\_

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

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

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

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

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

**ACCIDENT WAIVER AND RELEASE OF LIABILITY**

IN CONSIDERATION of being permitted to participate in any way in the Triple Bypass and all other activities (collectively, "Activities") sponsored by Team Evergreen Bicycle Club, Inc. ("Club"),

I acknowledge that these Activities are an extreme test of a person's physical and mental limits, and I voluntarily assume all risks of all loss, damage or injury occurring in connection with such Activities. I fully understand that my participation carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, conditions of athletes, equipment, vehicular traffic, lack of hydration, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and property monitors, and/or producers of the event. These risks affect not only athletes, but also volunteers. I hereby assume all of the risks of participating and/or volunteering in these Activities. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, or from dangerous or defective equipment or property owned, maintained or controlled by them.

I certify that I am physically fit, have sufficiently trained for participation in these Activities and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form ("Waiver and Release") will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said Activities.

In consideration of my application and permitting me to participate in these Activities, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) WAIVE, RELEASE and DISCHARGE from any and all liability, claims, demands, actions or rights of action, which are related to my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me which are related to or are in any way connected with participation in all Club Activities (including, without limitation, the Triple ByPass) or result from my traveling to or from these Activities, THE FOLLOWING ENTITIES OR PERSONS: Team Evergreen Bicycle Club, Inc. and its directors, officers, employees, volunteers, representatives, agents, contractors, the event holders, event sponsors, event directors, event volunteers and their successors, assigns and

insurers; and (B) INDEMNIFY AND HOLD HARMLESS the entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during these Activities. I UNDERSTAND THAT THIS IS A LEGAL DOCUMENT AND THAT BY SIGNING IT I AM GIVING UP MY RIGHT TO SUE OR OTHERWISE MAKE A CLAIM against the Club and other entities and persons mentioned in this paragraph.

I intend this Waiver and Release to be effective whether or not any loss, damage, injury or death RESULTS FROM NEGLIGENCE of the Club or any of its directors, officers, employees, volunteers, representatives, agents, contractors, the event holders, event sponsors, event directors, event volunteers and their successors, assigns and insurers. I understand that negligence means a failure to do an act which a reasonably careful person would do, or the doing of an act which a reasonably careful person would not do, under the same or similar circumstances to protect himself, herself or others from injury or death.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this event. In the event of accident and/or injury I further consent to the release of any and all transport, treatment and/or medical information to the Club relating there to.

I understand that at these Activities or related events, I may be photographed. I agree to allow my photo, video, film likeness and email address to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and or assigns.

I agree to wear an ANSI or SNELL approved helmet and to ride in accordance with all applicable laws.

This Waiver and Release shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

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

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

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

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

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

My primary cycling interest is:  Road bike  Mountain bike

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

TE periodically sends pertinent email news. Which type(s) of news would you prefer?  Club  Road  Mtn.

Bike Beat will soon be available by email, saving club funds. Select Bike Beat delivery:  US Mail  Email

TE occasionally shares its mailing list with its major sponsors, such as Bicycle Outfitters and other prominent bicycling organizations and events, such as Bicycle Colorado and Elephant Rock. For those who grant permission, only name, email and mailing address is shared. Please indicate if TE SHOULD NOT share contact information with bicycle-friendly organizations:  Do not share

**PARENT GUARDIAN WAIVER FOR MINORS (Under 18 years old)**

The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such a capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

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

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



**Men's Jersey Sizes**

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

**Women's Jersey Sizes**

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

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

# April Rides

for maps and more details of each ride, go to [www.teamevergreen.org](http://www.teamevergreen.org)

**HELMETS are REQUIRED on all Team Evergreen rides.**

**DEPARTURE:** All rides will depart promptly at the time noted in each of the ride descriptions. Please arrive 15 minutes early to allow time to sign in and get ready.

**CANCELLATION:** Rides will be cancelled when temperatures are below 40 degrees and/or road conditions are obviously unsafe for bicycling. When conditions are questionable, call the ride leader for a last-minute check.

## Friday, April 1

Easy/Moderate Road Ride  
Mountain Gentlemen and Lovely Ladies  
See details on page 9.

## Sunday, April 3

Moderate/Difficult Road Ride  
Little Cub Creek/Parmalee Gulch Loop.  
Meet at the Albertson's parking lot at Highway 74 and Stagecoach Blvd., 3 miles south of Bergen Park for a 10:30 am departure. Highway 74 & Stagecoach Blvd., downtown Evergreen, Little Cub Creek Rd., Stanley Pk. Rd., High Dr., N. Turkey Creek Rd., S. Turkey Creek Rd., Tiny Town, Indian Hills, Parmalee/Meyers Gulch, Kittredge, Evergreen, Meadow Dr., Highway 74, Albertson's. Round Trip: 30 miles 3,550 ft. elevation gain. **Ride Leader:** Mike Fife, 303-679-9212.

## Wednesday, April 6

Easy/Moderate Road Ride  
Wednesday Morning Ride  
See details on page 9.

## Friday, April 8

Easy/Moderate Road Ride  
Mountain Gentlemen and Lovely Ladies  
See details on page 9.

## Sunday, April 10

Moderate/Difficult Road Ride  
Genesee/Morrison Loop.  
**Option: Lariat Loop.**  
Meet at the Genesee Park Park & Ride for a 10:00 am departure. Genesee Exit to Highway 40, Colo. 26, Morrison, Rooney Rd., Highway 40, Heritage Square, I-70

## Mountain Gentlemen & Lovely Ladies

Mountain Gentlemen and Lovely Ladies weekly Friday rides are year-round, weather permitting.

*The start times are as follows:*

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

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.**

## WEDNESDAY MORNING RIDES

Show and go for these easy to moderate road rides. Meeting times vary, based on weather and month. *RSVP to Molly Epstein (303-526-2061) for route and meeting place.*

interchange, Highway 40 frontage Rd., Genesee Exit. **Option:** Rooney Rd., Highway 40, Highway 93, Jeffco Pkway, Bike Path, 19th St., Lariat Loop

gain. **w/Option:** 29 miles 3,450 ft. elevation gain. **Ride Leader:** Dan & Barb Watson, 303-526-0204.



TE mountain bikers at Red Rocks in February. Photo by Jerry Haynie.

Rd., Lookout Mtn. Rd., Highway 40, Genesee Exit. Round trip: 22 miles 2,400 ft. elevation

Soda Creek, El Rancho via Highway 40, Bergen

## Friday, April 15

Easy/Moderate Road Ride  
Mountain Gentlemen and Lovely Ladies  
See details on page 9.

## Sunday, April 17

Moderate/Difficult Road Ride  
Tour of Evergreen, Annual Spring Picnic.  
Meet at the Evergreen Lake House parking lot for a 10:00 am departure. Evergreen Lake House, Upper Bear Creek Dr., Witter Gulch Rd., Stagecoach Blvd., Highway 74, to Bergen Park, Highway 65 through Soda Creek, El Rancho via Highway 40, Bergen

*continued on page 10*

# April/May Rides

continued from page 9  
for maps and more details of each ride, go to [www.teamevergreen.org](http://www.teamevergreen.org)

Park and back to the Evergreen Lake House. Lunch at The Nest, Keys on the Green adjacent to Evergreen Lake. Round trip: 31 miles 3,200 ft. elevation gain. Ride Leader: Gary Sterns, 303-670-6366.

Sunday, April 17

Mt. Falcon  
Blue/Capable  
Mountain Bike Ride

(See website for a review of the rating system)  
RSVP To the ride leader, or just show up for this first ride of the season. Meet at the Mt. Falcon Upper parking lot at 9:00 am for the 9:15 am ride. This ride has it all; wide cinder pathways, double track, singletrack, a few obstacles, and a good climb. The ride begins at the upper parking lot, around a short loop to the west, then another short loop to the east, then down near Red Rocks and back up again. Lunch at Team Evergreen Spring Picnic at Keys on The Green after the ride (from noon to 1pm). Distance: 10 miles, elevation gain: 3,600 feet. Ride Leader: Bob Campbell, 303-526-3000, [mountainbike@teamevergreen.org](mailto:mountainbike@teamevergreen.org)

Friday, April 22

Easy/Moderate Road Ride  
Mountain Gentlemen and Lovely Ladies

See details on page 9.

Saturday, April 23

Waterton Roxborough Loop  
Blue/Capable Mountain Bike Ride

(See website for a review of the rating system)  
RSVP To ride leader or just show up at trailhead. Meet at the Waterton Canyon Parking Lot at 9 am, plan for a 3+ hour ride. From the parking lot on the east side of paved road, ride out of the lot to the west, and cross the pavement. You'll see a trail on the west side of the road. Keep following this road to the Waterton Canyon dirt road. Follow 6.3 miles to the Strontia Springs Dam. Follow Colorado Trail about a mile, taking a left to Roxborough Loop. Follow the loop counter-clockwise, taking another left, about 4.6 miles back to the dam. Distance: 18 miles, elevation gain: 2,500 feet. Ride Leader: Chris Davis, 303-679-8510, [c\\_davis45@earthlink.net](mailto:c_davis45@earthlink.net).

Sunday, April 24

Moderate/Difficult Road Ride  
Deer Creek/High Grade/ Conifer/City View Loop.

Meet at the parking lot at Wadsworth Blvd. and Deer Creek Canyon Rd. for a 9:30 am departure. Deer Creek Canyon Rd., S. Deer Creek Rd., High Grade Rd., Pleasant Park Rd., Oehlman Park Rd., Snowy Trail, Crystal Way, City View, Hilldale, South Turkey Creek, Deer Creek Canyon Rd. Round trip: 38 miles 4,400 ft. elevation gain. Ride Leader: Steve Kerschbaum, 303-674-8726.

Saturday, April 30

White Ranch  
Black/Capable Mountain Bike Ride

(See website for a review of the rating system)  
Meet at 9 am for this 4 hour ride. See details about this ride on our website. Distance: 20 miles, elevation gain: 2,500 feet. Ride Leader: TBA.

Sunday, May 1

Moderate/Difficult  
Road Ride  
Tour of the Black Forest.  
Option: Tour of the Air Force Academy.

RSVP to the Ride Leader for this ride. At least 7 riders are needed. Meet in Monument at the Monument Park and Ride next to Village Inn (Exit 161 off I-25) for a 9:30 am departure. Monument, Colo. 105, Walker Rd., Black Forest Rd., Hogden Rd., Eastonville Rd., Murphy Rd., Meridian Rd., Ayer Rd., Goodson Rd., Burgess Rd., Milam Rd., Shoup Rd., Highway 83, northgate Rd., Rollercoaster Rd., Higby Rd., Rollercoaster Rd., Colo. 105, Monument. Option: From Shoup Rd. and Highway 85, Highway 85 south to Academy Blvd., southgate Blvd., Pine Dr., Academy Dr., northgate Dr., Roller Coaster Rd., Colo. 105, Monument. Round trip:

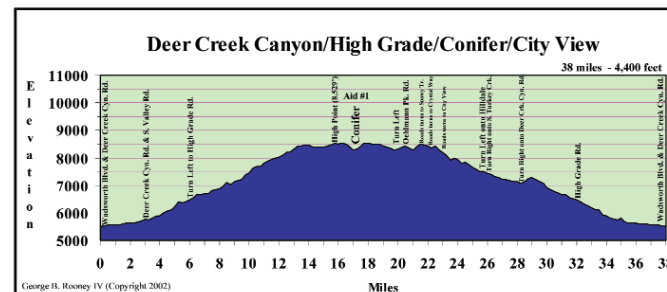
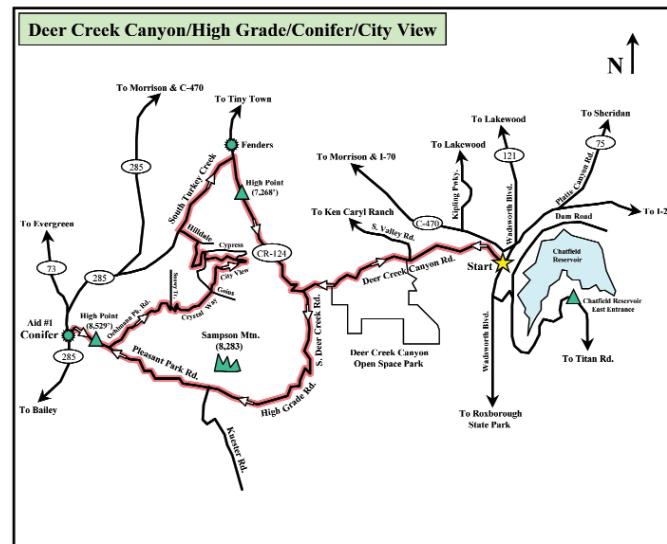
47 miles 2,200 ft. elevation gain. w/Option: 65 miles 3,600 ft elevation gain. Ride Leader: Chris Canfield, 303-521-0643.

Wednesday, May 4

Easy/Moderate Road Ride  
Wednesday Morning Ride  
See details on page 9.

Friday, May 6

Easy/Moderate Road Ride  
Mountain Gentlemen and Lovely Ladies  
See details on page 9.



See the TE website for maps, elevations, and more.

Friday, April 29

Easy/Moderate Road Ride  
Mountain Gentlemen and Lovely Ladies

See details on page 9.

Friday, April 29 - Sunday, May 1

Moab Trip  
Blue - Black Mountain Bike Rides  
(See page 14 for more details).

# Appreciations (and Wondering Why People Keep on Giving)

By Bruce Epstein  
TE President

I often find myself wondering why so many people contribute their time and energy to sustain and nurture our bike club. Then I remember the many reason that I happily do it: the camaraderie, the satisfaction of creating, the satisfaction of service, the sense of belonging and contributing to a team, the passion for bicycling, the easy laughter, and the new friendships. Notwithstanding the fulfillment that flows back to us when we give, I am astonished by the dedication, the giving and the accomplishments of the many Board members and Club members who create this unique community that we call Team Evergreen Bicycle Club. From helping an injured rider, to managing our Club's data base, to planning the Triple Bypass, to creating special events, to publishing this newsletter, to building a new web site, to planning more than one hundred bike rides, to buying insurance, to managing the finances, to advocating bicycle causes, to selling merchandise, to creating a new racing team,

to donating to local charities — people keep showing up, month after month, with new ideas and the desire and enthusiasm to implement them. It is amazing. We want to express our appreciation for a few of these wonderful contributions.

We recently sent an intervention team into the basement of **Tom Evans** to disengage him from his computer. Tom spent innumerable hours finalizing the thousand necessary details to bring our new web site on line. Tom brought his leadership, tenacity and hard work to the web site team, and his hours of dedication resulted in our new, fabulous web site. In addition, our new web site is only phase one of our web revitalization program created by Tom and the other web site team members **Mike Brislin, Bob Campbell, Rich Boyan** and **Laura Robinson**. Stay tuned for more innovations to come. Thank you, thank you, and thank you.

Speaking of basements and computers, **Roger Hassell** is the unsung hero of Team Evergreen's organization. Roger has dedicated many hours to creating and maintaining our team membership data

base for many years. No one knows what Roger does or how he does it, but we do know that month after month, season after season, Roger accurately reports how

many people are members (currently, more than 1,300!) and where to send their newsletters. In addition, Roger is an essential part of the success of the Triple ByPass, managing the 3,000 riders' registration information, from jersey sizes to entry fees. Roger, we would be lost without you. We are deeply grateful and indebted to you.

Thank you to **Ellen Nelson** who decided that it was time to resurrect the Indoor Century. Ellen organized the event at **Robb McGuffin's Bicycle Outfitters**, and a sweaty and good time was had by all, thanks to Ellen's efforts.

We are indebted to **Bob Campbell** simply for being Bob Campbell. Very few people can truly appreciate how much of Bob's enthusiasm, lightning speed action, and creativity are behind the many new programs that Team Evergreen has instituted over the last four years. Bob thinks of an idea and then implements it immediately. The mountain bike program and the MALT bike swap are just two examples of programs that would not exist but for Bob. Bob creates and sends our blast emails. Prior to our implementation of our new web site, Bob constantly updated the old web site, responding almost immediately to other's ideas and requests. Bob acts with enthusiasm, care and passion. Laughter and fun are never far away when Bob is around. And incidentally, Bob is an elite mountain biker. His strength and technical skills are among the best. Team Evergreen is blessed to have Bob's friendship, leadership and zeal.



The image shows a logo for White Peaks Luxury Dental Care. It features a stylized green 'M' shape above the text 'WHITE PEAKS' in a serif font, with 'LUXURY DENTAL CARE' in a smaller sans-serif font below it. At the bottom, the phone number '303-991-4320' is displayed in white text on a dark blue rounded rectangular background.

t e a m  
EVERGREEN  
**Club  
News**

**April 17  
Spring Picnic**

Join us for our annual TE picnic on Sunday April 17. Participate in either the road or mountain bike ride in the morning and then come to the picnic after the ride (you even don't have to ride, just come to the picnic at about noon).

Rain or shine, we'll be in "The Nest" at Keys on the Green, the restaurant that is on the golf course by Evergreen Lake. Take Hwy 74 to the north side of the lake and turn onto Upper Bear Creek. Go west, past the entrance to the lake and Keys on the Green is the log building on the left. "The Nest" is the covered deck on the top floor.

The picnic is free to all members. Guests are welcome for \$25 (that is also the price of a year's TE membership). It still adds up to the same old thing, fun in the mountains, riding our bikes, sharing food and drinks with our friends.

**Get Your *Bike Beat* by Email**

Save TE money and save a tree by choosing to receive your *Bike Beat* via email. Send an email to Roger Hassell (tbpregis@teamevergreen.org) to request the switch. We now have over 300 email subscribers! And, because there is no delivery delay, it arrives faster than snail mail.



**Bike Jeffco Report**

**Four Lanes to the Richest Square Mile on Earth**  
*(but not if you arrive by bicycle)*

Central City Parkway, Colorado

March 1, 2005

*Central City Parkway opened November 19, 2004 with a great fanfare. According to www.centralcityparkway.com, the new 8.4 mile road will "change your views, change your attitude, and maybe even change your fortune." Unless, that is, you plan to cycle there up this dream hill (max gradient 7.9%), with its eight-foot-wide shoulders, light traffic and magnificent vistas. Central City has imposed a ban on cyclists, citing the inherent dangers of the road.*

Allowing bicycle access to the Parkway creates several opportunities for Central City. Many Central City businesses rely heavily on tourism from residents and visitors from around the world. Each year tourists flock to Colorado to bike, explore, and experience the state. Central City's rich history and close proximity to Denver leave it poised to become a featured destination for bicycle tourists, club riders, and multi-day tours.

Cyclists agree with the road's website, "this important parkway has been designed to accommodate every type of visitor to the Central City area." The parkway is safe for motorists and cyclists alike with eight feet wide shoulders and rumble strips.

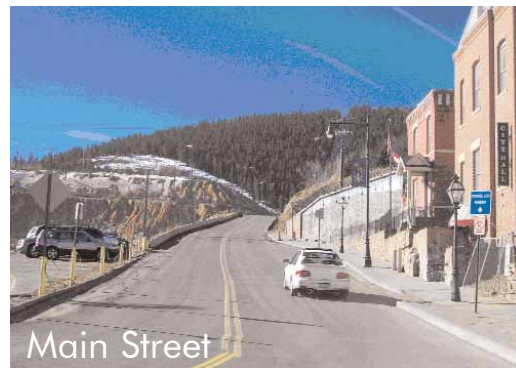
***Why are Cyclists Important to Central City?***

Bicycling is BIG in Colorado. According to the Colorado Dept of Transportation Report *Bicycling and Walking in Colorado*, the 1998 expenditure of Coloradans on bicycles and bicycle related products was just over \$200 million. Many Colorado cyclists are attracted by the challenging climbs afforded by the Rocky Mountains and especially by the front-range foothills situated convenient-

ly close to the Denver and Boulder area. According to a 2000 CDOT study, tourists from out of state who engage in bicycling during a vacation at a Colorado resort spent between \$141 and \$193 million in the state. Many visitors noted that they were attracted primarily by the availability of good bicycling. When you add in the \$48 million spent by Coloradans while riding in-state, there is over \$240 million spent in the state. Central City is poised to gain a slice of this economic pie.

***Why is Central City Important to Cyclists?***

Central City is located at a strategic location in the network of Front Range roads and trails preferred by many cyclists. Before the opening of the new highway, Central



City represented a dead-end to road cyclists traveling south along the popular Peak-to-Peak highway with no exit route south available to them other than the "Oh My God" steep gravel road into Idaho Springs. The only other road, Hwy 119, is closed

to cyclists east of the city due to its narrow tunnels. The new Central City Parkway provides a much needed link between the Peak-to-Peak Highway and the Clear Creek County trail system, paralleling Interstate 70. This, in turn, is linked to the rest of the Front Range cycling network.

The new link thus offers many new ride possibilities for Front Range cyclists. Before the ban, many Denver area clubs and charity rides had plans to include Central City Parkway in their scheduled rides for 2005. In addition, the road opened up many possibilities for the long distance rides offered by bicycle touring companies, who are always looking for attractive overnight stops. The popular Ride the Rockies 7-day organized tour brings 2100 riders and an unknown

*continued on page 18*

# Coming to a ROAD OR TRAIL Near You

## FRUITA MOUNTAINBIKE

### 10th Anniversary FRUITA FAT TIRE FESTIVAL

Apr 29 - May 7

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

Fruita will play host to the biggest mountain bike fest in the west! Come join us in the Red Rock Canyon country of western Colorado for this celebration of a decade of Fruita Singletrack. For the past 10 years, Fruita has been acclaimed for some of the best singletrack in the world. Come experience the legendary singletrack, celebrate in Fruita style and toast 10 years with some of the coolest people in the cycling world. Events include 18 hours of Fruita, Rose Hill Rally Road Bike Tour, Fruita Singletrack Trail Summit, Trail Building and Design with Destination Trail Development Inc, Over the Edge Sports Birthday Party, BBQ and Live Music, Ladies Night Party and the Clunker Crit.

### 3rd Annual Bikerpelli May 5 - 8

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

The Kokopelli Mountain Bike Trail, the epic ride of a lifetime, the one you'll never forget. 142 miles of linked singletrack, jeep trail and retired wagon road traveling from Grand Junction to Moab, crossing an amazing and untainted part of the desert southwest. Bikerpelli is a fully-supported event covering just under 50 miles per day. Waiting for us at the halfway point every day is a water & lunch stop, and at the end of each day, a fresh camp. All of your camping gear will be shuttled from camp to camp by our support drivers, and includes all meals & support while in-camp and a return shuttle from Moab to Loma. Cost is \$285

## PILLAR TO POST

Saturday, April 30

[www.americancycling.org/entry-forms/april/pillar-to-post.pdf](http://www.americancycling.org/entry-forms/april/pillar-to-post.pdf)

This classic Front Range Hill Climb on Lariat Loop Road has 1220 feet of climbing in 4.5 miles. This will be a mass start event beginning at the "pillars" at the base of Lookout Mountain. Riders will finish their climb at the "post" just prior to the turn off for Buffalo Bill's grave. This is an ACA race. ACA membership is required. All senior and master racers pay \$25. Racers 18 and under are free for junior categories only. Entry fees include ACA operation & insurance surcharges. One-day ACA membership is \$5 for non ACA members: citizen juniors must purchase One-Day ACA membership, citizen seniors and citizen masters must purchase a One-Day ACA membership in addition to the \$25 entry fee. Fee for second race is \$10. Refund of entry fees only for cancellation because of the weather.



18th Annual, For Women Only

## LITTLE RED RIDING

### HOOD

Saturday, June 4

[www.bbtc.net](http://www.bbtc.net)

The Bonneville Bicycle Touring Club invites you to participate in its fully supported, non-competitive, Women only Century, Metric Century (approximately 100 or 62 miles) or 30 mile ride. Spend the day riding through beautiful Cache Valley in Northern Utah. This ride is one of only two women only metrics in the U.S. The route is a loop through the Valley on rural and country (paved) roads. The terrain is mostly flat, with some rolling hills (NO big climbs). Our bike shop sponsor "BINGHAM CYCLERY" will furnish road support as well as making minor adjustments before the ride. There will be a ride JERSEY designed especially for this event for an extra fee of \$45. It will be Red with this years logo and sleeveless. Registration Fee for the ride is \$35 (if postmarked by May 28th) \$40 day of the ride. We will donate \$5 of your registration fee to THE HUNTSMAN CANCER INSTITUTE for BREAST CANCER RESEARCH.



# Team Evergreen Bicycle Club's

# MOAB TRIP

**Friday - Sunday, April 29- May 1, 2005**

*See our website ([www.teamevergreen.org](http://www.teamevergreen.org)) for late breaking news and more details.*

**Depart:** Friday morning, April 29th for a three day, two-night visit to Utah's premier mountain biking region. We have a block of rooms reserved at the Super 8 in Moab and will be scheduling three great rides on the famous trails in the Moab area. The hotel has a hot tub and pool. You are welcome to camp or get your own rooms and meet us. We hope to eat as a group, both nights at the Moab Brewery.

**Rides:** **1:00 pm Friday the 29th** We'll be on the Bartlet Wash, a slick rock type of ride with lots of options. **10:00 am Saturday the 30th:** We will take the Porcupine Ridge Shuttle to start and ride all of the way back to Moab. **Sunday the 1st:** We are riding the Sovereign Trail, a new out-and-back trail near Klondike that is both technical and easy riding. Blue-black riding, with a little bit of everything. Easier rides are available if someone is willing to lead them. **Please RSVP to ride leader before sending in your check.**

**Ride Leader:** *Larry Barton h) 303-322-3965, e-mail: [biker1044@aol.com](mailto:biker1044@aol.com)*



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone(s) Day: \_\_\_\_\_ Evening: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Four persons/room @ \$80/person for the weekend. \$ \_\_\_\_\_

Two persons/room @ \$145/person for the weekend. \$ \_\_\_\_\_

One persons/room @ \$285/person for the weekend. \$ \_\_\_\_\_

Indicate who you are sharing a room with or if no preference \_\_\_\_\_

\_\_\_\_\_

Total \$ \_\_\_\_\_

*Please make your check payable to Team Evergreen.*

*Space is limited so mail in your registration and check early!!*

*Send the above form to: Team Evergreen Moab Trip • P.O. Box 3804 • Evergreen, CO 80437*



EVERGREEN

# SANTA FE GETAWAY

*Sunday May 15th, 2005*

*Join us for the annual Team Evergreen sojourn to beautiful northern New Mexico.*

## THE RIDE

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



Please note that you are responsible for picking up your ride packet at Capshaw School on Saturday.

## WEEKEND FESTIVITIES

### Pre-party

Stay tuned for further information on pre-ride activities.

## A Pool Party following the ride

Join fellow club members for a Team Evergreen sponsored poolside party at the Marriott Courtyard on Sunday from 2:00 pm until 5:00 pm. Don't miss this chance to share some drinks and eats and of course get in on the ride post mortem with fellow club members.

The party is on us, for all Team Evergreen members. For those century riders that take 10 hours, we recommend that you start early enough so you don't miss this party!

## Gardunos Mexican Café

Compare notes about your day's ride at the Team Evergreen sponsored dinner at Gardunos Mexican Café on Sunday evening. Dinner reservations are for 7:00 p.m. Gardunos is located at 130 Lincoln Place in Santa Fe. Check out the menu on their website at: [www.gardunosrestaurants.com](http://www.gardunosrestaurants.com).

## HOTEL DISCOUNT

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

nights, Thursday, May 12th through Tuesday, May 17th.

## HOW TO SIGN UP

Simply send an e-mail to Leslie Caimi at [triple@teamevergreen.org](mailto:triple@teamevergreen.org). Please mark the subject field "SFC Sign Up," and provide your full name (as stated in the membership register), your phone number, and tell us how many will be in your party. Also, please let us know if you will be attending the Sunday evening dinner at Gardunos and how many will be in your party.

We will respond with an e-mail confirmation, and a code which will enable you to get the discounted hotel rate. **We request your courtesy in sending us an e-mail if you decide to cancel.**

**Don't forget to wear your Team Evergreen jersey on ride day!**

## MOUNTAIN BIKE RIDES

Please contact TE Board member Mike Brislin at: [info@teamevergreen.org](mailto:info@teamevergreen.org) for information on additional mountain bike rides.



# Alison Dunlap Camp

## June 4 & 5, 2005

*Join World Champion Alison Dunlap and her intrepid husband Greg Frozley for a two-day intermediate/advanced mountain bike skills clinic in the foothills, designed exclusively for Team Evergreen. The cost for this incredible opportunity is \$250/person. You must be a Team Evergreen member to attend.*

If you just can't get a week off of work, then these two-day clinics are for you. On the first day, we will work on the basics and fundamentals of mountain biking. Depending on your ability level, you can learn how to ride over a six-inch curb or jump off a three-foot ledge — it's all up to you. The second day is spent entirely on trails. We'll take the techniques you learned from day one and apply them to actual riding. This is the fun part! Here's your chance to learn and practice the fundamental skills that will allow you to climb with confidence and descend with reckless abandon. It's an exciting two days and my goal is that regardless of your ability or experience in the sport, you will come away with a new appreciation and passion for mountain biking.

### Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone(s) Day: \_\_\_\_\_ Evening: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Skill Level:       Intermediate       Advanced

*Please make your check payable to Team Evergreen.  
Space is limited to 15 riders so mail in your registration and check early!*

*Send the above form to: Team Evergreen Alison Dunlap Camp  
P.O. Box 3804 • Evergreen, CO 80437*

*See our website ([www.teamevergreen.org](http://www.teamevergreen.org)) for late breaking news and more details.  
Contact [mountainbike@teamevergreen.org](mailto:mountainbike@teamevergreen.org) for specific questions.*

# Bicycle Advocacy News

by Dan Grunig  
Executive Director Bicycle Colorado  
dan@bicyclecolo.org

## HOUSE BILL 1218

The bill passed the Senate State Affairs Committee 5 to 0 and now moves to the full Senate (see story below). Similar safety bills have been killed three times over the past ten years. Now we are one step away . . . please contact your state senator and ask for their support of House Bill 1218! The vote may happen this week (March 28 or 29) so please take a moment and call today.

## HOW TO CALL or EMAIL

(voice mails are fine):

- Give them your name and address
- Ask them to support House Bill 1218 because you support bicycle safety
- Thank them for their attention to this issue



**BICYCLE  
COLORADO**

## HOW TO FIND YOUR STATE SENATOR

(not federal senator)

Find your Colorado State Senate District at [www.vote-smart.org](http://www.vote-smart.org) by entering your zip code in the box on the left.

## TALKING POINTS - House Bill 1218:

1. Makes traffic rules common sense for motorists and bicyclists
2. Protects kids and adults trying to safely cross a street
3. Helps encourage active healthy lifestyles

## WHY SHOULD I CARE ABOUT THE BILL?

Under current law there are three times when a bicyclist is automatically assigned fault for being hit by a motorist:

- Any time a bicyclist is hit while riding in a safety crosswalk (even if the motorist runs a red light)
- Any time a bicyclist is hit while riding side by side (even on a ten foot paved shoulder)

- Any time a cyclist is hit after signaling a right turn with their right arm

House Bill 1218 removes automatic blame and allows police and the legal system to cite unsafe behavior. Thanks for your time helping make Colorado's streets safer for kids and adults! If you want to learn more about the bill, read recent press coverage, or see the vote history visit [www.BicycleColorado.org/for/BicycleSafety](http://www.BicycleColorado.org/for/BicycleSafety).

## HOUSE BILL 1218 PASSES SENATE COMMITTEE

The Senate State, Military, and Veteran Affairs Committee passed House Bill 1218 on a 5 to 0 (2 excused) vote Wednesday, March 23. Bill Sponsor Senator Ron Tupa presented the need for this bill and responded to questions from the committee. An unfriendly amendment was introduced to remove the language allowing bicyclists the option to signal a right-hand turn with their right hand. The amendment failed 3 to 2. The committee

then united in support of the full bill and passed it unanimously! If you called your senator on this committee, please thank them for their support.

## YEAS

Ron Tupa (D) Chairman, Thank Ron for being a bill sponsor!

District 18, County: Boulder

Peter Groff (D) Vice-Chairman

District 33, Counties: Adams, Denver

Joan Fitz-Gerald (D)

District 16, Counties: Boulder, Clear Creek, Gilpin, Grand, Jefferson, Summit

Doug Lamborn (R)

District 9, County: El Paso

Sue Windels (D)

District 19, County: Jefferson

## EXCUSED

Ron May (R)

District 10, County: El Paso

Steve Johnson (R)

District 15, County: Larimer

## HOUSE BILL 1218 TO STATE AFFAIRS COMMITTEE

The bill to make roads safer for Colorado cyclists is now in the Senate. Next it will be voted on by the State Affairs Committee. This is a challenging step and your calls count. Residents in the following districts, please contact your Senator now. Find your district, Senator's contact info, and talking points at [www.BicycleColorado.org/for/BicycleSafety](http://www.BicycleColorado.org/for/BicycleSafety)

## JEFFCO MOUNTAIN BIKERS ON A ROLL

In an effort to preserve natural lands and recreational opportunities near the state's largest metro area, Bicycle Colorado is facilitating the launch of a new mountain bike advocacy group focused on Jefferson County issues. A "town meeting" in February hosted by Bicycle Colorado, IMBA, and Team Evergreen was attended by over 175 excited riders! Group leaders continue to meet and plan with more news to report soon. See the meeting summary and photos at [www.BicycleColorado.org/to/Jeffco](http://www.BicycleColorado.org/to/Jeffco)

## GALA REGISTRATION OPENS

Save your place at Colorado's best bicycle celebration of the year. Join Olympic Silver Medalist Dede Barry and celebrity host Reggie Rivers for the party for people who bike. We found another fun, festive location in downtown Denver, the Walnut Foundry. Visit our website for the details, hotel specials, maps, and registration. Bicycle Colorado members save \$10. Last year's event sold out so register now to secure your place at the party. [www.BicycleColorado.org/to/Gala](http://www.BicycleColorado.org/to/Gala).

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

# Team Evergreen Classifieds

**BIKE FRIDAY FOR SALE:** Mountain Bike/\$800. Recently professionally tuned, refurbished, low miles. Mint Condition. Travel suitcase for bike and a few tools. Call for more information or email photographs. Dave Williams (970) 879-3730 or williams@esteamboat.com.

**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.

**WHEELS & PEDALS:** New Mavic Ksyrium SSC SL2 Front & Rear wheels, clinchers, Shimano Hubs, \$700; New Look CX6 TI Pedals Black, \$225; both wheels and pedals NEW "in box." Contact Mike (719) 484-0227.

**BIKE FOR SALE:** Specialized FSR medium frame, ideal for rider 5'6" to 5'8". Have 2 different stem lengths available. Factory iridescent paint on monocoque frame both in very good condition. Judy, Shimano XT, Time or platform pedals available. \$500. Ben Sokolski. Leadville (719) 486-5983 or roaddog@bicycling.com

**TWO BIKES FOR SALE:** Griffen Triton 60/60 cm c-c, 17 lbs 15 oz, 9 spd, Dura Ace derailleur/shifters/brakes, 38/53 CR, 12-23 cassette, Reynolds Ouzo Pro carbon fork, Chris King headset/hubs, Thomson seat post, Velocity rims, Terry dragonfly saddle, Zipp cranks, Profile 100mm stem, pedals not included. This bike is made of Boron Carbide which is stiff yet able to absorb shock, extremely lightweight and has no fatigue life! \$2,200. 16" Ti Airborne Lucky Strike purchased new in 2000. 23 lbs 7 oz. Race Face cranks and BB. Thudbuster seat post, FSA headset, ti handlebars, Profile Designs Stiffy stem, SRAM 9.0 rear derailleur, with SRAM 1/2 pipe shifters, SRAM 9.0 brakes & levers, Shimano XT front derailleur, Terry saddle, brand new Mavic XM117 rims w/new Hutchinson Python tires (never ridden), Cateye enduro computer and Wellgo clipless pedals. Fork is a Manitou Diva, with a spring rate and damping for under 140 lbs. 80 mm of travel, air/coil/oil with a lockout. Recently overhauled. Bike was ridden exclusively by a 50 year old female (not thrashed by some freeriding punk!). \$1100 obo. Circ (303) 730-2266.

**STUFF FOR SALE:** Trek Fuel 90 Mtn Bike, Women's design, 16 inch, full suspension, Shimano equipped, Rockshox Duke XC front and Fox Float rear. Hardly used orig. \$1200 selling for \$700. 1999 Cannondale Road Bike R600T, 48 cm, Shimano components, with carbon fork replacement. Orig. \$1100 selling for \$300. Cannon digital camera, Power Shot S230, 3.2 mp. Orig. \$300 selling for \$150. Radio Shack Electronic Keyboard, used once orig. \$100 selling for \$50. (303) 921-9561.

**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.

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

## CC Parkway

*continued from page 12*

number of support staff annually to towns in Colorado, who benefit from the TV and newspaper exposure, given to the ride.

### *Why did Central City ban cyclists?*

According to the Central City manager, the council has concerns about the safety of bicyclists on the stretch of Main Street south of the town, which leads to the new Parkway.

The road is steep (~8%) and narrow (11-foot lanes). This is a situation frequently encountered by cyclists on Colorado mountain roads and one which cyclists' routinely and safely handle.

### *Is there an Alternative Route?*

A possible alternative route south out of Central City is Roworth Street, which become Virginia Canyon Road. After a challenging one-mile climb, this road crosses Central City parkway by a bridge. Currently, there is no connection between the two roads. However, the provision of short bicycle access links to the northbound and southbound shoulders would be easy to construct due to the flat terrain at this point.

### *Bike Jeffco's Recommendation*

Bike Jeffco appreciates the concern of the Central City council members with regard to the safety of cyclists heading south out of the town. We recommend that the alternate route along Virginia Canyon Road be signed as a bicycle route and that links be provided into the new Parkway.

Bike Jeffco believes that the small investment in the link trails will pay off by the additional revenues collected from cyclists visiting the town in looking for food, drink, gifts, and overnight housing.

### *Who is Bike Jeffco?*

Bike Jeffco is the advocacy group for the road cyclists of Jefferson County, Colorado. Since 1998, the group has been working to improve the road cycling conditions in the area with City, County and State highway and trail builders. They can be contacted through the chair, Dave Evans, at dge002@comcast.net.

## Team Evergreen Board of Directors

President	Bruce Epstein	303-526-2061 (h)	303-526-2155 (w)	president@teamevergreen.org
Vice President/Treasurer	Janet Saxon	303-777-4699 (h)	303-850-4776 (w)	janet.saxon@juno.com
Secretary	Aaron Miller	303-359-2670 (h)	303-492-3597 (w)	aaron.f.miller@colorado.edu
Asst. Secy/Volunteer Coordinator	Terri Wickstrom	303-474-4161 (h)	720-359-3119 (w)	bicyclebabe@comcast.net
Road Bike Committee Chair	George Rooney	303-670-1908 (h)	303-619-1908 (c)	gbrooneyiv@yahoo.com
Mtn. Bike Committee Chair	Bob Campbell	303-949-2566 (c)	303-526-3000 (w)	mountainbike@teamevergreen.org
Sponsorship Chair	Tom Evans	303-670-8828 (h)	303-296-8011 (w)	tomlarae@speedtrail.net
Merchandise Coordinator	Laura Robinson	303-670-7165 (h)	303-318-8377 (w)	laurarobin@juno.com
Board Calendar Chair	Steve Mayka	303-674-6006 (h)	303-228-9212 (w)	smayka@earthlink.net
Membership Chairman	Rich Boyan	303-674-4872 (h)	303-875-5126 (c)	rboyan@webconsul.com
Board Member	Mike Brislin	303-753-1883 (h)	720-394-8325 (c)	mbrislin@comcast.net
Board Member	Robb McGuffin	303-679-3145 (h)	303-674-6737 (w)	robb@velocolorado.com
Board Member	Tom Gardner			askfornumber33@yahoo.com
Board Member	Mac McShane			macm@prodigy.net
Board Member	Steve Riggle	720-855-9348 (h)	303-910-6466 (c)	shredderco@aol.com

### Committee Heads

Triple Bypass Coordinator	Leslie & Carl Caimi		303-525-6373 (c)	triple@teamevergreen.org
Team Evergreen Racing Director	Chris Harry	303-263-2103 (c)	303-939-6915 (w)	racing@teamevergreen.org
Database Coordinator	Roger Hassell	303-674-0691 (h)		tbpregis@teamevergreen.org
Bicycle Advocacy Chairman	Tim Morrison	303-697-4122 (h)		timomorrison@cs.com
Bike Beat Editor	Ellen Nelson	303-674-7510 (h)	303-674-7789 (w)	bikebeat@teamevergreen.org
Team Evergreen Hotline		303-674-6048		information@teamevergreen.org

## Team Evergreen Membership Application/Renewal

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Annual membership fees:  Individual \$25  Family \$35  New membership  Renewal

My primary cycling interest is:  Road bike  Mountain bike

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

TE will periodically send pertinent news via email. Which type(s) of news would you prefer?  Club  Road bike  Mtn. bike

*Bike Beat* will soon be available by email (under 3MB), which will save club funds. Select *Bike Beat* delivery:  US Mail  Email

TE occasionally shares its mailing list with its major sponsors, such as Bicycle Outfitters and other prominent bicycling organizations and events, such as Bicycle Colorado and Elephant Rock. For those who grant permission, only name, email and mailing address is shared.

Please indicate if TE *SHOULD NOT* share contact information with bicycle-friendly organizations:  Do not share

### ACCIDENT WAIVER AND RELEASE OF LIABILITY

IN CONSIDERATION of being permitted to participate in any way in all activities (collectively, "Activities") sponsored by Team Evergreen Bicycle Club, Inc. ("Club"),

I acknowledge that these Activities are an extreme test of a person's physical and mental limits, and I voluntarily assume all risks of all loss, damage or injury occurring in connection with such Activities. I fully understand that my participation carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, conditions of athletes, equipment, vehicular traffic, lack of hydration, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event. These risks affect not only athletes, but also volunteers. I hereby assume all of the risks of participating and/or volunteering in these Activities. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, or from dangerous or defective equipment or property owned, maintained or controlled by them.

I certify that I am physically fit, have sufficiently trained for participation in these Activities and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form ("Waiver and Release") will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said Activities.

In consideration of my application and permitting me to participate in these Activities, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) WAIVE, RELEASE and DISCHARGE from any and all liability, claims, demands, actions or rights of action, which are related to my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me which are related to or are in any way connected with participation in all Club Activities or result from my traveling to or from these Activities, THE FOLLOWING ENTITIES OR PERSONS: Team Evergreen Bicycle Club, Inc. and its directors, officers, employees, volunteers, representatives, agents, contractors, the event holders, event sponsors, event directors, event volunteers and their successors, assigns and insurers; and (B) INDEMNIFY AND

HOLD HARMLESS the entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during these Activities. I UNDERSTAND THAT THIS IS A LEGAL DOCUMENT AND THAT BY SIGNING IT I AM GIVING UP MY RIGHT TO SUE OR OTHERWISE MAKE A CLAIM against the Club and other entities and persons mentioned in this paragraph.

I intend this Waiver and Release to be effective whether or not any loss, damage, injury or death RESULTS FROM NEGLIGENCE of the Club or any of its directors, officers, employees, volunteers, representatives, agents, contractors, the event holders, event sponsors, event directors, event volunteers and their successors, assigns and insurers. I understand that negligence means a failure to do an act which a reasonably careful person would do, or the doing of an act which a reasonably careful person would not do, under the same or similar circumstances to protect himself, herself or others from injury or death.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this event. In the event of accident and/or injury I further consent to the release of any and all transport, treatment and or medical information to the Club relating there to.

I understand that at these Activities or related events, I may be photographed. I agree to allow my photo, video, film likeness and email address to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and or assigns.

I agree to wear an ANSI or SNELL approved helmet and to ride in accordance with all applicable laws.

This Waiver and Release shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

### PARENT GUARDIAN WAIVER FOR MINORS (Under 18 years old)

The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such a capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Signature(s) \_\_\_\_\_

*If a family membership, all members must sign; if under age 18, parent or guardian must sign.*

*Mail to: Team Evergreen Bicycle Club, Inc. • P.O. Box 3804 • Evergreen, CO 80437 • Questions? Call 303-674-6048*



EVERGREEN

Team Evergreen Bicycle Club  
P.O. Box 3804  
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# TEAM EVERGREEN BIKE BEAT APRIL ISSUE!

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

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

Robb McGuffin, Bicycle Outfitters

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

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