

August 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*

## The Carbon Fiber Redemption

by Dave Nelson  
Past TE President

I stared at my computer in disbelief. The elapsed time of 1:03:58 was not possible. I had ridden this exact commute route from Evergreen to downtown Denver for over 6 years and my time had always been plus or minus 1 hour and 12 minutes. This was wheel time, no stoplights involved.

Something had changed and the equation was no longer balanced. I was suddenly riding faster than I ever had. The reason was clear and literally beneath me.

But first, the back-story. In January, I wrote a column in praise and support for my old bike. As you may remember, I had been riding the same frame since 1995 and had spent countless miles over many roads both known and new, growing quite attached to my friend in the process.

But the writing was on the wall. Due to my heart surgery back in

*continued on page 2*



*"This is like cyclocross" more than one Triple rider joked on the dirt trail in Idaho Springs. TE Director Leslie Caimi was forced to get creative with the route when road construction prevented travel through Idaho Springs. See more Triple details and photos in this issue. Photo by Ellen Nelson.*

## Triple Bypass Climbs to New Heights

By Ellen Nelson  
Bike Beat Editor  
Data courtesy of  
TE numbers guru Roger Hassell

They came in droves. They took the challenge. They dared to ride the Triple Bypass.

This year's one-day, 120-mile ride from Evergreen to Avon saw a record 3529 riders cycle over Squaw, grind past Georgetown, lunge over Loveland and feel victorious at Vail.

They came from all over, but mostly from Colorado. Of the 3007 locals that participated, Denver claimed the

most residents with 539, followed by Boulder (295), Littleton (219), Golden (185) and finally Evergreen (173). Outside of Colorado, Texans were the most plentiful (46), then Californians (41) and Utahans (37).

Those born from 1959 - 1962 made up almost a fifth of the riders. The oldest rider was 74 and the youngest was 13. Fewer females participated this year, only 15%.

Unofficially, the first rider to finish was Hugh Auchincloss, who completed the ride just before noon in under 7 hours. Check out more stories and details throughout this issue.

**HARTMAN ROCKS  
Gunnison, Colorado  
MOUNTAIN BIKE TRIP**

September 17th and 18th  
*With option of Friday night the 16th arrival.*

“Hartman Rocks Recreation area is a maze of winding trails and doubletracks. The sage and granite rocks here have a beauty and magic all their own, not to mention the singletrack! In all directions, singletrack: fast and winding, technical and slickrock.”

As a group we will explore the park both Saturday and Sunday. Rides of approx. 15 to 25 miles each day. I have reserved a group of rooms at the Super 8 Motel in Gunnison, and you have the option of either arriving Friday night or just arriving Saturday morning and staying Saturday night.

**Rooms at the Super 8 (2 queen size beds).**

OPTION 1: Friday and Saturday nights

1 person in room \$120.00

2 people in room \$65.00 per person

OPTION 2: Saturday night only

1 person in room \$65.00

2 people in room \$38.00 per person

*Price includes barbecue Saturday evening in the park.*

Please RSVP the ride leader:

Terry Mitchell

aspen80421@netzero.com

303-838-6675

*Sign up will close September 5th, 2005*

Please make checks out to Terry Mitchell and send to:

Terry Mitchell  
386 S. Ridge Rd.  
Bailey, CO 80421

# From the Captain's Saddle

*continued from page 1*

2003, it was becoming increasingly painful to ride. Despite my efforts to grit my teeth and ride through it, the jarring I took from the stiff aluminum was getting harder and harder to endure. My recovery from a hard ride depended not on my legs but the scar tissue in my chest. The result was fewer miles and a distancing from the sport I love.

This is not where I wanted to be. I was straying from the path. I was in need of some serious help. My loyalty to my bike led to well-intentioned attempts to upgrade and improve. Help arrived in the form of solid advice from trusted friends to craft a new drivetrain and plan the move to a carbon fork, stem and bars to improve the ride.

The compact crank worked as planned. The improved ability to spin and take pressure off my chest was a needed relief. The next step to carbonize was as easy as a trip to a bike shop. But before that, I promised myself (and my wife Ellen), that I would go test ride a new bike to make sure.

The first ride at the Trek demo

days at Bicycle Outfitters supported my earlier fears; I didn't like the way these new bikes handled. No amount of money was worth a bike that didn't fit my expectations and didn't feel right.

My initial selection of a test ride however was based on price, not on need or ability level. At the suggestion of one of the Trek reps, I next took a spin on a high-performance ride in the form of a complete carbon fiber Madone.

I didn't even get out of the parking lot before the conversion was complete. The handling and ride was as you would expect from a pro-level machine. My ever-present background pain was gone. My salvation was close at hand.

Six weeks later and a tad bit poorer, I have close to 1,200 miles on the new machine including the Triple and the Bicycle Tour of Colorado. The excitement of a new bike has worn off a bit but I'm still piling on the miles. My increase in speed is a combination of new technology coupled with a higher fitness level fostered by following Eddy Merckx's famous advice; "ride lots."

I'm afraid the future for my old friend no longer includes any road miles. The compact crank and pedals were transferred over, the wheels are being converted into a second set for the new Madone and even the tires have been stripped off. The transformation into a revered museum piece will soon be complete.

Now, what about that 14-year-old mountain bike?

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# TE member to ride on Lance Armstrong's team

by Tom Evans

*Tom with his friend Mike (right), whose battle with cancer inspired Tom to raise funds for the Lance Armstrong Foundation.*

Team Evergreen member and Evergreen resident, Tom Evans, is riding on Lance's team.

No, not as a domestique on the Discovery Channel squad.

As a member of Lance's Peloton. Specifically, Tom has signed on as a member of the Lance Armstrong Fund's Peloton Project. The Peloton Project is over 2,000 volunteers around the world who have committed to raising funds for the LAF.

The ubiquitous yellow LiveStrong bracelets are a powerful and recognizable symbol in all walks of society today. But behind that symbol is a grassroots

fundraising machine made up of cyclists, cancer survivors and ordinary citizens who are willing to lend their time and efforts to help beat cancer and to help those who are facing the devastating effects of this unrelenting disease.

"I'm asking Team Evergreen members like myself to open their wallets and make a difference," says Tom. "By supporting my Peloton Project fundraising efforts, or the efforts of someone else you know who is in the Peloton Project, you are moving the needle on the fight against cancer."

Tom began his involvement with the Peloton Project after learning that one of his best friends and fishing buddies had contracted intestinal cancer.

"My friend, Mike, lost both of his sisters to cancer. Then he got it. The news was shocking and grim," reflects Tom. "I really was at a loss for words after the usual soothing statements of concern. I decided to act."

During his

fundraising, Tom has noticed more than anything the number of people who have a story like his. According to the LAF, one in three Americans will face cancer during their lifetimes—one in three Americans; one in three Coloradans; one in three Evergreen residents.

"People give because they know the disease in some personal way. A friend, a loved one, a family member, a child, an aunt, a cousin," explains Tom.

So far, Tom has raised over \$3,000 in one month. His goal is more than twice that.

"The time to act is now," exhorts Tom. "By the first week of September I'd like to hit \$7500. Our club is over 1300 members. If every member gave a donation, we'd make a large impact that might, someday, make a huge difference in the world. We might cure cancer."

## How to Support Tom's Fundraising Effort:

**Visit:** [www.laf.org/peloton](http://www.laf.org/peloton)

**Click:** Donate to a Peloton Member

**Search:** "Evans" in "Evergreen"

Donate with a credit card.

Or contact Tom directly at [tomevans@peloton.com](mailto:tomevans@peloton.com).



WHITE PEAKS  
LUXURY DENTAL CARE

**303-991-4320**

# Team Evergreen Advocacy News

by Tim Morrison  
TE Advocacy Chair

I went to a meeting at the City Hall in Central City (7/21/05) with Dave Evans from Bike JeffCo and Bicycle Colorado's Dan Grunig. This was the second time the council has deliberated on the Clear Creek Parkway bike ban removal. It looks good for us. I am cautiously optimistic about the ban being removed this year. Dave's proposal has been well received and they have done some engineering analysis and cost analysis. The mayor is all for it and so is the Business Improvement District. Now it's just a matter of getting the city council to allocate the needed funds for signage and dirt work. We will again attend next month's meeting and hopefully they will vote to overturn the ban. You could be riding it this fall. This would

be a great victory for cycling.

I will be out of town but it would be great if someone from TE could go with them on this important step towards getting cyclists off I-70. Obviously it would benefit the Triple as well.

As you may know Bike JeffCo has submitted a proposal for the Genesee to El Rancho connector trail as well to get bikes off I-70.

Lots going on. I know you probably heard about the complaints from residents about bikes on Squaw Pass. There is a meeting at the Georgetown Offices coming up about this. Apparently some folks want to close the road to bikes. It's never going to happen but we should weigh in on the discussion and try to offer some solutions. I'm not sure when the meeting is but I will try to attend.

## Bob Cook Memorial Mt. Evans Hillclimb

by Dennis Driscoll

The Bob Cook Memorial Mt. Evans Hillclimb on July 23, had quite a few TE riders on this Idaho Springs to the Mt. Evans summit race. Once we climbed above the tree line on Mt. Evans, we were

confronted with very windy conditions, often in our face, but we persevered.

George Rooney rode the event in 2:33 (15th in his 40-49 age group), and I rode it in 2:44, finishing 4th in the Old Farts Group (50-59).

I know I rode it as good as I could do without puking, which I almost did a mile from the top. I set my Personal Record for this climb. I also set a PR from Idaho Springs to Echo Lake, which I did in 1:10. I am very pleased with my performance and tickled by the 4th place finish. George was his usual animal self and rode great.



## We Need Your Help Triple Accident

A non-Triple Bypass rider was injured by a descending Triple Bypass cyclist while he was bicycling up Squaw Pass near Idaho Springs. Team Evergreen and the injured rider are interested in learning more about what happened. We would be grateful if you could contact Triple Bypass Director Leslie Caimi (303-525-6373 or [triple@teamevergreen.org](mailto:triple@teamevergreen.org)) with any details.

## Wednesday Rides Are Wheely Going Well

by Wendy Henke  
Bike log 7/29/05

It was a perfect day—cloudless, windless (at least until we descended) and 100 degrees in Denver! We started at Idaho Springs at 8:30, were at Echo Lake Lodge for a quick stop in 1:45 hours, and then UP! It took me 2½ hours to do the last 15 miles, but it was gorgeous! Colleen blasted up in 4 hours flat (riding time from the car) but I kept her in my sights above treeline!

She was waiting to show me the sights on the summit! We saw marmots, pica, mountain goats and their kids, and lots of flowers—I was amazed at the paintbrush, alpine avens, gilia, penstemon, daisies and tundra stuff we saw.

The views were awesome—clear views of Pikes Peak, Longs

*continued on page 18*

# Save Proposed Bike Path in Tetons

by Linda Schutt,  
Team Evergreen member  
avid cyclist AND environmentalist  
Lindaschut@aol.com  
970-406-2002

I am an avid cyclist and lover of your Triple Bypass for the past five years. I know Team Evergreen has some awesome members who would greatly care and enjoy taking a moment to lend support for this issue.

A paved bike path is being proposed for Grand Teton National Park in Wyoming. This would be a separate, but parallel path, 150' adjacent to the existing highway. The comment period for this project ends August 25th. The path is in jeopardy from the Jackson Hole Conservation Alliance, as "paving the park." The Alliance seems to feel that the park is already compromised by heavy traffic, 4 million vehicles a year—all the more reason a separate bike path is needed! Two bicyclists have already been killed in Grand Teton — 13-year-old Gabriella Axelrad biking with her family, and park employee Jeff Pools.

The National Parks Conservation Association has come out STRONGLY in SUPPORT of this path, and provides good information and photos on their website [www.grandteton-pathways.org](http://www.grandteton-pathways.org).

The Alliance is also arguing that cyclists will be attacked by grizzly bears as bikes will trigger a prey response.

Bicyclists might be attacked by a bear from time to time — hikers certainly are. Shouldn't then all hiking also be prohibited as a precaution?

I am a very STRONG conservationist and environmentalist — as well as past member of the Alliance. If this path were traveling even a quarter mile inland in the park, I'd absolutely be opposed to it as well. However, 150' adjacent to an existing highway, will not be an additional impact on wildlife, or scenery —and will provide much-needed safety for those who prefer to travel quietly through the park on a bicycle and enjoy the distance riding this path would safely provide.

## TAKE ACTION

*Comments must be emailed or sent by August 25!*

Please comment on a Transportation Plan that can transform bicycling both in Grand Teton and set a new standard for all our National Parks to embrace bicycling as core to the park's mission to protect the parks and provide for visitor enjoyment. Go to [www.grandteton-pathways.org/action.htm](http://www.grandteton-pathways.org/action.htm) and follow the easy instructions.

The other argument being made by the Alliance is that Jackson already has a paved bike path from Snow King down towards Hoback Junction and out to Teton Village. This should be enough for anyone wanting to bike. I've biked those paths many times, and they are nice neighborhood paths, but they hardly provide for any distance or even a tenth of a mile of forest to ride through. It's all congested neighborhoods. How

wonderful to enjoy a path, as we have up Ten Mile Canyon and Vail Pass. Those paths are not critical wildlife habitat or offensive to the scenery. 150' from the highway in GTNP is also not wildlife habitat. (Interestingly, the Alliance is not out opposing private aircraft over the Tetons, as some of their members enjoy. Aircraft noise is far more disturbing than any cyclist biking through. 4 million vehicles are also more deadly to wildlife on the roads, a far more significant impact than bicycles in the park.)

It would be great if we could all live in Ed Abbey's dream world of no roads in parks, but people enjoy our national parks and usage is increasing yearly. Safety should also be a consideration for those who prefer to see our parks quietly, over zooming through in vehicles.

Hopefully, more rational heads will prevail in this issue.

Any additional questions/information can be provided by David Vandenberg (Friends of Pathways, 307-733-4534, [www.jhpathways.com](http://www.jhpathways.com)) of Jackson Pathways (an AWESOME organization and guy) and Tim Young, ([tyoung@wyoming.com](mailto:tyoung@wyoming.com), 307-733-4680, [www.npca.org](http://www.npca.org)) National Parks and Conservation Association, an organization that all those who love biking and appreciate conservation should be supporting, given their tremendous support for this path — and all the other incredible work they are involved in!

This is an opportunity for an incredible biking path. Thank you if you can help generate support for this path through your membership. Comments are URGENTLY needed.

# TRIPLE BYPASS



Hooray for the dogs, kids and spouses who got up early for the send-off!



I wanna go so you can remove this phone from my head.



My legs are so strong I can hold back these cars.



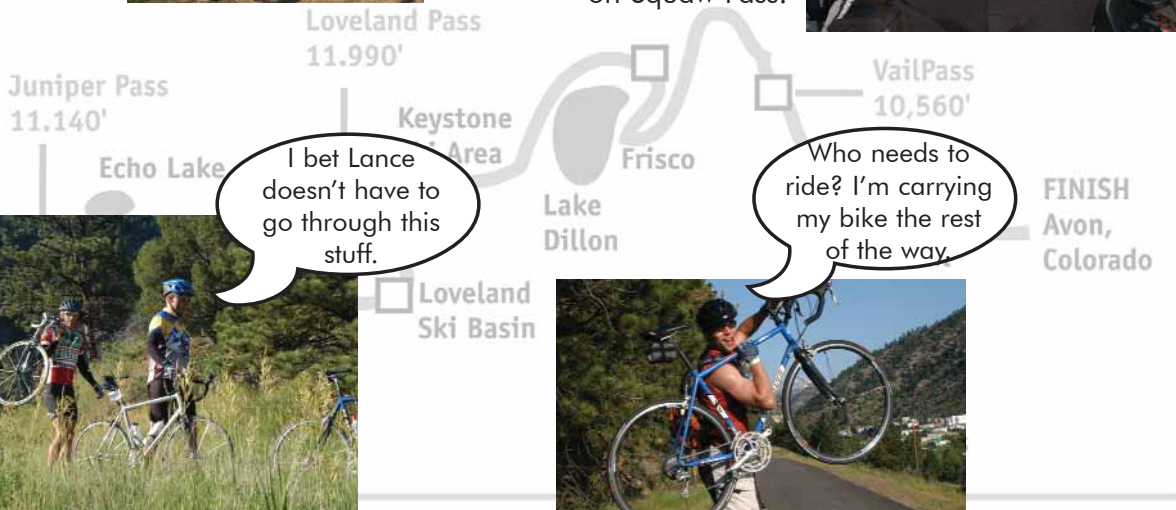
I shaved my legs for this?



What a great way to spend their honeymoon. Married just one week and still sporting the "Just Married" paint on their car, Christine Strickland sagged for husband Todd. "He sagged for me last year," Christine admitted. "It's his turn."



**How Tacky!**  
Sue Meinerz —the only participant to ride all 17 Triples— shows off the 4 tubes she punctured after riding through the tacks on Squaw Pass.



I bet Lance doesn't have to go through this stuff.



Who needs to ride? I'm carrying my bike the rest of the way.





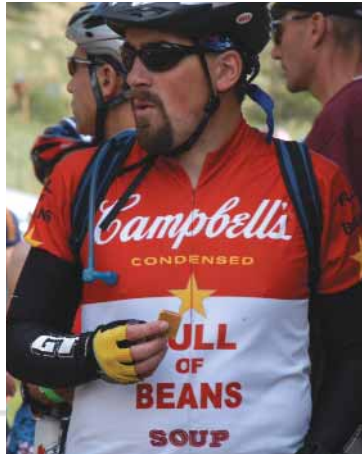
I think my hand is swollen from all of this clapping.



I told you getting your tongue pierced the day before the Triple was a bad idea!

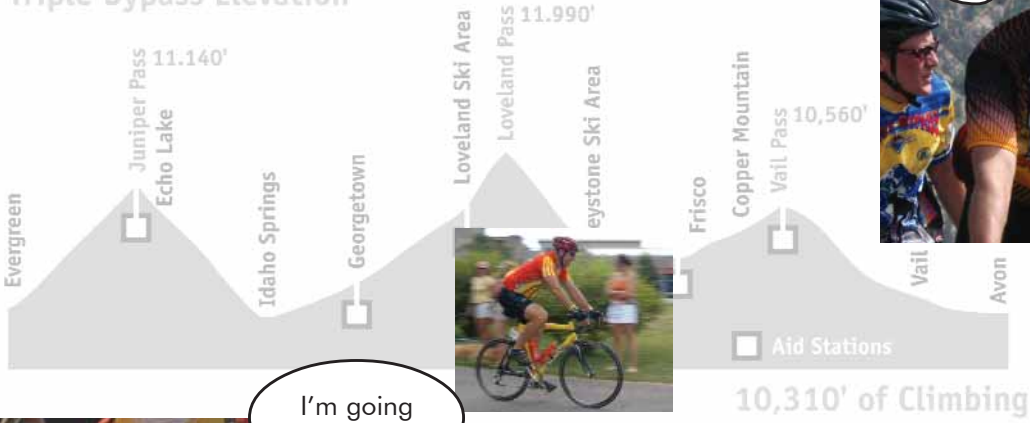


Not a good idea to pace behind this guy.



I don't know why my head hurts.

### Triple Bypass Elevation



Eleven-year-old Sam came out to support his "human," Darrell Deering, by wearing the latest in dog-togs; "My Human Rode the Triple Bypass."

I'm going Postal!

I will be the first to do the Triple with training wheels.

Got Jugs?



It's cold in them there hills.



My Dad is a WONDER!



# 17th Annual Triple Bypass a New Record

by Leslie Caimi  
Triple Bypass Director

The 17th Annual Triple Bypass, held on Saturday, July 9th, reached record attendance of 3,531 eager riders who rose to the challenge. To each and every one of you we salute your efforts and thank you for participating. The record numbers even caught organizers by surprise – Thursday July 7th found us making lots of phone calls to increase the number of port-a-lets (however there never seems to be enough!), food and water at the rest stops, food at the finish line... you name it! A supplemental jersey order has been placed to fulfill all the registrations as well. (FYI: for those waiting on jerseys – the ETA is mid-August, at which point jerseys will be mailed directly to the participant).

The weather was wonderful for the event – typical afternoon rain showers but this is Colorado after all.... A safe enjoyable day for most seemed to be the norm – unfortunately a couple of accidents did occur but the riders involved are all okay. Unfortunately an incident occurred three miles into the ride on Hwy 103 where an “individual(s)” decided it would be entertaining to throw tacks on the road. Fortunately no injuries were reported but a lot of flat tires. A big thank you to the Colorado State Patrol and Alpine Rescue for picking the tacks off the road. We would like to thank all the participants for their patience and cooperation on our little “hike and bike” in Idaho Springs. Major

road construction in Idaho Springs forced the Triple to use an interesting detour consisting of a steep singletrack/cyclocross route. We will be back to paved roads next year.

The Town of Avon was once again host to the finish line celebration for all Triple riders, families and friends. Food at the finish line was provided by Specialty Catering of Evergreen (nothing like feeding more than 3,500 hungry riders!), with beer sponsored by Tommyknocker Brewery in Idaho Springs. Other sponsors who contributed cash, product or services were: Javelin Bikes, Bicycle Outfitters, John Elway Subaru West, White Peaks Dental Care, Coldwell Bank/The Barringer Team, Full Cycles Bike Shop, ATP/Velocity Sports Performance, Clif Bar, Accelerade Energy Drink, Rocky Mountain Sunscreen, Handle Bar & Grill/Basil Doc's Pizza, the Town of Avon and Beaver Creek Resorts. Team Evergreen would also like to thank Bicycle Outfitters, REI, Canyon Cycles and Wheat Ridge Cyclery for providing mechanical support along the route.

As always an event such as the Triple Bypass would not happen without the support of the community and the many volunteers who put in lots of hours making sure everyone is taken care of. All in all – several hundred volunteers are involved in the execution of the day's events. We would like to thank the following groups for their support:

## Aid Stations

Blue Spruce Kiwanis – Squaw Pass  
Evergreen Players – Georgetown  
Special Olympics of CO – Loveland  
Women's Wilderness Institute - Summit  
Evergreen National Bank – Summit  
Border to Border Bike Tour – Vail Pass

## Start Line

Evergreen Children's Chorale – registration  
Drive Smart Evergreen - parking  
The National Charity League - parking

## On the Route

Bill & Susan Zeeb (Evergreen Kiwanis) – Route signage  
Lakewood Performing Arts Council – road marshals  
Kenyan Children's Foundation – road marshals  
Friendship Bridge – SAG  
Alpine Rescue Team – medical support  
P.E.O. – Finish line

Plus all the other individuals who step up to help.

So, a big thank you to everyone who rode, the volunteers who make this happen and the communities along the route for putting up with this moving city. Don't forget to mark your calendar for July 8th, 2006 for the 18th Annual Triple Bypass!

*See you next year!*

# August Rides

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

You do not need to be a Team Evergreen member to join us on our rides as long as you sign our participation waiver.

**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, August 3

Easy/Moderate Road Ride  
Wednesday Morning Ride

See details on page this page.

Wednesday Night

Blue/Strong Mountain Bike Ride  
Elk Meadow / Bergen Peak

Meet at the parking lot located on Stagecoach Blvd., about a mile west of Hwy 74 on the right. at 5:45 pm for a 6:00 pm departure. This ride is designed for strong riders who would like to challenge themselves on Bergen Peak and Elk Meadow. For those of you who do not want to climb Bergen Peak, see the Elk Meadows ride for a description of the easier ride. Round trip: 10 miles and 2,000 ft. elevation gain. Dinner/Libations: TBD. **Ride Leader:** CO Dolan 720-320-8532.

Friday, August 5

Easy/Moderate Road Ride  
Mountain Gentlemen and Lovely Ladies

See details on this page.

## Mountain Gentlemen & Lovely Ladies

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

The start times are as follows:

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.*



Join TE on the Hartman Rocks weekend in Gunnison, September 17 and 18. See page 2 for details. Photo by Terry Mitchell.

Saturday, August 6

Blue/Capable Mountain Bike Ride  
Gold Dust Trail #653

Meet at the Conifer Safeway at 8:15 am to

carpool to the trail. The start has 1 mile of gravel road and the top has 1/2 mile of gravel on Boreas Pass road. The 8 miles in the middle is some great seldom used single-track. The route is well marked with blue and sometimes orange diamonds. Ride a narrow trail thru aspen, scrub oak and pine forest, with a climb above timberline. The trail has a few rocks to make it interesting. This is an out and back ride. Round trip: 20 miles and 2,000 ft. elev gain. **Ride Leader:** Mark Rickertsen, 303-467-1878 or [mark@gbprinter.com](mailto:mark@gbprinter.com).

Sunday, August 7

Difficult Road Ride  
Copper Triangle

RSVP to the Ride Leader for this ride. At least 7 riders are needed. This is a long ride that will require 6+ hours to complete. Take I-70 to Copper Mtn. (Exit 195) and meet in the Copper Mtn. parking lot on the east side of the complex for an 8:00 am departure. Copper Mtn., Vail Pass, Vail, Minturn, Tennessee Pass, Leadville, Fremont Pass,

*continued on page 10*

# August Rides

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

Climax mine, back to Copper Mtn. Round trip: 81 miles 5,500 ft. elevation gain. **Ride Leader:** Chris Norton, 303-670-9723.

## Red/Strong Mountain Bike Ride Copper Mtn Bike Triangle

*RSVP: To ride leader so he knows which meeting point to meet.* Meet at the Copper Mountain pay lot (free in summer) at 7:45am

for an 8am departure OR El Rancho Park n' Ride (I-70 Exit 252) at 6:30 am for 6:40 am. The ride begins in the grass area between the American Flyer and American Eagle ski lifts. Look for other riders in the parking lot at 7:45am or in front of the American Eagle ski lift at 8:00 am. This ride has it all; pathways, double track, singletrack, a few obstacles, steep descents, and a two good climbs. The ride begins at the ski area, winds around new single track on the ski hill, connects with the Colorado Trail, and continues over two

passes during this epic journey. (About half the ride group has turned around at Searle Pass in past years). Total ride time is 6-7 hours. **Bring food and over 100 oz. water on ride (possible rendezvous with road riders).** Round Trip: 30 miles and 4,200 feet elevation gain. **Ride Leader:** Steve Kerschbaum, 303-674-8726 or [skerschbaum@geographix.com](mailto:skerschbaum@geographix.com).

## Wednesday, August 10

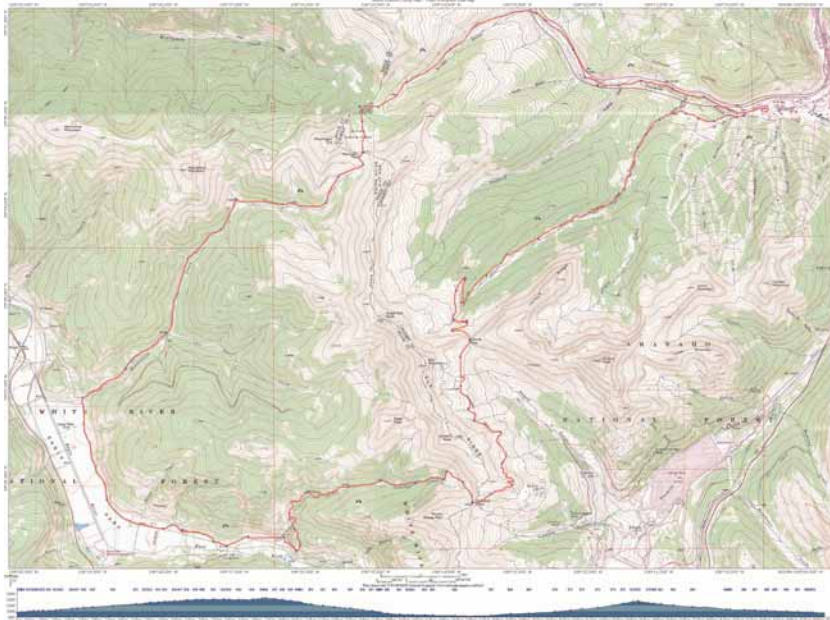
### Easy/Moderate Road Ride Wednesday Morning Ride

*See details on page 9.*

### Wednesday Night Blue/Capable Mountain Bike Ride

## Lair of the Bear to Pence Park

Meet in the middle of the Lair O' the Bear parking lot at 5:45 pm for a 6:00 pm departure. Ride from Lair O' the Bear on the connecting trail to Pence Park and back. Round trip: 12 miles and 1,400 ft. elev gain. Dinner/Libations: Red Rock's Grill in Morrison  
**Ride Leader:** Jeff Anderson, 303-901-5104, [jeffa@saundersci.com](mailto:jeffa@saundersci.com)



*Don't miss the Copper Mountain road and mountain bike triangles (mountain bike route pictured above) on Sunday, August 7th. See the TE website for maps, elevations, directions, and more.*

## Friday, August 12

### Easy/Moderate Road Ride Mountain Gentlemen and Lovely Ladies

*See details on page 9.*

## Saturday, August 13

### Black/Strong Mountain Bike Ride Gold Hill (Breckenridge) to Georgia Pass and back - (Rocky Mtn Century partial)

Meet at the Gold Hill Trailhead at 8:45 am for a 9:00 am departure. Follow the paved bike path for a short way, then cross the highway into a subdivision. Follow the CO trail signs as the trail winds its way up and down some hills, eventually flattening out on West

Ridge. After a short descent to the north fork of the Swan and a traverse to the middle fork, the trail climbs steadily to the pass. Turn around and return the same way. Depending on the energy level of the group, some could avoid the climb up West Ridge by taking the road up to the north fork or the middle fork, then connecting with the trail there. That would cut out a few miles and one - two thousand ft of climbing. Round trip: 34 miles 6,000 ft. elevation gain. **Ride Leader:** Brad Haack, 303-904-2223 or [brad-haack@email.com](mailto:brad-haack@email.com).

## Sunday, August 14

### Moderate/Difficult Road Ride Morgul Bismark Loop.

Meet in Golden at the corner of Ford St. and 12th St. (Coors Wellness Center) for an 8:00 am departure. This ride is deceiving, so plan for 4 hours to complete the round trip including the Morgul Bismark loop. Ford St., 10th St., Easley Rd., 64th Ave., Quaker St., Leyden Rd., Alkire St., 80th Ave., Simms St., 82nd St., Alkire St., 100th Ave., Simms St. Retrace the route from the intersection of Simms St. and Highway 128 back to

Golden. **Option:** Morgul Bismark Loop: Highway 128, Highway 93, Marshall Rd., McCaslin Blvd., Highway 128. Round trip: 40 miles 1,500 ft. elevation gain. **w/Option:** 52 miles 2,050 ft. elevation gain. **Ride Leader:** Vince Pietrobon, 303-274-9055.

## Wednesday, August 17

### Easy/Moderate Road Ride Wednesday Morning Ride

*See details on page 9.*

### Wednesday Night Mountain Bike Ride A Ride on Private Property

This is a new ride that has been added by Team Evergreen this year. Additional details

*continued on page 11*

# Aug/Sept Rides

*continued from page 10*  
for maps and more details of each ride, go to [www.teamevergreen.org](http://www.teamevergreen.org)

will be posted on the web as the ride date approaches.

*Friday, August 19*

**Easy/Moderate Road Ride**

**Mountain Gentlemen and Lovely Ladies**

*See details on page 9.*

*Saturday, August 20*

**Black/Strong Mountain Bike Ride**

**Winter Park - Tipperary Creek**

*RSVP: To ride leader via phone.* Meet at Winter Park ride start point (parking lot "A" east of ski area) at 9:45 am for a 10:00 am (allow 5 hours ride time). We will ride from the parking lot along the Fraser River Trail approximately 5 miles through Winter Park to Fraser. Other trails include the Tipperary Creek Trail over Morse Pass, Flume Trail, Chainsaw, single track, D2, WTB Trail, Blue Sky trail, Little Vasquez trail, Ice Hill trail, and Tracks Trail next to the railroad tracks. Turn right onto Lower Cherokee and prepare for your last climb. At the top of Lower Cherokee turn left and cruise across Tunnel Hill Road to the intersection of the Long Trail. Turn left and descend the Long Trail to the base of Winter Park Ski Area for refreshments. The cars are across the bridge in the parking lot. Round Trip: 34 miles, elev. gain: 4,000 ft. **Ride Leader:** Kathy Eckert 303-503-9728 (cell).

*Sunday, August 21*

**Moderate/Difficult Road Ride**

**Bergen Park to Echo Lake**

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

*Wednesday, August 24*

**Easy/Moderate Road Ride**

**Wednesday Morning Ride**

*See details on page 9.*

**Wednesday Night Mountain Bike Ride**

**Green/Capable Mountain Bike Ride**

**Evergreen Mountain from Alderfer/Three Sisters (Upper Parking Lot)**

Meet on Buffalo Park Road upper Three Sisters/Evergreen Mountain parking lot at 5:45 pm for a 6:00 pm departure. This is an easy/moderate ride designed for beginners and intermediate riders. The route goes all the way to the top of Evergreen Mountain and back, so riders of all abilities will get a good workout. Round trip: 8 miles and 1,000 ft. elev. gain. Dinner/Libations: TBD. **Ride Leader:** Chris Davis, 303-679-8510, [c.davis45@earthlink.net](mailto:c.davis45@earthlink.net).

*Friday, August 26*

**Easy/Moderate Road Ride**

**Mountain Gentlemen and Lovely Ladies**

*See details on page 9.*

*Saturday and Sunday, Aug. 27 - 28*

**Steamboat Mountain Bike Weekend**

*See website for more details.* Rides will include Nipple Peak, Rabbit Ears Pass and the Continental Divide Trail. There will be a group camp Saturday night. **Ride Leader:** Matt Bailey, 303-239-6857 or [onetackrider@yahoo.com](mailto:onetackrider@yahoo.com).

*Sunday, August 28*

**Moderate Road Ride**

**Sedalia to Palmer Lake**

Meet in Sedalia at the intersection of Highway 67 and Highway 105 (Perry Park Road) ½ mile west of Sedalia for a 9:30 am departure. Round trip: 47 miles 2,100 ft. elevation gain. **Ride Leader:** Gary Hart, 303-526-0614.

*Wednesday, August 31*

**Easy/Moderate Road Ride**

**Wednesday Morning Ride**

*See details on page 9.*

**Wednesday Night Mountain Bike Ride**

**Blue/Capable Mountain Bike Ride**

**Matthew/Winters Park**

Meet at the SW corner I70 & Morrison Rd. at 5:45 pm for a 6:00 pm departure. This is a great ride with lots of single track. For those who missed this ride in May, now is the time to experience this outstanding JCOS park. For those who want a more challenging ride, you can add Dakota Ridge and really have a technical riding experience. Round trip: 7 miles and 1000 ft. elev. gain. Dinner/Libations: Red Rock's Grill in Morrison. **Ride Leader:** Jerry Haynie, 303-915-5395, [jerry@teamevergreen.org](mailto:jerry@teamevergreen.org).

*Friday, September 2*

**Easy/Moderate Road Ride**

**Mountain Gentlemen and Lovely Ladies**

*See details on page 9.*

*Sunday, September 4*

**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.

# Club News

## September is the *Bike Beat* Vacation Issue

What did you do on your summer vacation? TE members have done some incredible rides and we want to hear about it! September's *Bike Beat* is our special "Summer Vacation" issue, with photos and stories from members about the Triple Bypass or their bicycling adventures. Email [bikebeat@teamevergreen.org](mailto:bikebeat@teamevergreen.org) before August 15th with your contribution.

## TE Oktoberfest on Oct. 30

Mark your calendars for October 30th for Team Evergreen's Annual end of season party! Oktoberfest will held on Sunday, October 30 from noon to 3 p.m. at the Lake House. More details will follow in the September *Bike Beat*.

"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](http://velocolorado.com)

# Important Fall dates

## 2nd Annual Trail Work Weekend September 24-25

We will again participate with the US Forest Service, IMBA, Trail Conservation Services, BOA and Front Range Mountain Bike Patrol to:

- Improve existing and develop new trails in Buffalo Creek
- Campout under the stars
- Enjoy a catered dinner and breakfast, music, libations and the company of ~150 other riders!

See web for more details.

## Weekend Mtn Bike Trips See TE web for more details

Aug. 27-28: Steamboat Trip. Matt ([onetrackrider@yahoo.com](mailto:onetrackrider@yahoo.com))

Sept. 3-4: Kenosha Pass to Breckenridge. ([c\\_davis45@earthlink.net](mailto:c_davis45@earthlink.net))

Sept. 3-5: Taos NM. Matt or Terry ([aspen80421@netzero.com](mailto:aspen80421@netzero.com)).

Sept. 17-18: Hartman Rocks (Gunnison). Terry ([aspen80421@netzero.com](mailto:aspen80421@netzero.com)). See page 2 for more information.

Oct. 14-16: Fruita. Clay or Terry ([aspen80421@netzero.com](mailto:aspen80421@netzero.com)).

## Kokopelli Trail - Oct. 6 - 9

Kokopelli's Trail Trip is on! — Chris Harry will lead this years trip down Kokopelli's trail. For strong and fit riders and bikes only. The Kokopelli's Trail is a 150+ mile trail that starts in Loma, Colorado and ends in Moab, Utah. We will climb approximately 10,000+ ft over the length of the trail. If you have never ridden this route, come ride this challenging and remote trail. We will be riding in fantastic desert scenery and camping in established primitive campsites with pit toilets, so we will have some comfort!

All meals will be provided, all our gear will be transported in our SAG van and to keep cost down, you will pitch in and cook either a breakfast or a dinner. Please email Chris at [racing@teamevergreen.org](mailto:racing@teamevergreen.org) if you think you have any interest in the ride. We need a minimum of 20 people. \*\*Also, you may be eligible for a discount if you get your spouse or a friend to help drive the sag vehicle or cook. Members \$150 per person, Non-members \$185.

## MALT Bike Swap on Sept. 17



The 3rd Annual Bike Swap will be held with the EVFD Safety Day, Saturday, September 17 from noon - 4 p.m. in Evergreen at the Bergen Meadows parking lot (3 miles south of I-70 on Hiwan Drive, off Bergen Parkway). This is a joint project of The Mountain Area Land Trust (MALT) and Team Evergreen Bicycle Club to benefit land preservation activities. Donate your outgrown or underused bikes of all varieties to M.A.L.T. and get a tax deduction! Consigned bikes are also accepted. The swap will be conducted as a silent auction with a small number of bikes at a live auction. Drop off your bike (up to a week before swap) prior to event at: Canyon Cycles (Kittredge, 303-670-2728) and Bicycle Outfitters (Bergen Park 303-674-6737). Please call M.A.L.T. for more details. 303/679-0950 or see [www.teamevergreen.org/bikeswap.htm](http://www.teamevergreen.org/bikeswap.htm) and [www.savetheland.org](http://www.savetheland.org)

# CYCLING INJURY: Prevention & Treatment

by Stuart Wilson, MS, PT  
www.championsmpt.com

**Q.** What is the best treatment for an injury?

**A.** Prevention.

It is far easier preventing an injury than it is treating one, especially with cycling. But why do some of us get injured and some of us don't? Why do we seem to get injured one year and not another? It usually comes down to the athlete's "threshold for injury", which is different for each individual, and even different for that athlete at different stages of their training and life. The threshold for injury basically depends on three elements: 1. Training, 2. Structure, and 3. Biomechanics. Each one of these elements is influenced by one another, and all have an effect on the outcome of the athlete's injury status.

**1. Training:** Training is one of the easiest to change, but try telling an athlete to change their routine, or worse-stop training. Duration, intensity, and type all play a role in training. It is very difficult to predict exactly where someone's threshold is for injury when planning or participating in training, but too much or too soon definitely plays a role. Recommendation: it would be best to consult a coach or trainer, but always remember to ease into a program or a session. Listen to your body and do not compare your self to the next person.

**2. Structure:** Structure is how our bodies are made up and sets the framework for movement and function. Referring to most of your structural anatomy, it is relatively unchangeable (except for traumatic accidents or when surgeries are needed). For example, you can not control or change the angle in

the Neck of your Femur (upper leg bone), but you can change the biomechanics, or the control over how your structure moves.

**3. Biomechanics:** This is where we can make the biggest impact. Biomechanics is "the action of forces on the living body." Basically, how your body moves, functions, and performs. It is affected by your musculoskeletal and neuromuscular systems, in other words your functional strength, balance, coordination, flexibility, endurance and the affect they have on your structure. External forces also play an important role- such as equipment and bike fit. Studies have shown significant improvements of joint patterns and biomechanics with the right training and corrections.

Improving your biomechanics is different for every individual. In addition, finding your injury threshold is difficult to predict. Having a professional look at all of those aspects is crucial. The athlete needs to know when to correct or when to compensate for one of those elements mentioned above. The first step is to have that Biomechanical Evaluation, Bike Fit, and Cycle Analysis to weed out those issues and correct for them (see the July newsletter for bike fit issues). The next is to balance the training aspect to correct for your biomechanics as needed.

There are some common patterns of problems that create poor biomechanics. Usually, with training or postural/work habits, we create an unbalanced environment. Our cycling position allows for certain muscles to

get tight and strong, or others to get long and weak. Therefore, we need to specifically train those neglected or overused areas. Here are three common culprits of cycle related issues. (*Always perform these exercises without pain. Consult a healthcare professional if you have questions or have a past medical history that could cause injury*):

## 1. Tight IT-Band (Ilio Tibial Band)

Your IT-Band gets a bad rep because it commonly gets tight and causes pain at the hip or knee. It is commonly tight because it is shortened in the cycling position. It is tough to stretch, and many people resort to using a foam roller to painfully mobilize it. Here is a dynamic stretch that will help stretch your IT-Band three dimensionally from origin to insertion:


### "Dynamic ITB Stretch"

1. Start with your Left leg on something

*continued on page 16*

# A.T.P

COLORADO CENTER FOR  
ALTITUDE TRAINING  
AND PERFORMANCE



**TRAIN YOUR BRAIN**

- meet with our sports psychologist or attend various mental performance clinics
- set realistic race strategies


**TRAIN YOUR GUT**

- lose weight with a plan from our registered dietitian
- measure body fat with our state of the art body composition measuring device
- plan your race day nutrition based on your current physiology and fitness level

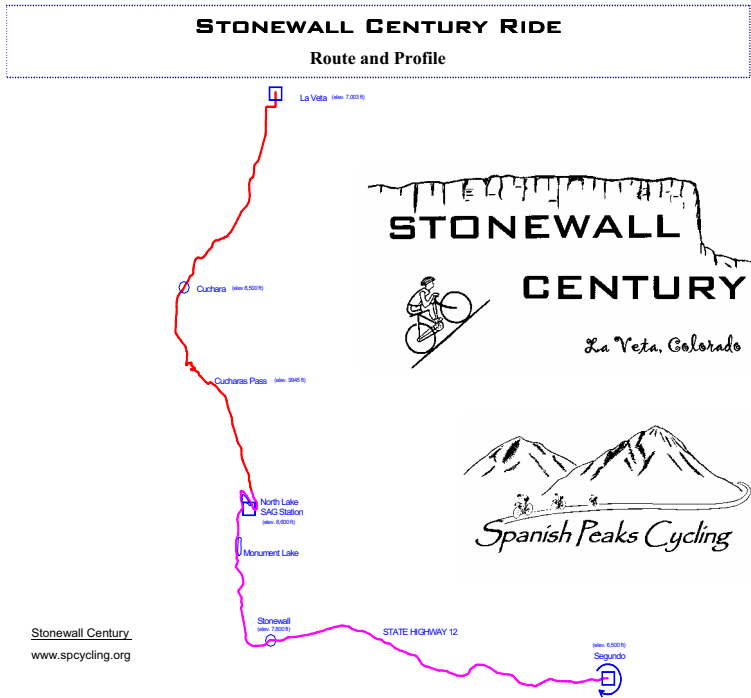
**TRAIN YOUR BODY**

- determine accurate heart rate training zones with lactate threshold testing
- increase speed and power with supplemental oxygen training (simulated training at sea level)
- improve your swim stroke with professional swim coaching and analysis
- improve comfort and power on the bike with our cycle analysis programs
- improve muscle imbalances with individualized core strengthening programs and clinics

Contact us at: 303.674.8008  
or visit: [www.atpcenter.com](http://www.atpcenter.com)



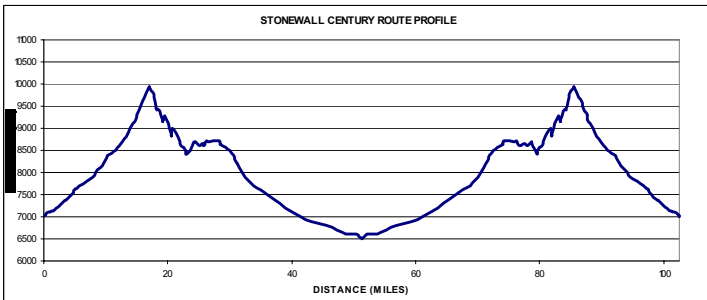
# Stonewall Century on August 13



The Stonewall Century is a challenging road bike ride along one of Colorado's most beautiful scenic highways. We welcome you to come and enjoy some of the best road riding in Southern Colorado.

- 102 miles, >8,000 ft elevation gain
- Quarter-century and half-century options
- Start/end in La Veta Town Park
- Start time: 6:30 am - 8:30 am
- Ride along beautiful Colorado State Highway 12 to Segundo and back
- Registration fee includes 6 SAG stations (including a mid-ride lunch stop), mechanical assistance, a post-ride barbeque, t-shirt, door prizes, and more

The route follows Colorado Highway 12, a designated Scenic By-way known as the Highway of Legends. Cyclists will start at 7,013 ft elevation in the La Veta Town Park. The road climbs to Cuchara village (8,500 ft), to the first feed station (1/2 mile before the ski area), to the top of Cuchara Pass (9,945 ft). From there, cyclists will descend to 8,400 ft then climb to the second feed station at North Lake (8,600 ft). The route continues to descend to the beautiful town of Stonewall (third feed station) and on to the lunch SAG at Segundo, where the route reverses and returns along Highway 12. Much of the ride is steady, moderate climbing and descending, however the approaches to Cuchara Pass are steep and challenging. The route starts and ends in La Veta, Colorado, located 50 miles



southwest of Pueblo, on State Highway 12. From Denver, drive south on I-25 to Walsenburg. At Walsenburg, turn west onto Highway 160. Drive 11 miles, then turn south onto Highway 12. Drive 5 miles to La Veta and the beautiful Cuchara Valley. See [www.spcycling.org](http://www.spcycling.org) for details, register with [www.active.com](http://www.active.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](mailto:bikebeat@teamevergreen.org)

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# Coming to a ROAD OR TRAIL Near You



## Spin Sports Festival **ASPIN ASPEN**

**August 4 - 7**

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

The Aspin Aspen™ is a fun and fitness getaway that uses the Olympic-style format to welcome you to the treasures of the Roaring Fork Valley. Think of it as a much smaller Boulder tradition except for bicycling—plus golf and fishing—just so no one is left at home!

## US Bank **MOONLIGHT CLASSIC**

**Saturday, August. 20**

[www.moonlight-classic.com](http://www.moonlight-classic.com)

The Moonlight Classic is riot . . . a night ride thru Denver with 5000 other riders and after parties; starts at 10 pm and runs on closed streets in the City and thru the 'hoods close in. The ride starts and finishes at the foot of Colorado's most recognizable landmark - The State Capitol in downtown Denver. The 15-mile course will tour landmarks, old and new. Riding at night will seem very different as you pedal your bike through the streets with your closest friends. An 8-mile short course will also be available; This is a fund raiser for Seniors Inc. and there is a \$30 entry. Costumes and lights beyond the required are encouraged. Zaniness is recommended too. Come on down and join the fun! This is one of the coolest events the City has to offer.



## Colorado State University **RAT Ride**

**Sunday, Sept. 4**

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

The RAT Ride is a one-day challenging road ride held on Sunday, September 4, 2005. The ride provides four routes (12, 50, 75, and 105 miles), accommodating riders of all abilities, from children to experienced cyclists. All routes will start and stop at C.B. & Potts on West Elizabeth in Fort Collins. The 105 mile route is extremely challenging, with nearly 8000 feet of climbing.

The purpose is to raise funds for two worthy causes:

TEAM Fort Collins, a non-profit organization dedicated to preventing the abuse and illegal use of alcohol, tobacco, and drugs, especially among youth and families. A scholarship endowment for the Colorado State University Rams Cycling Team. Register online at [www.active.com](http://www.active.com).

## 17th Annual **RED RIVER TOP OF THE WORLD MTN BIKE RACE & 28th Annual ENCHANTED CIRCLE CENTURY**

**September 10 & 11**

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

The Top of the World Mountain Bike Race in the Enchanted Forest is Saturday at 10:00 am. The 5½-mile course loops through the forest; including climbs, sharp turns and a steep downhill finish. The number of loops depends on your level of expertise on this NORBA sanctioned event. The Enchanted Circle Century is on Sunday; 100 miles of alpine cycling through the Sangre de Cristo Mountains. The mass start begins at 8:00 am and will take you through historic Taos, NM and alongside New Mexico's newest state park —Eagle Nest Lake, as well as challenging you to take on Palo Flechado & Bobcat Pass. For more information call 1-800-348-6444.



## 3rd Annual **BUFFALO BICYCLE CLASSIC**

**Saturday, Sept. 11**

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

Cyclists can choose to ride the 35-mile, 65-mile or 100-mile century courses for this fully-supported, fundraising ride to benefit students of CU's College of Arts and Sciences. Start and finish at the University of Colorado in Boulder and ride one of three courses through Boulder and Larimer counties. Riders can register online before September 10, 2005. For information or to get a mail in registration form, call 303-735-4199 or 303-541-1400. Ride packet fees are \$38 plus a minimum donation of \$40 or \$78.

# CYCLING INJURY

*continued from page 13*

like a counter top, etc. and your Right leg a little forward. Hold on to something for balance as needed. 2. Squat slightly with Right. Feel slight stretch in front of Left hip. Make sure your knee is not in front of your toes after you squat. 3. Start hands down by Left hip. 4. Both hands reach up and over the Right shoulder. If you are holding on to something, use only one hand to reach. Feel strong stretch in the front/side area (Tensor Fasciae Latae area) of Left hip and possibly around the side of the Left knee. If you are feeling it elsewhere, it may be incorrect. Repeat 2x10 on both sides.



*The Dynamic ITB Stretch.*

Stop if you feel pain (especially back pain).

## 2. Tight Hip Flexors

If the front of your hips are tight, that causes your pelvis to rotate forward which stresses your low back and changes the biomechanics on your spine and lower extremity.

### “Hip Flexor Stretch”

1. One foot on a chair, the other one extended slightly back behind you.



*The Hip Flexor Stretch.*

Hold on to something for balance as needed. 2. Push your “pelvis” forward, trying NOT to extend your back (spine). If you are doing it right: you will feel a stretch in the front of your hip. Advanced move: Rotate arms and hips to the same side as the forward leg to feel even more of a stretch. Repeat 2x10 on both sides. Stop if you have any pain, especially back pain!



## 3. Weak Hip Abductors

The butt is the motor. It controls not just the forward/backward motion at the hip, but the rotation and side to side motion for the whole leg. Yes, the hip moves three dimensionally in cycling too. Hip control also

has a huge influence on what happens at the knee and foot, as well as for balance and stamina. The hip is a major cause for lower extremity pain and injury.



*Hip Strengthening Exercise: The Travolta.*

### Hip Strengthening Exercise: “The Travolta”:

Stand on Left leg, toe touch with the Right. Raise your Right hand above you, swing it down and touch the outside of your Left Shin. As you are bending down: rotate and flex in your Left hip, and bend at your Left knee. A more advanced move is to balance only on the Left leg, keeping the Right off of the ground. Feel the burn in your Left Hip/Butt Cheek. Repeat on the other side. Do about three sets on each side. Stop if you are having any pain!

My favorite word of advice on getting injured: “don’t get injured.” You can prevent a lot of injuries and learn how to raise your injury threshold as well as rehab those nagging or acute injuries. It is important to look at all of these factors in creating an injury prevention plan.

*Good Luck and enjoy your ride!*

# **Bicycle Advocacy News**

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

## **PROGRESS ON CENTRAL CITY BAN**

Bicycle Colorado, Bike JeffCo, and Team Evergreen are working together to lift the ban on bicyclists on the Central City Parkway. Our efforts resulted on getting the bike ban onto the agenda of

the last two Central City town council meetings where we presented our case. We uncovered the city's true reason for the ban: a steep, narrow, shoulderless section which is currently the only route connecting the Parkway to Central City. The council is now looking into our proposed alternate route connecting bicyclists from the Parkway to Central City via a low-traffic residential road. Some minor construction and signage will be needed to provide bicycle-only access and the initial council response seems positive.

## **BIKES AND TOLL ROADS**

One additional bicycle-related change from the 2005 Colorado legislative session is found in House Bill 1148 (Madden and Mitchell). This bill clarified the state's toll road rules and in doing so specifically added that bike-ways and sidewalks are eligible for funding from collected tolls. The change is an improvement but is still far from a complete streets policy. Bicycle facilities should be included in every project unless exceptional reasons justify their exclusion. Even with this new change citizens have to work to get bikes included in a project. Bicycle Colorado is leading efforts to get complete streets

in Colorado. For general information visit [www.CompleteStreets.org](http://www.CompleteStreets.org).

## **DENVER BIKE/PED BRIDGES**

Our last newsletter highlighted two promised bicycle/pedestrian bridges in south Denver which RTD asserts they cut from the FasTracks plan before

going to the voters.



Bicycle Colorado and Bike Denver are in discussions with involved

transportation agencies and will report on progress in the months ahead. Transportation Solutions, a non-profit transportation association, has completed a fantastic study of these needed bridges. Check out the aerial photos overlaid with bike routes and sidewalks at [www.LightRailStations.org](http://www.LightRailStations.org). Bicyclists are able to submit comments in favor of the bridges on this website.

## **WELCOME NEAL AND JANNELL**

Bicycle Colorado would like to introduce the newest additions to our staff. Neal Lurie heads up marketing and membership functions and Jannell Shaw manages volunteer and office coordination. Neal and Jannell have strong backgrounds in bicycle advocacy and have a great knowledge of Colorado issues. We are excited to have them on board.

## **BICYCLE LAW Q&A ON WEBSITE**

Members of Bicycle Colorado have enjoyed reading bicycle attorney Brad Tucker's column in our print newsletter, "Ride Time News." Since bicyclists often contact us with these types of questions, we have decided to share past columns on our website. Brad addresses your Colorado bicycle law questions

like: Which insurance covers costs from a bicycle-related crash? Does a bike club have liability? Can you be charged with drunk biking? Visit [www.BicycleColorado.org/to/Legal](http://www.BicycleColorado.org/to/Legal) to read Brad's responses. You can get your own free copy of "Ride Time News" by becoming a member at [www.BicycleColorado.org/to/Join](http://www.BicycleColorado.org/to/Join).

## **CoBIZ ROAD RAMBLE SIGN-UP**

CoBiz Road Ramble starts its 12th annual ride on Sunday, August 28th. The Road Ramble is an Event Member of Bicycle Colorado. The course begins at Larkspur and winds through the beautiful countryside around Palmer Lake, Monument, and Black Forest. For everyone from the recreational rider to the serious cyclist, there are four routes of 12, 34, 65 and 100 miles. Don't miss the post-ride party with music, food, entertainment and prizes topping off a fun and rewarding day. Proceeds benefit the Griffith Centers for Children. Online registration and details are at [www.RoadRamble.com](http://www.RoadRamble.com)

*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>.*

## **Get 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](mailto:tbpregis@teamevergreen.org)) to request the switch. We now have over 400 email subscribers! And, because there is no delivery delay, it arrives faster than snail mail.

## Team Evergreen Classifieds

**'99 MOOTS YBBEAT MTB FRAME FOR SALE:** 18", titanium frame, good condition. For Sale by original owner. \$950.00 Call Calvin at (303) 870-1450 or calzone68@gmail.com Photos available upon request.

**FOUND ON SQUAW PASS:** Set of car keys on June 14th. Call Tammi to identify. (303) 434-2252 (cell).

**MOUNTAIN BIKE FOR SALE:** Med size Cannondale Caad 3 hardtail mt bike. Fantastic shape. Hung in garage the last 2 yrs. Lots of new parts. All XTR except the brakes—they're Avid Mag. USE shockpost, Fatty SL fork and Headshock. Spinergy Spox wheels, 747 pedals, choice of several saddles. \$775 E-mail Leon at whobeleon@comcast.net or call (303) 987-9172 for more info.

**MONGOOSE PRO RX 9.7: FOR SALE** 54cm. Tri/TT carbon Mongoose Pro RX 9.7. All DA parts with less than 300 mi. Specialized Tri spoke carbon wheels (700). Profile aero bars and DA barend shifters, Deda stem. etc., etc., \$875. Call or e-mail for more info. whobeleon@comcast.net or (303) 987-9172.

**BIKE FOR SALE:** Litespeed Ocoee Ti Hardtail Mountain Bike; 14 in. to Top, 16 in. effective with 8 sp. XTR Group, Except Hubs, Chris King headset, Avid front disk brake, Moots seat post, Manitou Mars front shock. \$1,200 obo, Call Katerina at (303) 810-3223 for more information or if interested.

**HELP ME HELP CANCER RESEARCH:** TE Board member is raising funds for the Lance Armstrong Foundation in support of a longtime friend diagnosed with intestinal cancer last Christmas. I need your financial assistance. Reach into your heart (and wallet) and make a donation to this worthy cause. To help, drop an email to tevens@moreyevans.com with your contact information and pledge. \$10, \$25, \$50, \$100 or whatever would be most appreciated.

**2003 LITESPEED TUSCANY:** Sweet 57 cm, Black and Titanium colored Tuscany. Ksyrium Elite wheels, full Ultegra groupo, carbon litespeed fork. About 500 miles of use, this bike is like new and really nice. \$2200.00 or best reasonable offer. Please Call Tom (970) 485-0727.

**MOUNTAIN BIKE FOR SALE:** TREK4500 2002 BLACK/GOLD 18in Mtn bike. Like new, less than 50mi/never trail ridden includes owner's manual. \$300. Call (970) 484-8459.

**JERSEY FOR SALE:** Giordana long sleeve, red on black. Size medium, possibly a woman's jersey. New, never worn. \$40. 2 pairs of good Shimano casual mtb shoes. size 42, about 8.5. I will have these with me at rides that I attend. Ben Sokolski, roaddog@bicycling.com (719) 486-5983.

**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.

*Team Evergreen members can place a free classified ad by emailing it to [bikebeat@teamevergreen.org](mailto:bikebeat@teamevergreen.org) or fax to 303-670-4656.*

## This is Wheely Fun!

*continued from page 4*

Peak, Quandary, Grays and Torreys, the Indian Peaks, and even the Gore Range. There were some other cyclists, some hard core guys that went up one by one, a couple of Swedes on mtn. bikes that were working here this summer to learn English, an Asian guy, but no other women! It was warm in shorts all the way up, but chilly as a cloud came in while we were at the top. We rode down with just wind jackets, in spite of hauling along arms, legs, and extra full-finger gloves. The descent was jarring, pretty much all the way to Echo Lake, where we shed our jackets and picked up a stiff headwind for the last 13 miles.

Back to the cars by 3 pm, and into heat and traffic snarls on I-70 . . .

What a great day! A first ascent for both of us! Sad for Colleen, who had to hustle to make it to work after a quick shower at home, while I was taxed just writing this . . .

See you for a fun ride on Wednesday—last week's selection by AG in Summit County was wonderful and well-attended! A grand time was had by all!

## 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)	aafmiller@yahoo.com
Asst. Secy/Volunteer Coordinator	Terri Wickstrom	303-474-4161 (h)	720-359-3119 (w)	bicyclebabe62@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	303-355-3581 (h)	303-757-5446 (w)	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* is available by email (under 2 MB), 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
Evergreen, CO 80437

Is your membership expiring? Check your mailing label.

Full Cycles Bike Shop - Toll Free 866.752.9010 - groups@fullcycles.com



what comes around...

Thank you for your support of Team Evergreen. For great savings, simply create an account on www.FullCycles.com and use the Sponsorship/Group Code "TEAMEG." Your Team Evergreen Discounts will be obvious on products from companies like these:



TEAM EVERGREEN BIKE BEAT AUGUST ISSUE!

GRAB YOUR BOOTS!

Jefferson County Open Space Volunteer Trail Days

Volunteer to help build the trails you love to use!



Dates:

2005 Saturdays 8 a.m.-4:30 p.m.

Table with 2 columns: Date and Location. Rows include June 4th at Hildebrand Ranch Park, July 9th at Alderfer/Three Sisters Park, Sept. 10th at Centennial Cone Park, and Oct. 8th at Centennial Cone Park.

Pre-registration required two days in advance of each project.

303-271-5922

Contact Nora Simmons, Volunteer Services Coordinator, for more information about times, locations and what to bring besides your boots!



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