

Team Evergreen's

Bike Beat



January/February 2005 Team Evergreen Bicycle Club Inc.

P.O. Box 3804, Evergreen, CO 80437

www.teamevergreen.org

From the Captain's Saddle

Guest Columnist

My Old Friend

by Dave Nelson

Past TE President

Bruce got swamped with a few projects and asked the always profound, past prez. Dave Nelson to fill in this month.

Since 1995, I have had 3 cars, 4 laptops, 7 cell phones and 2 houses. None of this is practically out of the ordinary. Needs change and technology continues to evolve in a relentless march to the beat of planned obsolescence.

One of the things that hasn't changed in that time period is my road bike. Yes, it's true; I ride a 10-year old bike. I freely admit it and I'm proud of it. I spent an enormous amount of time back in 1995 researching that purchase, time I doubt that I could spare right now. Back then, I was riding an older style steel frame that never quite fit me. I never developed an attachment to that bike so the decision to find a new ride was an easy one.

This one is different. From the moment I test rode it I knew I had found "The Bike." Sounds corny and somewhat like a first date with your soul mate but there is no denying it; I fell in love with my bike.

continued on page 2



TE past presidents Dave Nelson and Joel Marks (from left) led the way on the annual January 1st Polar Bear ride. Photo by Ellen Nelson.

Happy New Year!

Can you say resolutions? Is bicycling at the top of your list? Check out this issue of *Bike Beat* to see what tempting events we've spun up for you to keep your resolutions cranking.

First, Mike Carter is leading his Mountain Gentlemen and Lovely Ladies laid-back ride down the mountain on bike paths throughout the winter, weather permitting. Call Mike at 303-670-7898 to see if it's warm enough to ride.

Or if you want to stay inside, con-

sider the Indoor Century. Think you could spin for 100 miles? Take the challenge with the club at Bicycle Outfitters on February 5th. See pages 9 and 13 of this issue for more details. Remember, *Res Firma Mitescreve Nescit*.

TER, Team Evergreen Racing is already training at Bear Creek State Park, see pages 3 and 9 for more on that!

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

continued from page 1



As soon as the new Central City Parkway opened, Bruce Epstein and Bob Campbell cycled it. That may have been the only chance TE had to ride the route, the highway was closed to cyclists the next day.

Winter Activities

Think a little snow and cold is going to stop our dedicated band of mountain bikers? There is a lot going on! Jerry Haynie has led a handful of rides over the last few months, and when there's too much snow, they've gone snowshoeing! Email Jerry at jphaynie@mindspring.com to get on his email list for upcoming TE activity announcements.



It seems like ages ago, but Team Evergreen had a great turnout for their Crested Butte weekend last July. Check out the wild lupines! Photos by Elisa Whaler.

Its battleship gray color is not particularly pretty and it is not fashionable dressed. The welds are downright ugly and some of the components are, well; dated. The name is a well-known brand, common to some but few people know that it was a hand-built limited run. It has shown its age in the last few years but nothing out of the ordinary and it creaks a bit when I push hard but who doesn't?

Light even by today's standards, it climbs to the best of its owner's abilities and descends stable and true although sometimes a bit beyond my abilities. I ask and it delivers. The thought often enters my mind I could ride faster and climb stronger if I had a different bike. But in the final analysis, it's still the engine that rules the day; at least for me.

Sure, I've been tempted. I drop into the bike shop for this or that part and there they are; shiny and new with the latest in drive trains. Exotic frame materials that were not in my material science textbook back in college. Paint jobs that announce your arrival 10 minutes before you actually get to where you're going.

I just can't do it. Maybe this year I'll get around to replacing the fork with a more forgiving carbon fiber model. The saddle is old and worn and should probably go in favor of a more anatomically correct design and my 48-year old legs might be a bit happier with a 10-speed compact crankset. But I can't imagine myself riding another bike.

I've tried a few, great bikes that moved like a dream. I've strayed. But I couldn't stand it. I was never comfortable. Something just didn't feel right.

My bike looked out for me when a

continued on page 7



Team
Evergreen
has gone
to the
races...and
you can
join!

THE RACING

by Chris Harry

“Team Evergreen goes to the races” is what you read in the last issue of *Bike Beat*, in this newsletter it will be Team Evergreen WILL be going to the races! The board members have approved initial funding to allow us to start Team Evergreen Racing (TER) for 2005. The team is open to all club members who have an interest in bicycle racing. Whether you race mtb, road track, endurance, downhill or any other type of bicycle racing TER can help you.

Our team membership application is posted on the TER website; the cost will be \$90.00 and will include (TER shorts, jersey and socks). As a member of the

team you will receive product discounts, the chance to train and race with like minded riders, get coaching advice and also participate in the Rider Incentive Program (RIP).

We will be offering our team riders the chance to earn RIP points throughout the year in which they can cash in the points for greenbacks or trade them in for TE and TER merchandise. The riders will earn points for attending races and for placing well in their categories. The RIP program is a great incentive for the riders and will promote internal competition among members.

If you are interested in joining the race team, please print out the application and send it in ASAP. We have a

mid-February deadline date set to order our team clothing and we want to make sure you will have a racing kit to wear. The February deadline date will also apply to being able to participate in the RIP program and earn money back from racing!

If you would like to find out more information about Team Evergreen Racing or about the weekly training rides please email Chris Harry at racing@teamevergreen.org. Also a reminder that our team training rides are open to ALL Team Evergreen club members, *(we are already training every Wednesday, see our website and page 9 for details)* so please join us if you like to train harder!

Youth Cycling

ATTENTION PARENTS

Members of Team Evergreen have been discussing the need for a "Youth" cycling program. Are you interested?

If we want it, we can do it, but we will need everyone's assistance to get it done. Initial thoughts are to have it on Saturday afternoons and will be organized for road and/or for mountain enthusiasts.

Like all current programs it is all volunteer and so the need for parents to step forward and make it happen is key. Principals of the club have given their support and now interested Mom's or Dad's please give Kirk Ryder a call or email to further the process. 303-697-6748 or email kirkryder@msn.com

Wanting to have a organizational meeting ASAP.

ACT NOW · THANKS



Triple Tidbits

by Leslie Caimi
Triple Bypass Director

The 17th Annual Triple Bypass will be here before we know it! No time like the present to start training!

The Triple will be held on Saturday, July 9th and will once again travel from Bergen Park to Avon. Registration fees for early registration (prior to June 9th) will be: \$80 for TE members, \$98 for non-members. After June 9th the fees will increase to: \$98 for TE members and \$118 for non-members. For those that wait until ride day to register, fees will be \$129. So don't wait — register early. Registration will open on February 1st, 2005. Please go to our website www.teamevergreen.org to register online or to download a printable version.

New this year! Active.com will be joining with Team Evergreen to help us with our online registration process.

We'd also like to welcome back Javelin Bikes as a top sponsor of the Triple Bypass! Check out their website at www.javbike.com.

SPIN

Race quality spinning classes in Evergreen. Sprints, simulated hill climbs, and endurance building.

OK the days now shorter, and its dark when you get off work! Like yourself, I'm looking for a place to keep my base miles from the summer of riding.

So here ya go—I am teaching Spinning Classes at the Buchanan Center at 6:00 am on (optional Mondays) and Thursdays—for one hour, longer if you can handle getting out of bed. The fee is \$5 in district, \$7 if you are out.

I will also be subbing at the Bicycle Outfitters and the Evergreen Racquet Club. Keep this in mind if you can't become a regular. You can also pay by the class at these clubs—\$6 to \$9. There are 15 spots at Bicycle Outfitters, and 20 at ERC, other classes will be coming soon. Call me at 303-944-4468 and let me know you are coming so I will reserve your spot. If you know someone else that might want to spin let them know.

The Triple will be here before you know it, so now is the time to start getting in prime shape!

Need a reason? Here's four:

1. Intense cardio & aerobic workout,
2. Fun music,
3. Stay in touch or meet new riding partners,
4. It is a great way to start the day!

So don't let the snow or lack of daylight keep you inside, go somewhere . . . and get your butt out of the bed!

If you want to know more info in the future, please email me at Ken_Flowers@msn.com.

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

Robb McGuffin, Bicycle Outfitters

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

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

SEE VELOCOLORADO.COM FOR FULL CLASS DESCRIPTIONS.



Bergen Vill. Shop. Ctr. across from King Soopers | 303.674.6737 | velocolorado.com



Team Evergreen Bicycle Club's

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 \$300/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) for late breaking news and more details.

Contact mountainbike@teamevergreen.org for specific questions.

AROUND THE RINGS

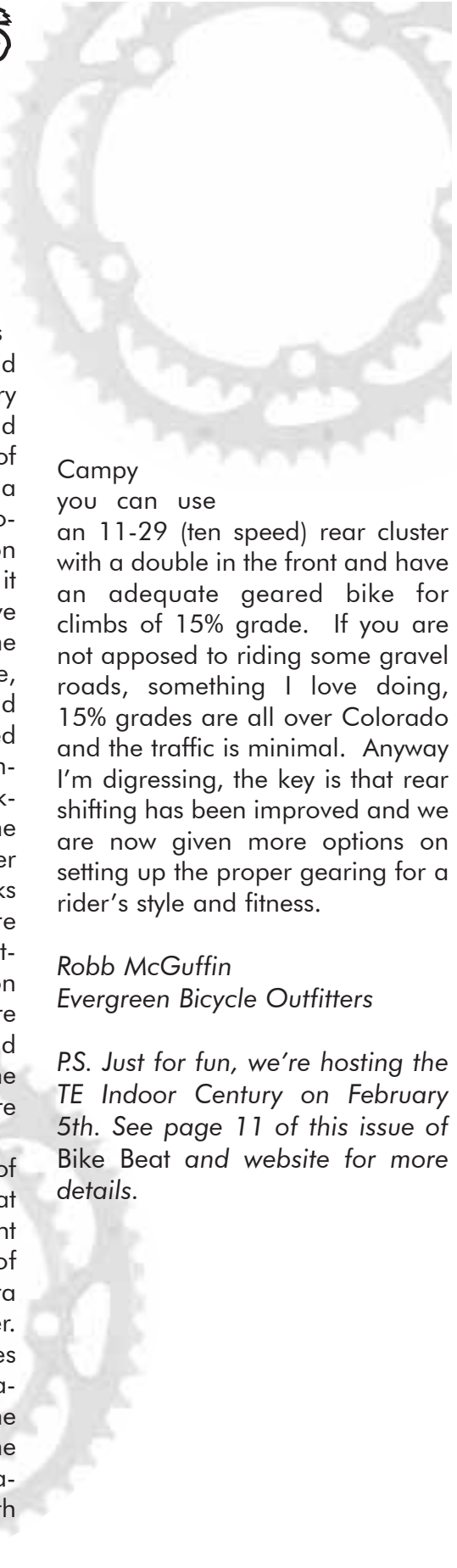
by Robb McGuffin

Last September I had the joyous privilege of spending a few days in Wisconsin touring the Trek factory and learning how Lance's tour winning bikes are created. One of the best experiences of the trip was riding one of Lance's new machines, the Trek Madone, kitted with the 2004 Dura Ace. At that time I had only seen the new Dura Ace on race bikes as they buzzed past us on the roadside of France during the Tour. Anyway, while we were in Wisconsin I had a chance to get intimate with the new Dura Ace group and OH BOY is it ever dreamy. You've probably by now read reviews on Dura Ace and I'm sure a lucky few have even tried it. I want to give you an overview of the group and how it applies to the type of riding we do in Colorado.

One of the first things that you feel when riding the new Dura Ace is your hand fitting into the bars and levers. The current trend is to attach the levers higher onto the bars creating a nice flat area for the hands to rest. The levers have been redesigned to better accommodate this more comfortable and powerful body position. They are narrower in the body and slightly longer in how they fit the hand. In addition, the throw required to shift gears is shorter and faster. Add all this up and you get a lever that is more comfortable for long rides, shifts quicker, responds better during standing climbs and sprints and shifts more easily under a load (uphill shifts). All of these elements are continually thrown at us during Colorado rides.

Another stunning visual and performance feature of the new Dura Ace is the crank set and integrated bottom bracket. Visually it looks very different and fast, bearing a sleek Japanese-style design. I think that a bike is as much function as it is aesthetics and the cranks add an element of speed and luxury while being totally functional and superiorly efficient. As a matter of fact, Velonews just conducted a study with all the major crank producers and the new Dura Ace won the overall award. So what does it mean to you? The bearings have been moved to the outside of the bottom bracket shell of the frame, which makes them stiffer and stronger. The spindle is connected to the drive side of the crank, eliminating the old style bottom bracket bearings and spindle, so the overall weight is 27 grams lighter than previously. The new cranks require less maintenance, are lighter and stiffer, and spin like butter! When you get these cranks on a hill and drop the hammer, more energy is transmitted to the road than ever was possible before. The bike climbs faster and is more powerful.

Ten is better than nine. One of the elements that could hold great potential for us mortals that want to ride the big mountains of Colorado is the update of Dura Ace to a ten-speed rear cluster. The tighter cog spacing makes shifting faster and gear combinations smoother. It also offers the potential to ride a double in the front with a larger gear combination in the rear. For example, with

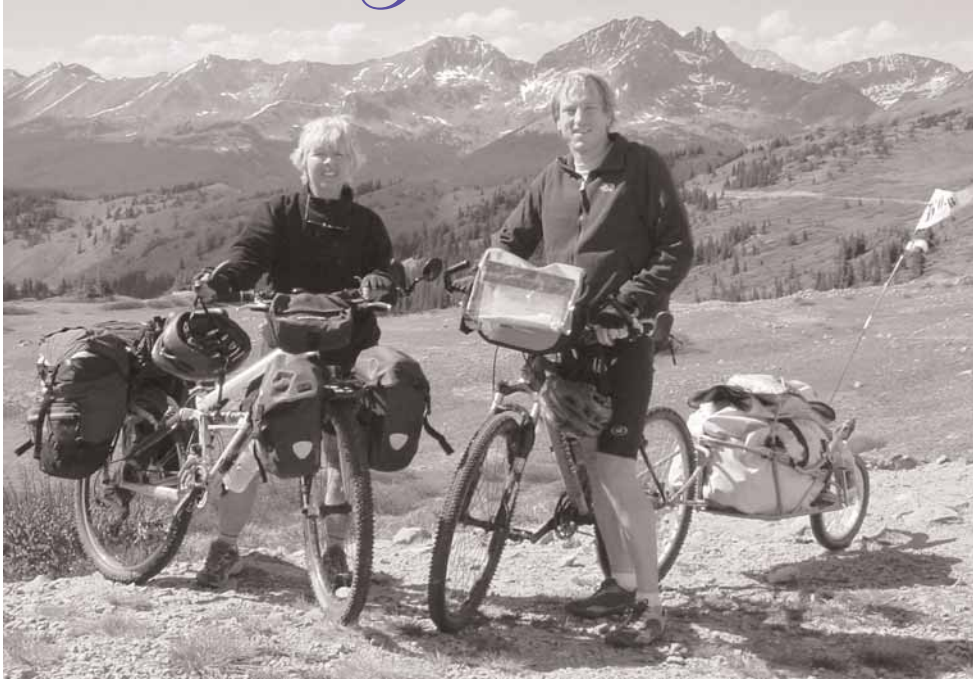


Campy you can use an 11-29 (ten speed) rear cluster with a double in the front and have an adequate geared bike for climbs of 15% grade. If you are not apposed to riding some gravel roads, something I love doing, 15% grades are all over Colorado and the traffic is minimal. Anyway I'm digressing, the key is that rear shifting has been improved and we are now given more options on setting up the proper gearing for a rider's style and fitness.

Robb McGuffin
Evergreen Bicycle Outfitters

P.S. Just for fun, we're hosting the TE Indoor Century on February 5th. See page 11 of this issue of Bike Beat and website for more details.

The Art of the Hobobiker



Nancy Lewis-Lentz and Randy Fay at 12,000 ft. on the top of Cottonwood Pass during their big ride last summer.

Opening Reception

Friday, March 4th
6:00- 9:00pm

(this is when you get the wine and crackers!).

Gallery open 11 am - 4 pm

Monday - Friday
throughout March at the
Artistic Edventures

151 W. Mineral Ave, Littleton, CO
303.794.5333

*Randy Fay
and Nancy Lewis-Lentz*
303.781.7370

www.hobobiker.com
RandyAndNancy@hobobiker.com

Photographs of Awe-Inspiring Places in Mexico, Canada, and the United States

The Art of the Hobobiker: Photographs of Mexico, Canada, and the United States will open to a wine and cheese reception on March 4, 2005 from 6-9pm.

Randy Fay and Nancy Lewis-Lentz (website: www.hobobiker.com) will display their favorite pictures from thousands of miles of bike touring. Open to the public. Gallery hours: Monday through Friday, 11-4 throughout the rest of March.

Captain's Saddle

continued from page 2

rear spoke snapped coming off Loveland Pass during the '03 Triple and stayed under me when the stem bolt broke coming down a 15% grade outside of Cody, Wyoming 3 weeks later. My bike was there in the garage later that fall when I was ready to ride again after my heart surgery.

I have never given it a name. It's just my bike. My car sits outside. My bike gets the garage. I wouldn't think of asking an old friend to sit outside in the weather waiting for me.

See you on the road. . .

John Elway Subaru West

SUBARU

DRIVEN BY WHAT'S INSIDE™

10% OFF

Parts & Labor on any Repair
(up to \$150 discount)

Plus applicable taxes. Valid only at John Elway Subaru West. May not be combined with any other offer. Subaru vehicles only. Must present coupon when order is written.

\$13.45

Oil Change

Plus applicable taxes. Valid only at John Elway Subaru West. May not be combined with any other offer. Subaru vehicles only. Up to 5 quarts of oil. Must present coupon when order is written.

**John Elway Subaru
West**

16351 W. Colfax • Golden, CO 80401
(303) 590-6600



Club News

Team Evergreen's Annual Ride Leader's Dinner

Did you lead a ride in 2004? If you did, then you've earned a free dinner on TE! This year's dinner is a buffet set for Friday, February 4th at 6:00 in the Canyon Room (downstairs) of the Mount Vernon Country Club. Please contact George Rooney at gbrooneyiv@yahoo.com if you have any questions.

Team Evergreen is a bicycle club of volunteers. Many people enthusiastically contribute their energy, time and ideas because of their passion for cycling and their desire to serve our community. Also, it is fun. You are cordially invited to join in on our fun in any capacity that you choose.

Tom Evans has been working overtime lately for Team Evergreen, and we are grateful to be the recipients of his inspired energy and talent. As our Sponsorship Chair, Tom continues to refine our Sponsorship Program and to seek new sponsors for the Triple Bypass and the Racing Team. Tom is a marketing professional, and the marketing muse recently inspired him to create a new club logo and identity. As if all of this was not enough, Tom also recently disappeared into the recesses of his basement to develop an entirely new, fresh look and feel for Team Evergreen's web site. Tom's leadership and energy invigorate our club.

George Rooney stepped to the plate, once again, and agreed to host our annual Ride Leader's Dinner. We have a fine tradition of honoring those

Appreciations

Club Members who lead our rides. Our ride leaders are absolutely critical to the success of Team Evergreen, and George knows how to honor them. Thank you George for throwing a great party.

Thanks to **Laura Robinson** who orchestrated our analysis and facilitated our decision to overhaul the registration process for the Triple Bypass. We decided to utilize Active.com to register riders for the 2005 Triple Bypass, and Laura's leadership served as the catalyst to this enhancement.

Chris Harry volunteered to serve as Race Director for Team Evergreen's first road and mountain bike Racing Team. Approximately 100 club members expressed a desire either to race or to train with a racing team, and Team Evergreen Racing is our response to this demand. Team Evergreen Racing would not have happened without the effort, enthusiasm and determination of Chris. We wish Chris and our entire new racing team many victories and satisfying hours of training in 2005.

Welcome to our three new Board Members. We are grateful that **Mac McShane, Steve "Shredder" Riggle and Tom Gardner** enthusiastically joined the Board in January, and we look forward to working and riding together (in addition to drinking beer after the Board meetings). With the addition of Mac, Shredder and Tom, the Team Evergreen Board is now blessed with a record 15 committed, caring and friendly Board Members.



WHITE PEAKS

LUXURY DENTAL CARE

303-991-4320



Winter Events

Mountain Gentlemen & Lovely Ladies

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

This ride is perfect for cyclists new to bicycling. The ride leader promises that slower speeds will be encouraged and no one will be left behind.

Weather permitting. This one-speed (slow) ride is great for beginning cyclists or easy training miles. Meet in Morrison at the east end of town on CO Hwy 74 (near C-470) across the road from the Conoco Breakplace, time TBD. We will follow bike paths to McDonald's in the Bear Valley Shopping Center and return (22 miles) or continue to Chatfield and return (48 miles), or even pedal to downtown Denver and Larimer Square (45 miles). Call Mike Carter (303-670-7898) to find out start time and see if there is going to be a ride.

TRIPLE BYPASS RACING

Beginning January 5, 2005

Every Wednesday until March 1, 2005

3:00 PM at Bear Creek State Park

Meet at Morrison Road/C470 (across from the Conoco) parking on the wide shoulder of Rooney Rd.

We will be riding multiple out and backs around Bear Creek State Park. Ride is open for road, mtb and triathlete /multi-sport riders. It is highly recommended that all riders be on their road bikes to keep up with the group. See our website for more details. Call or email Chris Harry (racing@teamevergreen.org and 303-263-2103).

Coming to a Road or Trail Near You

Sierra to the Sea

Sierra to the Sea is a scenic and challenging 8-day bicycle and camping tour through Northern California, June 18 to 25, 2005. Starting in the historic Mother Lode country of the Sierra Nevada Mountains, the tour traverses the Sacramento and Napa Valleys, passes down the Pacific Coast, crosses the Golden Gate Bridge and concludes at Golden Gate Park in San Francisco. It's a great way to explore California. The basic tour route is about 420 miles long and averages 60 miles per day for each of seven cycling days, designed for experienced riders. Some less strenuous route options are provided, as well as options for riders who wish greater challenges. Sierra to the Sea is organized by the Almaden Cycle Touring Club of San Jose, a not-for-profit organization whose Tierra Bella Century has, for over twenty-five years, been one of the most respected and successful rides of its kind in California. **Registration opens Monday, January 17, 2005, and we usually fill up in two to three weeks.** Visit us at <http://sierratothesea.org/> for more information and to register online.

4th Almost Annual Indoor Century February 5, 2005

Need a goal for the winter? Been spinning your wheels? Join Team Evergreen for the 4th almost annual Indoor Century. TE started the Indoor in 1994 to provide a goal for winter training and to prove just how crazy we are! Sign up for the century (*details on page 13 of this issue*) and spin at Bicycle Outfitter's spinning studio on February 5th. The ride is complete with an aid station, ride leader, tunes and video to make this an experience you (and your hiney) will remember for a long time.

Ride the Rockies

The Denver Post Ride the Rockies registration will be published on February 6th in the Denver Post and online at www.ridetherockies.com. This year's ride will take place from June 19 - 25. Watch Bike Beat for TE member parties and events for Ride the Rockies participants.

Registration opens February 1st

122 Miles Evergreen to Avon

www.teamevergreen.org - 303.674.6048 register www.active.com

Larry Schwartz

Year-Rounder

Century Challenge

Mileage Challenge in 2001, was second in 2002, and was leading in 2003 when he was struck and killed by a school bus. For a profile of Schwartz see our website.

Club centuries are the highlight of many endurance riders' seasons: the fun of a day on the bike with friends and the challenge of riding 100 miles. And, at least for the day, an unrestricted diet!

The Year-Rounder is for century riders looking for a new challenge: consistent performance throughout the year!

Can you ride a century (or longer) every month of the year? You can maintain your fitness and have more fun cycling.

The Year-Rounder is a division of the UMCA Mileage Challenge. All you need to do is sign up for the Mileage Challenge, and submit your centuries — we'll do the rest. Centuries can be either Organized centuries or personal rides that you design yourself (explained below).

Mileage Challenge participants receive:

- an e-book *Century Tips* on training, nutrition, equipment and technique
- an e-newsletter, sharing tips and stats
- a bi-monthly Year-Rounder column by Crista Borrás and Chuck Wood, who ride centuries every weekend
- a section at www.ultracycling.com devoted

to the best century stories sent in by riders

- a rider with at least 1,000 miles in the Mileage Challenge gets a discount on Accelerade and EnduroXR4.
- \$300 discount on TitanFlex frames



If you reach the goal, we'll award you a Year-Rounder medal.

Although the goal is a century a month, it might be too snowy or icy some months; so we'll allow two make-up rides. For example, if you get snowed out in January, just do two centuries in February.

For routing reasons some centuries are just under 100 miles. In the Mileage Challenge a Century is a ride of 90 - 149 miles.

To get started, go to <http://www.ultracycling.com/about/join.html> Join the UMCA, add 10 bucks for the Year-Rounder, put on your wool jersey, head out the door, and we'll do the rest.

You don't have to ride alone — UMCA members lead HUB rides in many parts of the country. These are low-key rides — no t-shirts, no catered rest stops — just friends out for a day on the bike. More information at: <http://www.ultracycling.com/events/hubdirectory.html>

The Year-Rounder honors Larry Schwartz, who won the UMCA

Rules Summary

An "Organized" century is a ride with: a name, designated start/finish location and starting time(s), route plan, organizer, and advance publication of the ride or ride series in club newsletters, etc.

A "Personal" century is a personally designed ride. For credit, you must complete at least 90 miles in a 12-hour period including off the bike time (and maintain an 8.33 mph average after that). Personal centuries provide century-length riding opportunities for riders in seasons or locales where Organized centuries are sparse.

Any Mileage Challenge ride counts in the Year Rounder: brevets, double centuries and ultra events.

We like to keep the holidays free for time with the family, so the Mileage Challenge and Year Rounder will end on December 21, 2005.

For complete rules and ride documentation form, go to: <http://www.ultracycling.com/standings/umcrules.html>

The Year-Rounder is a program of the UltraMarathon Cycling Association, Inc.
www.ultracycling.com
umcahq@aol.com
PO Box 18028
Boulder, CO 80308-1028
(303) 545-9566

Dear Team Evergreen . . .

Hello IMBA club!

Congratulations on being awarded an REI/IMBA Outdoor Trail Stewardship Toolkit! Your hard work and dedication to mountain biking access and trailbuilding are the driving force behind IMBA!

IMBA Awards 100 REI/IMBA Outdoor Stewardship Toolkits

BOULDER, Colo. — Mountain bike groups coast-to-coast will soon receive an unprecedented boost for their volunteer trailwork projects, as a result of a financial and gear grant from Recreational Equipment, Inc. (REI), announced today by the International Mountain Bicycling Association (IMBA).

For the second consecutive year, IMBA and REI will award outdoor stewardship toolkits to select mountain bike clubs nationally for the purpose of building and maintaining trails. This year's \$45,000 REI grant nearly doubles the amount of last year's award, and increases the number of toolkits from 50 to 100. Each toolkit contains eight components to enhance on-the-trail volunteer efforts, including:

- 1 McLeod trail-building tool
- 1 Pulaski trail-building tool
- 1 Brunton clinometer surveying instrument
- 1 IMBA Trail Solutions Book
- 10 pairs of REI/IMBA trail-work gloves
- 10 REI/IMBA trailhead education signs
- 12 REI stewardship volunteer t-shirts
- 300 REI/IMBA Responsible Riding flyers

IMBA's network of 500 affiliated clubs and 32,000 individual members perform an estimated 1 million hours of volunteer trailwork every year. These new outdoor stewardship toolkits will motivate clubs to organize even more volunteer projects.

"REI has been an Above and Beyond IMBA corporate supporter since 1993, and

is one of IMBA's best partners," said IMBA development director Pete Burhop. "These 100 toolkits are a huge donation that will really spark some great volunteer projects."

REI President and CEO Dennis Madsen said, "IMBA recognizes the need for educating mountain bikers about the responsible use of our trails and natural areas, and joins REI in our efforts to promote environmental stewardship to protect these resources for future generations."

Toolkit recipients were selected based on need and merit. To view the full list of grant recipients, program information and a toolkit photo, visit our website at <http://www.imba.com>.

IMBA is an international education and advocacy organization with 32,000 individual members, 500 member clubs, and more than 400 corporate and retail members. IMBA creates, enhances and preserves trail opportunities for mountain bikers worldwide.

REI is an outdoor retail co-op dedicated to inspiring, educating and outfitting its more than 2 million active members and the community for a lifetime of outdoor adventures. Founded in 1938 by a group of Pacific Northwest mountaineers seeking quality equipment, REI operates retail stores nationwide, two online stores — REI.com and REI-OUTLET.com — and an adventure travel company, REI Adventures. REI offers products from all of the top brands for camping, climbing, cycling, hiking, outdoor fitness, paddling, snow sports and travel, including its own line of award-winning gear and apparel. While anyone may join or shop at REI, members pay a one-time \$15 fee and receive a share in the company's profits through an annual member refund based on their purchases. As an active supporter



of the communities in which it does business, REI is committed to promoting environmental stewardship and increasing access to outdoor recreation through education, volunteerism, gear donations and financial contributions.

Dear Team Evergreen:

It would be a true privilege for the United States Cycling Federation to partner with Team Evergreen and offer your members the opportunity to race. Our sanctioned off-road and on-road events will give your team an opportunity for competition, friendship, and participate in the National Results and Tracking Systems.

The newsletter is phenomenal! Extremely well-written and the layout is fantastic. Great marketing to bring in Suburau!!

I haven't met up with Chris Harry yet, but I sure am anxious to :-)

Thank you for the opportunity.

Chris Hess
USA Cycling
NORBA Western Region Manager

Bicycle Advocacy News

by Dan Grunig

Executive Director Bicycle Colorado
dan@bicyclecolo.org

The end of 2004 brings an alarming shift away from routinely including bicyclists on public roads and trails. Colorado relishes a world-wide reputation as a state attractive to bicyclists. Yet in the past few months, four local government agencies have instituted restrictions on bicycling or bicycling events. Bicycle Colorado has helped overturn one and is actively working on the other three.

Success is far from guaranteed and we need community support to effectively address these local issues. Not coincidentally, these bans are happening in communities that lack a local bicycle advocacy group working with decision makers.

If overcoming these bans and preventing ones in the future is important to you, now is a great time to become involved. We need folks in each affected community to actively and regularly communicate with local officials. Details follow for each area.

Bicycle Colorado exists and is working for cyclists due to the support of our individual, club, and business members. Thank you for enabling cyclists to respond to these issues!

If you aren't currently a Bicycle Colorado member, please add your help to our efforts. You can sign up on our secure website or print out a mail-in form. www.BicycleColorado.org/for/membership. Contributions are tax-deductible.

BIKE BAN-CENTRAL CITY PARKWAY

Central City's town council voted to ban all bicyclists from using the new Central City Parkway which connects

the town to the I-70 corridor at Hidden Valley. Even though the road has eight-foot shoulders and shoulder rumble strips, cyclists will not be allowed access. This road provides an attractive connection between the Peak to Peak Highway and the Idaho Spring's area.

Amazingly the Central City Parkway's website touts, "This important parkway has been designed to accommodate every type of visitor to the Central City area." Our hope is to show that bicyclists are clearly visitors too. Bicycle Colorado is communicating with city officials and encouraging them to reverse their decision. We will alert the E-News list with contact information for the council if broad public comment is needed.

JEFFERSON COUNTY STEPS AWAY FROM SHARED-USE

Jefferson County Open Space staff presented a trail plan for North Table Mesa in Golden which bans bikes on half of the trail system on alternating days. There is no corresponding closure for other users as all trails are open every-day for hiking and equestrian use. This reflects a dramatic change from Jeffco's longtime policy of shared trail use, especially without first attempting proven methods of reducing conflict through trail design, signage, and education.

Jefferson County staff point out the original concept was to ban bikes from the entire park but after public comment decided to allow bicyclists partial use of trails. Concerned cyclists who ride in Jefferson County parks are invit-

ed to a community meeting being planned for early 2005. Bicycle Colorado, IMBA, and Team Evergreen will co-host the meeting. The meeting is set for Thursday evening, February 10th at a location still to be determined. We will be post additional details on our website when it becomes available.

BIKE RACE BANS-ONE DOWN, ONE TO GO

The City of Loveland is currently considering an application to allow a triathlon on city streets after earlier banning all bicycle races. Following the death of a bicyclist in a triathlon this year, the police department refused to provide officers and permits for future bicycle events. The city is now carefully evaluating the triathlon application and may decide to keep bicycle events in the community.

This process comes on the heels of Larimer County's recent decision to overturn their ban, instituted this fall, and once again allow bicycle races on county roads. After meeting with Bicycle Colorado and concerned event planners, Larimer County revised its event policy to work with race planners to create safer courses minimizing interaction with motor vehicles. Kudos to Sheriff Jim Alderden and Larimer County Manager Frank Lancaster for their thoughtful response to citizen concerns. And thanks go out to all the event organizers and public supporters who are involved with the process.

COLORADO SAFE ROUTES TO SCHOOL

CDOT is currently constructing the legislative rules for the Colorado Safe

continued on page 14



4th Almost Annual

indoor century

Going Nowhere Fast!

Saturday, February 5th

10 am - 2pm

with 2nd session from 2:30 - 6:30pm if the 1st session fills up.

JAVELIN



Join Team Evergreen at Bicycle Outfitters (1260 Bergen Parkway in the Bergen Village Shopping Center, across from King Soopers in Bergen Park) for our 4th Almost Annual Indoor Century. We'll have 14 spinning cycles reserved in the BO studio and ride leaders to take you on a 100-mile indoor adventure.

The cost of the event is \$18 for members and \$20 for non-members and includes spin cycle, t-shirt, SAG, map and aid station refreshments.

Sign up for the four-hour session (from 10 am to 2 pm), which includes music and videos to push you along the way. Bicycle Outfitters' staff of expert ride leaders will take you on the ride, complete with standing climbs, running, sprinting and jumps. Call Bicycle Outfitters (303-674-6737) if you have questions about pedals, shoes or gear for the ride.

If the first session fills up, we will have another century from 2:30 to 6:30. Sign up for a double century or how ever long your hiney can take it!

registration form



Name: _____

Address: _____

City/State/Zip: _____

Phone(s) Day: _____ Evening: _____ Cell: _____

Email: _____



Please make your check payable to Team Evergreen. Space is limited to 14 riders per session so mail in your registration and check early! Send the above form to:

Team Evergreen Indoor Century

P.O. Box 3804 • Evergreen, CO 80437



See our website (www.teamevergreen.org) for late breaking news and more details. Contact bikebeat@teamevergreen.org for questions.

Team Evergreen Classifieds

TWO MOUNTAIN BIKES FOR SALE: Slightly used Maverick bike, small frame should easily work for 28-30 inch inseam. It has lots of trick stuff on it: Maverick DUC32 front fork, full XTR running gear, Avid mechanical disc brakes, original anodized blue frame, latest ML7.2 rear shock, Hugi Disc rear hub, Easton carbon bars, Mavic wheels, etc.. It is all ready to go! \$3000. Large Maverick ML7, silver frame, new Maverick DUC32 6 inch travel front fork, upgraded ML7.2 rear shock, XTR running gear, FSA carbon bars and headset, Avid mechanical disc brakes, Hugi Disc rear hub, Mavic wheels, Thomson seatpost. Good condition. Used a moderate amount with a few scratches, but no big hits. \$2700. Call Pete 303-679-9335 or cell 303-886-9410.

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.

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

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

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

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

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

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

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

Bicycle Colorado

continued from page 12

Routes to School program with assistance from Bicycle Colorado and the Department of Health. The rules will be submitted to the Secretary of State by December 17. A public hearing will be held in February resulting in the adoption of the rules by May.

BC WELCOMES AMY ROBERTS

Bicycle Colorado welcomes Amy Roberts as our new Marketing and Membership Director. Amy is a BC member and committed road and mountain cyclist. Her previous role was Director of Marketing for the Colorado Commission on Higher Education. She has excellent experience with marketing, membership, fundraising, lobbying, press relations, and government. Amy may be reached at amy@bicyclecolo.org.

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

Let us know about your
bicycle concerns or
adventures.

Contribute a
story to
Bike Beat!

Deadlines are the
15th of each month.

Email
bikebeat@teamevergreen.org

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@webconsl.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

