

June 2005

Team Evergreen Bicycle Club Inc.

P.O. Box 3804, Evergreen, CO 80437

www.teamevergreen.org

From the Captain's Saddle

Triple Rewards (even for Mtn. bikers)

by Bruce Epstein
TE President

Yes dude, even mountain bikers will reap rewards from this year's Triple Bypass. Keep reading and find out how.

But first, let me start with a request, actually a plea, that you road riders sign up today for the 2005 Triple Bypass on July 9. In fact, please stop reading this article immediately, go to your computer and log on to the internet at www.teamevergreen.org or www.active.com and register for the Triple. This article can wait. Go ahead. Put down the newsletter.

For those of you who just registered, we thank you. For the others who evidently need some convincing, I will give you three reasons: you, your bike club, and your community.

You love the Triple. Go ahead and admit it: you love the Triple because of the daunting challenge. The Triple is a difficult ride. It demands respect. Most of us experience some level of anxiety in the days or weeks leading up to the Triple, for good reason. And we also experience a profound sense of accomplishment when we cross the finish line because we know, in our heart of hearts, that we truly pushed ourselves. We remember the challenge and the success throughout the year. And we keep coming back, wondering how we will do this year compared to previous years, wondering if we are stronger and smarter riders. The Triple Bypass will be one of the highlights of your year. Take the challenge. You will be glad that you did.

continued on page 2



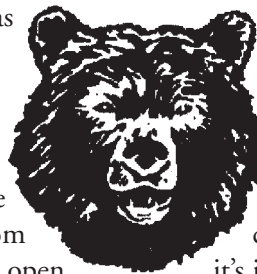
Team Evergreen went on some great adventures in May, including Santa Fe and Moab. Terry Mitchell tackles slickrock on the Moab trip.

Team Evergreen Night at the Little Bear

Evergreen's Little Bear Saloon has designated Friday, June 10th as "Team Evergreen Night."

Come celebrate summer with the road riders, mountain bike riders and the new TE racing team during the Friday Afternoon Club from 5:00 - 8:00 pm. It's a no host open bar and every Friday night is a non-smoking night.

There will be live music from Maybe Later, a rock 'n roll - blues band.



A \$1000+ road or mountain bike will be auctioned off at 6:45 pm benefiting injured ride Mike Beller. Members, non-members and friends welcome.

Come early, there is no cover charge until 6:00. Then it's just \$6 to get in. If you want to stay longer, Ricky Fire and the Red Hot VooDoo Devils, a classic rock 'n roll band is playing from 9:00 on.

From the Captain's Saddle

continued from page 1

Your bike club depends completely on the financial success of the Triple Bypass because the Triple Bypass funds all of the costs of Team Evergreen, other than *Bike Beat*. Team Evergreen's membership income barely covers the cost of our monthly newsletter, which leaves us with absolutely no money for anything else. We are dependent on the success of the Triple if we want to continue to host our spring and fall picnics, to host our Santa Fe Century weekend, to host our social gatherings at Ride the Rockies and the Bicycle Tour of Colorado, to host our Oktoberfest party, to organize a racing team, to fund our web site, and to cover numerous other expenses such as insurance, accountants, and telephones.

Daring to organize the Triple Bypass is more intimidating than riding the Triple. Last year the total cost of the Triple exceeded \$235,000, and this year we expect the total to exceed \$250,000, more than a quarter of a million dollars! Our breakeven point usually does not occur until the week of the event,

leaving us sweating and wondering until the last moment whether anyone will show up for our party. Every rider counts. This is not an exaggeration. If you want to support your bike club's ongoing efforts to offer creative, enjoyable events, then ride the Triple Bypass. We depend on it.

If you ride the Triple, the community prospers. After covering the expense of the Triple and after funding the Club's budget, the remaining Triple Bypass proceeds are donated to local charities. Last year your bike club donated a record \$50,000 to more than 25 local charities. Many of these charities volunteer to support the Triple. Examples of just some of our non-profit partners are Special Olympics (Loveland Rest Stop), PEO, which awards educational grants (Finish Line), Border to Border, which fights pediatric aids (Vail Rest Stop), Alpine Rescue (First Aid), Friendship Bridge (Sag Vehicles), Evergreen/Conifer Drive Smart (Start Line), Evergreen Children's Chorale (Registration), Evergreen Players (Georgetown Rest Stop),

Lakewood H.S. Performing Arts (Road Marshals), and Evergreen Civil Air Patrol (Luggage). The success of last year's Triple also enabled your bike club to contribute to charities for a literacy program in Avon, library books and

a play ground in Georgetown, two youth mountain bike teams in Evergreen, construction of a bike trail in Summit County, a youth road bike racing team in Denver, and such other organizations as Bicycle Colorado, IMBA, American Cycling Association, Jeffco Open Space, and Mountain Area Land Trust. If you ride the Triple, local charities benefit.

As for you mountain biker dudes, do you remember last year's IMBA trail work weekend in Buffalo Creek, the end of the year mountain bike party, the Kokopelli trip, the Moab weekend, the Fall hut trip? Well these events would not have happened without the success of the Triple. You know that there is no such thing as a free beer. This is pay back time. You could put slicks on your mountain bike and ride the Triple, or you could volunteer for a few hours on the day of the Triple. Imagine the satisfaction of volunteering for a few hours on the morning of the Triple, and then seeking out some single track for a late morning mountain bike ride. You will already be in the mountains.

If you cannot or do not want to ride the Triple, we need many volunteers to pull off this massive event. You are needed, and you would be gratefully welcomed. To volunteer, please contact Leslie Caimi at triple@teamevergreen.org or at 303-525-6373.

Please, please, please dare to ride the Triple this year, for you, for your bicycle club, and for your community.

See you on the bike.

Take care, Bruce

Bruce can be reached at president@teamevergreen.org

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.



June 4 th	Hildebrand Ranch Park
July 9 th	Alderfer/Three Sisters Park
Sept. 10 th	Centennial Cone Park
Oct. 8 th	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!



TE ADVOCACY NEWS

Tim Morrison
Advocacy Chair

Jefferson County Open Space

Some great news recently came out of JeffCo Open Space. On April 7th Open Space (OS) Director Ralph Schell issued a *Statement of Extension* to the controversial North Table Mountain Park Management Plan. As you may recall the NTM plan included the new idea of using the “loop system” to segregate users. The plan would be used unilaterally against mountain bikes and had no provision for allowing bikes on the entire trail system on a given day. The mountain bike community has spoken out against the plan as it singles out the largest single user group without any quid pro quo. Many thanks are in order to Director Schell in his unprecedented PMP extension and to reaching out to the community for further involvement in the process. The plan comment period extension is a direct result of numerous meetings with staff at OS by the mountain bike members of the Trail Use Task Force (TUTF) and principally TUTF member Dave Cohen. We now have until Nov. 30th to comment on the final plan. The TUTF will be meeting with the other trail user groups in hopes of hammering out an equitable plan for the park that includes equal trail access for all users.

This specific issue for NTM is the reason I have gotten involved in advocacy. There has been a fundamental shift by JeffCo and other land management staff away from pure shared-use trails to more heavy-handed management tactics using segregation. The idea shared by most mountain bike groups (IMBA, Bicycle Colorado, etc.) is that segregation and trail closure should be the last resort when it comes to trail management. We as a community have a lot of work to do to avoid having trails closed to us or never opened. It is our job to convince management that a viable alternative other than bike bans exists and will work.

If anyone has input on the trail plan

they would like to see at North Table Mountain, please feel free to contact me.

In further mountain bike news, the semi-annual Trail Use Task Force meeting was held April 21st at the JeffCo Open Space building. I represented you as a member of the TUTF. In preparation for the meeting all 15 members from all three user groups were asked to provide input for changes to a document called “*The Trails Use Action Plan*.” This document was adopted by JeffCo on March 14th, 1996 and has been used by staff to help make trail management decisions. It is the staff’s goal to update this important document. In response, numerous activists were identified and called upon from the Feb 10th “Town Hall” meeting to carry out this task. After much input from the biker community, members from the newly formed Trail Conservation Services (TCS) Policy Committee put together a PowerPoint presentation for the meeting. TCS Policy Committee Chair Tom Roan, among others, spent many hours putting together the presentation and finalizing the delicate changes. A great cross-section of bikers from the Front Range had input into the changes and those changes were presented at the meeting by your TUTF biker reps.

Unfortunately, the meeting was difficult from the start. On the agenda each group was asked to give a user group update to Open Space. The equestrian reps went first and used this time to complain about the mountain bike community. The hikers followed with the same theme and continued for some 20 minutes relaying detailed personal gripes about bikes on open space land. When it came time for the biker update your reps discussed what the bike community had been up to over the last 12 months; the town meeting, the subsequent

renewal of grass roots group TCS, and a five minute video and report on downhill.

A lengthy discussion about downhill ensued as we educated the other groups on the inherent differences in downhill from other types of mountain biking. A local group called the Colorado Downhill Cycling Collective (CDCC) was in attendance and had put together the video presentation. The CDCC has acknowledged that downhill is not practical on shared use trails and has committed to leave the multi-use trails once they are provided an alternative. OS is now considering the possibility of finding open space property that would suit this

need. It was agreed that it would be a great thing for all users to get downhillers off the shared trails and onto a closed course.

When it came time to present user group proposed changes to the “*The Trails Use Action Plan*” we found out that the Hiker and Equestrian had not gotten input from their constituents nor were they prepared to present changes to the document. The biker reps were then allowed to present our proposed changes. Much discussion interrupted the PowerPoint as it took over one hour to present. Since the other groups had not fully prepared for the meeting, it was difficult to have a meaningful discussion about the changes we were presenting. As a result, we ended the meeting with the intent to meet again with the other users and try to hammer out some changes to the document.

Agreement between differing parties is never easy and so is the case here. A positive thing that did come out of this meeting is the TUTF biker reps and the mountain bike community came off as being well prepared, well organized and level headed about our positions. We did as the staff had asked and

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continued on page 18

RAAM

By John Hughes

2005

Relentlessly flying across the country, alternating 30 minute time trials, over 60 such pulls per rider, never more than 90 minutes off the bike to recover—Team Action Sports was going for the four-man RAAM record. For RAAM 2004 Kerry Ryan had recruited three experienced road racers. Ryan and Action Sports had two RAAM wins, but the record was held by the rival Kern Wheelmen.

Action Sports led across California and Arizona, but then fell behind Team Vail-Go Fast. Vail-Go Fast was four expert mountain bikers looking for a new adventure. They took on RAAM in 2001 and won. In 2004 Vail-Go Fast traded the lead with Action Sports all the way to West Virginia.

Action Sports won the duel and set a new RAAM record by seven minutes, averaging 23.06 mph. They won \$25,000 in prize money made up of the first-place prize and the bonus for breaking the record.

Five days later Randy Van Zee crossed the finish line in Atlantic City. In Ohio he had fallen and after the race was diagnosed with a cracked pelvis. His neck muscles had failed and his head rested on his chest. He stood astride his bike, with feet swollen out of his shoes, for a few minutes until someone realized that he couldn't lift his leg to dismount. Van Zee was the last finisher, having covered 2,959 miles in 11 days 16 hours.

The fierce competition of Action Sports and Vail and the iron-willed desire of Van Zee bracket the RAAM experience. RAAM draws a diverse field: 120 men and women from a dozen countries, age 18 to 60. Each asks: "Will my race be like Action Sports' or more like Van Zee's?"

On Sunday morning, June 19, 24 solo racers will leave San Diego. Each racer hopes for a fast crossing to Atlantic City, but also wonders "how badly will I hurt?" For some, the pain will be too great and they will drop.

On Tuesday afternoon, June 21, 96 team riders will start, racing as two-person, four-person, or eight-person relay teams. In solo RAAM Slovenian Juré Robic is racing to break Pete Penseyres' 19-year old average speed record of 15.40 mph. In only his second RAAM, Robic won last year, averaging 14.66 mph. He has the racing speed; he is

the UltraMarathon Cycling Association's 24-hour

*Round the clock race updates at www.raceacrossamerica.org
NBC Sports will broadcast this year's race special at a future airdate.*

record holder, having covered 522 miles (non-drafting) last September. The time to beat on the 2005 course is 8 days 5 hours 51 minutes. If Robic can race from San Diego to Atlantic City that fast, he'll win \$10,000 for breaking the record!

RAAM legend Rob Kish will be riding in his 20th RAAM! Kish has won the race three times and finished on the podium 12 times! Kish has just turned 50 and will be trying for the age 50+ transcontinental record. Kish will have to beat Dr. Bob Breedlove, 53, who holds the 50+ transcontinental record and also the record for a double transcontinental. The time to beat on the

2005 course is 10d 8h 32m.

Joe Petersen and the Kern Wheelmen bring years of experience and blazing speed to the race and badly want to take back the four-man record. A serious roadblock stands in their way, however, in Team Beaver Creek. Beaver Creek includes three riders who were on 2004's second place Team Vail. The time to beat on the 2005 course is 5d 12h 8m.

Three of the four Border-to-Border Divas are returning this year. The women mountain bike racers-turned-roadies averaged 17.69 mph last year, just short of the 18.57 mph four-woman record. They'll be trying to go under 6d 20h 5m to set a new transcontinental this year.

The two-person relay provides the perfect combination of the speed and tactics of team racing with the ultra aspect of solo RAAM. The two-man field includes five teams. Team RAAM veterans Peter Dammerer and Peter Schwab are back as Team Lower Austria-City of Krems. Dominique Briand and Pascal Pechallat, Team Crazy Gones, both qualified for solo RAAM at the tough French qualifier that includes Mont Ventoux. Cancer survivor Fred Boethling and Dan Crain have teamed up to compete in the 60+ division.

Three two-person mixed teams are entered: Team Endorphins combines the mental toughness and pacing ability of Shanna Armstrong and speed of Guy Wells. RAAM veterans Iva Hradilova and John Wagoner are racing as Grupo Guapo. **The Free Riders from Colorado, Jarmila Gorman and John DeLello** should excel when the race gets to the mountains. This race will come down to logistics, efficiency and who handles the West Virginia climbs the best. No lead is safe in this division until the finish line is crossed. Riders must finish by July 1st.

RAAM ROUTE

Racers will travel 3,051 miles and climb 109,000 feet. RAAM leaves San Diego and immediately attacks one of the longest climbs of the race and then plunges to the desert. The course climbs back to cooler Flagstaff, Arizona and then through the magnificent Monument Valley of southern Utah and on to the classic trio of mammoth passes: Wolf Creek, La Veta and Cucharas. Just north of St Louis, the racers cross the Mississippi and can start thinking of the finish line. The Appalachians are the next challenge: east of Cumberland three very tough climbs make tired legs scream. Not until the racers have shuttled across the Delaware River outside Wilmington does the road finally flatten out, shortly before the racers finish their epic journey across the US on the famous Historic Boardwalk in Atlantic City, NJ.

Lactate Threshold

by Bob Seebohar, ATP Center

Lactate is a byproduct of metabolism. During light and moderate-intensity exercise, lactate is re-synthesized by the muscles and can be used as an energy source. However, as exercise intensity increases there is a point at which lactate re-synthesis cannot keep up with the rate of lactate production. This point is the lactate threshold (LT). Another way to think about the LT point is when your body begins using more anaerobic metabolism which means oxygen is not as abundant as it was at lower exercise intensities. This forces you to stop or slow down fairly quickly.

Why Measure It?

Lactate threshold represents the highest steady-state exercising intensity that you can maintain. It is one of the strongest predictors of performance and measuring it in a performance lab can help you determine your accurate heart rate (as well as power and pace) training zones that are based on your specific physiology and current fitness level.

By knowing your individual training zones you will be able to maximize your cardiovascular endurance as well as know at what intensities you should train to improve your lactate threshold so you can get faster. One of the toughest things for endurance athletes to do is train at lower intensities but it is this specific training that allows the body to learn how to improve the body's ability to use fats for energy. This lower intensity training will also improve the body's circulatory characteristics which will help increase blood flow and oxygen to the working muscles. If this type of lower intensity training is overlooked, the body will not be ready for future training cycles that focus on improving speed.

Summary

LT is one of the strongest predictors of endurance performance. If you increase LT, you will be able to go faster longer! And the best part about it is that LT is very trainable!

For more information about Lactate Threshold testing and training, contact Bob Seebohar at bob@atpcenter.com or 303-674-8008.



Triple Tidbits

by Leslie Caimi
Triple Bypass Director

The 17th Triple Bypass is rapidly approaching! If you haven't registered now is the time! Early registration ends at midnight June 9th and member prices will increase from \$80 to \$98 (ride day registration is \$129) so don't wait – register now! Go to Team Evergreen's web site (www.teamevergreen.org) and click on the register now link to register online or see page 7 for the registration to mail in. There will be one last opportunity to register at the early registration pricing at Team Evergreen night at the Little Bear which will be held on Friday June 10th from 5 – 8 p.m. at the Little Bear in downtown Evergreen. Stop by and join Team Evergreen for a non-smoking evening of music and entertainment.

We would like to take this opportunity to welcome our new sponsors: Full Cycles Bike Shop, ATP, Velocity Sports Performance and returning sponsor: White Peaks Dental Care.

Route Notes

SQUAW PASS: We ask that personal SAG's do not follow their riders on Hwy 103/Squaw Pass Rd. Due to the high volume of riders at this point in the route, private SAG's are a safety issue for the riders and official support vehicles. Please have your friends/family continue on to Idaho Springs.

Rest stop #1 (Squaw Pass) has moved to a new location! The rest stop will be located a little further up the road at the Eagle's Aerie picnic ground. Note – this rest stop is located on the left side of the road so use caution when crossing the road to enter. We also ask all riders stopping here to pull all the way into the rest stop and NOT drop their bike on the highway.

IDAHO SPRINGS: Due to major road construction in Idaho Springs, there will be a route detour. Specific details are still being worked out and will be published on the web site, in the July issue of *Bike Beat* and in a blast email to all registered riders when they become available.

LOVELAND PASS: Per requests of the Colorado State Patrol and Clear Creek County officials, there will be no parking on the left side shoulders of the highway approaching the Loveland rest stop. This is for safety reasons – parking will be permitted on the right shoulders as long as vehicles and bikes are entirely off the highway.

SWAN MOUNTAIN ROAD (SUMMIT COUNTY): Once again this year the west bound lane of Swan Mountain Road will be closed to vehicular traffic (other than official support vehicles) from noon to 3 p.m. (the east bound lane will remain open so please use caution and obey traffic laws by not crossing the center line). Private support vehicles will NOT be allowed on this stretch of road.

In cooperation with the law enforcement agencies that Team Evergreen work with and for the safety of all participants, volunteers, and official support vehicles, we ask that riders and private support vehicles obey all traffic laws. Violation of these laws may result in traffic tickets being written (this includes tour participants).

Finally, please remember to thank our fabulous volunteers who man the rest stops, help with registration, transport your luggage, provide sag support and parking help, offer medical aid and mechanical support as well as the unseen crew that hang all those signs. Without them the Triple Bypass would not be able to happen.

Bicycling Bliss: Riding to Improve Your Wellness

by Portia Masterson

We all know that spring feeling: a few extra pounds, muscles a little slack, and a reluctance to go out and experience our diminished stamina. How can we break loose and make the first move to regain our former fitness level? Remember how satisfying it was to move with ease and eagerly pursue physical activity?

I am not usually in this predicament, but this winter I traveled on business for three months. When I returned home I was discouraged by the dramatic loss of stamina. I was impatient. I jumped on my bike and rode my regular routes. In spite of working laboriously, each ride took longer than last fall. Since I use my bike to ride to meetings, I was constantly pushing harder to get there on time. It was no fun. I was uncomfortable and chastised myself for letting my strength fail. Rather than anticipating the next ride with my usual enthusiasm, I was reluctant to launch on the next unpleasant effort to regain my delight in riding.

Here are the lessons I learned while regaining my fall fitness level:

Make it fun and satisfying. Focus on the signs of spring rather than beating yourself up about getting noticeable results today. Vary your routes so they will be interesting and beckon you out each day.

Ride every day and adjust the duration of your rides so they fit into your schedule. You will experience desirable results sooner by riding frequent short rides than by taking extended rides on the weekends.

Be patient and let your progress evolve over weeks or months. Allow plenty of time for each ride. Select “out-and-back” rides so that completing the ride around a loop won’t push you beyond your comfort and stamina levels.

Evaluate your immediate needs for the day and do whatever is necessary to meet them. Ride alone so you can do exactly what you like: ride slowly, stop and stretch out, or

sit in the park and eat a snack. Some people, however, find the social aspect of riding with friends helps them get out regularly. Then be selective and ride with friends who will accommodate your needs. Carry adequate supplies: energy beverage, snacks, extra clothing, map, and tools. Adjust your plan when you discover the original route or distance will push you too far, too hard.

Avoid evaluating your condition during the first several miles. Give yourself time to warm up. Your muscles and lungs take time to warm up to optimum function. Spin easily until you feel more energy is available.

Fuel yourself well. Eat an adequate meal with plenty of carbohydrates an hour or more before riding. Carbohydrates are the fuel of physical activity. Eating mostly proteins and few carbs will make all physical activity laborious. Carry snacks and energy beverages if you are going more than three miles. Limit your post-ride food consumption if you want to accelerate weight loss. Those extra pounds will melt away when you ride five days a week and anticipate the pleasure of each ride.

Energize your ride with adequate sleep. General fatigue makes any ride tedious. This is true even when your muscle strength and aerobic development are better than average. If you have been sleep deprived don’t forgo your ride. Focus on renewal when you are tired and commend yourself for riding rather than loafing around. Your ride will improve your attitude. Exerting yourself creates energy. The more you ride, the better you sleep. The better you sleep, the better you ride.

Take time to prepare your bike mechanically to avoid the frustration of breakdowns. Check tire pressure and wear. Spin your wheels and sight off your brake pads to evaluate how true your wheels are. Replace your brake pads or adjust them if you can’t stop quickly. Scrub your bike down and let it dry completely. If the drive train is gunked up with residual lubricant and grime, take it to your bike shop for a chain drive cleaning. Do your gears shift reliably? Are your seat

and handlebars secured at the correct position for you? Is your helmet clean and the straps adjusted to hold the front in position one inch above your eyebrows?

Your efforts will soon pay off. As you build fitness you will delight in the following benefits:

1. Increased energy
2. Improved quality of sleep
3. Lower heart rate
4. Balanced appetite (the absence of cravings and immoderate eating)
5. A desire to continue exercise for the pleasure of it
6. A general sense of well-being
7. Increased focus and contentment
8. Improved biomechanical form and increased appreciation for your fit body

Variety is the key to maintaining your enthusiasm and motivation. Practice stretching and strengthening exercises when the weather discourages you from riding outside. Take a Yoga class with friends. Swim. As the weather warms spruce up your yard or plant a vegetable garden. Resist the pull of your TV and computer.

Avoid jamming your exercise into an already packed schedule. Review your current schedule and select something you can eliminate. Then replace it with your daily exercise. Soon you will notice that your energy and focus increase, making you more effective and efficient. Establish a set time for your fitness routine, commit to it and do not renegotiate it each day. Just go out and do it without questioning your commitment.

Over a year’s time, 30 minutes of activity a day adds up to a lot of calories burned, satisfaction in your improved appearance, a lilt in your walk, and confidence in your new capabilities. Have fun taking charge of your wellness. If you don’t nurture yourself, who else will?

Portia Masterson is the author of Bicycling Bliss: Riding to Improve Your Wellness. She rides for transportation and adventure touring. She refined her knowledge of building health and fitness through cycling during 24 years as a specialty bicycle retailer in Golden, Colorado. Contact her as portia@bicyclingbliss.com and visit her website at www.bicyclingbliss.com. She continues to consult with riders on health and fitness issues.

Hearthfire Books
2982 Evergreen Pkwy.
presents:
Portia Masterson
and her new book
Bicycling Bliss
June 9 at 7 pm
R . S . V . P .
303.670.4549
An assortment of
bicycling books
will be on display.



TRIPLE BYPASS

FOR THOSE WHO DARE

JULY 9
2005

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

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

Name _____

Address _____ City/State/Zip _____

Email Address _____

Home Phone _____ Work Phone _____ Sex: M ___ F ___ Age _____

Emergency Contact _____ Phone _____

Packet Pickup Location: (check one)

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

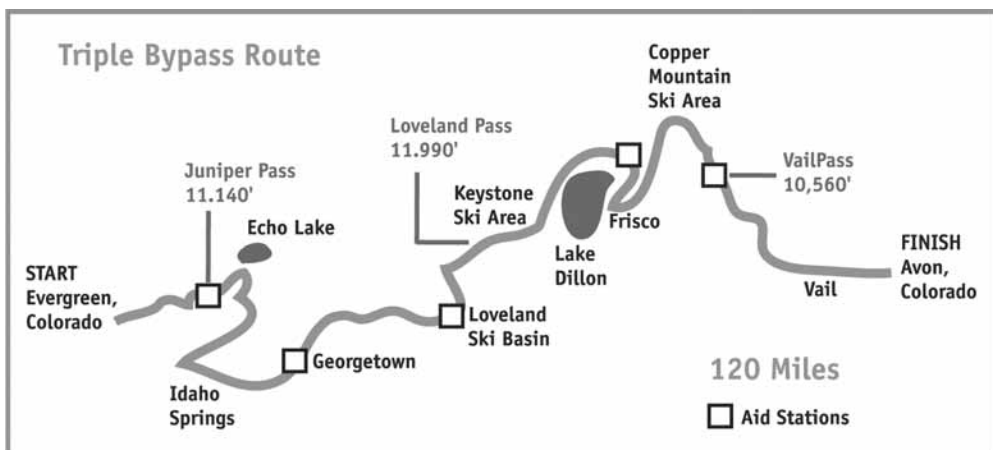
One Day Only Packet Pickup Locations

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

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

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

Name _____ Home Phone _____



JAVELIN

John Elway Subaru West



DRIVEN BY WHAT'S INSIDE™



WHITE PEAKS
LUXURY DENTAL CARE
303-991-4320



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

Registration (circle one):

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

Ride day registration \$129

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

Optional Membership (circle one):

- Individual \$25
- Family \$35

Please check box to indicate if new member or renewal.

- New Member
- Renewal

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

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

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

Additional contribution to:

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

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

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

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

Grand Total \$ _____

All registrants must read and sign the following:

ACCIDENT WAIVER AND RELEASE OF LIABILITY

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

I acknowledge that these Activities are an extreme test of a person's physical and mental limits, and I voluntarily assume all risks of all loss, damage or injury occurring in connection with such Activities. I fully understand that my participation carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, conditions of athletes, equipment, vehicular traffic, lack of hydration, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and 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 (including, without limitation, the Triple ByPass) or result from my traveling to or from these Activities, THE FOLLOWING ENTITIES OR PERSONS: Team Evergreen Bicycle Club, Inc. and its directors, officers, employees, volunteers, representatives, agents, contractors, the event holders, event sponsors, event directors, event volunteers and their successors, assigns and

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

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

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

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

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

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

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

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

Signature _____ Date _____

Signature _____ Date _____

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

My primary cycling interest is: Road bike Mountain bike

Email Address (where you would like to receive Team Evergreen news) _____
 TE periodically sends pertinent email news. Which type(s) of news would you prefer? Club Road Mtn. Bike Beat will soon be available by email, saving club funds. Select Bike Beat delivery: US Mail Email
 TE occasionally shares its mailing list with its major sponsors, such as Bicycle Outfitters and other prominent bicycling organizations and events, such as Bicycle Colorado and Elephant Rock. For those who grant permission, only name, email and mailing address is shared. Please indicate if TE SHOULD NOT share contact information with bicycle-friendly organizations: Do not share

PARENT GUARDIAN WAIVER FOR MINORS (Under 18 years old)

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

Signature _____ Date _____

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



Men's Jersey Sizes

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

Women's Jersey Sizes

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

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

June Rides

for maps and more details of each ride, go to 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, June 1

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

**Wednesday Night
Mountain Bike Ride
Flying J Ranch**

Meet at CO Hwy 73 and Shadow Mountain Road st 5:45 for a 6:00 pm departure. See website for more details.

Ride Leader: Nancy Spencer, 303-912-0858.

Friday, June 3

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

Saturday, June 4

**Capable/Blue Mountain Bike Ride
Colorado Trail - Pine Valley**

Meet at Conifer Safeway (8:10 am) or Pine Valley trailhead (8:45 am). This ride has it all; wide double track, awesome singletrack, a few obstacles, moderate climbing and a dirt road along a river. The ride begins at the

Mountain Gentlemen & Lovely Ladies

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

The start times are as follows:

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

This ride is perfect for cyclists new to bicycling. The ride leader promises that slower speeds will be encouraged

and no one will be left behind.

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

WEDNESDAY MORNING RIDES

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



Jerry riding hard at Buffalo Creek. Photo by Terry Mitchell.

lower Pine Valley lot, up the first long climb (Strawberry Trail) to the popular Buffalo Creek mountain bike area, a couple interesting loops starting with Charlies Cutoff, then a long stretch of singletrack down Sandy Wash, up a dirt road to Tramway, over green Mtn, then up Gashaus and back down Buck to the start. Distance: 24 miles 2,800 ft. ele-

vation gain. See website for more details.. **Ride Leader:** Terry Mitchell, 303-838-6675 (aspen80421@netze-ro.com).

Sunday, June 5

**Moderate/Difficult
Road Ride
Elephant Rock Century.**
Round trip: 103 miles 5,800 ft. elevation gain.

Wednesday, June 8

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

**Wednesday Night Mountain Bike Ride
Alderfer Three Sisters**

Meet at the upper parking lot at 5:45 for a 6:00 pm departure. See website for more details. **Ride Leader:** CO Donlin, 720-320-8532.

continued on page 10

June Rides

continued from page 9
for maps and more details of each ride, go to www.teamevergreen.org

Friday, June 10

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

Saturday, June 11

Capable/Blue Mountain Bike Ride
Nederland - Sourdough Trail

El Rancho Park n' Ride at 8:00 am for 8:15 am departure for Nederland, or meet in Nederland off Hwy 72 at west end of City Market in the parking lot at 9:15 for 9:30 am departure. We will meet in Nederland where we will leave some cars, then carpool to Peaceful Valley, about 18 miles north on Peak to Peak Hwy 72. We will ride west of Peaceful Valley, riding south past Beaver Reservoir to pick up the Sourdough Trail. We will then continue south on Rainbow Road (or the parallel single track) through Caribou Flats. **Option:** Pass Mineral Mountain, ride through Eldora town site and back into Nederland. This is 20+ miles of single track and some Rainbow-like road in the middle. This ride also features one of the biggest water-crossings this side of the Mason-Dixon Line. High water, slow and cold! The other way is often rather muddy. That can be fun too! Distance: 18 miles 2,500 ft. elevation gain. Ride Time: about 5 hours.

See website for more details. **Ride Leader:** Jeff Moyers, 303-628-6732 (rpmtwo@indra.com).

Sunday, June 12

Difficult Road Ride
Idaho Springs to Berthoud Pass w/ Winter Park Option.

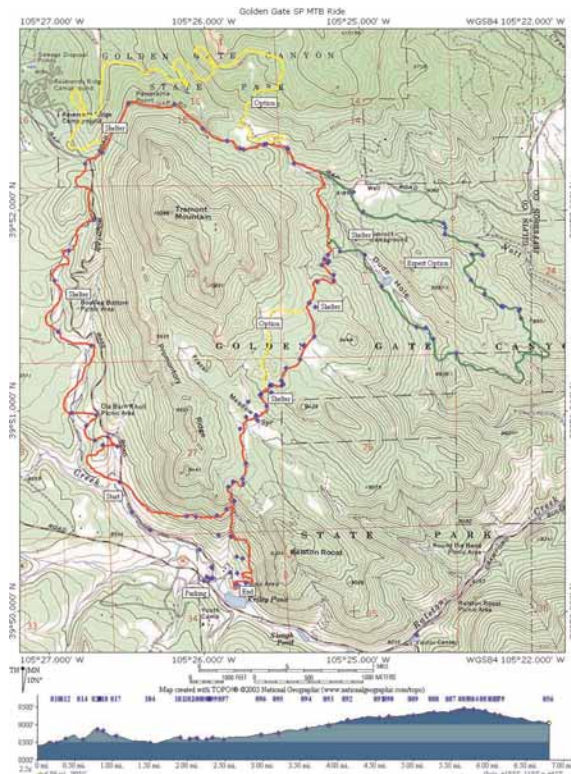
Meet at the Forest Service Parking Lot in Idaho Springs for a 9:00 am departure. Idaho Springs, I-70 frontage road for 9 miles, right over I-70 to Empire, Highway 40 to Winter Park, return the same. Round trip: 48 miles

4,000 ft. elevation gain w/option 70 miles
5,500' elevation gain **Ride Leader:** Matt Kondler, 303-798-3766.

Wednesday, June 15

Easy/Moderate Road Ride
Wednesday Morning Ride

See details on page 9.



Golden Gate Park. See the TE website for maps, elevations, directions, and more.

Wednesday Night Mountain Bike Ride
Elk Meadow

Meet in the Hwy 74 parking lot at 5:45 for a 6:00 pm departure. *See website for more details.* **Ride Leader:** CO Donlin, 720-320-8532.

Friday, June 17

Easy/Moderate Road Ride
Mountain Gentlemen and Lovely Ladies

See details on page 9.

Saturday, June 18

Strong/Black Mountain Bike Ride

Colorado Trail - Waterton Point to Point

Meet at Conifer Safeway (shuttle drivers requested) From downtown Evergreen follow Hwy 73 all the way to the Conifer Safeway. Ride leader will be in the north center part of the parking lot looking conspicuous. Colorado Trail Point to Point (Colo.126 / Buffalo Creek to Waterton Canyon. Enjoy 23 miles of lesser used singletrack for a true backcountry feel. We will be riding on generally buffed, rolling single track on a lesser used section of the CT. Begin riding through the old Buffalo Creek fire on rolling, twisting trail, shortly entering tighter trees. Grin through a sustained downhill through secluded forest, dry ridges, and creek beds to the South Platte river. While the trail tends to loose elevation, there is one significant climb out of the South Platte drainage, pay the price with a 3 mile climb. Following is a long, sweet, twisting descent, another 1 mile climb, and 1 mile descent puts riders on the Waterton Canyon dirt road (no cars, and certainly welcome). Trail surface is generally decomposed granite, with one technical section (walking encouraged). Overall length approx 29 miles: 23 miles single track, 6 miles easy cruzin' on service road to finish. Optional 3+ miles available after for those with more fitness than sense. Distance: 24 miles 2,800 ft. elevation gain. Ride Time: 4+ hours. *See website for more details.* **Ride Leader:** Rick Gilbertson, 303-464-3030 (richard.a.gilbertson@smithbarney.com).

Sunday, June 19

Moderate/Difficult Road Ride
Ride the Rockies.

Brook Forest Loop.

Meet at the Evergreen Library parking lot for 9:00 am departure. Evergreen Library parking lot, Colo. 73, Brook Forest Rd., Black Mtn. Dr., Shadow Mtn. Rd., Colo. 73, Grey Fox Dr., Colo. 73, N. Turkey Creek Rd., S. Turkey Creek Rd., Highway 285, Parmalee/Meyers Gulch Rd., Highway 74. Round trip: 35 miles 3,200 ft. elevation

continued on page 11

June/July Rides

continued from page 10
for maps and more details of each ride, go to www.teamevergreen.org

gain. **Ride Leader:** Patsy Radley, 303-670-0292.

Wednesday, June 22

Easy/Moderate Road Ride

Wednesday Morning Ride

See details on page 9.

Wednesday Night Mountain Bike Ride

Mt. Falcon Lower

Meet in the Morrison parking lot at 5:45 for a 6:00 pm departure. *See website for more details.* **Ride Leader:** Jerry Haynie 303-915-5395.

Friday, June 24

Easy/Moderate Road Ride

Mountain Gentlemen and Lovely Ladies

See details on page 9.

Saturday, June 25

Capable/Blue Mountain Bike Ride

Golden Gate State Park

Meet at El Rancho Park n' Ride at 8:15am for 8:30 am departure or meet at the trailhead (Kriley Pond parking lot, park on left opposite Kriley Ranch) at 9:15 am for a 9:30 am departure. Mostly singletrack, up Blue Grouse trail, insect with Mule Deer trail, will probably have to walk bike on some steeps, continue through upper meadow, take expert option (Snowshoe Hare loop) or not, continue on Mule Deer, past Panorama Point (bring camera), down some of the most unique and memorable meadow single track around, cross road, follow Mule Deer to Blue Grouse and down to cars. Distance: 13 miles 2,200 ft. elevation gain. Ride Time: about 4 hours *See website for more details.* **Ride Leader:** Ed McIlvain 303-399-7612 (edmc@swallowhill.com).

Sunday, June 26

Difficult Road Ride

Bergen Park to Echo Lake.

Option: Mt. Evans.

Meet at the Bergen Park Park and Ride for an 8:00 am departure. This is a classic ride if Mt. Evans is included. Plan 5+ hours for Mt. Evans. On most days you need to be on Mt. Evans by noon to avoid thunderstorms. There are toilets on Mt. Evans, but no water or refreshments. Be sure to stock up at the Echo Lake Lodge if you go for Mt. Evans. Bergen Park to Squaw Pass, Juniper Pass, and Echo Lake via Colo. 103. Return the same. **Option:** Highway 5 to Mt. Evans. Round trip: 36 miles 3,900 ft. elevation gain. **w/Option:** 66 miles 7,300 ft. elevation gain. **Ride Leader:** Dennis Driscoll, 303-670-5450.

Wednesday, June 29

Easy/Moderate Road Ride

Wednesday Morning Ride

See details on page 9.

Wednesday Night Mountain Bike Ride

Pence Park to Lair o' the Bear (Meet at the Pence Park parking lot at 5:45 for a 6:00 pm departure. *See website for more details.* **Ride Leader:** Jerry Haynie 303-915-5395.

Friday, July 1

Easy/Moderate Road Ride

Mountain Gentlemen and Lovely Ladies

See details on page 9.

Saturday, July 2

Capable/Blue Mountain Bike Ride

Keystone Gulch/Soda Creek Loop

Meet at 8:00 am for an 8:15 am departure to Keystone. If you would rather meet in Keystone, we'll be at the trailhead at approx. 9:15 am. This is one of my top 5 rides. Baring slick rock and deep sand, it's all here: a ski area service road along Keystone Creek, wide cinder pathways, double track, miles of

sweet, 6 - 12 in. wide single track, fabulous views of the Ten mile range, long, long downhills, plenty of exposure, some asphalt (to make the dually riders pay), small water crossings, a few trials sections for those so inclined, a good climb and a dash through the creek. The trail is generally buffed, the challenge being staying on a narrow track, and the cost of failure. Climbs are mostly middle ring, with only a few granny gear killers. Solitude is only broken by the Whoops of elated riders. The ride begins up the service road to Keystone Ski Area, accompanied by Keystone Creek, home to many small, shy brookies, and climbs the West Ridge, joining a spectacular section of the Colorado Trail, then circumnavigating the old Keystone ranch, and the newer golf course. Distance: 22 miles 3,000 ft. elevation gain. Ride Time: 3+ hours. *See website for more details.* **Ride Leader:** Gary Pallaoro 303-888-0620 (YetiMtnBik@aol.com).

Sunday, July 3

Difficult Road Ride

Reverse Loop of Hell.

Meet at the Forest Service parking lot ¼ mile south of the Mt. Evans exit to Colo. 103 off I-70 (Exit 240) in Idaho Springs for a 9:00 am departure. Forest Service parking lot, Colo. 103 to Echo Lake then Juniper Pass, return the same. **Option:** Continue down Colo. 103 to Bergen Park, Colo. 65 through Soda Creek, Highway 40 to Floyd Hill and Highway 6 to Kermit's bar, bike path and Colo. 314 to Idaho Springs, return to the Forest Service parking lot. Round trip: 32 miles 3,500 ft. elevation gain. **w/Option:** 43 miles 4,300 ft. elevation gain. **Ride Leader:** David Nelson, 303-674-7510.

TE *Racing*

By Chris Harry

Mountain Bike Racing

Congrats to **Geoff Warner** for coming in first in his race division at the MSC MTB race in Nathrop, **Mark Soderberg** who came in second in his division and **Raul Chacon** who grabbed a fourth place finish...Awesome job! We had a very good showing of TER racers there and we had many more of our riders in the top ten in their respective racing divisions. Keep up the great work...



es on the road side of TER. Lori took a second place finish in the very popular and hard Koppenberg Circuit race and a third on a very cold and lightly snowing Pillar to Post — Lookout Mountain Hill Climb. Great job! **Michael Shonstrom** took 3rd in his division. Awesome work!

We had a huge turnout of TER racers and everyone did great in that always-competitive Pillar to Post local race. Other notable finishes where:

- Chris Baker (6th)
- Debbie McCabe (7th)
- Matt Morgan (8th)
- Geoff Warner (17th)
- Dean Cahow (21st)

Raul Chacon, Steve Ebeling and many other TER racers put the hammer down in their racing divisions. It takes a lot of hard work and dedication on your part...well done everyone...

Road Bike Racing

Big congrats go to **Lori Duncan** who is riding her way to many podium finish-

TE Member Killed on Squaw Pass

TE Member **Dan Savage**, 64, of Aurora, was struck and killed while bicycling Thursday evening by a 1995 Chevy pickup driven by **Frederick Ahlquist**, 25, of Evergreen. The accident occurred at about 7 pm on Highway 103, 1.5 half miles west of Colorado Highway 74.

State Patrol investigators determined that Ahlquist was traveling southbound and passing another vehicle on the left at an estimated speed of 55 mph when he crashed head-on into Savage, who was traveling north on the highway.

Savage, a NASCAR AutoZone Elite driver who participated in the 2002-04 Triple Bypasses, was pronounced dead at the scene. Ahlquist was uninjured.

Ahlquist has been charged with Careless Driving Causing Death, a misdemeanor traffic offense. It's unknown if alcohol or drugs was a factor.

Camilla Fallon Mary Rosinski Heidi Barringer "Jessie" Amanda Shanks Liz Shanks

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Club News

TOUR PARTIES

Please join Team Evergreen Bicycle Club for the annual Ride the Rockies BBQ and first-ever Team Evergreen Bicycle Tour of Colorado Get Together and Happy Hour. RTR will be on Tuesday, June 21 and BTOC on Wednesday, June 29. If you are in the area, stop by!



Ride the Rockies

Tuesday, June 21

in Montrose, location TBD

at 4:00 pm

Please RSVP to

Laurarobinson1@yahoo.com

Free to members or
\$10 for non-members

BYOB, more details to follow.
See www.teamevergreen.org

BTOC Get Together

Wednesday, June 29, 2005

(that's our day off)

The Grand Lodge – Crested Butte
www.grandlodgedcrestedbutte.com
in the heart of the Mountain Village

4:00 pm – 6:00 pm

Please RSVP if you think you will stop
by so that we can get a head count.

RSVP: janet.saxon@juno.com

Free to members or
\$10 for non-members
Munchies and “limited” beer & wine



10Fifty, Ltd., outfitter of our 2004 Chamonix trip, will offer a discounted trip for Team Evergreen members again this summer. Approximately \$750 for the week will again include all breakfast and dinners, transportation to and from the Geneva airport and lodging in the Chateau—a very nicely finished chalet with sauna and big, old balcony from which to sit and drink the odd beverage right in the centre of Chamonix. There is a maximum of eight guests per week.

Here are the available dates:

June 11 - 18: room for 4 people.

July 16 - 23: room for 4 people.

July 23 - 30: room for 6 people.

August 6 - 13: room for 4 people.

August 13 - 20: room for 8 people.

August 27 - 3: room for 2 people.

Sept. 3 - 10: room for 8 people.

Sept. 10 - 17: room for 8 people.

See our website for descriptions and photos. Please contact mountainbike@teamevergreen.org if you are interested in going to Chamonix this summer.

SUCCESS

Some people dream of success . . . while others wake up and work hard to achieve it. Ability may get you to the top, but it takes hard work and determination to keep you there.

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IMBA Signs Agreement

If you've ever tried to enjoy a National Park by mountain bike, chances are you've been disappointed. With some notable exceptions, America's premier park system is closed to off-road riding.

That's going to change with a new five-year breakthrough agreement just signed by the International Mountain Bicycling Association (IMBA) and the National Park Service. For the first time, National Park Service leaders in Washington, D.C., have formally recognized mountain biking as a positive activity, compatible with the values of our National Park system.

A benefit to millions of bicyclists is the potential opportunity for new access to hundreds of dirt roads in National Park units that have been closed to bicycling. While National Park Service rules require a lengthy process to open singletrack to bicycle use, appropriate dirt roads may be opened with a more straightforward administrative process.

"This agreement represents a true breakthrough for mountain biking," said IMBA Executive Director Mike Van Abel. "It opens the door for individual park units to partner with mountain bikers and investigate new riding opportunities on a case-by-case basis."

"The National Park Service is committed to increasing public awareness of outdoor recreational opportunities in the national park system that promote health and fitness," said Karen Taylor-Goodrich,

the Associate Director for Visitor and Resource Protection." And mountain bicycling in authorized areas can be an excellent way to enjoy America's outdoor heritage in a manner that is compatible with resource protection."

As part of the agreement, IMBA and the Park Service will initially partner on two pilot projects to be selected later this year. The projects will bring mountain bikers and park officials together for on-the-ground teamwork and serve as models for future collaboration.

Additionally, IMBA will provide technical and volunteer assistance to National Park units that are interested in improving their off-road cycling opportunities. IMBA programs such as the National Mountain Bike Patrol, Subaru/IMBA Trail Care Crew and the IMBA club network can now apply their stewardship skills to our National Parks.

Mountain biking can be a solution to many challenges facing National Parks today. Bicycling gets people out of their cars; away from congested roads, parking lots and trailheads; and out into the fresh air. Mountain biking can also encourage more active exploration of parks and counter the societal trend toward obesity.

So what does the future hold? While mountain bikers shouldn't expect a revolution of new singletrack in National Parks, the partnership signals an encouraging direction for the future. With enhanced commu-

nication and cooperation between IMBA and the National Park Service, mountain bikers can anticipate that cycling opportunities in National Park units will continue to improve.

The National Park Service manages 384 parks, monuments, battlefields, buildings and recreation areas and more than 80 million acres of U.S. public land. In 2004, National Parks hosted more than 276 million visitors.

In 2002, IMBA formed a partnership with the Rivers, Trails & Conservation Assistance program of the National Park Service. Rivers & Trails helps communities build trail and greenway systems, restore rivers and wildlife habitat, and preserve open space. Their work largely focuses on urban and suburban locations, where demand for trail networks is the greatest.

Founded in 1988, the International Mountain Bicycling Association is a nonprofit educational association whose mission is to create, enhance and preserve trail opportunities for mountain bikers worldwide by encouraging low-impact riding, volunteer trailwork, cooperation among different trail user groups and innovative trail management solutions. IMBA's worldwide network is comprised of individual members, bicycle clubs, corporate partners and bicycle retailers. For more details: www.imba.com.

Let us know about your
bicycle concerns or
adventures.

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story to
Bike Beat!

Deadlines are the
15th of each month.

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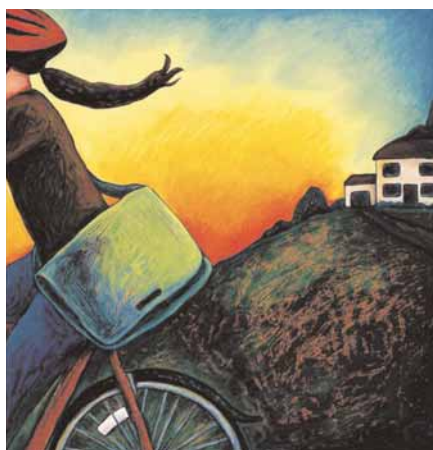
Coming to a ROAD OR TRAIL Near You

ELEPHANT ROCK Sunday, June 5

www.elephantrockride.com



Seven rides to choose from for both skinny and fat tire fans, a cycling expo and more at this wild and crazy party in Castle Rock. Register for the ride as a TE member so that we can bring home the Elephant Cup for the most member miles!



© Amy Martin 2004

June is Colorado Bike Month BIKE TO WORK DAY

Wednesday, June 22

www.bicyclecolorado.org
www.dot.state.co.us/BikePed/COBikeMo.htm

To celebrate bicycling for transportation, fun and health, Colorado has designated each June as Bike Month. At the same time, Colorado joins a nationwide effort to encourage cycling novices and enthusiasts to experience the fun and freedom of safely riding a bike to work, school, errands and recreation. While there will be many events around the state throughout the month, the highlight of the month is Wednesday, June 22, Bike to Work Day, when employees leave their cars at home and enjoy bicycling to work. The number of Bike to Work Day participants has risen steadily since 1995, and due to the popularity of bicycling in Colorado, that trend is expected to continue this year. For information about Colorado Bike Month events in Colorado visit the Bicycle Colorado web site.



ACA 2-Day Stage Race DEAD DOG CLASSIC XVII

June 25 - 26

www.deaddogclassic.com

Ride the Retro Reunion 2-Day Stage Race in Memory of Dan Birkholz on June 25-26 in Laramie, Wyoming. This three-stage race includes a road race, criterium and time trial. ACA Stage Race Rules apply. Riders must finish each stage to start the next, and must finish all three events to be eligible for prizes. Final start times for all stages will be posted at check-in on June 24th. Race bible will outline more specific information and will be posted on website starting June 23. You can register on www.active.com.

Ride Around The Pioneers in One Day RATPOD

Saturday, June 25

www.ratpod.org

RATPOD is a one-day, 157-mile bicycle ride to benefit Camp Mak-A-Dream. The ride takes place in the remarkably scenic Big Hole Valley of southwestern Montana. See website for details.



11th Annual STARLIGHT SPECTACULAR Saturday, June 18 www.starlightspectacular.org

The Starlight Spectacular is a night-time recreational bike ride through the streets of Colorado Springs benefiting the Trails and Open Space Coalition. The 2005 ride will also help celebrate the 10th anniversary of the Garden of the Gods Foundation and Visitor Center where the ride stages. This year, a portion of each registration will be contributed to the foundation for future stewardship of the Garden of the Gods. Routes range from 14 to 22 miles and include views of downtown Colorado Springs, Old Colorado City and Garden of the Gods. Enjoy friendly conversation as you cruise the town taking in the night air. You start and finish at the Garden of the Gods Visitor Center. Prizes, entertainment and more. Register online at www.active.com.

TE Rides

Were You There?



Riding the Golden Spike Trail in Moab.
Photo by Terry Mitchell.



Nineteen mountain bikers gathered at the Red Rocks Grill after a Wednesday Night mountain bike ride in Bear Creek Park.
Photos by Nancy Spencer.



Riding the Buffalo Creek Trail: Matt in the lead (above) and then Crazy Larry's in the lead. Photos by Terry Mitchell.

Bicycle Advocacy News

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

COMPLETE STREETS: HARKIN AMENDMENT COMES UP SHORT
Senator Tom Harkin's Complete Streets Amendment to the federal transportation bill failed Wednesday, May 11, on a 44 to 53 vote (3 non-voting.)

Thanks to everyone who emailed and called our Senators. This nationwide grassroots effort produced some strong bipartisan results. For the first time in the three-year debate on this bill, Complete Streets came into the national spotlight and finished only five votes short! This is a tremendous gain for an idea that just started to attract political attention last year.

Colorado's Senators split in support of the amendment:
Senator Wayne Allard- NAY
Senator Ken Salazar- YEA

NEXT STEPS

Please thank both Senator Allard and Senator Salazar for their attention to this issue. Let them know that complete streets are a priority for Colorado and we would like their support for efforts in the future. Please keep communications positive, this issue is not over and we will benefit by keeping our message professional and courteous. Contact info for the Senators and more about complete streets at www.BicycleColorado.org/for/CompleteStreets.

U.S. SENATE PASSES TRANSPORTATION BILL

The U.S. Senate passed its version of the federal transportation bill on Tuesday, May 17. Earlier in the day, Senator Sessions from Alabama introduced an amendment to cut many programs which fund bicycle and pedestrian projects. It was soundly defeated 16 to 84 with both Colorado Senators, Allard and Salazar, voting in support of

bikes! The bill next goes to a conference committee to work out the differences between the House and Senate versions. Details of the Senate version are at www.americabikes.org.

LARGE TURNOUT FOR FORT COLLINS TOWN MEETING

Bicyclists in Fort Collins filled the room Thursday evening, May 12, for a bicycle town meeting facilitated by Bicycle Colorado. Forty-five concerned citizens discussed the positive benefits of bicycling in Fort Collins and the many challenges bicyclists face. The group is uniting to address these issues and get bicyclists involved with decisions in the community. Their next meeting is planned for Thursday, June 2, location to be announced.

BICYCLE FRIENDLY COMMUNITIES IN COLORADO

Boulder, Fort Collins, and Denver respectively brought home Gold, Silver, and Bronze. The League of American Bicyclists announced their selections for the most recent Bicycle Friendly Communities Awards. Boulder remains one of only four communities in the country to achieve Gold level recogni-

tion. Fort Collins also maintained its previous Silver award level.

Denver dropped a notch to the Bronze level as recent changes by the city are resulting in a less bicycle-friendly environment. Denver is the first community ever to be downgraded, from Silver to Bronze. Feedback from the award process will be helpful in encouraging Denver to turn around this trend, develop complete streets, and improve safety education for bicyclists and motorists. Information is available at www.bicyclefriendlycommunity.org

JOB OPENING

Bicycle Colorado is seeking an Office & Volunteer Coordinator. This half-time position is based in our downtown Denver office. Duties include volunteer coordination, membership processing, administrative support, and light book-keeping. Please forward this posting to any interested individuals. For a complete job description visit www.bicyclecolorado.org/to/jobs.

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>.

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) 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

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.

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.

EDDY MERCYX TITANIUM AX FOR SALE: 53 cm. Campy chorus triple and groupo. Mavic Sup CXP30 aero rims. Profile aerobars, other extras. Excellent condition. \$1200 obo. Mickey Berry (303) 779-3607. mickeyberr@aol.com.

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.

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

BIKE FOR SALE: Griffen Triton 60/60 cm c-c, 17 lbs 15 oz, 9 spd, Dura Ace derailleur/shifters/brakes, 38/53 CR, 12-23 cassette, Reynolds Ouzo Pro carbon fork, Chris King headset/hubs, Thomson seat post, Velocity rims, Terry dragonfly saddle, Zipp cranks, Profile 100mm stem, pedals not included. This bike is made of Boron Carbide which is stiff yet able to absorb shock, extremely lightweight and has no fatigue life! \$2,200. Circ (303) 730-2266.

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

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

TE Advocacy NEWS

continued from page 3

were professional (even though we're volunteers) in our dealings with the TUTF and OS staff. The meeting was a disappointment in that we were unable to come to any agreement and move forward on our discussion on trail conflict resolution.

I will continue to push the position of shared use as a management doctrine here in JeffCo and continue to work with the other users to find solutions to our differences. As a horse owner, a hiker and an avid mountain biker, I hope my balanced view will serve to keep the trails open to bikes. The future is very bright for mountain biking in JeffCo. There are large parks about to be opened and much new single track to explore and we have some of the best folks in the country designing and managing the trails. The question is can we all agree to get along and share the trails? I think we can.

Central City Parkway

I recently had a discussion with Dan Grunig of Bicycle Colorado about the ongoing issue of access to the new eight mile highway between I-70 and Central City. There are some good things to report here. The City Council of Central City has not reversed this ban...yet. They have, however, asked the Denver Regional Council of Governments (DRCOG) to do a safety study on bikes using the highway. The City Council has also asked for information about economic impacts of allowing bikes. I am hoping to attend an upcoming City Council meeting where Dave Evans from Bike JeffCo will be allowed to present the cycling communities position to the Council. Look for a report on this as soon as it happens.

Beaver Brook Watershed

As you may have heard, the long effort to save this land from development recently saw success. Many local groups participated in this effort. Now those groups are looking for input on a master plan for the watershed, it's 5000 plus acres and hopefully some new shared trail potential. Team Evergreen will be involved and I'll keep you updated on the progress.

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
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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
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TEAM EVERGREEN BIKE BEAT JUNE ISSUE!

“The Trek National
Demo Tour stops in L.A.,
New York, Chicago.
And, yes, Evergreen.”

Robb McGuffin, Bicycle Outfitters

JUNE 11TH • 11AM – 4PM • 1 DAY ONLY

The Trek National Demo Tour is on its way right here to Evergreen. This is your chance to get some saddle time on literally dozens of mountain and road bikes from some of the top brands in bicycling: Trek, Gary Fisher, Klein and Lemond. Trek brings 'em in. You ride 'em. Then get out of your cycling shoes, have a cold beer and some tasty BBQ and toss out all the questions you want to the Trek factory reps. It's part demo event, part cycling party! *Plus, SAVE 10% off any bike you order or purchase on event day.*



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