

November/December 2005

Team Evergreen Bicycle Club Inc.

P.O. Box 3804, Evergreen, CO 80437

www.teamevergreen.org

From the Captain's Saddle

Thanks for the Ride

by Bruce Epstein
TE President

I feel conflicted as I retire from serving as President of Team Evergreen. I should not be surprised. I have experienced contradicting ideas and feeling throughout my term. Nonetheless, the dichotomy continues to surprise and intrigue me.

For example, Team Evergreen is just a bike club. Team Evergreen blissfully ignores weighty issues relating to world peace, economic growth, government, access to medical care, quality education, or interpersonal and family happiness. In comparison, riding bicycles is frivolous stuff.

On the other hand, Team Evergreen can impact many lives. When functioning at its best, Team Evergreen materially contributes to our community. Due to the success of the Triple Bypass, our bicycle club contributed \$90,000 to charities that desperately need money, supporting such services as hospice care, cancer patient recovery, brain injury recovery, library programs, children's literacy, elementary school education, Special Olympics competition, impover-

continued on page 2



Yes, they are on mountain bikes! Kokopelli Trail cyclists wade through the high grass during the October Team Evergreen adventure. Photo by Jeffrey Deuell. More Kokopelli Trail photos on pages 4 and 5.

Friday, November 18

ATP Open House

ATP Center

29389 Industrial Way, Evergreen

Team Evergreen Open House

You Are Invited

(and so are any of your cycling friends)

Friday evening, November 18th

5:00 to 8:00 pm

Free food: Einstein's Bagel Co., cafe and beverages by Budweiser, swag bags provided by PlayCoed.com and door prizes from vendors including Rudy Project, Louis Garneau, Rol Wheels, and others.

Guest speakers: Kori Seehafer of T-Mobile Women's Pro team and Ken Whelpdale – 7 year TDF mechanic (most recently of Levi Leipheimer of Gerolsteiner).

Schedule:

5:00 pm – CompuTrainer Time Trials

6:00 pm – Guest speakers

7:30ish – question and answer, autograph signings, and mingle.

RSVP at 303-674-8008 or at Cortino@atpcenter.com. See related story on page 6.

MOUNTAIN BIKE

HAPPENINGS



Team Evergreen had a great turnout and a great time in Fruita last month. Pictured from left: Glyn, Ed, Tamara, Terry, Matt, Clay, Steve, Jeff, Mike, Tom, Jerry and Helen. Photos by Terry Mitchell. More Fruita photos on page 15 and 16.



Glyn dropping down.

From the Captain's Saddle

continued from page 1

ished families in Guatemala, children in Kenya, pediatric AIDS research, women's educational grants, women's wilderness programs, and animal protection. Yes, we are just a bike club, but I feel tremendous pride and joy from Team Evergreen's contributions to our community.

When functioning at its best, Team Evergreen also materially contributes to the well-being of cyclists. Cycling restores and re-creates many of us. We find our smiles when we ride. We reconnect when we ride. Team Evergreen helps nourish our excitement for cycling by serving as a catalyst to discovering new riding opportunities, new riding routes, and new cycling friends. Our ride directors (Bob Campbell, George Rooney and Chris Harry) and our ride leaders create rides that cater to our cycling demands. Team Evergreen offers more than seven rides a week during the peak of our riding season, ranging from mellow road rides to mountain bike racing, and everything in between. Team Evergreen members contribute their time and energy to such community efforts as fitting bicycle helmets on kids and working with local governmental agencies and organizations (e.g., Jeffco Open Space, Clear Creek County, Central City, MALT, IMBA, Bicycle Colorado, and Bike Jeffco) on important cycling access and safety issues. Yes, we are just a bike club, but we directly impact the safety and quality of life for cyclists throughout our community.

These things happen when Team Evergreen functions at its best, and fifteen board members and several other leaders contribute their ideas and efforts throughout the year to ensure our success and to guide us in new directions. Team Evergreen's success is not accidental or uncalculated. Our success is the result of intention, dedication, commitment, enthusiasm and hard work. And yes, we look forward to drinking beer and swapping stories after board meetings.

I have learned to embrace the dichotomy and to take guidance from it. The contradiction instructs, "Let's not take ourselves too seriously. But let's remember that we are uniquely empowered with the ability to improve cyclists' safety, to serve as a catalyst for the joy of cycling, and to improve our community."

So as I retire as President, the contradictory feelings continue. I am relieved that my responsibilities have ended, yet I will miss the satisfaction derived from fulfilling those responsibilities. I have met numerous people in the community and in the club that I would not otherwise have met, and I regret losing that opportunity in the future. I am relieved that I

continued on page 6



WHITE PEAKS
LUXURY DENTAL CARE

303-991-4320

Out of the Box Onto the Podium



Raul Chacon (left) and Garrett Ellwood in the New Belgium Criterium. Photo courtesy of Garrett Elwood.

by Dean Cahow
TER Publicity

Early on January 1, 2005 my mind was on a road ride I'd pedaled precisely one year before. On New Years Day 2004 I was vacationing near San Diego and bagged a fine ride including the regionally prized trophy of Palomar

Mountain on a mild SoCal morning. It was a ride steep in degrees and deep in sunshine, Eucalyptus trees, vistas across valleys of citrus orchard and a colorful mosaic of flowered fields.

Snapping out of the memory and into the moment on New Years Day 2005, I stood astraddle my road bike at the Morrison rally point for my first training ride with Team Evergreen Racing (TER). The thermometer on my bike computer displayed "19°F", dimly visible through



the thick vapor of my exhaled breath. I and another dozen or so charter members of the newly formed team had congregated, flapping our jaws and limbs so they would not take a set in the cold. We waited for the guy who had motivated us to this chilly launch of TER training. Racing Director, Chris Harry showed up in what we'd later recognize as his common condition - smiling at the prospect of another bicycle ride.

TER was organized as an extension of Team Evergreen Bicycle Club in latter 2004. Impressively, as the first team training rides were conducted, Chris was marshalling the interest of more than one hundred would-be members.

If not for the fact that a team ride was on deck, it's unlikely I would have ventured out on that frosty morning in January. This year, my first ever as a member of a cycle racing team found me outside on the bike with greater purpose, earlier in the calendar than was my custom over a dozen years of unattached racing. That's part of team cycling's effect. Anyone who's ever spent a January morning on a trainer in the basement would opt enthusiastically for the camaraderie and real cycling experience of a team training ride, no matter how cold it is outside.

Fast-forward to today as Team Evergreen Racing wraps up season number one. The accomplishments of the newest team on the block are to stand up and clap about. TER fielded more than one hundred members; phenomenal commitment to a new team. We are the largest cycling team in Colorado and secured more wins this year than any other in the state. At events across

continued on page 10

Riding The Kokopelli

by Aaron Miller

The 2005 edition of the Team Evergreen Kokopelli Trail ride set off with much enthusiasm and gusto on Thursday, October 6 from the trailhead in Loma. With over 140 miles to go and over 12,000 feet of climb-

ing in the days ahead, we had our work cut out for us. We would be riding with a full compliment of support vehicles and volunteer staff. Our knowledgeable

and durable support crew consisted of Alex Hearn, Peter and Sandy Mathis, Dick and Linda Schroth, Mary Skold, Nathan Franke and Janet Saxon. Throughout the ride they performed countless acts of kindness, everything from setting up the daily lunch stops to giving a tired rider a lift to packing and unpacking the moving van each day. Without their efforts, the ride would not have been possible. On this first of four days of riding, Alex gave us a survey of what we should expect out on the trail, informed us of how the SAG crew would operate and sent us off.

Day one would be an easy half-day of riding over to Rabbit Valley for our first night in a Bureau of Land

Management (BLM) designated campground. Linking the well-known Fruita trails such as Mary's Loop, Lion's Loop and Troy Built Loop gave us a wonderful singletrack view of the Colorado Plateau. With a group over 40 strong, the fragmentation occurred right out of the parking lot and persisted throughout the day. The entire group would not reunite until nearly 10pm that night.

Though only a 25 mile day, two riders would break ribs and one would abandon the ride by the time

we all reached camp. Ed Murphy suffered a bad crash and decided to go home with bruised and possibly broken ribs. Chris Harry, our brave event organizer also crashed, but shook it off and continued. It was not until he was home, five days later, that he realized he had broken some ribs. The major difficulties of the first day were met as we climbed away from

the Colorado River on a trail that was heavily eroded and marked with a double black diamond on the map. This hike-a-bike was probably the most difficult of the entire trail, so it was good to get it over with early. Once out of the canyon we connected to some gravel roads that took us into the Rabbit Valley campsite.

Arriving at camp, it was great to see the keg tapped and the large camp stoves purchased for this and future Team Evergreen trips fired up and cooking the night's meal of beef and veggie burgers. Of course, we stayed up too late sitting around the campfire draining the first ration of beer.

Day two started off with an auspicious flat tire for me within earshot of camp. This was the end of my plan to ride with folks who knew the trail. Riding at the back, I was able to witness numerous episodes of backtracking, wrong turning and general head shaking at the confusing array of unmarked trail junctions. Eventually, most of the group reconvened for the mid-day meal on Westwater Road, a paved section of the route. After lunch we got back onto the dirt and actually found a great section of single track down by the Colorado River. The green stripes of each bank create a significant break in the landscape providing a border between the milk chocolate froth of the silt-laden river and the harsh aridity of the Utah desert. The trail then spit us out at McGraw Bottom and onto the pavement of the Dinosaur Diamond Prehistoric Byway. At this point the

continued on page 5



Photos by Jeffrey Deuell

group split between those who wanted the quickest way to camp and those who wanted to add Yellow Jacket Canyon to the day's challenges.

It was clear that the first half of the day had been a route finding nightmare for most riders. The complete story of the additional miles ridden due to wrong turns taken finally



came out later that night as we trickled into the Cowskin Campsite for night two. Those who had extensive experience getting lost had ridden as much as ten miles further than those who more often than not took the correct route, 55 versus 65 miles. They will tell you that this was not an insignificant ten-mile discrepancy.

The final full day of riding started with the upper half of the loose and steep Entrada Bluffs Road. The first part of this hill was the final climb of the previous day's epic, so we were all a bit reluctant to resume the struggle. Once up the hill, our most intrepid riders opted for the storied "Top of the World" out and back option. This would add 1,800 feet of climbing and ten miles to the route. The rest of us continued along the Cottonwood Canyon Trail to the Fisher Valley lunch stop. After yet another nice rest stop prepared by our wonderful support team, we climbed 2,500 feet up the Thompson Canyon

Trail into the Manti-La Sal National Forest. It turns out that the Forest Service manages the higher elevation mesas, while the lower elevation desert portions of the trail are controlled by the BLM.

During the ascent, a storm front moved in and scattered the hillside with numerous scary and loud lightning strikes accompanied by rain. The last five miles into the Rock Castle campsite was a steep descent in the cold rain on a paved road. Those that rode the Top of the World trail extension had to suffer

through the worst of this storm as it intensified later in the afternoon. Finally, these nearly hypothermic riders straggled into camp. By this time the wind gusts had shredded the pop-up canopy tent that we had been using as a "kitchen" and those in camp were huddling in the back of the moving van. Fortunately, Alex had made giant batch of hot chocolate so that upon arrival, the blue-lipped riders could regain some lost body heat. A delirious

Bob Campbell wrapped himself in a large black garbage bag in a desperate attempt to get warm.

The intermittent squalls provided some brief windows of calm winds allowing dinner to be cooked and eaten. A fire was started and we huddled around it dreading the idea of getting into soaked and leaky tents for the uncomfortable night ahead. Since I didn't have a tent, and no invitations were forthcoming, I spent a jumbled, but dry night in the back of the moving van.

In the morning our collective grumbling and shivering quickly cleared up along with the rainy weather. It was cold but the 1,700 feet of climbing on the La Sal Mountain Loop Road to the top of the Porcupine Rim gradually warmed us. Unfortunately, the overnight rain had saturated and muddied beyond all hope the single track we were planning to ride at the top of this hill.



Instead, we descended on pavement to Sand Flats Road. We then took this gravel road to the start of the Porcupine Rim Trail. Since we had to meet our shuttle ride back to Loma in the early afternoon, there was not enough time to ride the Rim. On the way into Moab, some stopped off at the Slickrock Trailhead to

continued on page 12

CAPTAIN'S SADDLE

(continued from page 2)

will not have to plan for and manage our board meetings, but I will miss the privilege of witnessing how our leadership team creates and inspires opportunities for fun and challenge. I am relieved not to worry about the success of the Triple ByPass, but I will miss learning from the awe inspiring organizational efforts of Leslie and Carl Caimi as they deftly and professionally anticipate and manage an overwhelming number of details, troubles and tribulations. I will be relieved that I do not have to write this article every month, but I will miss the structure that forced me to sit and write.

The extent of pride and honor that I feel from serving as President of Team Evergreen surprises me because, after all, it is just a bike club.

Many thanks for the ride. It's been great. See you on the bike.

Take care,
Bruce

Bruce can be reached at
president@teamevergreen.org



Cyclist's Phrasebook: Does This Sound Familiar?

Editor's Note: Have you seen this circulating on the Internet? Kirk Ryder sent it in.

Cyclists are the biggest sandbaggers and secret trainers around. They'll say anything to soften you up for the kill. Don't let this happen to you. Study this handy rider's phrasebook to find out what they really mean when they say:

"I'm out of shape."

Translation: I ride 400 miles a week and haven't missed a day since the Ford administration. I replace my 11-tooth cog more often than you wash your shorts. My body fat percentage is lower than your mortgage rate.

"I'm not into competition. I'm just riding to stay in shape."

Translation: I will attack until you collapse in the gutter, babbling and whimpering. I will win the line sprint if I have to force you into oncoming traffic. I will crest this hill first if I have to grab your seat post, and spray energy drink in your eyes.

"I'm on my beater bike."

Translation: I had this baby custom-made in Tuscany using titanium blessed by the Pope. I took it to a wind tunnel and it disappeared. It weighs less than a fart and costs more than a divorce.

"It's not that hilly."

Translation: This climb lasts longer than a presidential campaign. Be careful on the steep sections or you'll fall over — backward. You have a 39x23 low gear? Here's the name of my knee surgeon.

"You're doing great, honey."

Translation: Yo, lard ass, I'd like to get home before midnight. This is what you get for spending the winter decorating and eating chocolate. I shoulda married that cute Cat 1 racer when I had the chance.

"This is a no-drop ride."

Translation: I'll need an article of your clothing for the search-and-rescue dogs.

"It's not that far."

Translation: Bring your passport.

t e a m
EVERGREEN

\$90,000

That's what Team Evergreen donated to local non-profits this year with proceeds from the Triple Bypass.

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 500 email subscribers! And, because there is no delivery delay, it arrives faster than snail mail.

POWER WATTS ALL THE FUSS?

by Cortino Garcia

Director of Exercise Physiology and Coaching at the Altitude Training and Performance Center in Evergreen, CO

Do you realize that when big George Hincapie is pulling at the front of Team Discovery in the TDF team time trial, he is pushing as much as 600 watts? How hard is that? Well, when I test a decent male cyclist in my lab, he may sustain 250 watts, and if he is strong may reach 500 watts for a few seconds standing on the pedals in a simulated uphill. So 600 watts is impressive but what is really impressive and important is that George and many of the other members of the pro peloton can sustain that high power output for a short period, drop in to the paceline for a “recovery” (at 300 to 400 watts) and then do it again...and again...and again. Part of the reason that

these cyclists can ride so powerfully is because many train with concentration on continuous power output over varied terrain. Wattage feedback while riding is an effective method to assisting any level of athlete become a better cyclist.

Many endurance athletes are already familiar with heart rate monitors – a great biofeedback device. Other athletes eschew the HRMs and just go off of perceived exertion, which if the cyclist rides enough, can have some effectiveness. The limitation with these and other methods of monitoring effort while riding is that they usually have a delayed physiologic response which does not always coincide well with the ever important principle of conservation of momentum. While riding, cyclists should strive to find the happy medium of preserving as much momentum possible over varied terrain while preserving a steady state effort.

Many cyclists think that they are pretty good at this, but as soon as a power meter is applied they find they may drop as much as 200 watts over the crest of a high even when they think that they are “pushing it.”

This is where training with a power meter assists the athlete in learning how to keep a steady state power application over flats, false flats, climbs, and over the crest of climbs. An athlete will always be able to finish faster and have a higher average power output if he or she maintains effort closer to the mean throughout the event. Of course, cycling being the dynamic event that it is, spurts of high power output (and speed) are needed, but let-

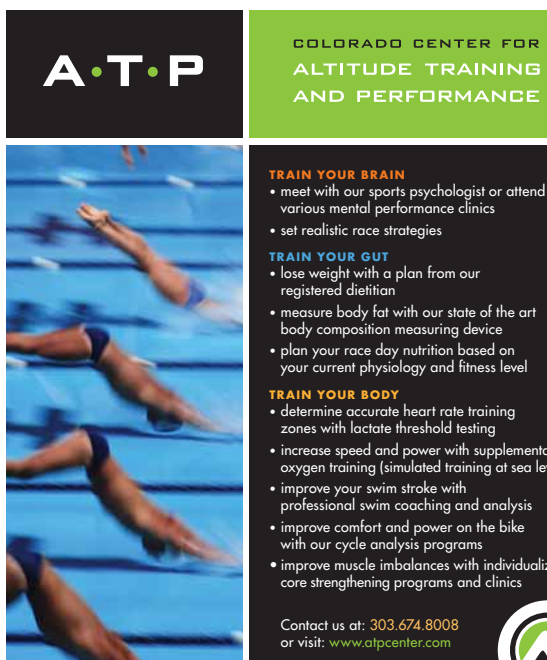
ting the body maintain a more consistent power output before those efforts are called upon will allow it to produce higher speed surges and breakaways.

Power training also comes into play in developing higher maximal efforts. A hard number doesn't lie, so as the perceived exertion goes up, the athlete can have a firm marker to ride at while completing the interval – regardless of the terrain. This translates to more effective and sustained breakaways, primes, and finish-line sprints.

What options are available to monitor power? There are a few different monitors that can be directly mounted on your bike including those made by Polar, Power Tap, and SRM, each with varying ease of mounting, use, effectiveness, and impact on the wallet. Another option is to use an external device (no messing with your bike required) – a trainer that provides power feedback. We are starting to see more than one on the market, but the company that has been doing it best and for the longest is Racer Mate – makers of the CompuTrainer.

Training with a CompuTrainer is very effective, giving you a realistic road feel as it controls the resistance felt over varied terrain. The athlete can continuously see on the computer screen her real time effort – wattage output. Training with a group and instructor is even better as the synergy of the environment increases the effort of the group and the guidance of the instructor facilitates better understanding of the power training goals. There are now several training centers, including the ATP Center, that host

continued on page 18



A.T.P.

COLORADO CENTER FOR
ALTITUDE TRAINING
AND PERFORMANCE

TRAIN YOUR BRAIN

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

TRAIN YOUR GUT

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

TRAIN YOUR BODY

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

Contact us at: 303.674.8008
or visit: www.atpcenter.com



Club News

TE BOD elects new board members and officers



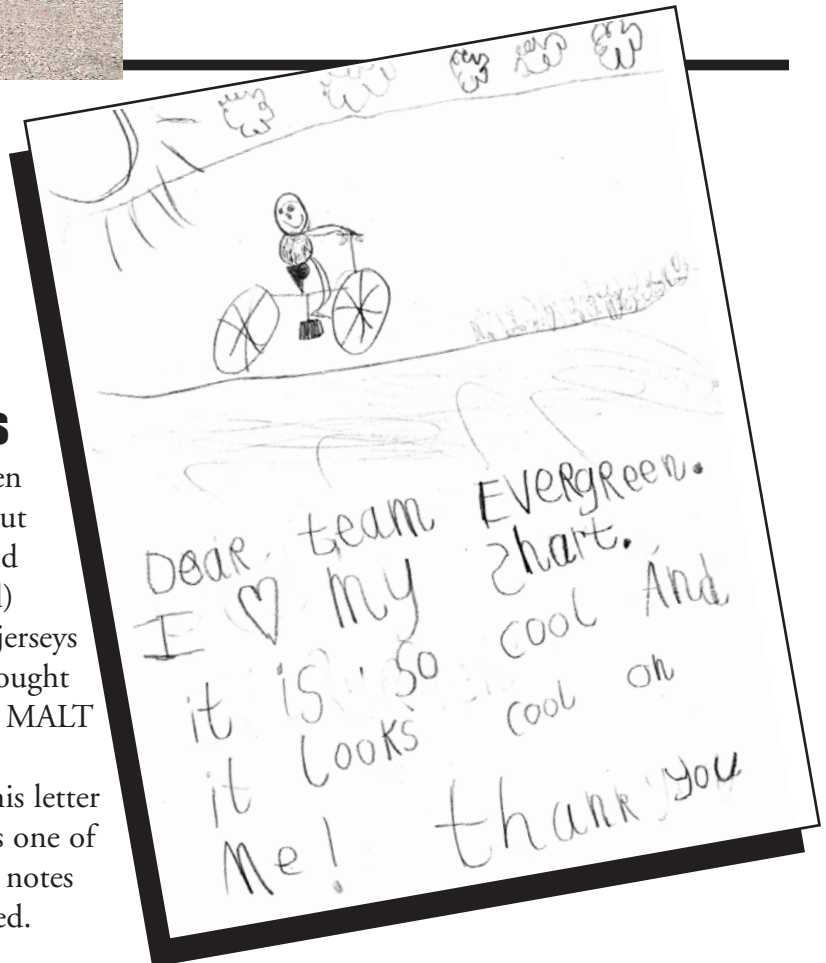
Janet Saxon on the Kokopelli Trail. Photo by Jeffrey Deuell.

Beginning January 1, 2006 Team Evergreen will have a new crew running the club. President Bruce Epstein has stepped down after two excellent years at the helm and Janet Saxon has graciously accepted the presidential post. Other new officers are: Chris Harry as Vice President, Steve Riggle as Treasurer and Terri Wickstrom as Secretary. Aaron Miller will continue as Assistant Secretary.

New to the board are Chris Harry (303-263-2103, racing@teamevergreen.org), Jeff Moyers (720-570-8900, bss@indra.com), and Christopher Davis (303-679-2749, chirocdavis@msn.com). Tom Gardner, Mike Brislin and Robb McGuffin have completed their board terms.

TE Thanks

Team Evergreen gave away about 50 vintage (and also very small) Triple Bypass jerseys to kids who bought bicycles at the MALT Bike Swap in September. This letter from Cole was one of the thank you notes that we received.



Team Evergreen's Annual Ride Leader's Dinner

Did you lead a Team Evergreen ride in 2005? If you did, then you've earned a free dinner on TE! This year's dinner is a buffet with all of the fixins, scheduled for Friday, January 28th at the Mount Vernon Country Club. More details to follow in the January/February *Bike Beat*, scheduled for an early 2006 delivery. Please contact George Rooney at gbrooneyiv@yahoo.com if you have any questions.

Winter 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.

Mountain Gentlemen & Lovely Ladies

Mountain Gentlemen and Lovely Ladies weekly Tuesday and Friday rides are year-round, weather permitting. For the off-season months (October - February), rides are scheduled to start at 10:30 a.m. *Please note that the start time and even the ride day is subject to change, based on the weather. It is imperative that you call Mike Carter the day before the ride for final details.*

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 Haynie's Winter Rides and Adventures

Jerry is already organizing impromptu rides for the nice winter days ahead. Get on his email list by dropping him a note at jphaynie@mindspring.com.

Posing on the Kokopelli Trail. See pages 4 and 5 for more photos and related story. Photo by Jeff Deuell.



EVERGREEN RACING

Winter Training Rides

With racing season in the books for this year, TER will resume a schedule of regular team training rides. Please visit the new team website for information at www.TeamEvergreenRacing.com. By the way, if you are not a teammate at present but may be interested in TER, a good way to check it out is to join us for a training ride. You are invited.

Find A Ride BUDDY

Looking for a training or riding partner for road bicycling, mountain biking, skiing and more? Try using the new rider matching system. We have partnered with Trail Central to provide this easy to use training partner program on the web. It has some great features for our club. Over 60 TE members have already registered! Go to the Team Evergreen site (www.teamevergreen.org) and click the "Find A Ride Buddy" menu button. Enter your riding preferences and see who is available to ride at times and places that are convenient for you.



EVERGREEN RACING

TER Awards

ONTO THE PODIUM

continued from page 3

Colorado, in New Mexico, Arizona, Utah, Wyoming and beyond, TER mountain bike and road racers represented the team and the club with pride and poise. While doing so TER racers claimed twenty-nine 1st place finishes, twenty-three 2nd places and twenty 3rd places for a total of seventy-two individual podium spots. We put up over 140 top ten finishes, a Colorado state championship, individual series titles and team series placements.

A great success of TER in 2005 is that the team posted fine racing results from an organization and a lineup of riders that exhibited the best qualities of team building. Training, racing and otherwise, TE Racing has demonstrated itself to be a cohesive, supportive group of comrades. TER fully intends to build on that base for the 2006 season and beyond. Director Harry deserves a lion's share of the credit for getting the team off to a great start and guiding it to the conclusion of a tremendous first season. And the support from Team Evergreen Bicycle Club has been rock solid.

In the next issue of Bike Beat we'll take a look at some specific 2006 goals for Team Evergreen Racing. And we'll get a perspective on mountain bike racing from a 2005 Mountain States Cup champion.

Members of Team Evergreen Racing got together for a year-end party, complete with the awards and cash the racers earned during the season.



TER's top twelve finishers for the season (out of 110 riders!). Bottom row: Craig Hofer, Terri Wickstrom, Steve Como, Mark Soderberg back row: Chris Harry, Geoff Warner, Matt Morgan, Darin Peery, Raul Chacon. Not pictured: Kent Wells, Michael Shonstrom, Richard Feather.



Chris Harry gives Steve Como his gift certificate and check for the season.



Chris was given a big duffel full of beer as an appreciation gift.

Team Evergreen Racing Mission Statement

Team Evergreen Racing is open to all cyclists who have an interest in the sporting side of cycling. We provide experienced riders a supportive framework in which to pursue their goals and foster competition, personal responsibility, sportsmanship and hard work while offering recreational cyclists and juniors an environment in which to grow, develop confidence and learn more about the sport.

For more info and TER application, please see www.teamevergreenracing.com.

TE ADVOCACY NEWS

by Tim Morrison
Advocacy Chair

Advocacy Update

On Thursday October 27th, I attended the semiannual Trail Use Task Force meeting. The agenda covered mainly the North Table Mountain (NTM) Park Plan. (Please see the Team Evergreen position statement in adjacent column).

I am happy to report that the meeting went well. Once again the mountain bike community spoke clearly and professionally about our desires for NTM and continued to push for fair access to this park. Equestrian, Hiker and Biker reps from the Task Force met one week prior to the Task Force meeting to discuss the park plan and search for common ground. We were somewhat successful in that we agreed with the equestrian reps that an Odd/Even day plan as proposed by Open Space was unacceptable and entirely too discriminatory to bikes. The hikers felt that the odd/even plan gave them their desired experience of hiking without bikes. All the task force reps agreed that we should ask open space for more time to discuss amongst the user groups the future of NTM. It is clear that the current Task Force hiker reps will be pushing for all new trails to have bike bans.

At the Task Force meeting your mountain bike reps passed on to Open Space the tremendous work being done by bikers in Jefferson County. This work includes looking for land for a JeffCo downhill park, trail work volunteerism, and park user survey

continued on page 14

Team Evergreen Bicycle Club North Table Mountain Park Position Statement

Team Evergreen is a bicycle club with 1400 members made up of road cyclists and mountain bikers. The club exists to promote and support cycling in the Front Range and is best known for its "Triple Bypass" road ride. The members of Team Evergreen enjoy a number of organized group rides, both mountain and road, throughout JeffCo, the state, others states and other countries. Proceeds from our events go to charitable organizations and various groups. This past summer Team Evergreen donated over \$90,000 (proceeds from the "Triple Bypass") to different non-profit organizations. In the past year the Club has been busy with advocacy issues affecting road and mountain biking. Recently Team Evergreen was involved in helping to reverse the bike ban on Central City Parkway. Team Evergreen also helps organize and run an annual trail maintenance weekend in Pike National Forest near the Colorado Trail.

Team Evergreen is humbled by the success and scope of the JeffCo Open Space Program. We recognize and honor the foresight of the founders as well as current management staff and leadership of the Open Space Program. This program is successful in part because of its shared use doctrine. In fact, the shared use program has helped create a cycling culture in JeffCo. This culture of riding, then in turn through the sales tax, helps support its very lifestyle. That is why Team Evergreen stands firmly behind the "Doctrine of Shared Use" and believes it should be applied fairly to the North Table Mountain Park (NTMP).

At Team Evergreen, we are a powerful force for education and communication in the mountain bike community. We believe our members are in tune with the issues facing Open Space and are working to help all trail users get along on Open Space land. They are aware of the issues facing NTMP and are concerned about the access issues that face mountain bikers. We also believe we can be a powerful resource for Open Space through our volunteer potential and ability to educate mountain bikers on shared trail use.

In Summary, Team Evergreen does not support the Odd/Even day concept as presented for the NTMP Plan. We believe this plan to be too restrictive to bikes and bikes only. Also, reducing access to half the park on a given day would not help disperse users over a wider range of trails in JeffCo.

Team Evergreen Bicycle Club members are responsible trail users and work hard to minimize conflict on the trails, and ride responsibly to protect the trail itself. We believe the history of shared use on NTMP before it was an Open Space Park has worked well and can continue. We continue to support Open Space and urge them to support their time tested and successful doctrine of shared use that has served the county so well since 1972.

Kokopelli Trail

continued from page 5

do the Practice Loop.

We all reunited at Eddie McStiff's in downtown Moab for a quick beer before taking a few group photos and loading bikes and bodies into the shuttle. Ours had been an eventful, memorable and challenging ride. Without the expertise and hard work of the ride organizer Chris Harry and the sag crew of Alex, Linda, Janet, Sandy, Nathan and Mary, this trip would not have happened. In addition, rider participation in preparing meals was cooperative and well done. It's amazing what people can do when they recognize the needs they have in common and realize that they have to work together in order to meet those needs. Thanks to all who made an effort to inject fun into the ride, it will be difficult to make improvements in the event next year.

TE AND THE FRONT RANGERS



Team Evergreen joined the Front Rangers for their October 15th ride in Golden on an incredible fall day. It was the last ride of the season and there was a great turnout of adults and inner-city kids. The group broke up into smaller, more manageable teams, based on how hard and far the kids wanted to ride (most opted for hard and far, no matter what). Kids mounted the Front Ranger stock of mountain bikes (pretty nice Specialized, not your WalMart stuff) and took off on the bike trails and back streets of Golden. Everyone returned to Lion's Park a few hours later for a great barbecue lunch.

The membership of the Front Rangers Cycling Club is composed of adult professionals who are bicycle racers, ex-racers, and cycling enthusiasts, including many Team Evergreen members. The Denver Police Department, as our primary partner, recognizes and supports FRCC as a vital link with Denver youth to encourage healthy recreational activities and drug-free lifestyles. For more information about FRCC, visit our website at www.frontrangersdenver.org.

Let us know about your bicycle concerns or adventures.

Contribute a story to *Bike Beat!*

The next issue (Jan - Feb) will be out after the new year.

Deadline is December 15.

Email

bikebeat@teamevergreen.org

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



what comes around...

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Clay Sanford riding the Rampart Reservoir trail. Photos by Terry Mitchell.



Matt Bailey says "I could have ridden this!"

RAMPART RESERVOIR

MOUNTAIN BIKE RIDE

by Terry Mitchell

October 8, 2005 turned out to be a gorgeous sunny day for a 22-mile ride. But where have all the riders gone, only 3 brave souls turned out for one of the last official rides for the club.

Terry Mitchell (ride leader), Clay Sanford and Matt Bailey showed up for the cold seventy-five degree day of riding. Rampart Reservoir is one of my favor rides with a lake that reminds of Lake Powell and the unusual rocks formations along the shore, plus the added feature of Pike's Peak in the background.

What a day, we did some exploring and found out there are a lot of trails to the north of this reservoir including miles of hidden single track (next year ride). One unexpected moment was when my seat clamp bolt broke and I had to ride out about 6 miles standing up, not a happy rider was I. Anyway it was a great of riding with good friends.



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TE ADVOCACY NEWS

continued from page 11

gathering. We brought them up to date on community input we had received regarding NTM. We reminded them of the growth of mountain biking and the need for continued expansion of trail access. Open Space was made aware of the time that biker reps have spent riding and exploring NTM Park. This riding was done in an effort to gain first hand experience in the park and to get a feel for the parks potential and to be able to speak to other user concerns and vision for the park. Open Space was provided with the Team Evergreen position statement as well as statements from TCS Mountain Bike Coalition and from Colorado Downhill Cycling Collective.

Open Space listened to reports from the hikers and equestrians as well. This meeting was well run by Jefferson County mediation services. Having the mediators there prevented the meeting from becoming a bike bashing session similar to our last Task Force meeting. As such, each user's points were taken without interruption. Ultimately the decision on how to manage the trails at the new NTM Park will lie with Open Space staff and the Open Space Advisory Committee (OSAC). I think we presented a reasonable and well thought out solution to manage NTM Park. Some of the suggestions we passed on included separate trail heads for bikes, horse and hikers. Ultimately the trails all merge into a shared use trail system. We continue to push Open Space to use progressive management plans to avoid conflict on the trails and to only use

segregation as a last resort. No decision or action was taken as a result of the nights meeting. We expect to hear from open space on our request for more time before they finalize a plan around the end of November.

As a follow up to the Task Force meeting, new incoming TE President Janet Saxon and I attended the Open Space Advisory Committee (OSAC) on November 3rd at the Open Space offices. Janet had an opportunity to see how the politics of OSAC works and to speak directly to the Committee on North Table Mountain. This meeting was called to give the community a chance to give input directly to OSAC on NTM. As Chairman Stevenson put it, this was the community's time to talk and the committee would stay until everyone had a chance to speak. This meeting would prove to be a test in patience for all and an eye opener about some of the negative feelings some have towards bikes. Once again the voice of reason and the non-emotional offerings came from the cycling community.

Much time was spent on the discussion about an Ad Hoc group that has recently formed. The group is made up of people from all sides of the trail looking for consensus on park management. They asked for the blessing of OSAC and requested that they defer any decision on NTM Park until such time as this park user "consensus" can be brought forth.

Some members of OSAC expressed reservations about any success with consensus but in general the OSAC seemed to want to give the AD Hoc group a chance. Many citizens

who spoke feel the NTM is a fragile environment and should be mostly left undisturbed.

Some questioned the wisdom of allowing any activity on the mesa. Meanwhile, across the street at the Golden City council meeting, the City of Golden was passing a resolution stating their position that the NTM park plan should include a bike ban for the entire park. This resolution has no real power with OSAC and simply appears as another comment regarding the park. OSAC generally sees the park as a place for people and it will have trails for us to access the mesa. Fortunately we do have some members of OSAC who believe bikes should have equal access. Once again, this meeting was information gathering only and no action was taken on NTM Park.

So where do we stand now after all these meetings? I believe we have presented a solid and reasonable argument for Open Space to continue with the shared use doctrine and to not single out any one user group for discrimination when it comes to trail access. We have the equestrians agreeing with us on this and with more time we hope to bring the hikers to understand us better. Of course we can always do better too and we are.

I will continue to update you on NTM Park and all access issues for cyclists. Stay Tuned.

AUTUMN

The weather has been gorgeous so far this fall, and Team Evergreen riders have been getting in a lot of late season miles. Were you on any of these rides?



Ed tackling a technical section in Rabbit Valley during the TE Fruita weekend. Photo and story by Terry Mitchell.

FRUITA

Fourteen riders showed up to enjoy the three-day Fruita weekend in mid October. Friday we did the local rides of Horsethief, Mary's loop and others, all about 18 miles (nice warm up). Saturday was in Rabbit Valley, it was a ride along the canyon rim with views of the Colorado River. There were some interesting technical challenges along with several flat tires. The weather was like spring; it was beautiful, not a cloud in the sky. After the ride that evening we had a chicken barbecue on the deck at the hotel with plenty of refreshments. Some enjoyed the hot tub, relaxing their aches and pains. Sunday was like the Grand Mesa ride, but due to some early snowfall, the ride was in Glenwood Springs, which turned out to be a bit of a hard little ride, but it all worked out and everyone enjoyed the weekend.

PARTY!



Wendy Henke organized an impromptu ride to Pinecliffe (up Coal Creek Canyon) via Wondervu, with a fantastic Mexican lunch at the top. Photo by Wendy Henke.



This is just a fraction of the people that came to Roberto and Stephanie Garriga's for the end of season mountain bike party. Photo by Ellen Nelson.

Guilt-free indulgence! Diana and Wendy clown around in front of the gourmet chocolate display in Wondervu.

Photo by Ellen Nelson.



It doesn't get much nicer than this. Some of the Kokopelli mountain bikers. Photo by Jeffrey Dewell.

ALBUM



Terry, Jerry and Steve in Fruita.



TE members rushed to ride up the Central City Parkway as soon as the bicycle ban was lifted. Photo by Ellen Nelson.

VELOSWAP



Team Evergreen had their own booth at Veloswap last month, selling vintage Triple jerseys and socks. Janet clowns around with a classic jersey.



The TE end-of-season Oktoberfest was one of the best yet, with lots of people and only a few speeches. One of the favorites of the day was Tommyknocker's beer (including the jumbo-size Butt Head doppelbock beer), donated by the brewery. Aaron Miller (left) proves that he can still clean his plate at the Oktoberfest . . . especially when it was piled high with Specialty Catering's delicious desserts. Thanks to Leslie Caimi for organizing the popular event. Photos by Ellen Nelson



Bicycle Advocacy News

CENTRAL CITY WELCOMES BICYCLES

Colorado's newest mountain road opened to bicyclists for the first time Monday, September 26, ten months after opening to motor vehicles. The Central City Parkway, featuring eight foot paved shoulders, connects the town with the I-70 corridor. The City Council voted to lift the ban after months of study and education on bicycle transportation, recreation, and tourism.

Bicycle Colorado testified in support of ending the ban. Director Dan Grunig stated, "Bicyclists and motorists co-exist on thousands of miles of roads across the state. We applaud Central City for encouraging healthy transportation and adding a new riding attraction to Colorado's booming bicycle tourism industry."

According to a Colorado Department of Transportation study, the bicycling industry generates \$1.2 billion for the Colorado economy, including \$167 million from bicycle tourism.

The city constructed short bicycle paths which allow cyclists to connect with the each side of the Parkway via Virginia Canyon Road. This required bike route avoids the stretch of Parkway nearest Central City which lacks paved shoulders.

Until now, Central City has been known to bicyclists as a dead-end. The

popular Peak-to-Peak Highway would drop bicyclists into town without a paved route for an exit. Bicyclists were forced to turn around and return the way they came. Now riders may connect to the I-70 corridor and the routes around Idaho Springs and Evergreen via the Parkway.



**BICYCLE
COLORADO**

Local bicycling groups Bike Jeffco and Team Evergreen provided route ideas and ride data to the Council during their study period.

BIKE AND WALK TO SCHOOL WEEK

Students across the state hopped on their bikes, laced up their shoes, and got to school under their own power. Congratulations to all the children and to their parents for participating last week. The success shows we can get kids moving again, improving their health and safety. Look for more news soon on Colorado's Safe Routes to School program as the state's program begins in early 2006.

BE SEEN . . . BE SAFE

Days are getting shorter — turn your lights on now. Bicycle commuters are facing darker mornings and earlier evenings. Be sure to be visible — get lights and reflective gear from a Bicycle Colorado member bicycle shop.

SURVIVE THE PUMP GET ON YOUR BIKE

With government leaders and oil companies urging Americans to drive less, more and more people are turning to bikes for transportation. Bicycle Colorado is helping to get folks rolling with a section of our website devoted to resources for both new and experienced bicycle commuters. We have riding tips, excuse-busters, and a directory of free online bike maps for many communities across Colorado.

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>.

Team Evergreen Classifieds

HARD SIDED BIKE CASE: Never used. \$275. (303) 670-2517.

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.

SMALL MTB FOR SALE: 04 Stumpjumper FSR Pro Disc. \$1800. Hardly ridden. In excellent condition, stock as listed: All new super lightweight M4 FSR chassis. Fully manipulated M4 tubeset with Transform Monocoque top tube. 100mm travel front and rear. Full sealed cartridge bearing pivots, Hollow Link, and pierced seat tube keeps the frame stiff and lightweight. Custom Fox-built Triad rear shock. Three on-the-fly suspension settings. Oversize high-volume body with external rebound adjust. 100mm Fox Float RLC fork with alloy steerer, rebound adjust, and compression adjust and lockout with threshold tuning. Shimano XT/XTR drivetrain including 2-piece Hollow Tech II cranks. Lightweight details like DT Super Comp spokes and alloy nipples, new Ti-rail Body Geometry saddle, anodized finish, and 3-D forged CNC stem. Tamra (303) 204-2232 or tamn8tr@comcast.net.

SUMMIT COUNTY SKI RENTAL: Fully furnished townhouse with hot tub in Silverthorne (6752 Ryan Gulch Road). Minutes to Loveland, A-Basin, Keystone, Breck, and Copper. Free shuttle bus to all Summit Co. ski areas stops near the front door. Call Paul for info and rates - Day (303) 994-6521, Eve. (303) 669-9276.

FRISCO CONDO FOR RENT: Great location-1 block from Main Street. Just remodeled. 2BR/2BA. Pool and hot tub. Great for families. Discounts for Team Evergreen members and last minute specials. www.vrbo.com or call (303) 679-1224.

FOR SALE: Kid's 20" Trek Mountain Bike. Blue and white, 6 Speed grip shift. Great for new rider - too small for my kids. Asking \$75, was \$200 new. Call Jeff at (303) 933-9493.

EDDY MERCKX TITANIUM AX FOR SALE: 54 cm full Ti frame w/ Kestral carbon fork. Full Campy Chorus groupo w/ Campy Record ergo shifters. Racing Triple crankset. Sella Italia saddle. Mavic rims. FSA wing Alum bars. FSA stem. Cateye computer. SPD road pedals. A sweet ride as only Merckx can make it! Treat yourself to shock-free cycling! \$1380.00 Call (303) 674-3021 or email dadskier@ecentral.com.

TRIPLE BYPASS JERSEYS FOR SALE: I have two extra jerseys from the 2005 Triple Bypass for sale. Both XL, still in bags and never worn. \$35 each. Email Will at junkfortheeking@comcast.net.

LIKE NEW 2003 TREK 2200: The bike is in fabulous shape because it only has about 3,000 light miles. It has never been raced or crashed or even mishandled. The only reason for the sale is my wife found a pink Cannondale that she has been wanting for years. 56 cm Alpha SL Aluminum frame. Double butted, seamless drawn round tubing. Custom butted 1-1/8" head tube. Trek Pro geometry. Triple crank. Bontrager Race, OCLV CARBON, 1-1/8" aluminum steerer tube, aluminum crown fork. Bontrager Select wheels, Shimano 105 front and Shimano Ultegra rear derailleur, Shimano Ultegra crankset with Shimano HG-70 12-25, 9 speed cassette. Ascent, clipless pedals. Lance rides Trek and you can too. Call Travis (719) 591-8742.

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

ATP: POWER

continued from page 7

multi-rider CompuTrainer classes - a great place to work on your power training while the road and trail conditions are less than ideal.

Spend some concerted effort working on your power training this winter and you will find your cycling ability has improved greatly come spring. Someday you too may see a sustained wattage of 600... In which case I too will be cheering you on at the Champs Elysées!

If you want to see what kind of watts you can produce and sustain, call and schedule yourself to be part of the CompuTrainer 10K Time Trials that will precede the ATP Center-Team Evergreen Open house on Friday, November 18th (more information on this great event on page 1). RSVPs are requested for this event, and required if you want to participate in the time trials. Prizes for the fastest man and woman of the night.

ATP Center

Team Evergreen

Open House

You Are Invited

(and so are any of your cycling friends)

Friday evening, November 18th

5:00 pm to 8:00 pm

Free food - Einstein's Bagel Co. cafe and beverages by Budweiser Swag bags provided by PlayCoed.com and door prizes from vendors including Rudy Project, Louis Garneau, Rol Wheels, and others.

Guest speakers: Kori Seehafer of T-Mobile Women's Pro team and Ken Whelpdale - 7 year TDF mechanic (most recently of Levi Leipheimer of Gerolsteiner).

RSVP at 303-674-8008 or at Cortino@atpcenter.com

Team Evergreen Board of Directors

President	Bruce Epstein	303-526-2061 (h)	303-526-2155 (w)	president@teamevergreen.org
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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

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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



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Our studio comes complete with individual heart rate monitors and private headphones for every rider. This is not just an aerobics class on bikes; our cycling instructors focus on pedaling form and technique specific to performance cycling, making for a beneficial workout for cyclists of any level. Current class schedule is online at www.velocolorado.com.

