

October 2005

Team Evergreen Bicycle Club Inc.

P.O. Box 3804, Evergreen, CO 80437

www.teamevergreen.org

From the Captain's Saddle

People Keep Stepping Up

by Bruce Epstein
TE President

This experiment called Team Evergreen Bicycle Club has taken on a life of its own. I am amazed at the creative spirit and enthusiastic response that our Team members constantly demonstrate. Our Board of Directors has adopted a policy of shunning "shoulds." A red flag goes up when we hear someone say, "Team Evergreen should do X." Instead, we take a market demand approach, excitedly supporting individuals who step up and declare, "I want to do X. Will Team Evergreen support me?"

For example, when Tim Morrison stepped forward and said that he wanted to work with Jefferson County on their Open Space trail use policy and to lobby Central City to reverse its cycling ban on the new Central City Parkway, we gratefully embraced him as our Advocacy Chair and supported him on his (and our) mission. (By the way, Central City just agreed to permit cyclists on its new parkway —see page 7— thanks to the efforts of Tim, Dave Evans of Bike Jeffco and Dan Grunig of Bicycle Colorado.)

When Chris Harry volunteered to create a racing team, we thanked him

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Team Evergreen VP and Treasurer Janet Saxon enjoys some singlettrack in Crested Butte during a recent TE ride. More mountain bike photos on page 2, photo by Terry Mitchell.

Sunday, October 30

Oktoberfest

Please join us for Team Evergreen's annual end-of-cycling-season party, Oktoberfest, on Sunday, October 30 from noon to 3 pm at the Evergreen Lake House. There will be lots of fabulous food (roasted pork loin, chicken, corn, salad and mashed potatoes) provided by Specialty Catering, Tommyknocker beer, Creekside Cellars wine and music. The event is free to all TE members and we encourage new members to join.

If you haven't been to an Oktoberfest in a while, we have streamlined the event: No more awards and long speeches, just good times with good friends, and maps of next year's rides you can sign up to lead.

Please RSVP by October 26 by emailing Oktoberfest coordinator Leslie Caimi at triple@teamevergreen.org. That will help us get an estimate for our caterer. Everyone is invited to ride hard, eat, and be merry! See you there.

MOUNTAIN BIKE

HOPEENINGS



Glyn on the Deer Creek Trail in Crested Butte trail last month. All photos by Terry Mitchell.



Matt cruising through the aspens on the Rim Trail.

From the Captain's Saddle

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and asked how we could help. Team Evergreen Racing was born, and 100 Team Evergreen members enthusiastically signed up. Chris also stepped up to organize this year's Kokopelli trip for 35 riders when it appeared that the trip would not happen.

Bob Campbell, Mike Brislin and Aaron Miller desired to repeat last year's successful (and fun) trail building weekend in Buffalo Creek —see page 13— and Team Evergreen happily backed them. About 100 people turned out with shovels in hand and smiles on their faces (and that was before the keg was opened).

Aaron also thought it would be interesting to have Kimberly Baldwin, 4 time national champ who rides professionally for T-Mobile, speak to Team Evergreen members about a number of cycling topics, and he is currently orchestrating that.

Bob also persisted in organizing another Team Evergreen Bike Swap —see page 12— to benefit Mountain Area Land Trust. At least half a dozen Team Evergreen members showed up to help out, and many excited people went home with new pre-owned bikes. Less than 20 feet away from the bike swap trading grounds were at least another half dozen TE members fitting over 250 donated bicycle helmets on children and adults.

Jerry Haynie enthusiastically volunteered to coordinate the Wednesday night mountain bike rides, and our members keep coming out. Throughout the winter last year, Jerry created impromptu opportunities for us to ride when the weather permitted. No one thought that Jerry "should" do it, he just wanted to, and many riders gratefully participated.

Similarly, George Rooney, Terry Mitchell, Clay Sanford, Matt Bailey, Mike Carter, Vince Pietrobon, Molly Epstein and many others continue to step to the plate and create new rides or maintain tried and true rides. As a result of these leaders' enthusiasm, Team Evergreen members come out to discover new roads and trails, to ride with old friends, and to meet new ones.

No one asked Rich Boyan to send out renewal reminders to TE members whose memberships had expired. Rich knew that most members would appreciate it, and he decided to contribute to our club by sending out the notices every month. Our membership numbers have never been so high. We seem to set a new record every month.

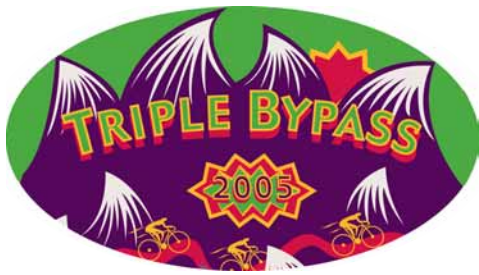
Robert Garriga decided that he wanted to serve as a liaison between the new ski area on Squaw Pass Rd and Team Evergreen, hoping to facilitate a new downhill biking component to

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WHITE PEAKS
LUXURY DENTAL CARE

303-991-4320



Triple Bypass BYPASSES

Record for Giving

by Ellen Nelson
Bike Beat Editor

\$90,000.

That's what Team Evergreen gave away this year. Thanks to the record number of Triple Bypass riders, Team Evergreen's proceeds grew to epic proportions. "We were able to give generous donations to each of the local non-profits that volunteered their time to help us put on the ride," Triple Bypass coordinator Leslie Caimi said. "And we added a few more favorite charities as well. It is so much fun giving away the money."

More than 50 non-profits received donations from Team Evergreen.

If you were on the Triple, you saw the volunteers everywhere: That was Evergreen Children's Chorale at the registration table, Evergreen Civil Air Patrol stowing your luggage and hauling it to the finish line. Drive Smart and National Charity League helped with the start line



Evergreen Players ran the Georgetown aid station. The donation they received from Team Evergreen will be used to fund their shows at Center/Stage.

parking while folks with Blue Spruce Kiwanis were setting up the Squaw Pass Aid station. And that's just the tip of the volunteer efforts.

So just what happens to the money the non-profits receive? You can bet that it is all being put to good use.

"This is going to make a huge impact on the women in Guatemala. The area is so desperate, they are unbelievably poor . . . the women dig rocks for a living," Friendship Bridge Co-director of Development Nancy Hiester said



Friendship Bridge drove the SAG vehicles. They will use their Triple Bypass donation from TE to fund their microcredit program for impoverish women in Guatemala.



Lakewood Performing Arts Council has bought marching band instruments for Lakewood High School with the TE donation they received for being the road marshals.

when she learned of Team Evergreen's generous donation to their cause. Friendship Bridge provides small business loans to women through their microcredit program, empowering women to break the cycle of poverty and create self-sufficiency through education and entrepreneurship. By June 2005, there were 6,295 women from more than 28 different villages in Guatemala participating in Friendship Bridge's microcredit program.

"Without Team Evergreen efforts to raise money, we would be severely hampered," Border 2 Border founder Joel Fritz explained. Border 2 Border is a non-profit organization out of Vail that raises money for pediatric HIV/AIDS research through adventure bicycle rides. "We are using the donation from the Triple Bypass [B2B ran the Vail aid station] to help fund a research study being conducted by Dr. Elizabeth McFarland at Children's Hospital and CU Health Sciences Center. She is researching the long-term effects of anti-viral drugs on children, from 18 months to 20 years old. Because of our good drug protocols, HIV positive children are living longer, reaching maturity and having families of their own. But we don't want to be building time bombs. I am grateful to the Triple Bypass and Team Evergreen, they are compassionate and caring people."

100 Miles of Mom

by Beth Perry

It was Paula's idea so I decided early on that if things went to hell, we could blame her. The proposal was a mother-daughter trip on the White Rim Trail in Canyonlands National Park last March. Four days and three nights of mountain biking on 105 miles of dirt road, through some of the most astounding country the west has to offer. It sounded like a great excuse to get my Pennsylvania mom out for a visit and maybe even ignite a passion for cycling. Without even mulling it over, I sent out an invitation to all of our girlfriends and applied for the permit. The response was overwhelming and when the smoke cleared, there were fourteen interested women: six moms, seven daughters, and one "adopted" daughter, a yoga instructor who a mom invited to ensure that us zealots didn't push the moms too hard.

Only one of the moms rode a bike on dirt on a regular basis. Would the moms, all of whom were in their 50s and 60s, be able to handle dirt, sand, rocks, ruts, bumps, and ditches? Most of the moms hadn't ridden any kind of bike that winter. Would they get such bad saddle sores after the first couple of miles that they wouldn't want to go near their bikes for the rest of the trip? Would they be so cold, dirty, blistered, and discouraged that they would never forgive us? I sent out an email to reassure them that we weren't seeking revenge for any childhood traumas and to encourage them to train.

Most people who heard about the trip were doubtful. Fourteen women in the desert for 4 days? It'll be a nightmare: cat fights, screaming, complaining, crying. Mothers and daughters? Multiply that drama by ten.

The day before we were scheduled to arrive in Moab, there was a break in the weather. The temperatures soared into the 60s and 70s during the day and didn't descend below freezing at night. Skeptical that it would not persist through the week as predicted, I packed my win-

ter sleeping bags, down parka, and plenty of fleece.

The three east coast moms (Mary, Louise, and my mom, Marie), adopted daughter (Morgan), and northwest daughter (Maggie, Tina's sister) arrived in Moab Sunday night to start the acclimation process. We picked up the rental bikes, tinkered with our own, then hit a brewpub for a celebratory dinner. The next day we took the moms to a dirt road to get them dialed into their bikes. My mom, who had insisted on clipless pedals, got to experience the steep learning curve associated with having your feet fully engaged with your pedals. After a couple of slow motion topples, she decided that she would like to have flat pedals for the rest of the trip. In addition to the tip-overs, there was a low speed collision (my mom rear-ended Mary), and quite a few dabs, but the biggest challenge proved to be shifting. Marie and Mary weren't used to so many gears and Louise was used to grip shift rather than rapid fire. By the end of the ride, the moms decided they would embroider riding gloves with the words easier on the right thumb and left forefinger and harder on the right forefinger and left thumb to help them remember which levers to push. "They'll sell like wildfire" was the consensus.

Sitting up in bed the next morning my mom looked rattled. "I dreamt about my crashes all night." "Mom, you didn't crash, you fell over. That doesn't qualify as a crash." "Those were crashes," she exclaimed. "I hope this scrape doesn't get infected." She pointed to the skin on her knee which was a little pink but not broken. I was left wondering if the face plants, endos, and high speed skid outs that left me bloodied and bruised over the years were out of the realm of typical female experience.

The rest of the crew (Kris and June, Erika and Nancy, Mandy and Sandy) arrived that night. We would bring three trucks, that way if all the moms needed to ride in a truck at the same time they would fit. There would also be plenty of room for the assortment of items

needed to make a four-day camping trip as luxurious as possible: food, beer, wine, and key lime pie. We would not be denied.

On Wednesday morning, we got going as early as can be expected of people on vacation and headed out to the White Rim. The first 10 miles of the trip (if you ride the Rim so that the Schaffer switchbacks are last) are on a paved road. It was chilly and windy, but the moms were excited to bicycle so Tina and I offered to drive the two sag trucks while our pro driver, June, took the lead truck. We let the riders get a head start then set out just in time to see a stray mom being escorted back to the main road by two daughters. "Stray mom, stray mom," Tina yelled into her walkie-talkie and we gunned it up to the threesome. Luckily, Paula and Maggie had lagged behind and spotted a mom making a wrong turn. As we pulled up behind them, I could hear the mom's chain squeaking. We crowded around her bike and began an assessment. Nancy's bike had dinosaur teeth: a 29-pound, hard-nosed and hard-tailed behemoth that hadn't been maintained in years, if not decades. "Maybe she should have rented a bike," we whispered.

After much too long, we arrived at the official start of the White Rim and swapped out drivers. We had twenty-five miles to camp and I was beginning to worry that we would never make it before dark. But suddenly, as if the call of the dirt was the siren song they had been waiting for, the moms took off. I sprinted for several miles before I caught my mom who was in her largest gear and pedaling intently.

We lunched at the top of Mineral switchbacks before setting off for our camp at Potato Bottom, which was still more than ten miles away. By this time, most of the moms were in trucks so the daughters forged ahead. As the road began its first small climb away from the river, there were several shelves that protruded out over the road. We decided to wait for the two sag wagons to warn the mom drivers of the potential to scrape the bikes off the top of the trucks. The sun was at full intensity and the day had warmed considerably. After an hour, I couldn't stand the heat any longer. "I'm going back to look for them," I said. "This is probably the first time in the history of the White Rim that a bike has had to sweep the trucks," Mandy commented.

Luckily, they weren't too far behind. "Where have you been?" I asked, trying hard to hide my exasperation. "We were just hanging out and chatting. We wanted to give you enough time to ride ahead," my mom said. "The bikes aren't that much slower than the trucks on these roads," I replied in a tone typically reserved for 4-year-olds. It was difficult

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POST RIDE ENERGY RECOVERY

by Paul Goldberg MS, RD, CSCS
ATP Center and Colorado Avalanche
Strength and Conditioning Coach

Daily training or races make huge demands on your body's carbohydrate stores (glycogen). For example, with normal daily carbohydrate intake, cycling for two hours each day may gradually delay the restoration of muscle glycogen stores. Physically demanding rides use even more energy than normal. Even increasing your carbohydrate intake every day may not be enough to prevent a reduction in muscle glycogen after five successive days of hard training. You need to take active measures to recover from training and racing.

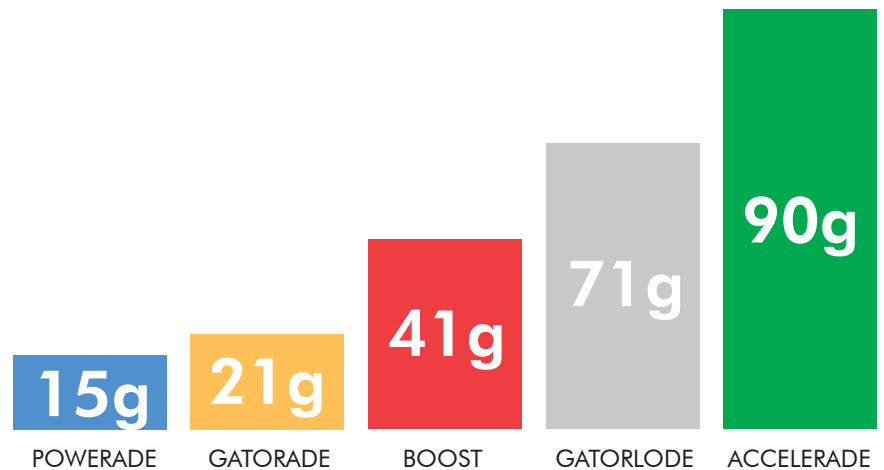
Examination of post-exercise glycogen recovery in muscle shows the rate is much greater during the first half-hour after activity than it is an hour later.

Studies on the amount and timing of carbohydrate and protein intake on the glycogen resynthesis report that ingesting 0.7-1.3 g of carbohydrate per kg body weight (90g for 200lbs) immediately

(Powerade), Accelerade (containing carbohydrate & protein) or water. Similar rates of glycogen recovery were recorded for both the carbohydrate-only trial and the carbohydrate, protein, and fat trial, both which were about seven times greater than just water.

The type and source of carbohydrates consumed during recovery should be those that can be absorbed fast and full of carbohydrates and some protein. (See graph below).

Boost and Accelerade contain good amounts of carbohydrate and also contain some protein, vitamins and minerals



after a training session or race increases the rate of resynthesis of glycogen. This nutritional strategy is practical for those athletes who have only a few hours between rides or training sessions.

The importance of carbohydrate in recovery feedings has been demonstrated in a study on recovery from a weight-training session. The rates of muscle glycogen resynthesis were compared in 10 healthy men who completed a weight training session on three occasions and consumed three types of drinks. Immediately after the training sessions, and again 1 h into the 4-h recovery period, the well-trained men consumed either a carbohydrate drink

that also have some benefits for you. Powerade and Gatorade have carbohydrates and higher amounts of water. This helps rehydrate you. If either Accelerade or sports recovery drinks makes you feel bloated or gives you an upset stomach, try to drink them with an equal amount of water. This helps dilute the mixture while still giving you both the carbs and water.

Recovery begins immediately after you get off your bike, so it is essential to take advantage of the opportunity to increase the rate of glycogen recovery by consuming about 80-100g of carbohydrate as soon as you can, then continuing recovery by eating a complete meal. Dietary carbohydrate intake for endurance athletes is essential for recovery because the athlete usually rides or races within 24 hours or less.

A.T.P

COLORADO CENTER FOR
ALTITUDE TRAINING
AND PERFORMANCE

TRAIN YOUR BRAIN

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

TRAIN YOUR GUT

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

TRAIN YOUR BODY

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

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

FROM THE CAPTAIN'S SADDLE

(continued from page 2)



our club. I predict that members will come out of the woodwork next season to join Robert in downhill adventures.

We are all lucky that Triple Bypass Director (and all-'round party girl) Leslie Caimi couldn't resist another opportunity to throw a party. Leslie volunteered to organize our annual, end-of-the-season Oktoberfest on October 30. (By the way, please try to RSVP this year. Last year we had so many people show up unannounced, that we ran a little short on food, although we did have plenty of beer.)

These examples of creative, enthusiastic contributions represent just a fraction of the instances and energy bubbling throughout our bicycle club. I haven't even mentioned the regular, reliable contributions of people like Ellen Nelson, who passionately publishes our monthly newsletter (and gently prods us to turn in our articles in a timely man-

ner), Roger Hassell, who diligently tracks and organizes our membership and Triple Bypass registration, Janet Saxon, who painstakingly and responsibly cares for our club's financial affairs, Tom Evans, who created our new website and constantly updates it with new information, Mac McShane, who patiently responds to inquires to information@teamevergreen.org, Terri Wickstrom, who generously volunteers to record the minutes of our Board meetings, and Laura Robinson, who profitably created and managed our club's merchandise sales.

And what about all of our ride leaders? In response to your demand, Team Evergreen sponsors more than five rides every week, and none of them would happen without our ride leaders stepping up. Our rides are the backbone of the club, the reason that the club exists, and we would have nothing without our ride leaders. These leaders act out of genuine passion rather than a feeling that they "should" do it. We are indebted to each and every one of them.

Our Team Members and Triple Bypass participants have stepped to the plate too. Our membership level continues to soar to unbelievable new highs (1,400 members). Our Triple Bypass riders turned out in record numbers this year (over 3,500 participants). And the number of riders that show up to ride each week is unprecedented. The energy is contagious and dynamic. The passion for cycling exudes. We are having fun.

I look forward to seeing what new ideas emerge. If you are ready to act on an idea, don't be shy. Suggest it. Let's see if anyone else is interested. That is what we are here for.

*Take care,
Bruce*

*Bruce can be reached at
president@teamevergreen.org*

**17th Annual
Saturday, Oct. 22**

www.veloswap.com

**National Western Complex
Denver, Colorado
9:00 a.m. - 5:00 p.m.**

Veloswap is the world's largest consumer bicycle and sports expo. It is THE place to see, swap, buy, and sell every imaginable bike, part, and accessory. New for 2005 is the addition of both triathlon and snowsports expo areas. Veloswap features new and used bicycles, triathlon and snowsports equipment, clinics, family events, sports celebrities, product sampling and demonstrations, and much, much, more. Come see why 15,000 people think Veloswap is the best event of the year. Proceeds from the Veloswap & Sports Expo benefit national and regional cycling advocacy groups. Since 1989, Veloswap has provided over \$200,000 to help improve cycling and sporting conditions. Buy tickets online.

"Sweat is sweet."

Robb McGuffin, Bicycle Outfitters

**FALL INDOOR CYCLING CLASSES
ARE CURRENTLY UNDERWAY!**

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.



Bergen Village Shopping Ctr. | 303.674.6737 | velocolorado.com

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.

TE ADVOCACY NEWS

by Tim Morrison
Advocacy Chair

Road Bike News

Ordinance 2005-14. This is just another layer of government regulation, right? Right, but a very important one for front range cyclists. On July 19th I was invited by Dave Evans of Bike JeffCo to attend a meeting at the Central City Town Offices. Dave had been working on getting the Central City Parkway bike ban reversed for many months and felt a Team Evergreen presence would help bolster his case for lifting the ban. At this point Dave had pretty much convinced the City Council in principle the wisdom of lifting the ban. On this night I joined Dave and fellow soldier Dan Grunig from Bicycle Colorado for the journey to Central City. We were cautiously optimistic that something good would come out of our efforts. This meeting would not prove to be as fruitful as we had hoped but it was clear that Dave had made progress with the Mayor and the City Council. I would not have guessed that in two months Ordinance 2005-14 would be voted on to reverse the bike ban and allow bikes on the beautiful Central City Parkway. Dave Evans deserves all the credit we can muster for his well organized and tireless approach to overturning this ban. By the time you read this the final vote to adopt this new ordinance will be a done deal and hopefully we will be planning our first ride on the Parkway. The City Council deserves our respect and appreciation for their willingness to hear our side of the story and be open to Dave's suggestions for alleviating all of their concerns about bikes in their city and on the new highway. I'm sure that our cycling community will live up to the few requests the city has and follow all the new regulations set forth. Most importantly we all need to follow the bike route that has been established while entering and exiting Central City. It wouldn't hurt to spend a little money when you visit the

town too. Here are a couple of quotes from City Manager, Lynette Hailey "Please keep in mind, the Council was adamant that bicyclist must ride in single file on all city streets and should only ride on the shoulder when on the Parkway." And, "we look forward to welcoming and receiving the benefits of the bicycle community to our City." Lynette also stated that the city crew would have all temporary improvements as well as signage completed by September 20th.

Hwy. 103 News

On August 9th a "work session" was held in Georgetown at the county office to discuss bicycle issues on Squaw Pass road. I was unable to attend but we were well represented by TE President Bruce Epstein, Triple Bypass Director Leslie Caimi as well as Dave Evans from Bike JeffCo. Clear Creek County was reaching out to the cycling community and looking for a more meaningful discourse with us. Bruce and Leslie made good progress and offered up progressive solutions for the future. As many of you know there are many issues regarding cycling on Squaw Pass. The County is struggling to find the funds needed for improvements to the highway not only for bike safety but also for motorists who frequent this busy road. The County is hoping for assistance from the federal government as well as CDOT and is well on the way to having the Hwy accepted into the Colorado Public Forest Highway system. As you know this section of road is integral to our triple Bypass and improvements are greatly needed.

Mtn. Bike News

This is an important time for access issues in Jefferson County Open Space Parks. On October 27th a Trail use Task Force meeting will be held at the Open Space Offices. This meeting will bring the final public discussion for the Park Management Plan for North Table Mountain Park. As you may recall the

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Advocacy News Flash

September 20th, 2005

Central City Parkway Ban Lifted!

City Council of Central City unanimously approves City Ordinance 2005-14 to lift bike ban and allow bikes on Central City Parkway. The Ordinance was also modified at the request of Dave Evans of Bike JeffCo and Dan Grunig of Bicycle Colorado to allow for two abreast riding. This change will allow consistency with current state law. A bike route has been established taking bikes off the Parkway westbound prior to descending into Central City and routes bikes departing town up the same side road and crosses over the Parkway to reenter on the eastbound side of the Parkway. Please strictly adhere to these bike routes and always ride single file while in town. This is a great victory for cycling and opens up a number of great riding loops. Please show your support to the people of Central City by following these simple rules and by patronizing local businesses whenever you visit their town. For more info on riding the Central City Parkway, please visit the Team Evergreen website.



TE RIDE SCHEDULED WITH FRONT RANGERS

The Front Rangers Cycling Club (FRCC) invites Team Evergreen members to join FRCC's monthly ride on Saturday October 15, 2005 starting in Golden, CO. Team Evergreen has been an enthusiastic supporter of the Front Rangers' mission for several years, and many adult FRCC members are Team Evergreen members. Come ride with FRCC on the last youth ride of the season, and see what cycling can do for kids!

FRCC Mission

The Front Rangers Cycling Club, established in January 1993, was founded on the belief that direct interaction with inner-city youth will offset the influences of drugs, gang membership, crime, and other social ills facing young people today. FRCC's program and mission are designed around cycling to:



- create positive role models
- promote bicycle safety
- introduce youth to the sport
- further a healthy lifestyle
- support Junior Bike Racing
- enhance the image of law enforcement

The membership of the Front Rangers Cycling Club is composed of adult professionals who are bicycle racers, ex-racers, and cycling enthusiasts. 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.

Details of the Ride: October 15, 2005

Ride start location: Lions Park, 10th St and Washington Ave, Golden, CO 80401

In small groups, we will ride the Clear Creek Bike Path according to the pace of each group. Mountain bikes or ride bikes are appropriate.

- | | |
|------------|---|
| 9:00 a.m. | Adult Riders and Volunteers Meeting at Lions Park in Golden, CO |
| 9:30 a.m. | Kids Arrive — Instructions and Club Pep Rally |
| 9:45 a.m. | We Ride! |
| 11:45 a.m. | LUNCH! Served by Front Rangers |

FRCC welcomes Team Evergreen members to this unique experience. It's an opportunity to introduce urban youth to cycling as an alternative activity to drugs and gangs, to provide a positive role model to urban youth, and to promote crime-free lifestyles, self-discipline, and the value of education through example and encouragement.

RIDE ON!!!! This venue provides a terrific starting point for TE and FRCC adult members to do an afternoon bike ride after the kids' event.

October 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.

Saturday, October 1

Blue/Capable Mountain Bike Ride

Silver Plume/Waldorf Mine/Argentine Pass

Meet in Silver Plume (I-70 west to Silver Plume exit. Go under I-70, take frontage road on the south side of I-70 about a mile west to the parking area) at 9:00 a.m. for a 9:15 departure. This ride is a journey along single track and mining roads to Waldorf Mine. The trail begins on an old mining railway grade ascending on a trail that will be yellow with new fallen leaves. The first rest and photo stop will be at the old dance hall (Pavilion Point) at the top of the first ridge. We will continue on railway grade to Waldorf mine. Strong riders can explore several steep options including the trail to Argentine Pass as an option. Lunch probably at Tommyknockers in Idaho Springs. Round trip: 18 - 24 miles 2,300 - 4,000 ft. elevation gain. **Ride Leader: Terri**



The Wednesday ride up the west side of Vail Pass on September 21st featured incredible fall colors, rain and even hail. Riders included (from left) Mary Ann Hawkins, Gayla Schwarz, Molly Epstein, Cheryl and Wendy Henke. Photo by Ellen Nelson.

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.*

Meet in Blackhawk at the public parking lot across from The Isle of Capri casino for a 9:30 am departure. Blackhawk, top of Golden Gate Canyon (Junct. 119 & 46), Rollinsville, Nederland. Return the same. Round trip: 36 miles 1,950 ft. elevation gain. **Ride Leader: Lew Gaskell, 303-526-5919.**

Tuesday, October 4

Easy/Moderate Road Ride

Mountain Gentlemen and Lovely Ladies

See details on this page.

Wednesday, October 5

Easy/Moderate Road Ride

Wednesday Morning Ride

See details on this page.

October 6 - 9

Blue/Strong Mountain Bike Weekend

Kokopelli Trail — Loma to Moab

Meet at 7:00 a.m. at El Rancho Park 'n Ride for a 7:30 a.m. departure. Or meet at the trail parking lot in Loma for a noon ride departure.

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Wickstrom, 303-474-4161 bicycle-babe62@comcast.net.

Sunday, October 2

Moderate Road Ride

Blackhawk to Nederland Out & Back

October Rides

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

We will ride 6+ hours each day. Trip fee (\$150/member or \$180/non-member) includes transportation back to Loma, all meals (daily breakfast, lunch, dinner, snacks and drinks — we will eat well), water, transportation of your camping gear to each campsite and an experienced ride leader. We all will be required to pitch in and help cook our daily meals. We will begin riding from Loma on Thursday at noon, ride about 40+ miles each day to a new camp each night. We should be back to our vehicles for the return trip to Evergreen Sunday afternoon and back at the Park 'n Ride by 8:00 pm Sunday night. A support vehicle will carry our gear the whole ride, we will be riding light. Only one duffel per person due to limited space. Please bring a tent (or arrange to share), sleeping bag and pad, plate, bowl and utensils. We will provide a suggested packing list. **You will be expected to bring a tuned bike and a body that can ride all day!** Round Trip: 157 miles, 12,000 feet elevation gain. **RSVP to the event leader. Space is limited to a maximum of 35 riders. Event Leader:** Chris Harry 303-263-2103 or racing@teamevergreen.org.

Friday, October 7
Easy/Moderate Road Ride
Mountain Gentlemen and Lovely Ladies
See details on this page.

Saturday, October 8
Green/Standard Mountain Bike Ride
Rampart Range Reservoir (CO Springs)
Meet at Pine Junction Park n' Ride parking lot on Hwy 285 at 8:45 a.m. for a 9 a.m. car pool departure to Woodland Park. Trailhead meeting point is at Rainbow Gulch at 10 a.m. for 10:15 a.m. departure. If you want to meet at the Reservoir, make sure you let the ride leader know in advance. This is a very popular mountain bike ride and there is superb

rainbow trout fishing, and the views are spectacular. The loop is typically ridden clockwise. By parking at Rainbow Gulch and riding to the reservoir you add the additional miles and avoid the parking fees. over 9 miles of singletrack, over 3 miles of double-track, and 1.7 miles of paved road. Maps and more details are on the website. Round trip: 12.5 miles, 1,000 ft. elevation gain. **Ride Leader:** Terry Mitchell 303-838-6675 aspen80421@netzero.com.

Sunday, October 9
Moderate Road Ride
Willow Springs to Chatfield Reservoir
Meet at the Fort restaurant 2 miles south of Morrison on Colo. 8 for a 10:00 a.m. departure. From the Fort, through Willow Springs to Deer Creek Canyon Rd., to Chatfield



Jerry and Patti on Deer Trail in Crested Butte. Photo by Terry Mitchell.

Reservoir, and return. Round trip: 22 miles 2,100 ft. elevation gain. **Ride Leader:** Jon Kidder, 303-756-2000.

Tuesday, October 11
Easy/Moderate Road Ride
Mountain Gentlemen and Lovely Ladies
See details on page 9.

Wednesday, October 12
Easy/Moderate Road Ride

Wednesday Morning Ride
See details on page 9.

Friday, October 14
Easy/Moderate Road Ride
Mountain Gentlemen and Lovely Ladies
See details on page 9.

October 14 - 16
Mountain Bike Weekend
Fruita Autumn Trip

Late season adventure, for 3 days Terry Mitchell and Clay Sanford will be leading rides in beautiful Fruita, Colorado. Friday the 14th will be rides like Rustlers loop, Horsethief loop, and Mary's loop. Distance: Approximately 15 miles. Saturday the 15th will be Rabbit Valley, for some single and doubletrack riding. Distance: Approximately 25-30 miles. Sunday the 16th will be something a little different. We will take off and drive to the Grand Mesa by the Powderhorn ski area for an out and back singletrack ride in the forest. Distance: Approximately 18 miles. We have 6 single rooms and 6 double rooms reserved at the Balanced Rock Motel in Fruita. All rooms have queen beds. Prices range from \$70 to \$125 for both nights, includes barbecue on Saturday evening with beverages. Please **RSVP ride leaders** Terry Mitchell and Clay Sanford at aspen80421@netzero.com, or phone 303-838-6675. **Cut-off for trip sign-up is October 1.**

Saturday, October 15
Moderate Road Ride
Ride with the Front Rangers
Join FRCC on their monthly ride, starting in Golden. *See tons of details on page 7.*

Sunday, October 16
Moderate/Difficult Road Ride
Golden Triangle.
Meet in Golden at the corner of Ford St. and 12th St. (Coors Wellness Center) for a 10:00 am departure. Ford St., Jackson St., Old

continued on page 11

October Rides

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

Golden Rd., Johnson Rd., W. 10th Ave., Highway 93, Highway 40, Genesee Pk., Mt. Vernon Country Club Rd., Lookout Mtn. Rd., Colorow Rd. to Boetcher Mansion, Lariat Loop Rd., 19th St., Ford St. Round trip: 22 miles 2,300 ft. elevation gain. **Ride Leader:** Eric Fredrickson, 720-981-9086.

Tuesday, October 18

Easy/Moderate Road Ride

Mountain Gentlemen and Lovely Ladies

See details on page 9.

Wednesday, October 19

Easy/Moderate Road Ride

Wednesday Morning Ride

See details on page 9.

Friday, October 21

Easy/Moderate Road Ride

Mountain Gentlemen and Lovely Ladies

See details on page 9.

Saturday October 22

Black/Capable Mountain Bike Ride

Chimney Gulch/Apex

Meet at 8:45 a.m. for a 9:00 a.m. departure at the Apex trailhead (go west on 11th street out of downtown Golden, park between Illinois and Maple on 11th in front of Lions Park and look for other riders). This ride presents a good climbing challenge right out of the parking lot. Ride a scenic singletrack up past the School of Mines "M", then to the top of Lookout Mountain. Ride to the top of the Apex Open Space trailhead and enjoy the rapid descent back down to Golden. Lunch TBD. Round Trip: 13.5 miles 2,000 ft. elevation gain. **Ride Leader: Calvin Rickard**, 303-679-0122, calvin@wispartel.net.

Sunday, October 23

Moderate/Difficult Road Ride

Little Cub Creek/Parmalee Gulch Loop

Meet at the Albertson's parking lot at Highway 74 and Stagecoach Blvd., 3 miles south of Bergen Park for a 10:00 a.m. departure. Highway 74 & Stagecoach Blvd.,

downtown Evergreen, Little Cub Creek Rd., Stanley Pk. Rd., High Dr., N. Turkey Creek Rd., S. Turkey Creek Rd., Tiny Town, Indian Hills, Parmalee/Meyers Gulch, Kittredge, Evergreen, Meadow Dr., Highway 74, Albertson's. Round Trip: 30 miles 3,550 ft. elevation gain. **Ride Leader:** George Rooney, 303-670-1908.

Tuesday, October 25

Easy/Moderate Road Ride

Mountain Gentlemen and Lovely Ladies

See details on page 9.

Sunday, October 30

Moderate/Difficult Road Ride

Evergreen Loop. OktoberFest

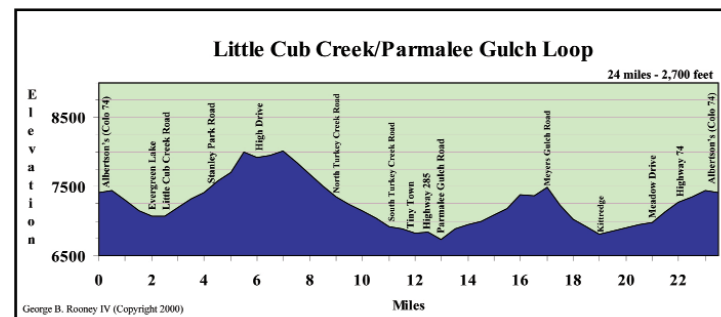
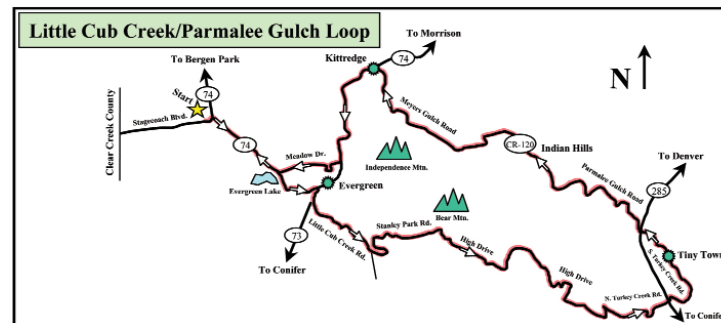
Meet at the Evergreen Lake House parking lot for a 10:00 a.m. departure. Evergreen Lake House, Highway 74, Upper Bear Creek Dr., Witter Gulch Rd., Stagecoach Blvd., Bergen Park and El Rancho via Highway 74, Floyd Hill via Highway 40, Soda Creek via Colo. 65, Bergen Park, and back to the Evergreen Lake House parking lot via Highway 74 and Upper Bear Creek Rd. Round trip: 30 miles and 3,100 ft. elevation

gain. Meet at the Lake House for lunch at noon. **Ride Leader:** Alan Kahn, 303-670-3278.

Blue/Capable Mountain Bike Ride
Oktoberfest Ride

Meet at 9:15 a.m. for a 9:30 a.m. departure at the Evergreen Lake House parking lot. We will ride from the Lake House around the golf course, up to the lower entrance of Alderfer Three Sisters open space park. We will loop counter-clockwise

around the park, up and down Evergreen Mountain. We will cut back through Three Sisters and take the new trail across Upper Bear Creek to Dedisse Park, where we will do a loop around that park and head back to the Lake House for the annual Team Evergreen Oktoberfest party and catered lunch! Round trip: 13.5 miles and 1,800 ft. elevation gain. **Ride Leader:** Bob Campbell, 303-526-3000, mountainbike@teamevergreen.org



Wednesday, October 26

Easy/Moderate Road Ride

Wednesday Morning Ride

See details on page 9.

Friday, October 28

Easy/Moderate Road Ride

Mountain Gentlemen and Lovely Ladies

See details on page 9.

MOUNTAIN BIKE End-of-Season Party

Head to Robert and Stephanie Garriga's at 1537 Old Squaw Pass Road, Evergreen on Saturday, November 5th from 6:00 p.m. until you've had enough. *Please RSVP by October 29 to robogar@yahoo.com or 303-679-1891 so we can order enough food (we know how much you like to eat!) If the weather is nice we will have the option of riding the Old Squaw Pass area before the sunset, starting and ending at Garriga's (*directions to the Garriga's on the TE website*).

It has been four years since mountain biking came back to Team Evergreen and we are going to celebrate our mountain biking experience from this past this summer. There were 30 weeks of weekend and weekday rides, special events, several long trips, and lots of miles and vertical feet! We will also hold a Crested Butte Trip, Steamboat Trip, Kokopelli's Trail Trip and IMBA Epic2 reunions, and talk about plans for next year. Sign up to be a ride leader for a weekend or weekday ride on the proposed 2006 ride schedule. There will be food, refreshments and appetizers all evening. You are free to bring your own favorite beverage(s) as well.

This will be a great opportunity to meet other riders as well as get to know the people you have been riding with all summer, without their bike shoes on!

Bring any photos or other reminders of summer rides or trips, a guest, your favorite beverage, any lost and found gear to return to the owner, ideas for next year's rides and, comments to help make next summers mountain bike program even better!



One little gonzo guy tries out the bike rodeo course wearing his new helmet.

donated and consignment bikes, get a free helmet and visit a playground full of safety-related booths at Bergen Meadow Elementary.

This was the first time that the bike swap was held in the fall, and it almost didn't happen. "The swap used to be in the spring in the Xcel parking lot," Bob Campbell explained. "But we had to find a new place to have it. I thought it might work to combine the Bike Swap with the [annual fall EVFD] Safety Day to take advantage of the groundswell of people who are there."

And it worked. In all, \$1,500 was raised from the swap. "That's a big help," Costello continued. "And people got such great deals." The money will go into MALT's preservation fund, to help raise money for their next land project.

Team Evergreen members were also visible helping in the helmet fit booth. Mike

EVFD Safety Day & MALT Bike Swap a HUGE Success

"I was a little worried," MALT Assistant Executive Director Kristen Costello admitted. "I only knew of about 20 or so bikes that were being donated, but we must have received at least 70!" September 17th turned out to be a beautiful day for the EVFD Safety Day Festival, bringing out legions of locals to buy gently used



Bob Campbell (right) helps a dad pick out the perfect bike for his daughter.

Carter coordinated the over 250 helmet donations from Children's Hospital and Blue Spruce Kiwanis. When the helmet supply began to dwindle, a new batch was flown in by Flight for Life.

Each child and adult received a free bicycle helmet, complete with proper fitting and instructions on how to adjust the helmet straps and foam pads in the future. "It's great to see all of these peoples wearing bicycle helmets . . . and wearing them properly," fitter Ellen Nelson said. "It always gets me when I see people wearing their helmet pushed way back off their forehead, but they have never been told how to adjust a helmet so that it provides maximum protection."

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

FullCycles.com

what comes around...

Thank you for your support of Team Evergreen. For great savings, simply create an account on www.FullCycles.com and use the Sponsorship/Group Code "TEAMEG."

Your Team Evergreen Discounts will be obvious on products from companies like these:





Epic 2

Trail work & Riding Celebration a Big Success

Some of the many folks who came out for Epic2. Photo by Linda and Henry Woodward.

by Bob Campbell

In 2004 Team Evergreen hosted 70 riders at the IMBA EPIC at Buffalo Creek for a trail work day on Saturday and a ride day on Sunday. It was such an incredible success and experience that we formed a committee in May and began planning for a repeat weekend. We set the date for September 24 and 25. And Epic2 was born.

As last year, this year's event was catered by Aspen Catering both Saturday night and Sunday morning. We devoured Italian food, and followed up with a breakfast of meat and veggie burritos in the morning. In between, the trail workers spent time around a roaring bonfire and enjoyed a variety of brews and tunes into the wee hours.

IMBA has since discontinued their Epic weekends, but since we had such a good time in 2004, all parties involved agreed to hold a similar but larger event this year. The US Forest Service, Trail Conservation Services, Front Range Mountain Bike Patrol, International Mountain Bike Association and Team Evergreen again partnered to bring a larger number of riders together for a day

of giving back to the trail and for a day of riding.

On Friday night about 30 campers arrived at the Meadows Group campsite. Greg Mazu arrived from Ft. Collins with four flavors from the New Belgium brewery (thank you New Belgium).

Saturday morning, somewhere between 100 and 120 able-bodied trail workers gathered into 10 groups, each led by an experienced trail work leader. Linda and Henry Woodward of TCS supplied bagels, doughnuts, coffee, orange juice and lots of bike swag to get the group energized and ready to work. Greg gave an animated tool safety discussion that consisted mostly of his instruction to have fun, be safe and have fun and have fun and be safe. After breakfast, the work party headed up the old and eroded Green Mountain trail in Buffalo Creek. Our goal was to remediate about 3,000 feet of trail and build 4,000 feet of new trail from scratch. Scott Linnenburger from IMBA worked with Scott Dollus from the USFS to map out a new and interesting trail section. Some workers used a Pulaski to chop and dig through the vegetation and organic layers, while others used a Macleod Trail

Rake to smooth the new trail and tamp down the dirt, while still others used a "Scoop" (shovel) to remove and spread the loose matter away from the trail. The Pick-Matic, with its iron point was employed by a few to do some serious digging. The Forest Service had a chain saw to get through the logs that were too large to carry away. Once our workers began, the bulk of the work was complete 90 minutes later! Lots of workers generate lots of trail work. A small crew was sent up trail to perform some repairs and the rest of us were sent back to camp where most changed into riding gear and rode the new trail!

On Sunday, the rain that was threatening never came. We had a fantastic warm and sunny fall day, complete with orange and yellow leaves, to ride all over the Buffalo Creek riding area. Most groups seemed to cover 30 miles or so of fantastic single track that is so characteristic of this area. There were a couple of minor crashes and injuries, but overall everyone had a successful and fun weekend of giving back and riding.

Most of the trail work attendees want to come back and do it again, but they want more trail work next year. Over the next months, the two Scotts will meet to determine if a new, longer trail is feasible in the Buffalo Creek area. Stay tuned, and put the last weekend in September 2006 on your calendar . . .

Mind Blowing 5-Days of Single Track

By Bruce Epstein

Anyone interested in a mind blowing, single track, 5-day ride in the San Juan Mountains next summer?

One of my highlights of 2005 was a phenomenal week of single track mountain biking around the Crested Butte area. Phil Kalin and I experimented by signing up for a fully catered trip with Western Spirit Cycling Adventures (www.westernspirit.com). We rode challenging, beautiful single track for 5 days, camped 4 nights under the stars, and ate exquisite food prepared exclusively by the guides. At the end of each day's ride, our job was to do whatever we wanted while the guides prepared appetizers, dinner and desert. Post ride time was spent swimming, napping, hiking, beer tasting, reading, writing and just chilling in the serene mountains. Our experience was so delightful that, during a beer tasting episode, we created a custom single track trip in the San Juan Mountains next summer for Team Evergreen members only. Are you interested?

The idea is to create a trip of no more than 15 strong riders to ride remote, high alpine single track (including sections of the Colorado Trail) in the spectacular San Juan Mountains, to camp at stunning camp sites at 10,000 to 11,500 feet, to be fully supported by a vehicle which will carry all of our gear, food and luxuries, to have experienced guides share their intimate knowledge of the trails with us, and to dine on exquisite meals without lifting a finger to prepare them. Because this custom trip will consist of hard core riding in some high, exposed areas (e.g., day 2 is 23 miles, all above 11,000) with no road access during the day, we will need a group of skilled riders who have good endurance and an expedition mentality. We will depart from Durango on Monday, July 31 and return to Durango on Friday, August 4.

Here is the itinerary:

Day 1: The Hermosa Creek Trail – 23 miles to Trimble Hot Springs (shower, then shuttle to camp)

Day 2: Molas Pass to Bolam Pass – 23 miles, starting at 11,000 feet, climbing to 12,300 feet, then camping at 11,200 feet

Day 3: Bolam Pass to Orphan Butte Camp

Day 4: Orphan Butte Camp to Kennebec Pass – camping at 11,600 feet

Day 5: Kennebec Pass to Durango – over 6,000 feet of descending

In order for Western Spirit to create this custom trip for Team Evergreen members only, we need to know early on if we have enough people who are willing to commit to the trip. We need a minimum of 10 riders and a maximum of 15 riders. The trip will cost approximately \$975 (plus a gratuity for the guides at the end of the trip). This will be a wonderful one week vacation of epic, high alpine single track riding in the sensational San Juan Mountains. Please feel free to reach out to me at 303-526-2155 or bruce.epstein@wispertel.net with any questions or thoughts. Better yet, call Western Spirit at 800-845-2453 and sign up for the trip. It will be a blast. *See you in the San Juan's, Bruce.*

Let us know about your
bicycle concerns or
adventures.

Contribute a
story to
Bike Beat!

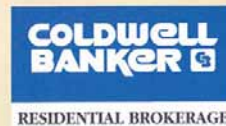
Deadlines are the
15th of each month.

Email

bikebeat@teamevergreen.org



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Coming to a ROAD OR TRAIL Near You



WATERSHED TRAILS FESTIVAL

Saturday, Oct. 1

Beaver Brook Watershed

10:00 a.m. - 3:00 p.m.

www.savetheland.org

Explore the Beaver Brook Watershed on Highway 103, just 3½ miles west of Evergreen! TE Pres. Bruce Epstein will lead a mountain bike ride through scenic forests, meadows and lakes. There's also a photography workshop, nature hikes and family fun.



24 HOURS OF MOAB

For one short weekend, a mountain bike city grows up out of the desert graze-lands as we host more than 5,500 racers and their support crews in a stunningly beautiful, completely remote venue and then, in two days, it's gone. This race has drawn record numbers for the last nine years, year after year. Scheduled for October 15th & 16th, 2005, The 24 Hours of Moab, is a world-class event that draws teams from all over the world. There is a field limit of 450 teams plus solos and the race books up faster every year, so get your team entered early. Don't miss this incredible race!



4th Annual SOUL RIDE

Saturday, Oct. 22

www.epicrides.com/soul/soul.htm

Want an endorphin high beyond belief? Try the 4th Annual Soul Ride in Oracle, AZ. With distances of 10, 30, 60, and 100-miles to choose from, the Soul Ride is an event created to push participants to the proverbial edge. Epic Rides has created the ultimate opportunity to see what you're made of within a safe environment. Ta boot, we'll even give you an awesome finishing award when your day is done (oh, and a beer too).

24 HOURS OF MOAB

October 15 & 16

www.grannygear.com

In eleven years time this race has become one of the single greatest mountain bike races in the history of the



MOAB HALLOWEEN BIKE FEST

(Formerly Moab Fat Tire Festival)

October 27 - 30

www.moabbikefest.com

All new festival now owned and managed by local riders! We've taken the old festival and put it out to pasture. The Halloween theme is back and bigger than ever — take mountain bikes, food, beer, loud rock, evil stuff, sick trails, all night parties, and add it all together and you get the idea. All-new festival with huge venue: Bike expo, daily live bands & deejayed music, food, trail rides, guided rides, shuttles, arts & crafts fair, famous guest appearances, plus CAMPING ON SITE! Too many events and activities to list! A tribute to the original festival that made Moab famous, the last cool bike bash before winter sets in and makes you stop riding for a while. Remember when every mountain bike magazine came to town and covered the festival? Our time has come again! A 25 year tradition, reborn.

for me to remember that most of the moms had never experienced anything remotely similar to the White Rim. Patience; it would be a challenge.

We rode on and reconvened at the bottom of Hardscrabble, our first real four-wheeling challenge. The drivers switched out so that June and the respective owners of the other two trucks would be behind the wheels. The ride up was exposed but from a biker's perspective, not too technical. The sweet spot turned out to be at the very start of the descent. After flattening out, the road bumped up then dropped off sharply, curving slightly to the left with a cliff on the right. It was the kind of steep up-turn that makes it impossible to see over the hood and assess what's beyond. Add to that some small ledges and loose rocks and it was an intimidating site. "Ooooo, I'm glad I'm not driving," Erika and I laughed as we picked our way through the rocks. From our perspective, a mile away, it was no problem and soon the trucks and other riders rolled into camp. We'd made it! Just as the sun was setting, we were all safely at Camp I.

But the day had not been a perfect success. In fact, there were two casualties. The first was mild. "Mom is definitely buying my truck now," Kris said when she rode into camp. Kris was planning on selling her truck after the trip and her mom had expressed interest. "She scraped the side along some rocks." "No way!" I couldn't believe that June, my four-wheeling hero, could have made such a mistake. We rushed over to inspect the damage and found a barely discernable scrape in the plastic over the rear wheel well. "You break it, you buy it," Kris laughed.

The other casualty was a bit more crippled: Nancy's bike. Somehow, in the melee before Hardscrabble, her bike had been improperly attached to the rack. Half way up the hill, Kris noticed that the dinosaur was barely staying on, being held merely by a bungee that was wrapped around the spokes. The result was a severely mangled wheel.

That night we feasted on grilled salmon, couscous, and salad. Maggie, one of the daughters cooking that night, had been a chef for several years and added the subtle touches that made an already fantastic meal unbelievable.

Day two was shaping up to be another

long one as we faced thirty miles of gradual climbing to our next camp, White Crack. Once again, the moms were ready to ride, many of them slipping out of camp early to get a head start. Nancy emerged from her tent wearing brightly colored lipstick and since she was now bikeless, offered to drive for the rest of the trip. I couldn't help but feel a little bit selfishly gleeful: yippee, less driving for me!

Progress was hard-won that day but spirits

remained high. At lunch, Louise, who has maintained much of a child-like curiosity despite fifty years in this world, noticed some unusual tracks and identified them from the guide in her White Rim packet. "They're big horn sheep

tracks," she declared. The daughters smirked, "They're aren't any big horn sheep around here." We rode away laughing, "Big horn sheep, my bum."

A few miles from our lunch spot was a small but steep hill and on the descent, we had our first mom down. As Kris and I watched from the bottom of the hill, we saw June begin her descent, then fall over. Nancy started to run down the hill towards her but June quickly popped to her feet, dusting herself off. By her motions, you could almost hear her saying, "I'm okay, I'm okay." Kris shook her head, "I told her she shouldn't use clipless pedals."

The final miles to White Crack felt eternal. Two long days in the sun had taken their toll but the road was rolling so we were making good time. As we turned a corner and raced down a gentle descent, I almost rear-ended Kris when she slammed on her brakes. "Look," she whispered. A few hundred feet in front of us, mingling in the road, was a herd of big horn sheep. "I owe Louise an apology," I muttered.

Day three started with a much more relaxed pace, only about twenty miles of riding, mostly downhill. I shot out, enjoying the sensation of clicking up through the gears, gradually gaining speed and power. For me, a big part of the addiction of mountain biking is the realization of the perfect moment: when rider, bike, and trail meld into one. There's no way I hit 60 mph but that eight-mile stretch felt like it took only minutes. I arrived at Gooseberry feeling transformed.

Before two that afternoon we arrived at Camp III, There's river access near Airport so a

group of us stripped down and waded in. Such luxury, a dip in the Colorado was miles above the wet-wipe baths I'd been taking the last couple of days. We sunned ourselves on a rock until we were dry then headed back to camp. Mandy, Sandy, my mom, and I were in charge of dinner that night and the menu was pork posole, highly experimental quinoa chili (my contribution), and calabacitas. Dessert was chocolate cake and key lime pie, both of which had survived 85 miles of the White Rim intact.

We left Camp III early in hopes of finishing the ride by noon. This was the final leg of the trip and while it was only fifteen miles, there were several sections of rocky inclines to challenge the moms' mountain biking skills. A few miles from the finish, we stopped at Musselman Arch. I snapped picture after picture, in awe of my friends: these beautiful, strong, competent women who had led a White Rim trip with such ease and style. And even more amazing were these moms, from whom the daughters' strength and beauty derived. Who in their fifth and sixth decades were still so full of power and zest, that 105 miles of desert riding had been a happy adventure. Later at the hotel, I showed Mandy the pictures I had taken at Musselman. "Ugh," she exclaimed, "look how greasy my hair is. Delete that." She was right, it did look a bit greasy. So perhaps the moment hadn't been perfectly captured, I thought, as I erased the shot.

From Musselman, the road climbs, then descends several times as it weaves its way along the edge of the rim. All the moms were planning to get in the trucks at the bottom of the Schaffer Switchbacks; a 2,500-foot climb out of the canyon. As the moms rolled up to the finish point, I thought I would explode with pride. Adding to the sense of accomplishment was the update from Paula and Louise: Louise had endoed when she'd ridden into a deep rut. "Right on," I exclaimed. "That means you were pushing your limits!" "Well," Paula confided, "there were a few tears." "I wanted to get in the truck, but Paula wouldn't let me," Louise said. "I didn't want her to end the trip like that," Paula insisted. The fact that Louise had gotten back on the bike and that Paula had the insight to keep her mom going was quite impressive – I would have folded at the first sight of tears.

As the daughters rode up the switchbacks, I wanted to yell to everyone we passed, "Our moms rode the White Rim!" There was one opportunity. A group of men on bikes pulling trailers went by and one of them yelled, "Did you ride the whole thing?" I yelled back, "Yeah and so did our 60-year-old moms!"



The Moms on Day 3. Photo by Beth Perry.

Bicycle Advocacy News

Survive the Pump Tips for Commuting by Bicycle

With the high cost of gas straining household budgets, it seems that more people than ever are bicycling to work. Whether you're a first-time bike commuter or just looking for some additional ideas, use the following tips to help your commute be safe and enjoyable.

START EASY

Pick the day that will make it easiest to start bike commuting. Some people like to begin by choosing a "casual Friday" or a day with no morning meetings to worry about. If you feel like the distance to work is too far, consider driving to a certain point and biking the rest. Set a goal and get started.

PREP YOUR BIKE

Be sure your bike is tuned and in good working order. You may consider adding tire liners or other flat prevention so you can worry less about having to change a tire on the way to work.

CHOOSE YOUR ROUTE

Many people avoid bike commuting because they can't imagine biking on the roads they usually drive. In fact, that is often the worst route for cycling. Obtain a local bike map or check in with your local bike shop to plan a safe and enjoyable route to work. Test your route by riding it on the weekend to give you a good sense of the terrain and the amount of time you'll need. Keep in mind that traffic patterns might be different on the weekends, and that multi-use paths may be pleasantly empty during the weekday commute.

CARRYING YOUR GEAR

Many people avoid the "how to carry it" question by bringing a change of clothes and other necessary items to work on the days before they bike to work. If you do bring it along, you have the choice of carrying it on your body (with a messenger bag or backpack) or on your bike (with a rack and panniers). There are advantages and disadvantages of each method, and

you might want to experiment with each. Be sure that

whatever method you use you feel comfortable on your bike and take time to adjust to the differences of your center of gravity, bike handling, checking for traffic, and so on.

PARKING AND SECURITY

Scout your workplace ahead of time for where to park your bike during the day. Some companies will allow you to bring your bike into the building, while others may have outdoor facilities. Wherever you park, invest in a good lock and get instructions on how to use it effectively. If no good parking exists, here's your chance to do some bicycle advocacy work! There are a number of good resources to help employees make the case for better biking facilities at the workplace. Check with Bicycle Colorado for ideas.

CLOTHING AND WEATHER

Be sure to wear bright and/or reflective clothing. Plan ahead for Colorado's afternoon thunderstorms and other weather changes by bringing raingear and/or layers. Some veteran commuters will post a checklist by their bike in order to be sure they have what they need each day (both for the ride and at work) and the types of

gear they need for various weather conditions. You may want to have a small "cleanup kit" at work with washcloth, brush/comb, and deodorant to get ready for the day.

BE SAFE

Be sure to always wear your helmet. Be visible — if your job schedule includes early morning or evening hours, be sure to have a headlight, taillight, and reflectors. Communicate with drivers, other cyclists, and pedestrians using eye contact, hand signals, your voice, and a bell.

GET OTHERS INVOLVED

Bike commuting creates a great opportunity to interact with coworkers and neighbors. If you are already a bike commuter, consider being a mentor or resource for others wanting try. Help them choose routes, or offer to ride with them on their first attempts. Some communities, such as Fort Collins, have started "Commuter Bicycle Coach" or similar programs to encourage more people to ride to work. Find out about your community's support for bike commuting, such as "guaranteed ride home" programs, and work to publicize, strengthen, and expand them. Share your enthusiasm!

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

FRISCO CONDO FOR RENT: Great location-1 block from Main Street. Just remodeled with granite and new stainless appliances. 2BR/2BA. Pool/hot tub. Discounts for Team Evergreen members. Available Thanksgiving, Christmas/New Years and other dates. Contact (303) 679-1224 or risaholmes@gmail.com for more info.

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@central.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.

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

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

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

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

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

TEAM EVERGREEN ADVOCACY NEWS

continued from page 7

Plan was postponed until Nov 30th, 2005 to provide further public input. We are now faced with the possibility Open Space may decide to enforce the odd/even day plan which bans bikes and only bikes from half the park on given days. Your Task force mountain bike representatives believe this is unnecessary and overly punitive to bikers. The Task Force, of which I am a member, has met a number of times and recently did a group ride on North Table to finalize our position on the park. I would urge anyone interested to attend the meeting.

We are also looking for two volunteers from Team Evergreen to help guide the Trails Use Task Force. The Task Force has needed for some time now more structure for determining members and their terms on the committee. That structure needs to come from the biking community. We are calling this the "Filter Group." It will be made up of representatives from a number of mountain bike groups in the Front Range and would meet a minimum of twice a year. The main purpose of the group would be to maintain the relevancy of the Trail Task Force. They would be mainly tasked with selecting replacement Task Force members and also establishing the protocol for replacement and eligibility. Team Evergreen will be a key player in this "Filter Group." If you're interested in getting involved directly with Jefferson County Open Space issues but don't have a lot of time for meetings and on the ground action, this could be for you. Please contact me ASAP.

As always remember to be considerate of others users on Open Space trails and give way whenever possible. Our continued access demands it.

Team Evergreen Board of Directors

President	Bruce Epstein	303-526-2061 (h)	303-526-2155 (w)	president@teamevergreen.org
Vice President/Treasurer	Janet Saxon	303-777-4699 (h)	303-850-4776 (w)	janet.saxon@juno.com
Secretary	Aaron Miller	303-359-2670 (h)	303-492-3597 (w)	aafmiller@yahoo.com
Asst. Secy/Volunteer Coordinator	Terri Wickstrom	303-474-4161 (h)	720-359-3119 (w)	bicyclebabe62@comcast.net
Road Bike Committee Chair	George Rooney	303-670-1908 (h)	303-619-1908 (c)	gbrooneyiv@yahoo.com
Mtn. Bike Committee Chair	Bob Campbell	303-949-2566 (c)	303-526-3000 (w)	mountainbike@teamevergreen.org
Sponsorship Chair	Tom Evans	303-670-8828 (h)	303-296-8011 (w)	tomlarae@speedtrail.net
Merchandise Coordinator	Laura Robinson	303-670-7165 (h)	303-318-8377 (w)	laurarobin@juno.com
Board Calendar Chair	Steve Mayka	303-674-6006 (h)	303-228-9212 (w)	smayka@earthlink.net
Membership Chairman	Rich Boyan	303-674-4872 (h)	303-875-5126 (c)	rboyan@webconsul.com
Board Member	Mike Brislin	303-753-1883 (h)	720-394-8325 (c)	mbrislin@comcast.net
Board Member	Robb McGuffin	303-679-3145 (h)	303-674-6737 (w)	robb@velocolorado.com
Board Member	Tom Gardner			askfornumber33@yahoo.com
Board Member	Mac McShane	303-355-3581 (h)	303-757-5446 (w)	macm@prodigy.net
Board Member	Steve Riggle	720-855-9348 (h)	303-910-6466 (c)	shredderco@aol.com

Committee Heads

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

Team Evergreen Membership Application/Renewal

Name _____

Address _____

City/State/Zip _____

Home Phone _____ Work Phone _____

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

My primary cycling interest is: Road bike Mountain bike

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

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

Bike Beat is available by email (under 2 MB), which will save club funds. Select *Bike Beat* delivery: US Mail Email

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

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

ACCIDENT WAIVER AND RELEASE OF LIABILITY

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

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

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

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

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

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

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

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

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

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

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

PARENT GUARDIAN WAIVER FOR MINORS (Under 18 years old)

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

Signature(s) _____

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

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



EVERGREEN

Team Evergreen Bicycle Club
P.O. Box 3804
Evergreen, CO 80437

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