

September 2005

Team Evergreen Bicycle Club Inc.

P.O. Box 3804, Evergreen, CO 80437

www.teamevergreen.org

From the Captain's Saddle

Being There

by Bruce Epstein
TE President

I left my house on a road bike ride recently with only a vague sense of my itinerary. I aspired to ride a new, challenging route if my legs felt strong and if I was willing to suffer a bit. The weather looked good. My schedule was free. I had nothing to do but ride. Life was good.

Ten minutes into the ride I made a really foolish move at an intersection. Without going into the embarrassing details, let's just say that if a large group of people witnessed the way that I rode through the intersection, all of them would concur that it was a stupid move. Any debate could only be about the degree of my stupidity. I am not bragging in some kind of back-handed, macho sort of way, and I am certainly not proud of it. I unnecessarily put myself at risk and angered a motorist in the process. Fortunately, no one was hurt, and no property was damaged.

On I rode. About an hour later I was climbing High Grade Road off of Deer Creek Canyon Road when I experienced an eighteen wheel truck zooming past me, driving at least 25 miles over the posted speed limit. As

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Hungry and happy: Triple Bypass volunteers from the Evergreen Children's Chorale enjoy the TBP volunteer picnic at Didesse Park on August 21. More photos on page 12. Photo by Becca Nelson.

More Rides, Events & Weekends

Looking for something to do? How about a weekend building mountain bike trails in the Buffalo Creek area with 150 of your new best friends, or why not spend four days following the legendary Kokopelli Trail? Team Evergreen's got it.

And there's more: Wander down to Taos, New Mexico or over to Fruita. Have you heard of Hartman Rocks? It's a new park down by Gunnison. We'll be heading there for two days of adventure on their

new trails; fast, winding, technical and slickrock.

Of course we have the weekly rides: Wednesday, Friday, Saturday and Sunday throughout the month of September, and there are some great opportunities to venture far and wide with events and tours like the week-long LAGBRAU or even the exotic Bangkok 2 Saigon.

So who says the cycling season is winding down? If you're not going, You're not trying.

MOUNTAIN BIKE

HAPPENINGS



A ton of TE mountain bikers descended on Chris Davis' home overlooking Evergreen Lake for a BBQ after the August 24th ride at Three Sisters.

If you think summer is over, think again. Team Evergreen has an incredible schedule of mountain bike rides and weekends (see below, pages 8 - 10, 15 - 16 and the TE website for more details) waiting for you in the next two months.

- Sept. 3-4: Kenosha Pass to Breckenridge. Chris Davis (c_davis45@earthlink.net)
- Sept. 3-5: Taos, New Mexico. Matt or Terry Mitchell (aspens80421@netzero.com)
- Sept. 17-18: Hartman Rocks (Gunnison). Terry Mitchell (aspens80421@netzero.com)
- Oct. 6-9: Kokopelli Trail. Chris Harry (racing@teamevergreen.org)
- Oct. 14-16: Fruita. Clay or Terry Mitchell (aspens80421@netzero.com)

From the Captain's Saddle

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the truck careened past, I immediately muttered an expletive, not a very creative one, but one that satisfactorily expressed the anger, fear, dread and disgust that I felt in my soul, or at least in my digestive track. (In defense of the truck driver, I should mention that he gave me as much room as possible on the road and that he negotiated the road as proficiently as possible for a truck that was loaded with asphalt and hurling through space at 55 miles an hour.)

A few minutes later I smiled at the irony. I have no doubt that the motorist who I unintentionally antagonized an hour earlier swore at me, regarding me as arrogant and rude. I was neither. Instead, I was egocentric and checked out. I was not thinking, or rather, I was not thinking about my fellow road users. I suspect the truck driver was similarly focused solely on his own world (e.g., thinking about finances, his cheating wife, his sick dog, etc.). We both lacked empathy, failing to be sensitive to the needs and interests of our fellow road users.

Neither I nor the truck driver is an asshole, despite the fact that we were both labeled as such. We did not intend to antagonize. We both shared the road abominably, our actions were reprehensible, but we are both good people; good people who shared the road dreadfully.

Maybe if I resist vilifying the driver or cyclist who acts egocentrically, I will better maintain my serenity. Maybe if I practice generosity and graciousness while I am cycling, I will improve the perception of motorists towards cyclists. Maybe if I practice empathy and patience when I drive and when I ride, I will help make our community a safer and more serene place. Maybe if I pay more attention to what I am doing when I drive and when I ride, I will contribute to the solution rather than the problem.

I think that it is worth a try.

See you on the bike.

Take care, Bruce

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

SUCCESS

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Bicycle Tour of Colorado

By Janet Saxon

So what is it like to ride your bike with 1,600 of your new “best friends” through some of the most beautiful countryside of Colorado?

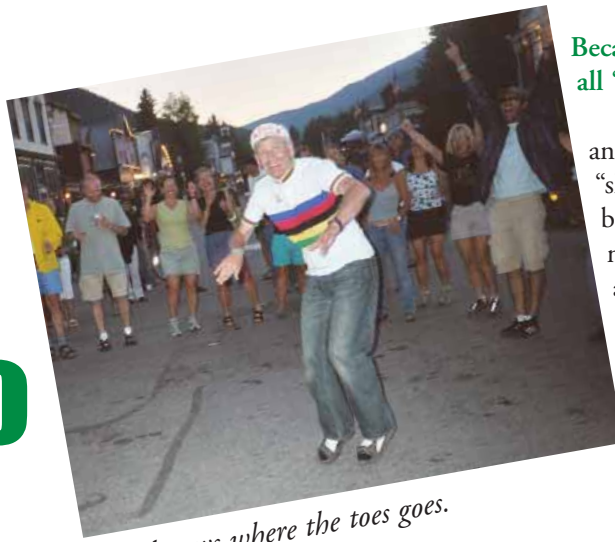
That is what we did when we joined the Bicycle Tour of Colorado and took off from Snowmass Village on Sunday, June 26, 2005. All 1,600 of us embarked on a week long, 450 mile loop bike ride through southern Colorado, which started and ended in Snowmass.

Having said farewell to our vehicles with motors, (and the freedom that we think our vehicles can bring us), we pedaled our way through the town of Aspen, and proceeded on our ever so slowly up and over the impressive Independence Pass, through some of the most beautiful scenery that Colorado has to offer. You know, and realize that this is a very narrow road when the yellow line that divides the road intermittently disappears since there is simply not enough room for two cars to get by each other.

The descent down Independence Pass was incredible but the downhill ended as we coasted into the cute little town of Twin Lakes. We started pedaling again, passing Twin Lakes, and into Leadville that afternoon, where we set up camp.

From Leadville, we rode through Buena Vista, past the Collegiate Peaks – incredible– and into the quaint town of Salida. Salida is a great little town, known for their kayaking and mountain biking, and . . .

From Salida, we rode up and over,



Phil knows where the toes goes.

and down Monarch Pass, through Gunnison, and into Crested Butte. Crested Butte is yet another awesome mountain town that has incredible skiing (steeps), awesome mountain biking, has the reputation of having great restaurants, and some incredible wildflowers.

From Crested Butte, we rode through the magnificent Black Canyon of the Gunnison to Hotchkiss. This day was one of my favorites, so incredibly beautiful. From Hotchkiss, we rode over McClure Pass along the Crystal River, through Redstone, and into Glenwood Springs. The last day took us from Glenwood Springs back to our starting point in Snowmass where our cars were stranded for the entire week.

So, what else does one do on these bike tours besides sit on and pedal a bike?

Because NO – it is not always all “About the Bike . . .”

Food – food is plentiful, and the norm is to always “shovel” in as much as possible –and then talk with our mouths full of food– we are allowed to this week. Food is everywhere, and planning the next feed zone, or next meal is of utmost importance, every day, every hour, every minute.

Massages – are just a way of life on the tour – they follow us around, and are there around the clock to meet our needs.

Showers – the shower trucks at the camp sites are awesome – and there are no lines for the women showers! The men’s line is always long –and why is it that men will not even think of speaking to one another in the shower truck??? Many a juicy conversation is to be had by the women at this time . . .

Accommodations – tents, and more tents, all shapes, sizes, colors, crammed on to a school football field. As a camper, it is important to find a good, quiet “neighborhood” –it is amazing what noises escape from inside a tent at 3:00 am when you have to get up to visit the P-O-P. And for those that travel in luxury, (but end up missing out in the long run) they rest their head on a fluffy pillow in a warm, dry hotel room.

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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:



Call STAR CSP (*277)

I looked this up because a friend asked me where to report a woman who aggressively passed her on Squaw Pass Road (while my friend was driving the speed limit), and nearly hit another oncoming car —about where the cyclist got killed a couple of months ago. Bring a cell phone on road rides, I do! Don't be afraid, get mad, call!

— Robert Garriga

Colorado State Patrol began a program with Vision TEK Inc. and Colorado wireless phone companies in June 1998, which allows motorists to "Be a STAR" and "Start Taking an Active Role" to fight "aggressive driving and road rage" by calling STAR CSP (*277). The Colorado State Patrol accepts calls from motorists dialing *CSP on their cell phones to report acts of aggressive driving.

The STAR CSP Program automatically records and compiles calls into a database. CSP Communications Officers are able to obtain vital information in two to three seconds. The system prints out a complete report of the calls which is delivered to a CSP Dispatcher and automatically issues warning letters to the owner of the vehicle.

Colorado introduced an enforcement and education campaign called Aggressive Drivers Are a Public Threat (ADAPT). It urged motorists to be more civil on the highways and avoid unacceptable aggressive driving. ADAPT is a statewide program and uses unmarked cars, motorcycles, and aircraft for enforcement. There is considerable public support for the enforcement effort. The Douglas County Sheriff's Office is also heavily involved in aggressive driver enforcement along with the State Patrol and other agencies south of Denver.

Contact:

Maj. Guy King
Colorado State Patrol
18500 East Colfax Avenue
Aurora, CO 80011
Phone: (303) 344-2536
Fax: (303) 341-7126

Captain Steve Powell
Colorado State Patrol
900 Wilcox
Castle Rock, CO 80104
Phone: (303) 239-4532

Chill: Changing the Way We Drive

— Colorado has developed an aggressive driving campaign to encourage drivers to drive safer and calmer, with particular emphasis being paid to construction work zones. Thirty-five law enforcement agencies throughout Colorado are participating in the enforcement effort.

Contact:

Ms. Mairi Nelson
Colorado Dept. of Transportation,
Public Affairs
4201 E. Arkansas
Denver, CO 80222
Phone: (303) 202-0380

Douglas, Adams and Boulder County

— Sheriff's department officers from Douglas, Adams and Boulder counties, the police departments of Aurora, Greenwood Village and Thornton among others, patrol interstates and state highways in unmarked and marked cars and on

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North Carolina Gets Share the Road License Plates



It's official! The N.C. House and Senate have approved and the governor has signed the bill — North Carolina now has a Share the Road license plate. \$20 from each plate will go to NC-DOT's Bicycle and Pedestrian Division. In order for the DMV to produce the plates, 300 people need to order them. *Information courtesy of American Bicyclist Update, League of American Bicyclists.*



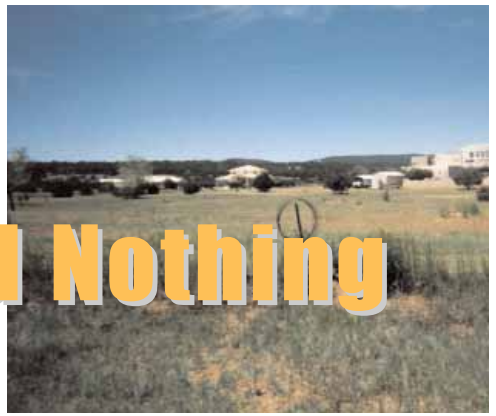
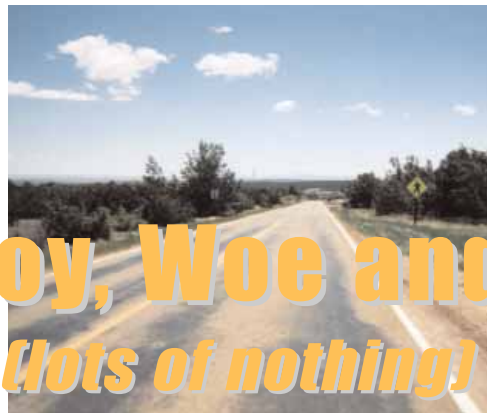
Golden Oldy Cyclery OPEN HOUSE

There's an Open House at Golden Oldy Cyclery (Victorian Bicycle Museum) on Sunday, September 18 from 1:00 to 4:00 pm at 17224 West 17th Place, Golden (SE Corner 17th Place and Utah St).

Come join us for these activities:

- View bikes from the 1880s and 1890s as well as accessories in a setting of an 1889 bike shop.
- View a Gallery of over 80 framed photos of pre-1900 cycling in Colorado.
- Listen to readings of Victorian Cycling Poetry — over 70 selections.
- Attend a book signing by Portia Masterson of her new highly acclaimed book: "Bicycling Bliss."
- Watch cycling movies —
 - Segments of early movies with bikes including W. C. Fields on a high wheel.
 - Miss Piggy and Kermit in a Musical riding bikes.
 - *The 6 Hour Bike Race* (Starring Joe E Brown).
 - *Breaking Away*.
 - *American Flyer*.
- Commune with other lovers of cycling and history.

Preview the museum at www.brekus.org/wheelmen/goldenoldy



Tales of Joy, Woe and Nothing (lots of nothing)

By Vince Pietrobon,

BICYCLING IN NEW MEXICO

On the Santa Fe, NM to Juarez, Mexico Trail

It is entirely possible to write this recording of my sojourn entirely in sub-titles, as it would be quite easy for any experienced tour rider to connect the dots, and make an appropriate visualization. There is, however, too much fun in the telling.

I went to Santa Fe, but I didn't ride the century. Gasp! Horrors!! I even went to the Team Evergreen dinner. I had intentions of riding the century on the 20th anniversary, but the snow at the end of April and a rainy spell in early May reduced my training to an unacceptable level. I could have, and would have ridden the century, if I were not going to start a ride to Juarez, Mexico on Monday, May 16, 2005, the day after the century. Therefore, my Sunday route was up Glorieta Pass, back to town and up Canyon, and over Bishop's Lodge Road along Tesuque Creek to Pojoaque and back. There is a new frontage road from Pojoaque all the way to Bishop's Lodge Road, so no cars and champagne asphalt.

The return route in Santa Fe was through the Aqua Fria part of town where the "Blessing of the River" was taking place. Part of the ceremony includes the tossing of Spring blooms into the river. The beautiful flowers bobbed along in the moderate current in the small river. It was all quite lovely with blue skies, flowers, and a bright sun. Yes, it stormed 90 minutes later, but I was napping already by then, and not riding.

The Ride South

Shortly after leaving Stanley, I passed a gully filled with tumbleweeds that was 200 yards long, and 8 to 10 feet deep. It was very impressive. A few miles further and just past

I-40, I turned onto "Old Route 66." I had a few "kicks" and I knew enough oldies to keep me occupied until the next turn, which was onto NM 217.

Now NM 217 is rolling hills with really deep short troughs. So, naturally you try to fly them, usually effective for a bigger person like me. The only problem is that the last 50 yards of each hill is about two or three degrees steeper than the rest of the climb, making flying over the top lip very hard. It made Rollercoaster Road on Elephant Rock look like child's play.

This was a fully sag supported ride as my mother agreed to drive so she could get to Las Cruces to see some friends. The sag driver's mission on Day 1 was to find lunch. This was actually a much harder task than it sounds. The only store south of I-40 was Ray's in Tajique, but they only sold drinks and packaged goods. As I purchased my Gatorade and Coke, I queried of the store clerk if the photo of the beautiful middle-aged woman above the counter was her. No she corrected me. It was her grandmother from about 1918, the homesteader and starter of the store. The resemblance was uncanny. The faithful sag driver brought back a ham on rye sandwich from Mountainair, and related the "Saga of the Ham Sandwich."

A ham and cheese sandwich roadside delivery would normally not be a noteworthy event except for the debate over how to make the ham sandwich, thus the Saga. The maker presented three bread choices, white, wheat, and rye. After first choosing white my mother was informed that they only had one piece of white so did she have another choice. So my mother chose wheat, whereupon by careful count, the sandwich maker could only find one piece of wheat bread. They didn't think they could use two types of bread to make the sandwich. A consultation of the establishment's staff resulted in a consensus

to make the sandwich on rye. The wonderful sustenance lasted about two seconds once I got it into my hands as I munched it while regaled with the tale of its making. It's hard to chew while your laughing, and my mother tells a spellbinding tale.

The wind was howling after about noon on Monday, perhaps 30 mph. The result was a late afternoon arrival in Mountainair and the grocery store was closed. The day had been quite scenic as it wound through the chaparral. The chaparral was pines and occasional meadows with a most pleasing hue of light blue grass. The possible routes had been along I-25 on frontage roads, or through the heart of the valley, a dry featureless plain/desert straight south from Stanley. I chose the scenic route.

Dining in Mountainair and Carrizozo (the next stop) was remarkable. Finding the only place in town, or living through eating at it were even odds. Please note that the ham sandwich lunch spot was not open for dinner. Thus this subtitle, "Yes, we have no bananas in Mountainair, and Carrizozo, New Mexico." My mother refers to one of the establishments as the "Outhouse," and she is not too far wrong. I contend that mid-week breakfasts in New Mexico are for the cleanest dirty shirt club, and always seems to draw a crowd of nice folks. Okay, some of these people smoked next to the "No Smoking" signs. Pretty foul with no ventilation.

Motel competition is seemingly quite keen in central New Mexico as we stayed at the cleanest in one town, and the one with the best water pressure the next. These facts were oft repeated during our brief stay at each place.

Day 2 was predicted to be quite windy, constant 20 to 30 mph. So I left before 7:00 am. This worked but by 9:00 am the wind was up. The route was NM 55, and I swear it is a bike path as only 12 cars passed me

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What I did on my

Copper Triangle Mountain Bike Ride, 2005

By Steve Kerschbaum

What epic TE ride is rated beyond category, has over 5000 feet of climbing, takes about seven hours to complete, and it all takes place above 9400 feet with some of the best back-country scenery in Colorado? If you were one of the lucky eight participants, you know the answer is the Copper Triangle mountain bike ride.

The ride is epic in the minds of some riders from past years who have sworn not to do it again because they were delirious from

lack of water at Parmigan Pass, the second of two six-plus mile climbs at over seven percent grades. I am sure you roadies are thinking that a six-mile climb is not bad; however, a mountain bike and gear is about twice the weight of a road bike and gear, and the convenience stores are not conveniently located. Epic is also a proportional term because this ride pales in comparison to our Team Evergreen adventure seekers who opted for a night in the woods rather than stay in their rented cabin.

All kidding aside, it was a great



Pictured at the start of the ride from left to right are Steve, Bob, Jim, Dave, Jeff, Robert, Rick, and Derek.



ride. We departed Copper shortly after 8:00 am for a nice climb through the woods traversing westward across the ski area toward Guller Creek, the drainage you ascend southward to Janet's Cabin and Searle Pass (elevation 12,075). Conditions were perfect at about 60

degrees with sun, blue sky, and no wind. Traction was excellent and almost tacky from recent rains. The section from Searle pass to Kokomo pass (elevation 12022) traverses a ridge for about three miles above tree line where we were treated to abundant wild flowers

and good vistas. If you have not been on this ride, a Copper to Kokomo out-and-back (about 16 miles and ½ day ride) would be a good way to sample the area's single track. The descent from Kokomo Pass to Camp Hale was challenging with some 10 percent grades that were loose in spots from washout. We solved the dehydration problem by stopping at a creek about half way down and pumping water through backpacker's-type water filter. We reached the low point, Camp Hale (elevation 9400 ft), at about noon

and ate some lunch. The climb up Resolution Road to Parmigan Pass (elevation 11765) seemed hard because of the long steep grind up a double-track dirt road. The views at the top were worth the climb. The ride finishes with a single-track decent along Wilder Creek and its beaver ponds to the bike path along I70 and in to Copper Mountain.

After completing the 30 mile loop that included a possible broken toe, two flats, a bent rim, and a bent chain ring (one lucky rider suffered all but one of these mishaps, and his name is not Robert Garriga), we refreshed ourselves in the parking lot by serving beers from coolers and trading stories. I hope



everyone had as much fun as I did, thanks for riding, and I will see you on the trails.

Summer Vacation!

There are tough guys, There are tough races . . . and then there are tough guys at tough races!

By Tim Crossen

Picture this. Cool morning, kind of dark, 700 +/- jittery racers launch from an intersection in a sleepy mountain town to the sound of a shotgun.

One rider goes down, (No, they didn't shoot him, geeez!) hooked by another racer. Tension grows. But as the racers get into the hills and past the first water obstacle, things begin to settle down, ability levels sort some to the back, adrenaline keeps others in the bunch. They probably shouldn't be there. One rider, staying within himself, is caught with some of those. One of them loses control and steps into his spokes. Down he goes. Back up, another stops cold in front of him as he comes up on her. Down again. Back up, he gets past many of them and is beginning to flow, when he hits the first technical descent. He calls to the others to be smart. You can't win it here, but you can sure lose it. And then it happens. One of them crosses his wheel and knocks him down. Hard. Back up. This doesn't feel right. The adrenaline carries him for awhile, but then it sinks in. This is bad. Thirty miles into his fifth assault on the Leadville Trail 100 mountain bike race, Dave Twinam sees his goal of a sub-10-hour finish fading before his tear-streaked eyes. Fighting through the pain of a SEPARATED SHOULDER, he perseveres. And if you can believe this, HE FINISHES THE REMAINING 70 MILES. And get this! HE BEATS HIS PREVIOUS BEST BY 9 MINUTES, and goes SUB-10!! I was there. I know how badly I suffered in this race, and I was whole. I don't know where guys like Dave get that type of tenacity, (we're talking Tyler'esque stuff here!) but he sure has it! Give a hand to Dave. He's the toughest son of gun I know!

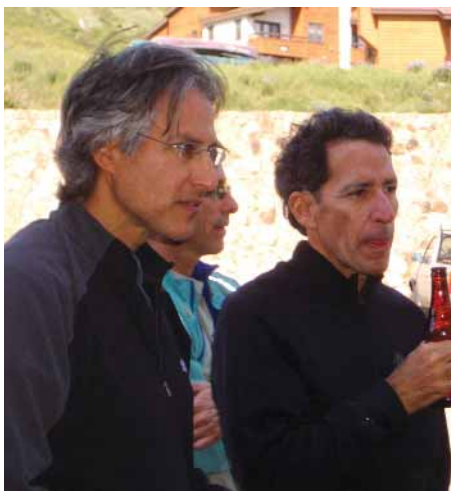


BTOC on top of Independence Pass.



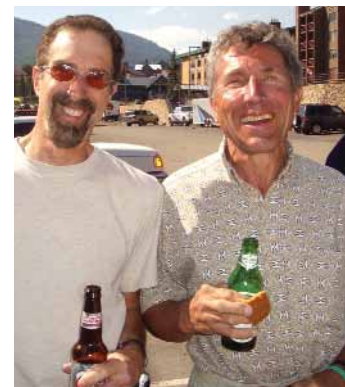
Longtime riding buddies at the TE BTOC party.

As you may have read in Janet Saxon's story on page 3, a huge number of TE members opted to ride the Bicycle Tour of Colorado this year. These photos are by Dave Nelson.



TE Prez. Bruce Epstein and TE Board member Mac McShane at BTOC party.

Alan Kahn and Ziggy.



HARTMAN ROCKS

MOUNTAIN BIKE TRIP in Gunnison, Colorado

September 17th and 18th

With option of Friday night the 16th arrival.

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

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



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

OPTION 1: Friday and Saturday nights

1 person in room \$120.00
2 people in room \$65.00 per person

OPTION 2: Saturday night only

1 person in room \$65.00
2 people in room \$38.00 per person

Price includes barbecue Saturday evening in the park.

Please RSVP the ride leader: Terry Mitchell. Email aspen80421@netzero.com or call 303-838-6675.

Don't procrastinate, the signup will close September 5th!

Please make checks out to Terry Mitchell and send to:

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



Team Evergreen Board meetings are the first Tuesday of (almost) every month. See the TE website calendar for details. Don't be shy, stop on by.



MALT Bike Swap on Sept. 17

The 3rd Annual Bike Swap will be held with the EVFD Safety Day, Saturday, September 17 from noon - 4:00 pm in Evergreen at the Bergen Meadow Elementary parking lot (3 miles south of I-70 on Hiwan Drive, off Bergen Parkway). This is a joint project of The Mountain Area Land Trust (MALT) and Team Evergreen Bicycle Club to benefit MALT's land preservation activities.

Donate your outgrown or underused bikes of all varieties to MALT and get a tax deduction. If you need the cash (or at least some return on that mega-investment), consigned bikes are also accepted. The swap will be conducted as a silent auction with a small number of bikes (read that: the really desirable ones) at a live auction.

Drop off your bike (up to a week before swap) prior to the event at: **Canyon Cycles** (Kittredge, 303-670-2728) and **Bicycle Outfitters** (Bergen Park, 303-674-6737). Please call MALT for more details. 303-679-0950 or see www.teamevergreen.org/bikeswap.htm and www.savetheland.org.

Sept. 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.

Friday, September 2

Easy/Moderate Road Ride

Mountain Gentlemen and Lovely Ladies

See details on this page.

Sat. & Sun., September 3 - 4

Kenosha Pass to Breckenridge

Mountain Bike weekend

Travel on the Colorado Trail over Kenosha and Georgia Pass. See website for details.

Ride Leader: Chris Davis (c_davis45@earthlink.net)

Sunday, September 4

Difficult Road Ride

Stanley Park Loop

Meet at the Albertson's parking lot at Highway 74 and Stagecoach Blvd., 3 miles south of Bergen Park for an 8:00 am departure. Plan from 4 to 5 hours to complete the 59 mile loop. Highway 74 and Stagecoach Blvd., Bergen Park, El Rancho, I-70 to Genesee Pk., Highway 40 to I-70/Morrison Exit, Colo. 26 to Morrison, Colo. 8 to the Fort, through Willow Springs to Deer Creek Canyon Rd., S. Deer Creek Canyon Rd., High Grade Rd., Pleasant Park Rd., Conifer, Highway 73, Shadow Mtn. Rd., Black Mtn. Dr., Brook Forest Rd., Highway 73,

Mountain Gentlemen & Lovely Ladies

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

The start times are as follows:

September	9:30 am
October	10:30 am

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

Weather permitting. This one-speed

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

WEDNESDAY MORNING RIDES

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

Wednesday, September 7

Easy/Moderate Road Ride

Wednesday Morning Ride

See details on this page.

Wednesday Night

Blue/Capable Mountain Bike Ride

Maxwell Falls Lower (Brook Forest Rd. Parking Lot)

Meet at Maxwell Falls lower parking area at 5:45 pm for a 6:00 pm departure. The entire ride, depending on the route/loops, takes about 1½ hours. It is a fun, fast tracking, low traffic, moderate ride that is good cross country mountain riding, which contains: some climbs, fast descents on winding trails through pines, stream crossing, bridge crossing, rockfield (towards lower Maxwell falls entrance), dirt road and quite a few elk. You are mostly under tree cover. With the creek, the cooler high altitude temperatures and tree cover, it is a great ride to do on the hotter days or during the middle of the day. Round trip: 6 miles and 800 ft. elevation gain. Dinner/Libations: Evergreen Beau Jo's

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Don't miss the super-fun TE - IMBA Buffalo Creek Epic 2 Trail Work Weekend on September 24 and 25.

Evergreen, Highway 74, Meadow Dr., Douglas Pk. Rd., Highway 74, Albertson's. Round trip: 59 miles 5,500 ft. elevation gain. **Option:** 29 miles 2,650 ft. elevation gain. **Ride Leader:** Ray Sirianne, 303-670-3405.

Sept. Rides

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for maps and more details of each ride, go to www.teamevergreen.org

(303) 670-2744. **Ride Leader:** Jerry Haynie, 303-915-5395, jerry@teamevergreen.org.

Friday, September 9

Easy/Moderate Road Ride

Mountain Gentlemen and Lovely Ladies

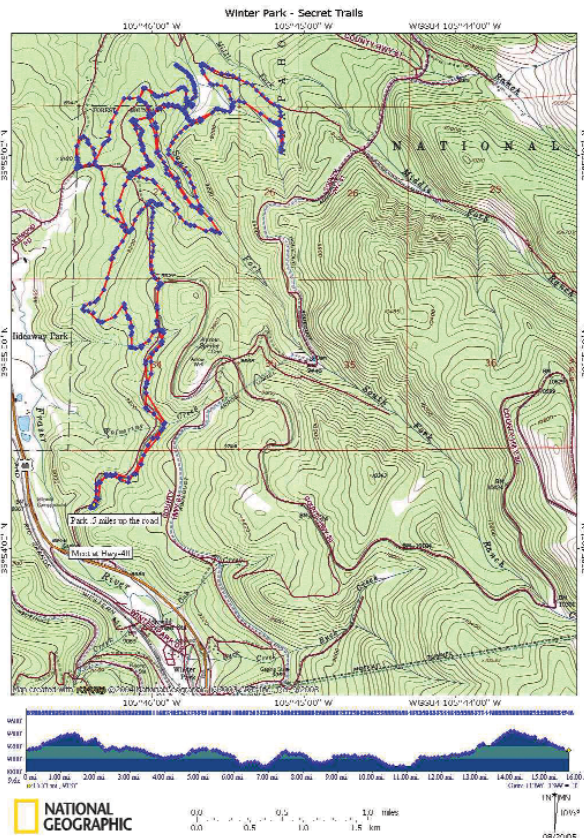
See details on page 9.

Saturday, September 10

Blue/Standard Mountain Bike Ride

Secret Trails in Winter Park

Meet at El Rancho Park 'n Ride for a 9:00 am departure or at the trailhead on US 40 and the Corona Pass Rd (Rollins Pass), FR 149 at 10:00. This will be an exploratory ride of non-published trails. We will not have a set distance or time to ride. The first 6-7 miles of these trails were ridden by some of us last year and they were sweet single tracks. We also saw a herd of moose in the area. As we see new trails, we will see where they go. If exploring new trails without any agenda sounds like your kind of ride then come and join us. Round trip: 10 - 15 miles, approximately 2,000 ft. elevation gain. **Ride Leader:** Jerry Haynie, 303-915-5395, jerry@teamevergreen.org.



The Winter Park Secret Trails mountain bike adventure is on September 10.

Sunday, September 11

Moderate/Difficult Road Ride

Historic Lariat Loop

Meet at the Bergen Park Park & Ride for a 9:30 am departure. Bergen Park, Evergreen, Kittredge, Morrison, Colo 93 & 26, Highway 40, Heritage Square, Highway 93, Jeffco Pkwy, Bike Path, 19th St., Lariat Loop Rd., Lookout Mtn. Rd., Highway 40, Genesee Park, El Rancho, Bergen Park. Round trip: 38 miles 2,950 ft. elevation gain. **Ride Leader:** Rick Jones, 303-670-1325.

Wednesday, September 14

Easy/Moderate Road Ride

Wednesday Morning Ride

See details on page 9.

Wednesday Night Mountain Bike Ride

Blue/Strong Mountain Bike Ride

Elk Meadow/Bergen Peak

Meet in the Elk Meadow parking lot located on Stage Coach Blvd, about a mile west of Hwy 74 on the right at 5:45 pm for a 6:00 pm departure. This ride is designed for strong riders who would like to challenge themselves on Bergen Peak and Elk Meadow. For those of you who do not want to climb Bergen Peak, see the Elk Meadows ride for a description of the easier ride. Round trip: 10 miles and 2,000 ft. elevation

gain. Dinner/Libations: TBD. **Ride Leader:** Jerry Haynie, 303-915-5395, jerry@teamevergreen.org.

Friday, September 16

Easy/Moderate Road Ride

Mountain Gentlemen and Lovely Ladies

See details on page 9.

Saturday & Sunday, Sept. 17 & 18

Hartman Rocks Mountain Bike Weekend

Gunnison, Colorado

Come join us on the one, two or three day adventure exploring singletrack and slick-rock in the Hartman Rocks Recreation area near Gunnison. *See page 8 and the TE website for more details.* **Ride Leader:** Terry Mitchell, aspen80421@netzero.com or 303-838-6675.

Sunday, September 18

Difficult Road Ride

Gore Pass to Toponas Out & Back

RSVP to the Ride Leader for this ride. At least 7 riders are needed. Meet at the Red Desert Overlook Rest Stop on the east side of Highway 40, 8 miles north of Kremmling for a 9:00 am departure. Plan for 5 hours to complete the entire trip. Red Desert Overlook, Highway 40 to Colo. 134, Colo. 134 to the top of Gore Pass, continue on Colo. 134 to Toponas. Return via the same route. Round trip: 58 miles 5,000 ft. elevation gain. **Ride Leader:** Rick Jones, 303-670-1325 Alt. Helene Galvin, 970-468-0696.

Wednesday, September 21

Easy/Moderate Road Ride

Wednesday Morning Ride

See details on page 9.

Friday, September 23

Easy/Moderate Road Ride

Mountain Gentlemen and Lovely Ladies

See details on page 9.

continued on page 11

Sept/Oct Rides

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

Friday, Saturday & Sunday,
September 23 - 25

Buffalo Creek Epic 2 Mountain Bike Weekend

This is the Not-to-Miss, mountain bike thing to do for the season! Go on the TE website for all of the details and see who is coming to this incredible event. See story on page 13. Register at www.triplebypass.org/epic2/ On Saturday, be ready to go at 9:00 am. at the Meadows Campground. We will ride to the worksite on Green Mountain Trail. Snacks and beverages during the work period (9:00 am - 1:00 pm) and a light lunch are provided. From 3:00 to 5:00 pm is the Optional Group Ride. If you still have energy, join us for an optional Saturday afternoon ride around Green Mountain Loop with Colorado trail options. At 6:00 pm we start the Group Dinner and Festivities. Saturday night will be the night to unwind, hang out with new friends and enjoy a provided meal under the stars. Team Evergreen will provide a yummy catered dinner Saturday night which is free for all registered participants and volunteers. We'll wake to a 7:30 am breakfast. Team Evergreen will provide a power-packed breakfast including coffee, fruit and burritos Sunday morning free for all participants and volunteers! And then it's time for the EPIC RIDE! Plan to ride between four to six hours. Remember to bring plenty of food and water for the ride plus essentials such as spare inner tubes, a patch kit, tool kit, pump, sunscreen, and any additional clothing you might need if we should encounter a weather change. Participants will be broken up into three rider preference groups. If you want to go fast or slow, there will be a group for you. Go to map (www.triplebypass.org/epic2/) for detailed ride descriptions to decide which ride is right for you. 8:30 am. Red ride (Hardcore!) departs, 9:00 am. Blue ride (Hard - but not core) departs, 9:30 am. Green ride (Intermediate) departs. Should you need to cancel your registration or if you have any additional questions, please contact Aaron Miller. After Friday morning, try

Aaron on his cell at (303) 359-2670 or leave a message on the Mountain Bike voice mailbox at (303) 753-5232.

Sunday, September 25

Moderate/Difficult Road Ride Bergen Park/Morrison/Kittredge/Evergreen /Bergen Park Loop

Meet at the Bergen Park Park and Ride for a 9:30 am departure. Bergen Pk., Highway 74 to El Rancho, I-70 to Genesee Pk., at Genesee Pk. take Highway 40 to I-70/Morrison Exit, Colo. 26 to Morrison, Highway 74 to Kittredge and Evergreen, Meadow Dr. to Douglas Pk. Rd., Douglas Pk. Rd. to Highway 74 back to Bergen Park.

Option: 1/3 mile up Meadow Dr. take Fireweed, Alpine Dr., S. Valley Dr. and Valley Dr., Buchanan Dr., Sage Cr., Ponderosa Dr., Highway 74 back to Bergen Pk. Round trip: 29 miles 2,650 ft. elevation gain.

w/Option: 29.5 miles 3,000 ft. elevation gain. **Ride Leader:** Richard Giniewski, 303-766-8750.

Wednesday, September 28

Easy/Moderate Road Ride Wednesday Morning Ride

See details on page 9.

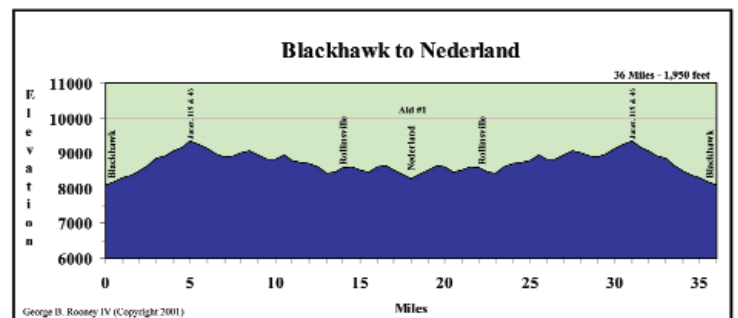
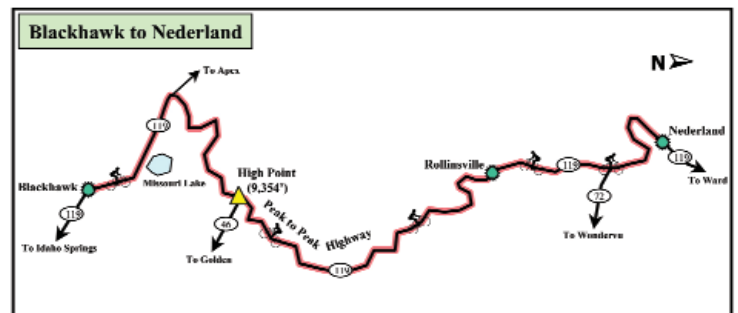
Friday, September 30

Easy/Moderate Road Ride Mountain Gentlemen and Lovely Ladies

See details on page 9.

Saturday, October 1

Black/Strong Mountain Bike Ride
Silver Plume/Waldorf Mine/Argentine Pass
RSVP to ride leader for this ride, and to discuss times and meeting place. Explore seldom-used singletrack and doubletrack mining roads close to home. See the TE website for details and map. **Ride Leader: Calvin Rickard**, 303-679-0122, 303-870-1450 or 303-870-1450 calvin@wispertel.net.



Sunday, October 2

Moderate Road Ride Blackhawk to Nederland Out & Back

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.

Club News

Team Evergreen's Annual Oktoberfest Slated for October 30th

Team Evergreen's annual end of cycling season party, Oktoberfest, will be held on Sunday, October 30 from noon to 3 pm at the Evergreen Lake House. There will be lots of food provided by Specialty Catering, beer, wine and music. The event is free to all TE members and we encourage new members to join.

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. If you forget to RSVP, please come anyway. Everyone is invited to ride hard, eat, and be merry! See you there.

"We treat Team Evergreen members like the cycling demi-gods they are.

For those unswayed by shameless ego-stroking, we also offer 10% off."

Robb McGuffin, Bicycle Outfitters

Always 10% off all parts, clothing and accessories for Team Evergreen members. Come in for great road and mountain bikes, certified **bike fitting**, and **spinning**, too. For bicycle lines we carry, our **service and maintenance** packages, and directions to our store, call us or visit our web site.



Bergen Village Shopping Ctr. | 303.674.6737 | velocolorado.com



Volunteer Picnic

Triple Bypass volunteers received a hardy thank you and hardy picnic dinner cooked by Specialty Catering last month. The annual picnic was Team Evergreen's way of thanking the legions of volunteers who helped make the Triple Bypass a success.

Photos by Becca Nelson and Lauren Driscoll.



Volunteers in training.



Beware: If you wear an orange beanie to a picnic, you are at risk of being photographed.

Etiquette 101: Always raise your pinky while eating a brownie.



Be A Star: Stop Aggressive Driving

continued from page 4

motorcycles, targeting speeding, tailgating, weaving in and out of traffic, passing on the shoulder and running red lights and stop signs.

Contact:
Sergeant Scott Stanton
Aurora Police Department
15001 E. Alameda Drive
Aurora, CO 80012

Phone: (303) 739-6000

Deputy Ken Rost
Douglas County Sheriff's Office
355 South Wilcox Street
Castle Rock, CO 80104
Phone: (303) 660-7505
Fax: (303) 688-1447

What Really Happens at BTOC

continued from page 3

Weather – great weather is to be had (usually?) in Colorado in July. And packing up a cold tent rain fly, often coated with a layer of frost, is sooooo rewarding when it is unpacked and laid out on the grass at the end of the day, still frosted, and incredibly cool and refreshing on the feet.

Alarm Clocks, or lack thereof – no need for an alarm clock when you are camping. Instead, you are awakened by the (loud) whispers of those that insist upon getting up at 4:30 am. And for those that need the snooze alarm . . . the sleeping bag and tent zippers do the trick from about 5:00 am to 6:00 am. This is as opposed to the BUZZ of the alarm clocks in the hotels. But, needless to say, we wake up with smiles on our faces, ready for what the day has to bring.

Attire – always casual and a lotto lycra. No need for the fancy wardrobe here!

Relief Stops – Port-O-Potties everywhere. Be forewarned, and note the following:

- Do not touch anything, with any body part, once locked inside.
- Do not attempt to balance on plastic

bike cleats as you hover over the seat, the floors are quite slippery, and often damp, and your feet may just slip out . . . well you get the picture . . . at least lock the door . . .

- Do not place your wallet or your cell phone (or anything else of importance) in your jersey pocket, they have a tendency to slip out of the jersey pockets, and land in the dark hole, and I doubt you would really want to retrieve them out of there.

And just as a warning, I do not recommend that you set up your tent too close the P-O-P row – they stink, and also people love to let those doors slam shut.

Entertainment – beer gardens every night, live music and dancing in the streets . . . So, when is the last time you had the pleasure of dancing in the streets to a live Disco Band? And, a **Team Evergreen Happy Hour** was organized at the Grand Lodge – Crested Butte. We had 40 or so Team Evergreen Members in attendance, with plenty of beer and food. This is yet one of the many perks of being a Team Evergreen Member!



2nd Annual Trail Work Weekend September 24-25

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

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

See all of the information on the TE website, from directions to a detailed schedule of events.



Join the Bangkok to Saigon Cycle Challenge 2005 and pedal 1,000+ kms from Thailand to Vietnam via Cambodia. \$1,995 excluding international. For each participant, Symbiosis will donate \$100 to four local children's charities - Rejoice, Krousar Thmey, Mith Samlanh and the Saigon Children's Charity. Each participant will be asked to raise further funds through individual sponsorship. See www.cyclingsoutheastasia.com.

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

New Mexico Ride: Good for Nothing?

continued from page 5

(both directions) in 65 miles. The map indicated two towns before the only turn of the day. I missed the first town (maybe because it wasn't there), and the second was one house, and a couple of falling-down shacks. Discussing the situation with the sag driver at the 40-mile mark we noted: no landmarks, no cows, no buildings, just the wind, the trash, and the barbed wire. Lots of Nothing! Why in the world was it fenced in?

There is a National Monument at Carrizozo regarding a lava flow. It was very interesting and provided some history. Carrizozo is in western Lincoln County. Carrizo is a medium height lush grass. The grass is what attracted all the battling beef raisers in the Lincoln County War that featured Billy the Kid, Chisum, and Pat Garrett. They were also fighting over Indian and Army supply contracts. So, they shot the H out of each other and grazed the grass almost out of existence turning Carrizozo into a windswept dusty desert town as described in the National Monument's pamphlet. By the time we got there the strong winds had blown all the dust away, but it was windy well past 10:00 pm.

Hurray! Left the windswept central New Mexico plains and climbed into the Sacramento Mountains over Indian Divide and to Capitan. Capitan is the home of Smokey the Bear. The National Park Service has a most interesting and informative presentation on fires, Smokey, and the ecology.

After Capitan, I turned south and rode the six climbs to Ruidoso. Beautiful. Big

trees, forests in fact, and lush meadows. A few snow capped peaks, and a ski area. No wonder Lincoln County was known as the beauty spot in New Mexico.

The Best Western in Ruidoso seemed palatial after the previous two nights, and scrumptious prime rib at the Cattle Barron was fed to two people who apparently hadn't seen, nor eaten real food in quite some time.

The next day's route was across the southern Sacramento Mountains to Cloudcroft and down to Alamogordo. What a beautiful route through the forests, and mountain meadows. It is 35 miles the back way to Cloudcroft from Ruidoso, and 28 of the miles are uphill. I believe I need to have a discussion with whoever mapped this route. Gorgeous as it was, the final few miles turned into a grunt.

However, at Cloudcroft, you get a BIG REWARD!!! Sixteen miles at 6.5% grade descent (Squaw Pass is 4.5%). YAHOO!!! The only bad thing is that over the last 5 miles you transition from forests to desert, and hot. Quite hot. White Sands National Monument with its dunes of white gypsum is at Alamogordo and was a fascinating side tour.

The weather was forecast to be HOT (95 to 100 °F) on the final day, the streak for the border. Once again there was no Nothing in-between Alamogordo and Newman, which is on the Texas-New Mexico line. Just me, the road, the barbed wire, and the trash. No Nothing again. The trash

eventually sliced my rear tire and tube, and upon repairing the tube I had a huge bubble due to the sliced tire. A kind gentleman took me to Newman where the sag vehicle was waiting and I had a spare tire.

They won't let you bicycle into Mexico across the El Paso bridges, so I went just west of town and crossed in the middle of the desert. No Nothing here either. A bunch of cactus, sand, some barbed wire, and chain-linked fence marking the border and guard offices. I rode 5 miles into Mexico and back. Lots of No Nothing.

Stay tuned to next year for the late June Seattle-to-Missoula excursion on the North Cascades-Flathead Lake route I've devised. Please feel free to contact me if you are interested in doing this ride. Or perhaps, you might want to escort me on the Buffalo, WY to Fort Collins, CO connection later this year. This could be horribly ugly.

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.

Let us know about your
bicycle concerns or
adventures.

Contribute a
story to
Bike Beat!

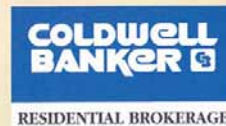
Deadlines are the
15th of each month.

Email

bikebeat@teamevergreen.org



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



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Coming to a ROAD OR TRAIL Near You

**17th Annual
RED RIVER
TOP OF THE WORLD
MTN BIKE RACE &
28th Annual
ENCHANTED CIRCLE
CENTURY
September 10 & 11**

www.redrivernewmex.com

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



**3rd Annual
BUFFALO BICYCLE
CLASSIC**

Saturday, Sept. 11

www.buffalobicycleclassic.com

Cyclists can choose to ride the 35-mile, 65-mile or 100-mile century courses for this fully-supported, fundraising ride to benefit students of CU's College of Arts and Sciences. Start and finish at the University of Colorado in Boulder and ride one of three courses through Boulder and Larimer counties. Riders can register online before September 10, 2005. For information or to get a mail in registration form, call 303-735-4199 or 303-541-1446 (*new number*). Ride packet fees are \$38 plus a minimum donation of \$40 or \$78.

**12th Annual
Tour of the
Vineyards
Saturday, Sept. 17**

www.emgcolorado.com

A great way to celebrate the start of fall, by joining in this bicycle tour of Colorado's Wine Country. This 25-mile ride through the vineyards of the Western Slope (on paved roads with a few hills) gives cyclists an opportunity to pass by the area's wineries, as well as acres of fruit orchards, located in the Grand Valley, near Palisade, CO.



**CHANEY KING
BIKE RIDE & RUN**

Saturday, September 18

www.falconfoundation.org

Come and enjoy the second annual Chaney King Bike Ride/Run September 24th, 2005 at the Air Force Academy. Choose between a Metric 100, 30 mile or 15 mile bike ride. There is also a 10K run and for the really adventuresome there is a biathlon (15 or 30 mile ride + 10K run). The routes are entirely on the academy grounds and offer an opportunity to see areas that are no longer available to civilians. The ride is to benefit the Falcon Foundation, a non-profit organization that awards scholarships to young men and women to attend a preparatory school or junior college and then reapply to the academy. They help these students achieve their dreams. Visit www.falconfoundation.org or www.usafa.org for more information, brochure and a registration form or call 303.798.2692. As Chaney King would say — "It's all good."



**Legacy Annual Great Bicycle Ride Across Utah
September 25 - October 1**

www.lagbrau.com

LAGBRAU is arguably "the most scenic bicycle ride in the world." We will shuttle you across the state to the beginning from St. George to Blanding, or back to Blanding at the end of the ride. Imagine the entire ride on a State and/or "National Scenic Byway" and "All American Road," with the opportunity to enjoy 3 National Parks, 3 National Monuments, 2 National Forests at the peak of their fall colors, 1 National Recreation Area. In addition you will see a number of ancient Indian ruins along the way, and 5 beautiful

and unique State Parks, such as Kodocrome State Park, the Petrified Forest State Park, and Goblin Valley State Park, which was recently rated one of the top five most unique state parks in the nation.

The fee includes 7 days of catered meals, the parks and monuments fees, medical care, insurance, sag support, baggage support to each camp site each day, camping fees, and the entertainment. A shorter 2-day Grand Finale ride available. Please see our website at www.lagbrau.com for more details.



KOKOPELLI'S TRAIL

October 6 - 9, 2005

This trip to Kokopelli's Trail is sponsored and partially funded by Team Evergreen, all riders must be members. Trip fee for members is \$150 and the non-member fee is \$180 which includes a one year membership. We will do this trip with a minimum of 20 and maximum of 35 riders.

Technical Rating: Blue, Fitness Rating: Strong

Meeting time: 7:00 am at El Rancho Park 'n Ride for a 7:30 am departure. Or meet at the trail parking lot in Loma for a noon ride departure. Ride time: 6+ hours each day. Ride Stats (round trip): 157 miles, 12,000 feet elevation gain. Ride starts at Loma, ends at Moab.

Included with trip fee: 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!*

Event Leader: Chris Harry (303) 263-2103 or racing@teamevergreen.org.

See our web site (www.teamevergreen.org) for more details, photos, maps and late breaking news.

☼ ☼ REGISTRATION FORM ☼ ☼

Name: _____

Address: _____

City, State, Zip: _____

Day Telephone: _____ Evening Telephone: _____

Email Address: _____

Number Attending __@ \$150.00/\$180.00 TOTAL _____

Please make your check payable to Team Evergreen.

SPACE IS LIMITED TO 30 RIDERS SO MAIL YOUR REGISTRATION EARLY.

Send the above form to: Team Evergreen Kokopelli Trip • PO Box 3804 • Evergreen, CO 80437

Bicycle Advocacy News

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

FEDERAL TRANSPORTATION BILL PASSES

After a two year delay, the federal government passed its five-year, \$286.5 billion transportation funding bill with an original name we won't soon forget—SAFETEA-LU. We will spare you the acronym definition but transportation groupies may get the full scoop on our website.

\$4 BILLION FOR BIKES

Colorado-based bicycle industry group Bikes Belong reports that the bill authorizes as much as \$4 billion in new federal spending on bike paths, trails, and related programs, a \$1 billion increase over the last bill in 1998. Gains for bicyclists resulted from multi-year efforts by the America Bikes coalition and grassroots bicycle advocacy groups across the nation like Bicycle Colorado. Additional national information is available at www.americabikes.org.

RESULTS FOR COLORADO BICYCLISTS

Bicycle Colorado led several meetings with Colorado's federal senators and representatives during the bill's debate, paying dividends for bicyclists in Colorado. Bicycle business leaders, bicycle advocates, and transportation leaders all played a significant role expressing the value of bicycling. By encouraging more trips and recreation by bike, Colorado will improve health, safety, and the envi-

ronment while saving employers, households, and the government money. More details on funding for bicycle related programs are at www.BicycleColorado.org/for/safetealu.

COLORADO SAFE ROUTES TO SCHOOL FUNDED

A major benefit for our state is the funding of the Safe Routes to School program. Bicycle Colorado

created the framework for the program by passing the Colorado Safe Routes to School Act in 2004. The program will be administered by the Colorado Department of Transportation (CDOT) and will direct the federal Safe Routes funds to communities across the state. We will send out information on program details and grant guidelines as soon as they become available. www.ColoradoSafeRoutes.org.

REI GRANT FOR SAFE ROUTES

Bicycle Colorado is the proud recipient of a \$5,000 grant from REI. The funding is being put towards development of a Colorado-specific bicycle education curriculum teaching children and their parents to bike safely. The curriculum will be designed for use by Colorado schools wanting to promote safety and physical activity to students. Thanks REI!

BICYCLE COLORADO BOARD NEWS

We would like to thank our outgoing Bicycle Colorado Board Members for their years of service helping guide our organization and making Colorado a

better place to bike. Tom Dettloff, Patrick Gibbons, Bill Shenkin, and Don Thompson devoted much time, energy, and leadership to our successes—THANK YOU for your hard work!!

Please welcome our newly elected Board Members: Amy Morfas, Ned Overend, and Dan Price. We look forward to working with each of you to build on our momentum. Our full Board listing is available in the "About Us" section of our website.

RAT RIDE COMING

SEPTEMBER 4, FORT COLLINS

The newest Bicycle Colorado event member is the RAT Ride (Rams Alternative Transportation Ride). The ride benefits the Colorado State University Rams Cycling Scholarship Fund and TEAM Fort Collins—Preventing Drug and Alcohol Abuse. The ride provides four routes (12, 50, 75, and 105 miles) accommodating riders of all abilities, from children to experienced cyclists. The Family Fun ride will have special attractions for kids. The 105 mile route is extremely challenging, with nearly 8,000 feet of climbing. Registration and route details are available at www.ratride.org.

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

Team Evergreen Classifieds

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 E-mail Leon at whobeleon@comcast.net or call (303) 987-9172 for more info.

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

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

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

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

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

White Sands Nat'l. Monument MOONLIGHT RIDES

By Vince Pietrobon

A real moonlight ride.

White Sands National Monument has two moonlight rides each year, one in the spring (usually May), and the other in the fall (October this year). These rides are by reservation only, and fill up very fast. I checked on August 17th and the October ride was already full. The paved road is only about five to seven miles long, so its not an epic ride.

The sand is composed of gypsum, not silica like normal sand. It is quite white, and really fun to hike around on. I can only imagine how surreal it is under the full moon.

It will not be too hot in October during the day. You can rent a light, and there is a \$5.00 fee for the special ride.

White Sands is located about 35 miles (approximately) east of Las Cruces, NM, at the eastern foot of the Organ Mountains. It is also about 25 miles west of Alamogordo, New Mexico, which sits at the SE corner of the Sacramento Mountains. The Sacramento Mountains are in Lincoln County (Ruidoso, Billy the Kid, Smokey the Bear territory), and are quite beautiful. It is probably 9 to 10 hours by car to Las Cruces.

Note Bene: You can't mountain bike at the Great Sand Dunes National Park because the sand is too soft (says the ranger). And, because much of it is a designated wilderness. You can, however, hike around on the sand any time of day or night.

Editor's Note: Watch for an email soon to see if there is interest in making plans for next May's Moonlight Ride.

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
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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

