

bikebeat



EVERGREEN

July 2009



Team Evergreen Bicycle Club, Inc. · PO Box 3804 · Evergreen CO 80437 · www.teamevergreen.org

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Great trail conditions and blue skies greeted riders on the recent Centennial Cone Ride.
Photo by Glyn Jones



FROM THE
captain's saddle

Are You Ready?

by Chris Porter, TE President

As I write this article it is approximately one month before the Triple and as you read the article it is only days before the best ride of the year. In my travels on the local climbs including Lookout, Deer Creek, and Squaw Pass I have noticed a lot of energy, some sense of urgency, and a little anxiety. Whereas everyone was leisurely pedaling up the hills a short while ago, they are now pounding the pedals with a little more purpose. By the time you read this your training will largely be done and it will be time to start resting for the big ride but there is still plenty of time to get your head in the right place.

For those of you that are veterans of past Triple rides I apologize, as I know you

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The Triple is Here! Triple Tidbits

by Leslie Caimi, Triple Bypass Director



The 21st Annual Triple Bypass is upon us! Saturday, July 11th is the day! For additional ride day information log onto our website at www.teamevergreen.org. There is also an info sheet in your rider packet titled Final Information.

Sunny skies and tailwinds have been ordered up for the day, but we all know how fickle Colorado weather can be! DON'T FORGET YOUR RAIN GEAR! Be prepared for rain showers, hail, snow/sleet, cold, fog and just about anything else.

Registration packets

For those picking up packets at REI, Bike Source, Bicycle Outfitters and Wilderness Sports, they will be available beginning June 26th and will remain at these locations through ride day. Please be considerate of the store hours for the above mentioned locations. If you have selected to pick up your packet at one of these locations you MUST do so – they will

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Triple Need to Know

Continued from page 1

NOT be moved to Wheat Ridge Cyclery or start line.

Remember Wheat Ridge Cyclery is a Packet Pickup and jersey exchange site only. Any remaining packets selected to be picked up at this location will be moved to the start area if you are unable to pickup at this location.

Jersey exchanges

If you need to exchange your jersey for another size, you may do so at Wheat Ridge Cyclery on Wednesday, July 8 between 3 and 7 p.m. This is the **ONLY** time they will be available at this location – please do not try to exchange jerseys or pickup packets at this location other than on this date/time. Exchanges will be possible at the TE booth in Avon as well. Please note: exchanges are limited to available inventory (a re-order will not be done).

Ride Day Information

If you have already picked up your packet or had it mailed directly to you, you **DO NOT** need to come to the start area at Bergen Park.

Due to limited parking at the start area, we ask that you carpool if possible. There will be **NO PARKING** on the soccer field at Bergen Meadow Elementary School, but parking will be available in the upper parking lot. Parking is also unavailable at Evergreen Middle School due to planned construction.

Please heed “no parking” signs that will be located at various businesses and parking lots. We ask your consideration in regard to local homeowners and businesses.

Rider drop-off will be allowed at the Whipple Tree restaurant. Please be considerate of a quick drop-off. Drivers may **NOT** leave their

vehicles!

Packet pickup, mechanical support, and water will be available at Bergen Park (across from the Whipple Tree and adjacent to the RTD lot).

Colorado State Patrol and Jefferson County Sheriff will be directing traffic. Volunteers will be on-hand to assist with directions to parking areas, drop-off and help answer questions.

Portalets and a manned luggage drop will be available at the following locations:

- Bergen Park (adjacent to the RTD lot).
- Bergen Valley Elementary School
- The office complex at Castle Court and Bergen Parkway

Please be considerate of local businesses and property! (FYI – Bergen Valley is a little used parking area for the Triple – this location is included in the Avon-Evergreen return shuttle and will offer a luggage drop and portalets on Saturday morning.)

Water will be available at the Bergen Park staging area.

Road Construction

Alvarado Rd - Please be aware that road construction is underway on Alvarado Rd (between the Easter Seals Handicamp and Georgetown). We will provide updated status reports on the Triple page of the Team Evergreen website (www.teamevergreen.org) and via blast emails as we get closer to event day but be prepared for riding through a construction zone during the event.

Route Report: At any time road construction can pop up at the last minute. One week before the event, we take a little road trip to check out the course – any late breaking issues will be published via a blast email and on the TE website prior to ride day.

Remember - ALL TOUR PARTICIPANTS ARE REQUIRED TO WEAR THE WRISTBANDS PROVIDED IN YOUR RIDER PACKET! These wristbands will allow access to closed portions of the route, rest stops and are your ticket for the finish line **BBQ!** Riders will be asked to show the wristband to gain access to Hwy 103 (Squaw Pass Rd) and on Alvarado Rd (prior to Aid Station 2) – volunteers and law enforcement will be on hand to enforce these checkpoints. Amenities at rest stops will also be restricted to registered riders only. Officials (including Colorado State Patrol officers) will be at Hwy 103/hwy 74 to check for wristbands between the hours of 5 a.m. and 8:30 a.m. – please be prepared to show it.

If you lose or forget to bring your wristband on ride day you will be required to go to the Start/Registration area, WITH ID and a replacement FEE, to obtain another band. No exceptions!

Rider numbers are provided again this year, in the form of helmet stickers. Instructions will be included in your packet outlining where, and how, to apply these to your helmet. These stickers are easily removed following the event. These stickers are required.

While we work hard to identify everyone by their rider number on event day, we want to remind you to always carry some form of identification as you ride.

Please be aware of the open/closing times of our rest stops. Our volunteers work hard to make your ride an enjoyable one. Please

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Hill Climb Ready to Roll

The Bob Cook Memorial Mt. Evans Hill Climb, www.bicyclerace.com, is ready to roll for its 44th year! This amazing race from Idaho Springs to the summit of Mt. Evans takes place one week after the Triple Bypass on July 18th. The race is capped at 1200 participants. The Citizens Category filled quickly this year, but there is still plenty of room to participate in the race categories (anyone not holding an annual ACA license can purchase a one-day license to race in their appropriate category). Registration is online only and closes at midnight on July 16th or as categories close.

Race packet pick-up is scheduled as follows:

Tuesday - 7/14 - Denver Spoke - 1715 E. Evans - Denver - 6-8 p.m.
 Wednesday - 7/15 - Basil Docs - 1481 S. Holly - Denver - 6-8 p.m.
 Thursday - 7/16 - Pro Peloton - 2615 13th St. - Boulder - 6-9 p.m.

Friday - 7/17 - H&H Motor Lodge - 2445 Colorado Blvd. - Idaho Springs - 6-9:30 p.m.

If you are unable to attend one of the scheduled events for pick-up, packets will be available on race morning, but we encourage you to make arrangements to receive your materials early to help ensure a smooth morning come race day.

Volunteers Still Needed!

Volunteers are needed and welcome to participate in a number of roles including greeters and information specialists, parking directors, clothing bag coordinators, drivers and help during and after the awards celebration following the event. Anyone interested can contact David Newcomer directly at evanshillclimb@me.com or by phone 303.579.4847.

TER Mountain Bike Racing Season is ON!

TER had an impressive showing at the first race of the Winter Park Series; the Hill Climb on June 13. Conditions were great for the grueling 5.2 mile climb from the base of Winter Park to the top of Mary Jane. Although every racer was most likely dealing with difficult “internal dialogue” shortly after the start, TER easily had the largest number of team jerseys crossing the finish line after “riding thru the pain”.

Top 3 TER finishers were:

Caroline Szuch – first place Expert women 30-39
 Vicky Klinger – first place Sport women 50+
 Heath Baxa – first place Beginner men 30-34
 Tim Teller – 2nd place Beginner men 35-39
 Pete Fennell – 1st place Beginner Men 50+
 Cory Kramer – 2nd place Beginner men 50+.

TER Team “A” is currently in 3rd place overall, closely followed by Team “C” in 6th place. Team “B” is in 14th place and Team “D” is in 29th place. But after one race, with 5 scoring races to follow, anything can happen in the Team rankings!

After TER first place Team wins the past 2 years, many teams are “gunning” for TER!



Team Evergreen racing at Winter Park. Photo provided by Tim Teller

Mountain Bike Advocacy by Peter Morales

Team Evergreen Advocacy Group: Kelly Garrod, Victoria Klinger, Peter Morales, Mark Spurgeon

Jefferson County Open Space Trails

SLOW DOWN & YIELD!

TE continues to work with Colleen Gadd, Jefferson County Open Space Visitor and Resource Protection Supervisor. A revised draft yielding regulation has been issued for comment and the TE Advocacy group has already provided comment. In short, the concerns of 2008 have been addressed and rolled into the proposed yielding regulation. Park users can expect enforcement of regulations. Mountain bikers must slow down and yield to all other users. Plain clothes officers will be used to monitor and enforce the JCOS rules. They will coordinate using radios to other officers on the trail and mountain bikers who do not slow down and yield, can expect warnings or tickets. The rules are no different than the traffic enforcement we all face every day in our vehicles. Enforcement is currently taking place on Apex trails; we encourage TE members to know the rules and provide a good example on the trails, always!

Apex Update: Input, Proposals, Solutions

The TE Advocacy Group, under the leadership of Peter Morales, continues to be a contributor to the issues on Apex. JCOS wants to learn what people think of Apex and whether or not a solution for volume issues should be considered. Please provide comment at trock@jeffco.us with the subject line "APEX Comment."

The deadline is June 30. Other opportunities to comment will be at two Open Houses, scheduled for June 18th and 20th, at the OSAC meeting room (Open Space Offices).

A Working File on Apex, which was put together by the TE Advocacy Group and Trail Use Task Force members, Dave Cohen and Paul Murphy, was presented to the other user groups (equestrian, hikers) at the JCOS Trail Use Task Force meeting on June 9th. The Working file, which recommends a directional management solution, was well-received and sparked much discussion. (The solution is based in part on the Boulder County

Betasso Trail experience. Detailed information on the Betasso experience was obtained from Mike Barrow of the Boulder Mountain Bike Alliance.) Hopefully, this important discussion between user groups will continue into the aforementioned Open Houses. It is hoped that as communication increases, all will gain more understanding and generate alternative proposals to resolve the Apex issues – the more, the better. The good news is that there is energy and interest for collaboration on this effort within the mountain bike community, the other user groups, and at JCOS.

2009 JCOS Visitor Survey on Alderfer/Three Sisters, Lair O' the Bear, Mount Galbraith, Clear Creek Trail (Near McIntyre): PLEASE PROVIDE COMMENT

JCOS is presently taking Visitor Surveys at the above-mentioned parks, through the end of September. JCOS Park volunteers will be stationed at the aforementioned parks with clipboards and surveys, waiting for you to fill one out. If you happen by one of the volunteers (who have lent their personal time to the visitor survey effort), please do take a moment to thank them, ask for and fill out the survey. The more opinions and ideas, the better!

Bicycle Outfitters has MOVED!

Still the same great bike shop. Still the same great people. Still here in Evergreen, only in a brand new location in the shopping center with Starbucks and Qdoba just off of I-70: 29017 Hotel Way, Evergreen. 303.674.6737



bicycle outfitters

Is Your Membership about to Expire?

If you are receiving your copy of Bike Beat by email, your renewal date can be found in the subject line of the email you received notifying that a new issue of Bike Beat is available for download. If you are receiving your Bike Beat by snail mail, your renewal date can be found above your name on your mailing label.

Road Bike Advocacy

Share the Trail, Share the Road *By Kelly Garrod*

C470 Reconstruction

The contract has been awarded to replace a total of approximately 6 miles in various sections of the C470 trail. Work will begin in July and completion is expected in 12-15 weeks.

Lookout Mountain Signs

Signs have been ordered to mark the Lookout Mountain climb similar to the famous climbs in Europe. The signs are sponsored by Bike Jeffco providing mileage and altitude information. Look for them in the near future.

Clear Creek County

Great news for those who ride Squaw Pass Road! Clear Creek County is planning to add shoulders to the portion of Squaw Pass Road that is maintained by the County. This will be from the county line for approximately 6 miles where CDOT takes over maintenance. The project is budgeted for 2011. Clear Creek County is becoming pro-bicycle and look for good things to happen in the future.

Jefferson County

Jefferson County is preparing a Bike/Pedestrian Plan for future growth in the county. This is wonderful news as no plan currently exists. This is a major step that will be used as a planning tool for new construction in Jefferson County. We will provide additional information as it becomes available.

And finally, the Jefferson County Sheriff has received complaints from homeowners in the Pleasant Park Grange regarding inappropriate behavior from bicyclists. This is important since these homeowners have been supportive of bicyclists by providing a nice rest stop at the top of Highgrade Road and water. Please ride in a courteous manner and encourage your fellow bicyclists to do the same.



PRACTICE **SAFE** CYCLING

- Obey all traffic laws, signs and signals
- Never assume motorists see you or that you have the right of way
- Ride no more than two abreast, returning to single-file if riding two abreast would impede the flow of traffic
- Do not use headphones; it prevents you from hearing warnings.

**Send in your 2009
Triple Bypass
photos & stories!**

Send to:
editor@teamevergreen.org by July
24th for inclusion in the August issue.



Courtesy of Bicycle Colorado. For a complete list of Colorado Bicycling Statutes, road and trail rules, see bicyclecolo.org.

Cool Aid Meet Your Triple Aid Station Volunteers

You see their smiling faces, hear their encouraging words, and wolf down their generous snacks as you make your way from Evergreen to Avon. Here's a little more about these Triple heros.



Pajamas and smiles greet riders at the Squaw Pass aid station. Photo by Tamra McIlvain

Triple Bypass Aid Stations are masterfully organized and manned by the following organizations: Blue Spruce Kiwanis (Squaw Pass), Evergreen Players (Georgetown), Special Olympics Colorado (Loveland Pass), Women's Wilderness Institute (Summit County), and Border to Border-Pediatric AIDS (Vail Pass). We've had a wonderful synergy with these groups over the years and feel proud to contribute to the good that these groups do.

Blue Spruce Kiwanis

Blue Spruce Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time. Blue Spruce Kiwanis (BSK) provides charitable support to dozens of local and international child & youth organizations.

BSK has been manning the Squaw Pass aid station since 1997. According to

Rita Felde of BSK, "the Squaw Pass aid station is the first stop for riders, making it an early morning, but we love the fun and high-spirited event. Since it's in the wee hours, we have a pajama theme."

"Our biggest challenge is keeping the road clear- as the first aid station we have a high concentration of riders in about 90 minutes. However, I will always remember the year Joel Marks, President of TE presented a check to our BSK and the spontaneous standing ovation and excitement that morning- we appreciate TE, you allow us to provide for many more children."

Evergreen Players

The Evergreen Players is a 501(c) 3 nonprofit organization producing four to five shows per year for the foothills community. Players has sponsored a Youth Drama Camp for children ages 5-15. The

Camp's mission is "to provide aspiring theater artists the opportunity to develop their skills and talents under the guidance of professionals from within a professional theatre environment."

The Players have been sponsoring the Georgetown aid station for the past 6-7 years. According to Molly Epstein "It's a fun, community event. That's what keeps us going and coming back."

The biggest challenge at the Georgetown station is the narrow road and the that majority of riders reach the aid station within a 1 – 2 hour window. The road gets pretty jammed with riders and bikes. What surprises Molly the most about the Triple? "How well organized the event is. The number of volunteers and man hours it takes to put on an event like this. How generous Team Evergreen is to the volunteer organizations. So much money goes back to the community to support the non-profits."

Special Olympics Colorado

Special Olympics Colorado is a non profit that provides sports and competition to individuals with intellectual disabilities.

Special Olympics Colorado became involved with the Triple in 2000 when a group of Special Olympics athletes rode in the event.

This aid station receives a high level of traffic in a short period of time. According to Chaka Sutton of Special Olympics, "Making lunch for 3,500 people in a 3-4 hour span of time, all while controlling parking of vehicles and bikes, can be a juggling act!"

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She's Number One

Sue Meinerz is the only rider to have participated in every Triple Bypass. We caught up with Sue to get her tips for riding, favorite memories, and unique perspective on the past twenty years.

How do people react when they see that your rider number is number one?

The first reaction is usually “boy you signed up really early!” Many also ask who I know, if I’m president, etc. I usually don’t have time to respond because the riders are flying by as they ask.

What is the biggest difference between the early Triple Bypass rides and today’s event (besides that it sells out so quickly)?

During the earlier rides, everyone knew each other. On the first ride in 1989, I probably knew 90% of the participants. There were a total of 100 riders (3 females). The ride was a rolling party and everyone rode in a few big groups (A team, middle group and slower riders). No one knew what to expect so I think we stuck together more. Also, the clothing was different. Most of us wore bike shorts and t-shirts (no fancy jerseys). Those eight years were a real gamble for the club...we had so little money and it was difficult to put down deposits on port-a-potties, food and jerseys. We were always worried that the club would go bankrupt if not enough riders signed up. Times have sure changed.

Now the ride is so large that it is a pleasure when someone you know goes by and says hi. Also, the caliber of rider is incredible...therefore, I get passed all the time. Riders also seem more intense, racing to the finish for their personal best time.

Of the 20 years that you’ve ridden the Triple, does one stand out as your favorite? Least favorite?

Interestingly, each year is so different. What was a good or bad spot last year can be totally different this year. Wind, temperature, precipitation, traffic, mood are all variables.

The best year was 1993. My daughter was born on May 14 and it was my goal to ride the Triple that July. My husband rode with me the whole way and we had a great time. My mom brought my daughter to the finish line wearing a Team Evergreen onesie. We took an old team jersey and sewed a onesie out of it.

The worst year was the one with the tacks on Mt. Evans. I don’t remember the year exactly (maybe 2005) but I had 4 flats that year in the dark climbing out of Bergen Park. It was very frustrating because I got up for an early start and wasted so much time just a few miles out of town. I had two flats which I fixed and not more than a ? mile up the road I picked up more tacks. Two really nice guys helped me out the second time since I had gone through my available tubes. There was no cell phone service there but once I got to the top, I called my husband who delivered some fresh tubes to me in Idaho Springs. Fortunately, I didn’t need them after that. One rider hit the top of Squaw Pass with 20 tacks stuck in his slimed tires. I now ride with slime in my tubes!

What’s your favorite Triple bypass moment?

The year my friends were married at the top of Lionshead the afternoon of the Triple Bypass. I had to get to Vail in time to show and get up top for the wedding. My



Sue pointing out her much coveted number one. Photo by Ellen Nelson.

friend Don told everyone if they ran into rider #2, to tell them they were late for a wedding. I must have had 800 people tell me I was late for a wedding. I was laughing the whole way and yes, I made it to the wedding and it was beautiful.

Do you have a favorite jersey?

My favorite jersey is the 2006 jersey. I just love the mountain scenes on the jersey and the fabric is really comfortable. The very first “jersey” was a yellow t-shirt. For the first 8 years or so the shirts were designed by a volunteer. You joined the Triple committee and someone was chosen to “design” the shirt. Most of us had no clue. It is really nice having the profession-

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Meet Your Triple Directors

Triple Directors Extraordinaire – Carl & Leslie Caimi

Leslie and Carl have been involved with Team Evergreen as members since the early 1990s. They were both elected to the board of directors in 1995. At that time they assumed the task of organizing the Rocky Mountain Off-Road Metric Century held in the Breckenridge area. Soon after that they took over planning and organizing the Triple Bypass (back in the day when the event saw 1,500 cyclists – with a good portion of these registering on ride day!) They organized the Triple Bypass and the Rocky Mountain Metric Century through 1999.

In early 2000, Leslie was offered a position with the National Multiple Sclerosis Society organizing the MS 150 Bike Tour and their other mass marketed fundraising events (MS Walks and BikeToberfest). Leslie and Carl returned to Team Evergreen and organizing the Triple Bypass in 2004.

We've seen lots of changes over the years – the early days of the Triple when we kept our fingers crossed for good weather (well we still do that!) and a good ride day registration turnout. Speculating on the number of jerseys to order and how much food and water to send to the aid stations was always a major source of stress to the tour directors and the board in general. An “executive” Triple was offered the week before the actual event so that the board of directors and Leslie and Carl could ride the event – because in those days the board members were also part of the volunteer crew on ride day! We even had a couple get married on top of Loveland Pass one year – they had met the previous year on the tour and decided this was the way to tie the knot!

Nowadays we are fortunate to have an army of more than 400 ride day volunteers. Registration for the Triple closed in a record 43 hours (we love knowing how many jerseys to order and how much food, water, portalets etc to have). We have dozens of police officers, from many jurisdictions, assisting our moving city as we travel from Evergreen to Avon.

Leslie's job is as an Event Manager/Planner – organizing not only the Triple Bypass but the Big Chili Cook-Off (a fundraiser for the mountain area fire departments and held in Evergreen in September). She also organizes smaller events. Carl is an engineer working for Hukari Technical Services. Due to busy summer schedules (mainly organizing the Triple Bypass) our riding has become very recreational but we still enjoy road riding and look forward to returning to mountain biking as well.



Carl & Leslie resting up in Oregon. Photo provided by Leslie Caimi.

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Feel the Need...To Yield

Peter Morales, Advocacy Director

Sometimes irony can help us think twice—a few days before Jefferson County Open Space (JCOS) hosted its first Open House (on how to improve the park visitor experience at the Apex Park), a JCOS ranger on the Enchanted Forest trail observed a biker descending Apex trail at a fast rate of speed. Just as the biker went out of sight, the ranger heard a woman scream and what sounded like the bike crashing. He then heard yelling. By the time the ranger got there, the biker was gone and the husband of the woman who had screamed, stated that “he took care of it”.

On the afternoon of the aforementioned Open House, a 67 year old man and his wife were enjoying their hike down the Chimney Gulch trail. During their descent, the man was hit from behind by a biker who had on a full face helmet and protective gear. The hiker suffered a shoulder injury as a result of the impact. The biker also took a tumble after he made contact with the hiker. Rather than determine if the elderly hiker was injured, however, the biker began yelling at the hiker stating that he had whistled and insisting that it was the hiker’s responsibility to get out of the way. The biker then rode off. As it turned out, the elderly hiker had hearing aids and did not hear the biker approaching. The wife helped her husband down the trail and called JCOS to complain.

Recently, on the 10 pm Nightly News on KMGH, a reporter was on Apex Park, interviewing a hiker while bikers were careening past in the background. The hiker described how he felt like he was “almost run down” by the bikers. If a picture says a thousand words, what do you think an investigative video says? The whole KGMH piece was only about 60 seconds in length but will likely last in the minds of those who viewed it for a long longer than that. In short, it was 60 seconds of “not good” public relations for our community. Remember, first impressions count.

While working with the other user groups on the Apex working file (see Advocacy Report, Page 4), the TE Advocacy group learned that the equestrians no longer ride Apex, because, among other reasons, they feel as though they’ve been driven off the park by bikers careening down its trails. Sit for a while at the Windy Saddle parking lot and you’ll hear the comments of the hikers preparing to hike Chimney Gulch. What you’ll hear is wariness in their voices about “the bikers” and how fast they go and worries about being injured. Is this really how our community wants to be perceived by the others user groups trying to enjoy JCOS trails? If we don’t change this perception, will there be consequences for us as riders? Probably. What can be done to

change the perception?

How about seeing the matter from the other user group’s eyes, rather than seeing them as an obstacle to another great ride or setting a personal record down a SHARED-USE trail? Is it really worth risking your safety and that of other users to save 8 whole SECONDS of your time? Remember, when we were beginners on the bike and everything was new? How about a return to that attitude—the beginner’s attitude, i.e., setting aside what you HAVE been doing and trying it a DIFFERENT way, including yielding? How about taking a moment to stop and ask a hiker how his or her hike is going? Or chatting up an equestrian? You might be surprised at their surprise that you actually asked about their experience and your reward? A big smile on their face and a successful encounter on the trail! You might even find yourself smiling at them. Thus, the suggested formula: ride, yield, smile, communicate, repeat often. Give it some thought. Do you have 8 seconds to spare?

TE advocacy is presently exploring the feasibility of safe biking practices clinics, as proposed by other user groups. If you have thoughts on this proposal, please contact TE Advocacy. In addition, JCOS is presently soliciting input on proposed changes to the Yielding Regulation. Please go to <http://jeffco.us> click on the Open Space page and then click on News. You’ll find the Yielding Regulation Review listed under 06/05/09. **Comment is due by July 6th.**



Triple Need to Know *Continued from Page 2*

plan your riding time accordingly. Be prepared to show your wristbands at the rest stops.

Team Evergreen also asks that all participants, volunteers, family/friends respect the environment that we ride through and dispose of trash properly and utilize the restroom facilities provided along the route.

Private Support Vehicles

Due to the increased number of private support vehicles that accompany riders on the Triple Bypass and for the safety of the tour participants and official support personnel, Team Evergreen would like to ask that all private support vehicles read and adhere to the Alternate Route Instructions. Please note that private support vehicles will not be allowed at the Squaw Pass Aid station or at the NEW Georgetown Aid Station. A downloadable version is available on the Triple page of the TE site. These instructions are being provided in the interest of safety for participants of the tour, volunteers and support personnel, as well as motorists and residents of the towns we ride through. We thank you for your cooperation.

Return Shuttle

Shuttle transportation (for rider and bike) will be available upon completion of the Triple Bypass. Shuttle times are: 5:00 p.m. OR 8:00 p.m. Advance registration is required.

Buses and trucks will transport riders from Avon to Evergreen and stop at all three designated parking areas: 1) Castle Court office park (across from Bergen Meadow Elementary School); 2) RTD lot, and; 3) Bergen Valley Elementary School. *NOTE: please refer to the start line map for further information.

Registration deadlines and fees for ground shuttle service:

Registration deadline prior to midnight July 3, 2009 - \$80 per person (rider and bike)

Ride day registration will be available only based on space available – please check in at the Team Evergreen booth in Avon - \$90 per person (rider and bike)

Pre-payment is required. For further information, including registration forms and instructions, please visit Team Evergreen's website (www.teamevergreen.org) and go to the Triple Bypass page.

Lodging/shuttle package

We would like to thank the folks at Vail Beaver Creek Resort Properties for offering Triple riders a lodging/shuttle package. The way

this works is if you book a room at one of the properties listed on the Team Evergreen website for either Friday and/or Saturday night, a complimentary shuttle back to Evergreen will be available. For those staying on Friday night, the shuttle will leave early enough Saturday morning (approximately 4:45 a.m.) to get you (and your bike) to the start line in Evergreen. For those staying over on Saturday night, the shuttle will leave Sunday morning at about 8:45 a.m. to return to Evergreen. This is a "package" deal so to take advantage of the shuttle service you will need to be spending the night at one of the participating properties. Advance reservations are required. For further information please logon to www.teamevergreen.org and go to the Triple Bypass page.

Showers/Massage

Showers will be available at the Avon Recreation Center for \$5.00 (including a towel). Credit card or check are welcome, exact change (cash) is appreciated.

Rocky Mountain Sports Massage Team will be back to provide much needed massages at \$30/half hour. Sign up at the finish line.

Parking in Avon

Beaver Creek allows Triple riders and spectators to utilize the Elk parking lot. Please refer to the Finish line map in your ride packet for directions. Shuttle service to Avon Elementary is provided. Parking around Avon Elementary, Avon Recreation Center and Nottingham Park is not available. Please NO PARKING on West Beaver Creek Blvd OR at the trailer home park across from Avon Elementary. ** For riders wishing to shuttle a car to Avon on Friday, you may park at the Elk lot in Beaver Creek on Friday and leave your car overnight.

Overnight parking in Evergreen

Cars will be allowed to park overnight on Saturday (July 11) in our designated parking lots. For those wishing to park overnight on Friday night (July 10) we ask that you park at the Bergen Valley Elementary lot (portalets will be available).

Team Evergreen thanks you for your support of the Triple Bypass and the local charities that this event supports.

Have fun, ride safe and thank you for your support of Team Evergreen!

Rules of the Road and The Triple Bypass

Safety is a priority on the Triple Bypass and the future of cycling events in Colorado depends on your cooperation in following the rules of the road! With 3,500 riders participating, we ask that all traffic laws be obeyed. Cyclists must obey the same laws as any other motor vehicles. Following is a list of the rules of the road, we ask your cooperation in following these rules:

- **HELMETS ARE REQUIRED!**
- **NO HEADPHONES!** (This is for your own safety as well as the 3,500 other riders on the tour).
- Be aware of and yield to vehicular traffic. Ride as far to the right as possible.
- Do not cross the yellow line while climbing or descending.
- Obey all stop signs and traffic lights.
- Beware of “rumble strips” along I-70.
- Ride predictably and in a straight line.
- Always pass other cyclists on their left and warn them by saying “On your left.”
- All cyclists stopping and resting should be completely off the road and shoulder so as not to impede auto traffic or other cyclists.
- Trailers and child seats are not allowed on the Triple Bypass. (Due to the size of this event trailers are considered unsafe). The Triple Bypass has limited road closures in place at Squaw Pass Road and Swan Mountain Rd. While this is a limited closure, local traffic will still be allowed as well as on-coming traffic. Please do not assume that the entire road is closed.
- Alvarado Road (west of Dumont) will be closed for the Triple Bypass (this is the location of our Aid Station). Non-registered riders will NOT be allowed on this section of the road – **PLEASE BE PREPARED TO SHOW YOUR WRISTBAND.** Motor vehicles will NOT be allowed (only official support). Private support vehicles should meet their riders in Georgetown – they will NOT be allowed to park along the road on either end of the Aid Station!

Be aware that cyclists are subject to the same tickets and fines as vehicles. The Colorado State Patrol has the authority and the mandate to uphold traffic laws during this event – including tickets and removal of riders from the course if necessary. Team Evergreen fully supports their actions.

Cycling Reframed A Bicycle-themed Exhibition

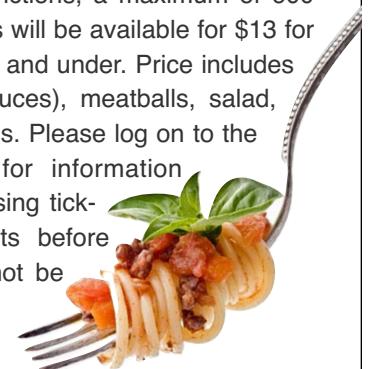


Team Evergreen and the Triple Bypass are pleased to announce our sponsorship of the Center for the Arts Evergreen (CAE) exhibit – Cycling Reframed: A Bicycle-Themed Exhibition. This exhibit will run from June 26th – July 24th at the Center (*located at 32003 Ellingwood Trail, Evergreen – adjacent to Buchanan Recreation Center*).

Pre-Triple Pasta Dinner

Tickets on Sale Now!

To coincide with the Triple Bypass a Pre-Triple Pasta Dinner will be offered at CAE on Friday, July 10th from 4 – 7 p.m. The Gallery will be open for viewing of the art work. This event is open to all Team Evergreen members and Triple Bypass participants – advance tickets are required. Due to space restrictions, a maximum of 600 tickets will be offered. Tickets will be available for \$13 for adults and \$8 for children 12 and under. Price includes pasta (with two different sauces), meatballs, salad, bread, dessert and beverages. Please log on to the Team Evergreen website for information about the event and purchasing tickets. Please purchase tickets before July 6, 2009 – tickets will not be sold at the door.



July Rides

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.

Ongoing Rides

For complete ride details visit us online at: www.teamevergreen.org

Mountain Gentlemen and Lovely Ladies • Tuesdays & Fridays

July rides leave at 7:30am

Perfect for early season training or beginning riders! The ride leader promises that slower speeds will be encouraged and no one will be left behind. Meet in Morrison at the east end of town on CO Hwy 74 (near C-470) across the road from the Conoco Breakplace. Meeting places will vary, based on the weather and temperature. Please note that the start time and even the ride day is subject to change, based on the weather. **Call Mike Carter the day before the ride for possible change in times and location.**

Call: 303-670-7898 • Email Michael22L@msn.com

Wednesday Morning Rides

Show and go for these moderate road rides. Meeting times and locations will vary, based on weather, route and month.

Contact Molly Epstein at 303-619-6196, molly@mepstein.net

July Rides

Be sure to check www.teamevergreen.org for complete details and ride changes/updates!

Wed, July 1

Capable/Blue Wednesday Night MTB

Elk Meadow/Bergen Peak

Meet at Lewis Ridge Rd parking lot, 12miles. Leader: Terri Wickstrom, bicyclebabe62@comcast.net, 303-474-4161

Sat, July 4

Capable/Blue MTB Ride

Colorado Trail To Peaks Trail

Distance: 18miles, Elevation Gain: 1,200feet, Meet at the Goldhill Trailhead at the intersection with Summit County Rd-950 at 9am for a 9:15am departure. Leader: Craig Topp, craig_topp@hotmail.com, 303-552-8708

Sun, July 5

Strong/Difficult Road Ride

Reverse Loop of Hell

Distance: 32miles, Elevation Gain: 3,500feet
Meet at 8:45am for a 9am departure from the Clear Creek Middle School lot. Leader: David Nelson, 303-674-7510

Wed, July 8

Capable/Blue Wednesday Night MTB

Centennial Cone

Meet at Centennial Cone parking lot, 12miles, Ride Leader: Ryan Field, 303-424-1435, mtbriderz@mailcan.com

Fri, July 10

Capable/Moderate Road Ride

Evergreen Short Tour

Meet at 9:30am for a 10am departure, Distance: 17miles,

Elevation Gain: 1,800 feet, Leader: Dennis Driscoll & Sue Meinerz, 303-670-5450

Sat, July 11

Expert/Hors Road Ride

Triple Bypass

Distance: 120miles, Elevation Gain: 10,310 feet

Sat, July 11

Capable/Clue MTB Ride

Peaks Trail - Frisco To Breck

Distance: 20 miles, Elevation Gain: 1,500 feet
Meet at the Frisco trailhead of Peaks Trail at 9:15am for a 9:30am departure. Ride Leader: TBD

Wed, July 15

Capable/Blue Wednesday Night MTB

Meyer Ranch

Distance: 8 miles
Meet at main Meyer Ranch Park parking lot
Leader: Paul Delia, 303-219-1709, pdelia@ast-ss.com

Sat, July 18

Expert/Hors Road RACE

Bob Cook Memorial Mt. Evans Hill Climb

Distance: 28miles, Elevation Gain: 6,600feet

Sun, July 19

Capable/Moderate Road Ride

Morgul Bismark Loop

Distance: 41 miles, Elevation Gain: 1,500 feet
Meet in Golden at the corner of Ford St. and 12th St. (Coors Wellness Center) at 8:15am for an 8:30 departure.

Ride Leader: Stephanie Dodge, 303-604-2220.

Wed, July 22

Capable/Blue Wednesday Night MTB

Chimney Gulch to Apex

Distance: 14 miles, Ride Leader: Sheri Munteer, 303-877-3316, slmunteer@yahoo.com, Meet/park on US 6, north of 19th Street

Sat, July 25

Cruiser/Social MTB Ride

Rainbow Trail Or Colorado Trail

Distance: 18 miles, Elevation Gain: 2,500 feet, Ride Leader: Paul Delia, 303-219-1709, pdelia@ast-ss.com

Sun, July 26

Strong/Difficult Road Ride

Lefthand Canyon-Ward-Lyons-Hygiene Loop

Distance: 57 miles, Elevation Gain: 4,500 feet, Ride Leader: Bob Cutler & Mike Fife, 303-786-9927
Meet at 8:15am for an 8:30am Departure: Altona at the Greenbriar Inn, 5 miles north of the Broadway and Highway 36 intersection in Boulder

Wed, July 29

Capable/Blue Wednesday Night MTB

Chimney Gulch to Apex

Distance: 14 miles, Ride Leader: Sheri Munteer, 303-877-3316, slmunteer@yahoo.com, Meet/park on US 6, north of 19th Street

She's Number One *Continued from Page 7*

ally designed jerseys. Wherever we go on vacation we seem to run into someone wearing a jersey (Florida, California, etc.) It is fun to see Team Evergreen's logo all over the country.

What's the hardest part of the Triple for you?

I-70 from the Loveland exit to the second hairpin on Loveland pass. That exit ramp just seems steeper than anything. Also, descending Vail pass. That bike path gets really narrow and I have seen a few bad crashes there over the years.

Do you do other endurance rides? If so, which ones?

Now it's pretty much the Elephant Rock. I also signed up for the Bob Cook Hill Climb this year. In the earlier days, we did the Elephant Rock, Ride the Rockies, MS150 and then the Triple. There are so many things to do in Colorado that I try to divide my time between bicycling, boating, working. I also just took up tennis. Over the years we have ridden most of the roads in Colorado.

How do you train for the Triple?

I work out two days a week with Brian at Fitness Together. I do lots of short rides after work and a few longer rides like the Elephant Rock. I probably train less than most riders, but luckily muscle memory really does exist.

What do you bring with you on the Triple?

Enough to cover any weather situation. Over the years I have seen everything from hot, windy weather to lightning storms, hail, snow, you name it. In 2006, I remember a rider commenting on my load "are you going camping?" he asked. I sure appreciated that stuff as the frozen rain continued for the entire day. I usually carry a Camelback with a little bit of water for sipping on the climbs, two water bottles, one with Hammer Perpetuem mixed thick enough to last the entire day, the other with water which I refill at the aid stations, Hammer Gel and Larabars. That covers me for the day and I will pick up a banana at the aid stations and a peanut butter sandwich at Loveland.

My clothing consists of jersey, wool arm warmers, long sleeved polypro ski shirt, rain jacket and surgical gloves to pull over my riding gloves in case of rain. I hope to ride only in my jersey and carry everything else to the finish, but in 2006 I wore it all.

How long have you been a member? What other club activities do you participate in?

I am one of the founding members of Team Evergreen (member #5). Back in the day we participated in every meeting, event, ride

Continued on Page 15

Cool Aid *Continued from Page 6*

Women's Wilderness Institute

The Women's Wilderness Institute offers wilderness and community-based programs for girls and women to strengthen courage, confidence and leadership skills. Approximately 50% of the participants in their girl's courses apply for scholarships, and the financial support WWI receives from the TBP supports their goal of never turning away a girl because of ability to pay.

Because of the location of the aid station (Breckenridge), this station is open for a long stretch of hours. Keeping food tasty and volunteers smiling for a 9 hour day can sometimes be a challenge. "We are definitely happy to cheer on the last few riders that head off to Vail Pass!", says Women's Wilderness Institute's Patty Smith.

When asked what most surprises her about the Triple, Patty replied, "I am very impressed by the number of women who ride the Triple each year. In 2007, I recall a rider taking a quick break at our aid station to nurse her infant son - it is so affirming to our organization's mission that women are achieving such great balance in their lives!"

The volunteers at the WWI station work hard to do little "extras" that riders might not expect - such as making mini-peanut butter sandwiches out of Nilla Wafers. These efforts never go unnoticed by the riders and really pump up the volunteers.

Border to Border

"Border to Border" is a non-profit 501C(3) corporation that was organized in the fall of 2000 to raise funds for pediatric HIV / AIDS research through adventure bicycle rides. Border to Border (B2B) was founded by Joel Fritz.

B2B became involved with The Triple around 2002. The Triple effort usually brings in about six thousand dollars which is about 8 to 10% of B2B's annual budget. The dollars TE donates support families in need of short term emergency funds and the purchase of a portion of the medicine "cocktail" that each child must take for the remainder of their lives. This "cocktail" can cost up to \$2000 per month. B2B also supports on-going research for new and easily deliverable meds for the youngest patients and critical care at Children's Hospital in Denver.

According to Joel Fritz, "When riders arrive at our station they have nearly 100 miles on their legs and rear ends. Most of the riders are very happy that we are there for them and that we are willing to stay until the last person starts down the pass. We are fairly efficient and can get through the day with about 5 or 6 people working in shifts during the day. We usually finish about 7pm. Weather is the biggest challenge and makes for the most memorable events for our group and the riders that take on this formidable ride."

Remember to thank the hundreds of volunteers who make the Triple such a great event!

Coming to a Road or Trail Near You

Bob Cook Memorial/Mt. Evans Hill Climb July 18, 2009 www.bicyclerace.com

This race is a climber's delight and the scenery cannot be beat by any other place in the world. Riders come from all over the United States and in the past the race has had riders from France, Switzerland, Germany, and Australia to compete. The race starts at 7,540 feet in front of the Clear Creek Middle School and proceeds to Echo Lake where the race turns and climbs to the summit (14,264 feet.). An average of 600-1,000 riders compete each year. The climb is 28 miles.

Bob Guthrie Memorial Ride Sunday August 9, 2009 www.bobguthrieride.com

15, 20, 55 or 100 miles, in and around Summit County. Registration cost is \$55 before July 16, \$65 after, and \$75 on the day of the ride (space available). Each participant will receive a T-shirt and commemorative water bottle. There will be supported rest stops, a delicious lunch with beer or soft drinks at the finish party, as well as prizes and give-aways. The first 400 riders to register will also receive a goody bag.

Fat Tire Classic July 17-19, 2009

www.nscd.org/fattireclassic/

The famed Fat Tire Classic is back for another great year in 2009 – this year benefiting both the National Sports Center for the Disabled and the American Red Cross. Held at Winter Park Resort, bikers and hikers will enjoy two days of incredible trails, live entertainment, meals and great memories.

Sunrise Century July 25, 2009 www.bikerpelli.com

One of the most unique routes in Colorado. Plains cruising, canyon carving & high-alpine rollers with views for miles. With 75 & 100 mile options there's something for different skill levels - amateur to Boulder uber-athlete.

Crest Crank August 30, 2009

www.CrestCrank.org

The Crest Crank is a fundraiser for the Alliance Against Domestic Abuse in Salida, Colorado. The 20-mile ride is on the Monarch Crest section of the Continental Divide Trail, including 12 miles of single-track at over 11,000 feet. Participating riders are asked to collect pledges of \$75 or more or they can choose to pay a flat registration fee of \$75. Post-rider celebration with BBQ, New Belgium Beer, a commemorative T-shirt, goody bag, and a chance to win great raffle prizes.

Span the Rockies August 16, 2009 www.safehousealliance.org

SPAN the Rockies: Cycling for Healing, Hope and Opportunity. SPAN the Rockies features 4 fully supported rides, including the only Double Metric Century in Colorado. This route will challenge even the heartiest of riders as it climbs from Boulder to the Peak to Peak Highway and beyond! Great 20K, 50K and 100K rides designed for all ages and abilities also are available, each starting and finishing in Boulder. SPAN the Rockies benefits Safehouse Progressive Alliance for Nonviolence (SPAN).



ROCKY MOUNTAIN SUNSCREEN

Congratulations Athletes...

Rocky Mountain Sunscreen is proud to be a sponsor of the 2009 Triple Bypass. Visit us online and use discount code **bypass09** to receive a 10% discount on any purchase.

www.rmsunscreen.com

Fragrance-free. Hypoallergenic. Broad Spectrum High Altitude Protection

Photo courtesy of Jack Affleck & Vail Resorts

She's Number One *Continued from Page 7*

and party. Bob and Carol Middelburg were President and all the members were close friends. It was a great way to meet our riding friends in Evergreen. Over the years we have cut back our activities with the club but still attend the Picnic, the Triple Bypass and a few organized rides and parties.

What piece of advice would you give to a reader riding the Triple for the first time?

Without a doubt, to ride at your own pace. So many riders are recruited by a group of friends and try to keep up with their pack of friends. I find that the first time it is important to pace yourself and ride within your comfort zone. You may feel stronger or weaker at different times than your friends. After you have done it once, you know what to expect and where your strengths and weaknesses are.

What keeps you coming back?

I really enjoy the cooler temperatures of this mountain ride. The

scenery is incredible, the volunteers are wonderful and our rider fee helps the club donate tens of thousands of dollars a year to worthwhile local charities. It is a privilege to be part of this event. Also, after seeing the struggles in the early years (if we buy these shirts and not enough people sign up the club will go bankrupt) it is so nice to see how successful this event has become.

How many more Triples do you plan on riding?

As long as I am able to participate and enjoy it I will ride every Triple that is organized. It is a first class cycling event and gives me a fitness goal for the year.

What's your fastest finish time? Slowest?

On the earlier rides we were younger and faster and probably finished in 8 hours. Now I average about 12 mph (and the ride is 20 miles longer) so between 9-10 hours. I love to stop and take photos along the way, enjoy the scenery and take it all in. I know I will finish and take pleasure in the journey.

CLIF

WHAT IF

Spatula theory, new uses for Velcro, alternate words for 'thesaurus'...some pretty strange stuff enters the mind during long rides, runs, and days on trail. Fortunately, it's all pretty harmless stuff. Depending on your conclusions.

The What If's you want to avoid are: 'What if I crash out, cramp up, or chose the wrong nutrition?' For the sake of your peace of mind – and innocent daydreams everywhere – we're dedicated to squashing that sort of wonder.

At Clif Bar & Company, we believe food should be all natural, organic and delicious, and that it should nourish your body to give you the energy to do the things you love.

**FOR YOUR BODY, FOR THE PLANET,
FOR CONFIDENT DAYDREAMING
- CLIF BAR.**

[Clif Bars] [Shot Products]

Sweet MTB Trails at Cheyenne Mountain State Park

By Nancy Spencer



If you are in search of a weekend getaway that is not too far away or if you are looking for some new MTB trails to check out just for the day, then Cheyenne Mountain State Park (CMSP) is the place to go. A few weekends ago, Jerry and I took our new camper there to check out the park's brand new, beautifully constructed, 20 mile multi-use trail system. We had a blast!!

CMSP is the newest state park in Colorado, located on the southwest side of Colorado Springs, just across the street from Ft. Carson. Many groups worked together to develop the park and trails, including: City of Colorado Springs, Colorado State Parks, Great Outdoors Colorado, Colorado Lottery, El Paso County, Friends of Cheyenne Mountain State Park, Mountain Post Historical Center, Medicine Wheel Mountain Bike Club, El Pomar Foundation, Volunteers for Outdoors Colorado and other local private organizations.

Most of the trails near the bottom of the mountain are wide and graded with compacted materials, while the upper portions are natural surface single track. All are extremely well marked; at each intersection is a full trail system map and each individual trail is marked in a different color. All trails are open to hikers and bikers (dogs and horses are not allowed) and some trails are uni-

versally accessible. Among the lower trails are numerous picnic areas with tables and grills, and there are several benches on the upper trails as well. A few sections of trails were built specifically by (Medicine Wheel) and for mountain bikers; these have some nice lengths of rock fields. The Rock Garden at the intersection of the Zook and Blackmer loops provides a deeply shaded spot to rest before deciding in which direction to go next. Throughout the park are signed GPS waypoints which can be used for geocaching or for safety purposes.

On Saturday afternoon after the rain stopped and it warmed up a bit, Jerry rode 9 miles and I hiked 6 miles. On Sunday, Mike Brislin joined us; Jerry and Mike rode 16 miles and I rode 12. One of my favorite trails was South Talon-it was so fun and pretty up there I simply did not want the trail to end. The Blackmer and Zook loops were close seconds; the others were all really pretty easy, but many still offered opportunities to get in some climbing. Jerry and Mike found the more challenging trails, enjoying both Medicine Wheel and Cougar's Shadow. We all saw deer and many birds on the trails. It was fun riding all the way from the camp site to the main trails and back, without having to bother with a car.

Continued on Page 19

Wealth of Information By Rob Lockey, CSCS

A reminder that OES has many articles for your reading interests in endurance enhancement.

Through the last couple of years that OES has been supplying articles to TEBB, we have touched base on many aspects of cycling and endurance training. Topics range from hydration tips, fueling of carbohydrate, training periodization and core strengthening, to name a few. Having limited space to provide information from month to month we would like to give some excerpts to some of these articles and direct you to the full read on our website. Enjoy and please don't hesitate to contact OES with questions or deeper explanations to what you have read.

Visit www.optimizeendurance.com/Resources/oes-training-articles.htm or just search for the page under the 'Resources' tab in the center navigation bar at www.optimizeendurance.com.

Summer is here! Time to really focus on proper hydration Wetter is Better: Proper Hydration for Increased Performance

By Rob Lockey, CSCS

As the sun finally decides to take up residence in our hemisphere this summer, the many outdoor activity seekers are inclined to live in a dehydrated state while trying to improve their athletic abilities...

It's never too late to make sure your training is going down the correct path

Finish strong!

By Rob Lockey, CSCS

The summer event season is well underway. Whether it's one bike tour, multiple running races or a triathlon series, it may be time to dial in training...

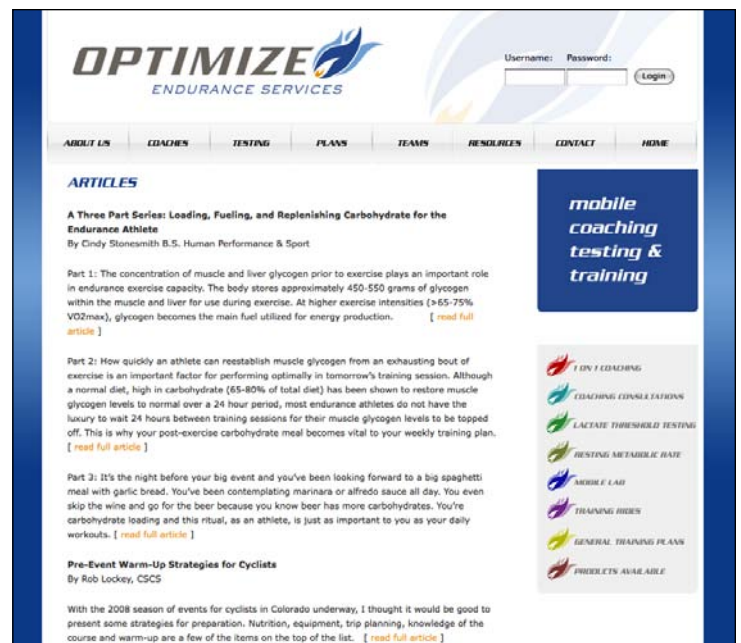
Carbohydrate; the supreme macronutrient for enhanced endurance performance, are you eating enough?

A Three Part Series: Loading, Fueling, and Replenishing Carbohydrate for the Endurance Athlete

By Cindy Stonessmith B.S. Human Performance & Sport

Part 1: The concentration of muscle and liver glycogen prior to exercise plays an important role in endurance exercise capacity. The body stores approximately 450-550 grams of glycogen within the muscle and liver for use during exercise. At higher exercise intensities (>65-75% VO2max), glycogen becomes the main fuel utilized for energy production...

Part 2: How quickly an athlete can reestablish muscle glycogen from an exhausting bout of exercise is an important factor for performing optimally in tomorrow's training session. Although a normal diet, high in carbohydrate (65-80% of total diet) has been shown to restore muscle glycogen levels to normal over a 24 hour period, most endurance athletes do not have the luxury to wait 24



hours between training sessions for their muscle glycogen levels to be topped off. This is why your post-exercise carbohydrate meal becomes vital to your weekly training plan...

Part 3: It's the night before your big event and you've been looking forward to a big spaghetti meal with garlic bread. You've been contemplating marinara or alfredo sauce all day. You even skip the wine and go for the beer because you know beer has more carbohydrates. You're carbohydrate loading and this ritual, as an athlete, is just as important to you as your daily workouts...

Rob Lockey, CSCS, ACSM/HFS and a USA Cycling III Certified Coach, provides testing and coaching through Optimize Endurance Services. Contact him at 303-356-9893 or rob@optimizeendurance.com

In Memoriam

TE Founding Member Ted LaMontagne *By Jim Kennedy*

TE founding member Ted LaMontagne passed away on May 27th.

Ted came on the Board of Directors shortly after the initial BOD organized. He spent about a year on that early board. I knew Ted from the early 70s. He was a roadie, completing his first Ride the Rockies on a mountain bike! We did 3 RTRs together. The first RDR was with our sons. One of these early RTR was where Team Evergreen was created because the Middleburgs also did that ride, as their first. The last one we did together was 1991 and it was the first TE “mid-ride party” that we threw together in Salida.

Ted also rode in the first Triple Bypass. For several years we did a bunch of training rides, but his cycling career slowed down as his duties as owner of an Evergreen Hardware store took over! I remember his TREK 1500 aluminum bike that I envied!

Team Evergreen was hatched by Bob And Carol Middelburg. Their son did the 1987 RTR and his enthusiasm sparked their interest, so they rode the 1988 RTR and wanted to keep on riding! They saw no real rides that fall and with Larry French put an ad in the courier - “Team Evergreen First Annual Rocky Mountain Century.” It started at the top of Berthoud Pass and ended in Silverthorne-all downhill. Boy was it cold! Sixty people showed up and Team Evergreen was born! They got several of us together as the founding committee that fall.

Before the Triple was actually born we had a century in Steamboat, but we decided we needed something closer – Bergen Park seemed closer!

In a BOD meeting we started with Squaw Pass as the target then someone said why not Loveland, then, I think it was Mike Dern who said, lets do Vail and call it the Triple ByPass. We all cracked up and said why not?!

I do remember how we all sweated the \$35 for a post office box, times have changed.

Mountain Biker, Photographer, Writer – Anthony Sloan

The mountain biking community experienced a great loss in the passing of Anthony Sloan in May. Anthony, who lived in Golden, was an extraordinary writer, rider, and photographer. He was the Demo Manager for Yeti Cycles and before this was a sales manager at Wheat Ridge Cyclery.

Anthony touched many people with his passion for mountain biking through his writing and photography. Read about his travels and view his amazing photography at: www.anthonysloan.com. One can't help but be touched and inspired browsing through his website. Just read one of his posts and it's immediately apparent just how much he loved mountain biking and loved to share and spread the joy of riding. Anthony passed away of natural causes – he will be greatly missed.



Sweet Trails *Continued from Page 16*

While enjoying our après ride libations, we identified several local birds (Spotted Towhee, Mountain Bluebird), reviewed various Colorado Springs-area trail maps and started making plans for a return visit to ride through the Gambel's oaks which turn a brilliant red in the fall. In general, the trails reminded us a bit of those at Centennial Cone and Elk Meadow and we decided that CMSP would also be the perfect place for a single speed or for some "recovery riding". There are a huge number of MTB and road trails in this area of the state and our next visit will also include the MTB trails at Palmer Park, Garden of the Gods and the Colorado Front Range trail that will span from Wyoming to New Mexico (<http://parks.state.co.us/Trails/ColoradoFrontRangeTrail/CFRTMaps/>).

When you go, don't expect a wilderness experience, because you will never be too far away from bathrooms, picnic tables,

benches, and signage. If you make it a day trip, use the huge day-use parking lot just past the visitor's center and pay the small daily park use fee of only \$6 per vehicle. If you forget your sweat-shirt or baseball cap, need a trails or nature guidebook or souvenir, you can visit the visitor center/gift shop. The park has both camper/RV sites with full hook-ups and basic tent-only sites; pay showers are also available. Some campsites can be reserved ahead of time online.

For more information visit:

<http://parks.state.co.us/Parks/CheyenneMountain/Camping/Descriptions> of all the trails are at:

<http://parks.state.co.us/Parks/CheyenneMountain/Trails/CheyenneMountainStateParkTrails.htm> and the trail system map can be found at: <http://parks.state.co.us/NR/rdonlyres/72DA3245-C0C3-4D98-A6F3-0528AD65E802/0/CMSPTrailMap.pdf>



Are You Ready to Ride?

Stop into BikeSource today and get everything you need for your next race or ride. Pick up essential clothing items, nutrition and the latest cycling accessories. Get your bike tuned up by our professionally trained service techs. Plus you can rely on our experience and expertise to make sure you experience *the ride of your life*.

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Kokopelli Trail Oct. 1-4, 2009



Save the Date! Stay tuned for more info...



photos courtesy of Mitch Sprinsky

This trip to Kokopelli's Trail is sponsored and partially funded by Team Evergreen. Final costs are still being determined, stay tuned for final figures.

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. Ride starts in Loma, with about 20–60 miles riding each day to a new campsite. We should be back to our vehicles for the return trip to Evergreen on Sunday afternoon and back at the Park 'n Ride 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. We will provide a suggested packing list. You will be expected to bring a tuned bike and a body that can ride all day!

Rating: Technical: Blue / Fitness: Strong

Ride Stats (round trip): approximately 136 miles with 12,000 feet elevation gain.

Ride starts at Loma, ends at Moab.

Day 1: Loma Trailhead to Rabbit Valley	22 miles
Day 2: Rabbit Valley to Cowskin CG area	48 miles
Day 3: Cowskin CG area to Rock Castle	38 miles
Day 4: Rock Castle to Moab	28 miles

Event Leaders: Janet Saxon, janetsaxon@msn.com

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

When Nature Calls



Breaking News!

There is a toilet near the rangers station trailhead at Buffalo Creek.

Courtesy of your Team Evergreen Bicycle Club, a portable toilet has been placed near the North Fork Fire and Rescue parking lot off of FS 543. Please feel free to use the new toilet when nature calls. Team Evergreen thanks its members for your financial support so that we can contribute to the cycling community.

Photo by Mitch Sprinsky

Captain's Saddle *Continued from Page 1*

have all figured out how you will do the ride. There are untold volumes of sage advice on how to eat, drink, train, pedal and dress. I will not attempt to repeat the unquestionable wisdom of all this advice but will attempt to boil down the process to a few simple items that I think will help you to get through the ride and have a great day.

First of all, there is no question but that you have to keep eating and drinking throughout the ride. I won't tell you how much to eat or drink but I think a safe rule for a new rider is to visit each of the aid stations, make sure you fill up at least one of your large water bottles with water and electrolytes at each aid station and eat a little food. Generally, most riders overeat throughout the ride so I would encourage you to keep the solid food consumption to a minimum and emphasize nutrients you can get in your water.

Despite what some of the knuckleheads do, including myself, remind yourself this is not a race. Do your best to enjoy the ride and do not hesitate to use lower, higher cadence gearing on your climbs. I think a new rider would do well to keep at a pace where they can continue to maintain a conversation with their friends on the climbs. If you start riding much faster and harder than that the fun goes out of it and the work really begins. I have also found that conversation during the ride makes the ride go much easier.

If you are fretting about the state of your condition at this late date just relax and realize the worst that will happen is that the ride will take you another hour or two than you had hoped. The food and drink will still be there when you arrive in Avon and you will have had a better chance than the others to experience the beautiful sceneries and camaraderie along the way. At the risk of knowing that some of you will be cursing me about 80 miles into the Triple for the thoughts I am

about to suggest I would like to offer a few quotes that may help you to get through the ride, particularly if this is your first Triple.

The first is the simple rule that many of us live by when cycling, climbing mountains, or embarking upon any prolonged endurance course. This quote was derived from a song from "Santa Clause is Coming to Town" and it goes as follows: "Put one foot in front of the other and soon you will be walking across the floor. Put one foot in front of the other and soon you will be walking out of the door."

Although this is hardly a walk across the floor or out the door, the same thought applies. In this case just keep putting one pedal down after the other and sooner or later you will have climbed the steepest mountains.

Another quote I really enjoy which comes from an unknown author is: "Nobody trips over mountains. It is the small pebble that causes you to stumble. Pass all of the pebbles in your path and you will find you have crossed the mountain."

Once again, simply push one pedal after another and provided you keep the pedal strokes at a reasonable pace and power, you will have climbed every one of the passes, including Loveland before you know it.

Most of us ride the Triple because we know it is not easy. It is something we train for all year and in many cases it is the high point in our cycling year. If it was easy no body would care to take the time or dedicate themselves to the necessary training. As a reminder that we are all not totally crazy and that at least a few other people have endorsed the same ideas, I give you the following quote: "Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty. . . I have never in my life envied a human being who led an easy life. I have envied

a great many people who led difficult lives and led them well." Theodore Roosevelt.

If the quotes above have not sufficiently inspired you to keep the pedals turning on July 11 I will suggest to you my favorite quote of all time from the venerable Lance Armstrong. By the time you are finally slogging up Vail Pass cursing anyone and everyone, including myself, that encouraged you to take on this ride, dig deep and recite to yourself: "Pain is temporary, quitting is forever." I know this sounds macho, old school, and over all pretty obnoxious but it has helped me through many trying circumstances. When you finally arrive in Avon and gather with your buddies and your favorite beverage it will all have been worth it.

Please have a safe and enjoyable ride. See you in Avon!
Chris

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My primary cycling interest is: Road bike Mountain bike (*you may check both*)

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

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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.

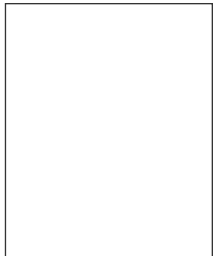
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