



Front Rangers Cycling Club

September 2004 Youth Event

Back to the mountains we go.

This month's ride will take us to Frisco, for some autumn colours and a grand venue. There are numerous paths and trails from our 'trailhead' or parking area, and groups can go in whichever direction they want based on their ability and riding preferences. There's a paved bike trail to Breckenridge, some single-track trails up into the hills above Frisco, road routes to Copper Mountain and the top of Vail Pass for the real ambitious. Whichever route you choose will give the kids the opportunity to get out of Denver and experience the mountains.

As for transportation, we'll be trying a different approach this year. We are renting two 15-passenger vans for the kids instead of the big bus; for cost savings, speed, more control. We'll rendezvous (meet) in the south parking lot of the Albertson's grocery store at Alameda & Broadway (300 block of south Broadway). In the spirit of fuel conservation and club camaraderie, we'd like to encourage you to share a ride with another adult and bike. Our destination in Frisco will be at the intersection of Route 9 and road 1004, detailed on the map below. There should be enough parking for all of us. Look for the yellow Penske truck with the youth bikes! After riding we will go to a restaurant in Frisco and have lunch. Once lunch is over we will travel back to Denver and take the kids home.

Please remember to bring 'extra' clothing fit for mountain weather, as well as sunscreen. We've seen every kind of weather on these rides. Best to be prepared and happy, then cold and wet and miserable.

Yes, this is a longer day than we usually ride. But it is worth it. This ride is a highlight of the year for many of our kids, so please come out and take pleasure in the joys of the mountains and kids!

RIDE SCHEDULE

- 8:00am** Pick up kids; Meet at South Broadway parking lot to coordinate rides
- 8:30am** Leave for the hills
- 9:30am** Arrive in Frisco; Select bikes, determine groups for ride destinations
- 10:00am** Ride with adult group leaders
- 12:00 noon** Return to staging area, load up bikes,
- 12:30pm** Frisco Lunch.
- 1:15pm** Return to Denver
- 2:30pm** Drop kids off at home

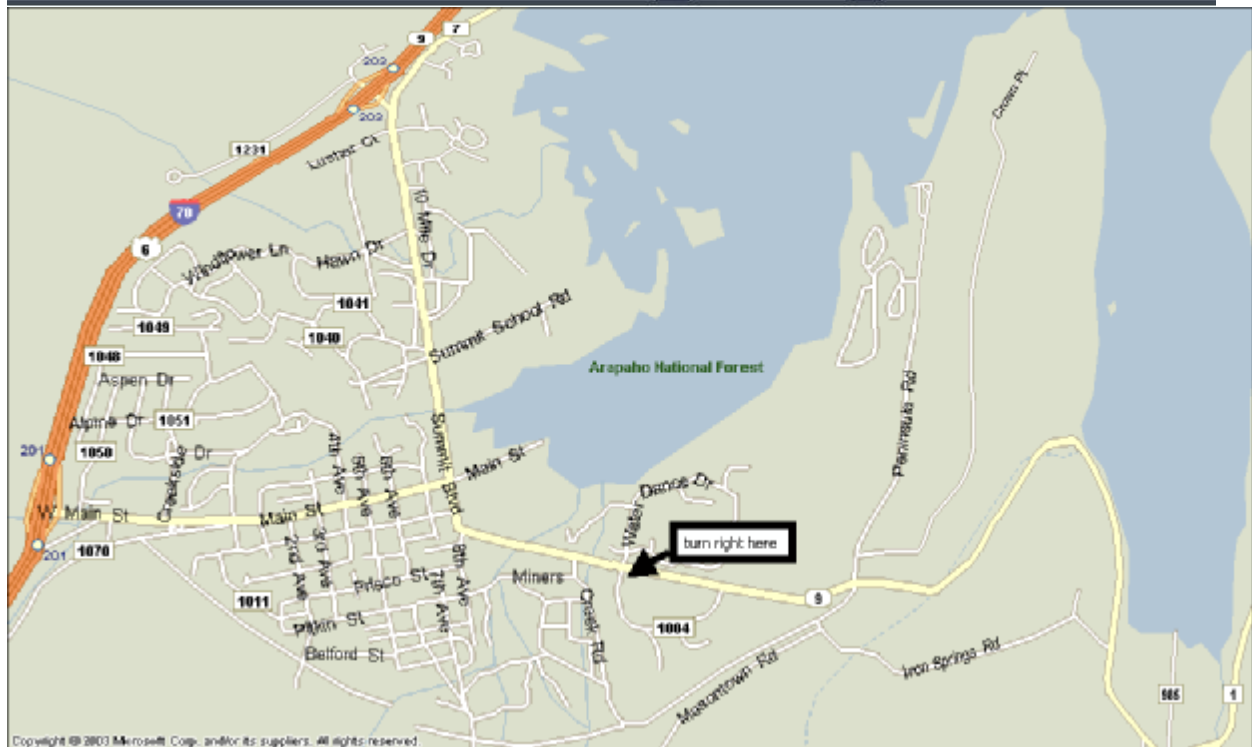
Directions to our Frisco staging area:

Take I-70 westbound to the Frisco exit (exit 203) and head south toward Breckenridge. This is Hwy 9. Turn right on county road 1004, approximately 1.6 miles from the interstate, and follow to the parking area.





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Mike Niels Memorial Bannock Street Criterium – results!!!

The **BANNOCK ST CRITERIUM** was another raging success this year. It ran so smoothly, thanks to all our wonderful volunteers! From the registrar's table, it felt like our racer counts were way down, but when the final ACA tabulations were completed we found the numbers similar to last year. And financially we did okay. These races are amazingly expensive to put on; between the ACA surcharges and officials expenses, insurance, and expenses associated with the venue itself (porta potties, hay, sound system, finish line, barricades, etc). It is a real feather in our cap to be able to sponsor such a great race every year, definitely one of the most popular races (for all levels or riders) during the road-racing season. Thanks to all who assisted in gathering / donating primes for the

riders. The weather was highly cooperative, with slightly cooler temperatures and no thunderstorm activity in the afternoon! Thanks also to the Denver Police cadets who assisted with the marshalling. Congratulations to all participants for a wonderful experience.

Newsletter editor needed

Do you have a creative side, like to write, and love to communicate with hundreds of people that share a passion for cycling? Then have I got an opportunity for you! This newsletter editor is getting a bit tired after a few years of hitting the keys, and would like to find a new talent to assemble and edit this newsletter. I'll even help with a few issues through the transition if you like. Please give Jim Levy (303.220.7675) or Corky a call to discuss this exciting role!



Hey you Fixed Gear fans

It's getting close to that time of year when it's **COOL** to get back on the fixed gear bikes and do some fun rides around town. Single speed road riding is back in vogue! If you don't have a fixed gear bike yet, let me know if you are interested. I've got lots of parts and FRCC is always getting 'old' frames (perfectly suited with horizontal dropouts) donated that you can use. These bikes are fun, a great way to build strength, improve your spin and other bike skills. Don't delay we'll be doing fixie rides before you know it!!!

Many of the local shops have everything you need to convert or equip your fixie. You can also check out sites on the web to catch more of the excitement, though we encourage you to support the shops that support our club.

www.sheldonbrown.com/harris/fixed.html

<http://www.fixedgearfever.com/>



Bike Wheels Recalled

Just to be on the safe side, check your equipment to insure it is not on any of these recall lists.

Ritchey Wheels:

<http://www.cpsc.gov/cpsc/pub/prerel/prhtml05/05241.html>

American Classic Wheels:

<http://www.cpsc.gov/cpsc/pub/prerel/prhtml05/05239.html>

GREAT WEBSITE

Another great website to check out, discovered by Paul Braun... Alternative activities to do when you're not riding.

This site, sponsored by the State of Colorado, features lots of great info about cycling in general and riding in Colorado. Take a look at the *Share the Road Video*; it's less than 7 minutes long and well worth the viewing.

www.dot.state.co.us/BikePed/

Deer Creek Experience

A recent quick ride up Deer Creek Canyon in Southwest Denver turned into quite the experience. Ascending, I was passed by one, then more (ultimately 7) emergency vehicles going down the hill. I hoped that it wasn't a fellow cyclist injured, though I knew it wasn't going to be pretty. On the way down, I was stopped at Phillipsburg by a volunteer firefighter directing traffic, telling me I had to go back up – the road going down was closed past this point. Yeah right, I wasn't going back up again. I slipped by with another rider, and we passed the carnage not too much later – a head on collision between two motorcycles. The street was an absolute mess, and the rider without a helmet was to be airlifted out any moment. The experience confirmed my belief in helmets for all riders of motorized and non-motorized bikes. A



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head is too critical a component on our bodies to submit to such trauma. By the way, any more impressions on that centerline rumble strip? I personally like it, as it confirms the passing car is leaving me enough room on the right.

MTB State Championship

The Colorado High School State Championship MTB race is September 24 at the black forest Camp - same as last year. Middle School and High School team categories for men and women - individuals titles as well. Info at <http://www.chsmbi.com/>- we would love to have all the FRCC Denver crew there!



This is what the Front Rangers Cycling Club programs are all about! Kids of all ages and abilities, sharing in a great time!

