



Front Rangers Cycling Club

November 2004

November Youth Event Saturday 20 November 2004 Lakewood Church of Christ Fellowship Hall

Join us for the end of season celebration for our youth members. In club tradition, we will be having the pizza-eating contest for kids and adults. We will also have the kid's quiz with prizes and other special recognitions. Bring your thinking cap (yes, you can leave your helmet at home this month). If there are quiz questions you would like presented, please email Corky.

The Lakewood Church of Christ is located at 455 S. Youngfield Ct. The easiest way to get to the address is off of 6th Ave or Alameda Ave. If you are coming off of 6th Ave, take the Union exit and turn left (south). When you reach Alameda Parkway, turn right. Once you get to South Youngfield Ct. turn right (this should be the 5th right off Alameda Pkwy. The road winds up and around to the venue. We've provided a map for your convenience.



Pickup Times

Pickup kids 10:45am
Arrive at location 11:15pm
Pizza upon arrival
Q & A 12:30pm
Leave Venue 2:00pm



Velo Swap

Thanks to all the people who volunteered to make the swap a success. This year we strictly manned a booth, without assisting with swap administration. This certainly made it much easier! And we had a great location, right in front as people entered the 'trading floor'. Paul Braun made more money for the Club this year than in years past and I'm sure Paul and Cindy are thankful for more room in their basement.

If you are a member of ACA, don't forget to vote Front Rangers as the ACA 'Club of the year'. You can vote on the ACA website <http://www.americacycling.org/>



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December

There will be no monthly Youth Event in December. We will all be able to spend time with our family and good friends. Stay tune for the January event date.

Cycling Humor from the peloton

You know you're a serious cyclist when:

- You have presta valves installed on your Vredestein car tires.
- Your extra bottles of Gaterade are kept in a wine rack.
- You walk down a hill, in a tuck.
- On family walks you insist that everyone pace line; even the little one has to take her pull up front.
- You give people directions in kilometers and total elevation.
- You catch yourself turning your head about to blow a schnoz rocket when traveling down department store escalators.
- You admire the bike more than the young bird riding it.
- Purchasing a pair of Bacco Bucci loafers, you check out the sole for the type of cleat pattern.
- You bar tape your hammer, a favorite butcher knife... the TV remote control.
- During a rush hour commute, you are accused of road rage when in fact
- All you really wanted was people's assistance in chasing down a Mercedes' breakaway.
- And finally, you're really a serious cyclist when you absentmindedly apply chamois cream to your underwear and trying them on... you LIKE it!

65 at 65

Front Rangers Cycling Club received a generous donation from the friends and family of Fred Mahe. Fred heard about FRCC through the media. Once Fred heard about our mission with kids he decided to help. Since Fred is a big road biker he decided, with help of his family and friends, to have a fundraiser. Fred turned 65 years old on October 28, 2004. To celebrate his birthday Fred rode 65 miles around the Denver Metro area.

Friends and family donated money for each mile Fred rode. When Fred completed his ride he raised \$602.50. When the computer was checked at the end of the ride he actually rode 66+ miles.

FRCC and the kids would like to take this opportunity to thank Fred and his family and friends. Such generous donations make FRCC a better place for kids to grow up.





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FRCC Members Attend the Ride for the Roses

Last month, several Front Rangers traveled to Austin, Texas to participate in the Rice for the Roses (RTR) held on October 17. This annual event is sponsored by the Lance Armstrong Foundation (www.LAF.org) and is a fundraiser for cancer research. The following FRCC members participated in the event:

- Greg Oberley, former FRCC President - cancer survivor
- Clint Mitchell, FRCC Junior Racer – son of cancer survivor
- Dianna Terry, steadfast cancer supporter
- Tim Rehder, most-reliable FRCC member
- Paul Braun, FRCC Junior Racing Coach
- Cindy Braun, FRCC member

Our members rode from 40-100 miles on a hot, humid day. Everyone had a great time. Greg Oberley and Clint Mitchell each experienced his own great triumph by completing the century ride (100 miles). The ride was Greg's first century ride since he went into remission this year from intestinal cancer. Clint Mitchell successfully completed his first century ride ever, and did so proudly in honor of his Dad, Mike Mitchell, who is in remission from throat cancer.

The day before the ride, the LAF hosted a large expo to showcase equipment, food and beverage products, apparel, and to present a variety of lectures and book signings. While visiting the expo,

the Front Rangers were thrilled to meet one of the long-standing sponsors in the Club's history – Giordana. Giordana has helped FRCC design and print its jerseys for 12 years, and still does so proudly. They had a booth at the expo, which was represented by Giorgio Andretta, the founder and President of the company. He was assisted by his daughter and business partner, Giordana Andretta, for whom the company is named. We were all glad to meet each other and to fortify a long-standing relationship. We promised to keep in touch and to frequently send photos of our events, races, and riders to Giordana.

