



# Front Rangers Cycling Club

January 2005

## JANUARY EVENT

The first FRCC event of 2005 will be on Saturday, January 29<sup>th</sup> at the Rude Recreation Center. This is located at 2855 W. Holden Pl. on the northeast corner of 13<sup>th</sup> and Federal Blvd.

- 12:30 Pick up kids
- 1:00 Swimming, basketball, and billiards!
- 3:15 Take kids home

See you there!

F r c c J r . R a c i n g  
t e a m b r i n g s i n  
t h e a w a r d s !

### B A R (Best around rider)

- JM 10-12 1<sup>st</sup> Joe Haulman
- JM 15-16 1<sup>st</sup> Will Flanagan
- 7<sup>th</sup> Jeremy Long
- JM 17-18 1<sup>st</sup> Clint Mitchell
- 14<sup>th</sup> Waid Wynn
- 15<sup>th</sup> John Downs
- JW 17-18 3<sup>rd</sup> Sarah Levy
- 4<sup>th</sup> Christine Levy

### B A T (Best around team)

- JM 10-12 1<sup>st</sup>
- JM 13-14 3<sup>rd</sup>
- JM 15-16 1<sup>st</sup>
- JM 17-18 2<sup>nd</sup>

CONGRATULATIONS ON A  
GREAT 2004 SEASON!

CYCLING MORE  
IMPORTANT THAN  
FOOTBALL IN AMERICA?  
WHAT?!?!?!?



It seems as if the U.S. has gone crazy... or is it that they are finally giving cycling the recognition it deserves? For the third time in a row, our boy Lance Armstrong was named the Associated Press Male Athlete of the Year, beating out quarterback Payton Manning. Way to go Lance!

## THANKS A MILLION!

The Front Rangers owe a big thank you to Martha Meyer, Linda Burris, Dee Angradi, Dianna Terry, Steffie Szobota, and Scott Rogers for their generous donations of bicycles to the club. It's people like them that help us influence the lives that we do!

*What do you call two bikes chained together?*

*Siamese Schwinn!*



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## **FRCC Junior Racers ride with Tyler Hamilton** *By Jeremy Long, FRCC Jr. Racing Team*

I had just arrived at DIA from visiting my grandparents for Christmas in Kansas City. My friends Bryce Lawson and Jane Shapiro picked me up. It was at that moment that Bryce asked me if I would like to ride with Tyler Hamilton. I immediately said yes! We then decided to call two other FRCC Junior Racers Clint Mitchell and Gabe Bershenyi to see if they wanted to go also. They were able to go.

So, the night before the ride we stayed at Bryce's house. After a three hour pillow fight, we knew we had to get some sleep. The next morning after eating breakfast and loading up the truck, we headed to Boulder. We weren't exactly sure where the meeting place was, but we eventually found it. After waiting at the coffee shop where we were meeting for about five minutes, Tyler Hamilton showed up.

It was amazing to see how Tyler and some of the other pros were not wearing helmets. We finally left and headed out east to ride. Tyler was leading the pack and we started off extremely fast. Tyler led most of the way. When we came to the hills I started to fall back and Tyler gave me the extra push I needed to get up the hill. When Tyler ended up in the back with the four of us, Clint and Gabe got a chance to talk to him, as neither Bryce nor I were able to. So if you really want to know what he's like ask Clint or Gabe.

After about an hour and a half of fast paced riding, we noticed that we had already done 31 miles. Due to the group wanting to do about a five and a half hour ride, we decided that we couldn't keep up with them at that pace and decided to head back. Towards the end of the ride we started to become completely exhausted. When we finally got back to the truck after our 60 mile ride, we talked about it and we all agreed that it was an amazing ride and it was an excellent experience. It was also awesome to meet Tyler. We are already in the process of making plans to ride with him again and all in all it was a very good tiring experience.

## **A word from the coach...**

January is upon us, and soon the race season will be as well. I hope that December was productive for you, and you are looking forward to some competition as much as I am. It's funny, this time of year. It seems like the race season is still so far away, but really, it isn't- it is, in fact, only about 2 months!! Wow! We've definitely got some work to continue to get done, but I'm confident that if you guys are consistent, you'll be moving in stride as soon as that first race hits!!

So, January, here it is. Throughout January, it's important to continue to move the volume up as we go along. We will continue to build the large base upon which we will build our huge peak later in the season.

Have fun with it guys, and keep up the good work. I can't wait for your continued success this season!!