

# **June Youth Ride**

## **Saturday 18 June 2005**

### **Pella Crossing Park**

### **Hygene Colorado**

The park is located just outside Hygene. This will be a nice road trip to a new area for our club function. Take I-25 north to State Hwy 66 north of Longmont (exit 243). After exiting the highway, head west 10 miles to North 75<sup>th</sup> Street, then turn south (left) for 1 mile to the park entrance on the left. Look for our truck with the bikes in the parking lot. See maps in this newsletter.

#### **Event Times:**

Pickup kids	8:30am
Break into groups	9:30am
Ride	10:00am
Lunch	12:00-12:30pm
Depart with kids	1:00-1:30pm

#### **About the Park and Environs**

Visitors to Pella Crossing can find an assortment of wildlife, most of it small, but all important to this ecosystem. You can see dragonflies on the lake surfaces, butterflies among the shrubs and waterfowl feeding along the shorelines. Larger animals like red foxes, coyotes and whitetail deer also enjoy the cool, refreshing environment at Pella Crossing.

In 1859, the first settlers, George Webster and Charles True, planted an orchard in the historic town of Pella. By 1861, Pella had become one of the busiest towns north of Denver. But tragedy struck in 1867 when grasshoppers destroyed most of the crops. Nonetheless, Pell North was established in 1879 and the two towns

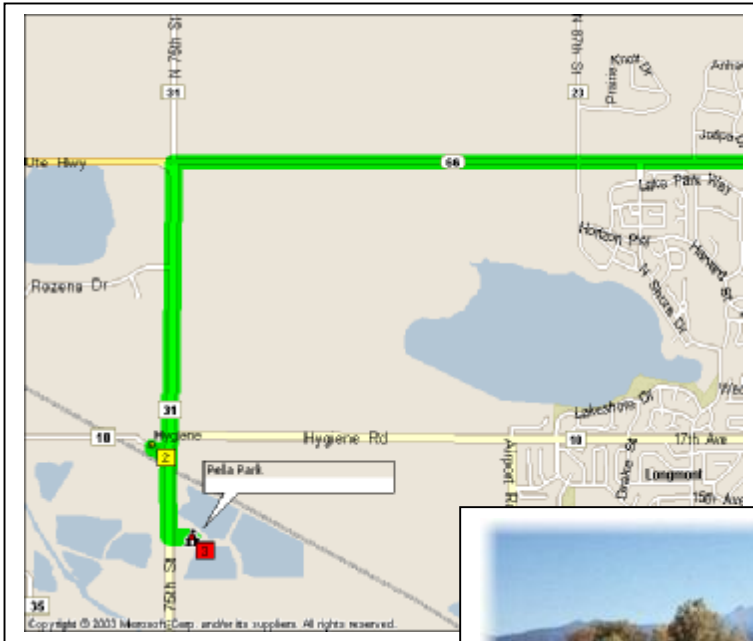
remained part of Boulder County's landscape for 100 years. Hygiene Elementary School students named the open space, Pella Crossing, for the midpoint between Pella and North Pella.

The property on the west side of North 75th Street was mined for gravel, reclaimed, and leased for private fishing. Boulder County Parks and Open Space purchased the property in 1995.

The park features 3 ponds with fishing, a picnic shelter, and numerous trails. The park also connects to nearby Pella Marlett park, with additional ponds and trails. The trails will be great for our 'mountain biking' kids.

The Hygene area remains refreshingly agricultural and open, though development pressures transforming this area to that which has become so common along the Front Range. This is a great opportunity for our youth to experience a 'close-in' taste of rural Colorado. The roads in and around Hygene tend to be less traveled, and our more advanced cyclists may choose to travel well beyond the park – out Hygene Road, around the airport, out to Rabbit Mountain (site of a popular Time Trial race).

Plan on BBQ lunch after our riding has been done and appetites are engaged. Frisbees or a football might also be fun at this event.



Pella Park, Hygiene Colorado



**Governor Signs Bicycle Bill!!**

Governor Owens signed House Bill 1218 on Friday, June 3, 2005. His signature officially makes it law in Colorado with changes taking effect on July 1, 2005. [Thanks to Bicycle Colorado](http://www.bicyclecolo.org) and its President, Dan Grunig, for their tireless efforts to support this key victory. If you are interested to read more about this house bill, visit the Bicycle Colorado website at [www.bicyclecolo.org](http://www.bicyclecolo.org).

**HB 1218 Makes Roads Safer**

Prior to the passing of HB 1218, one of Colorado's laws assigned automatic fault to a bicyclist hit by a car, even if the motorist is out of control. HB 1218 clarifies the rights and responsibilities of bicyclists on roads and pathways, and gives police and the legal system the power to cite the person who behaves unsafe.

Rep. Greg Brophy, R-Wray, a two-term legislator and avid cyclist, authored the bill after being seriously injured in a car-versus-bike accident last summer. Senator Ron Tupa (D) helped carry the bill in the Senate and Representative Mike Merrifield (D) was a co-sponsor in the House.

**SUMMARY: HB 1218**

1. Authorizes bicyclists to indicate a right turn with their right arm;
2. Strengthens the requirement that bicyclists ride single file if impeding traffic; and

Removes a contradiction regarding the safety zone of a crosswalk.

## You Know You're A Cyclist When...

- C You use your helmet as a hair-styling device.
- C You think nothing of walking into public places dressed in tights like a super hero.
- C You can give instantaneous directions to any corner in the city, but only for those using bike paths and public transportation.
- C Multi-ton cars and trucks are tearing along in front, alongside and coming up behind you... your pulse rate: 66.
- C All of your pants have frayed cuffs and chain-grease marks.
- C You keep deodorant and baby wipes at the office.
- C Although you speak only English, you're perfectly capable of pronouncing several words in Italian.
- C The friend who was so happy to see you on his morning drive wonders why you gave him the finger when he honked.
- C When someone asks for advice on buying a bike, you either:
  - a) ask, "How many thousands do you want to spend?"
  - b) assail them with so many questions about intended use, riding style and the like, not to mention such personal questions as pubic bone height, that you make buying a bicycle sound like rocket science and unintentionally put them off the idea.
- C When that same person reacts by saying, "It's only a bicycle," your jaw drops and your eyes bug out, and you're only half kidding.
- C When you encounter rough pavement, you say to yourself, "Ah, pave," and daydream about leaving the peloton in your dust as you speed through Arenberg Forest.
- C A car goes by with two (your preferred gender here) carrying two bikes. Later, you can't recall their hair color or

what make car, but you can ID the bikes' make, model and color.

- C You have 3 bikes and you absolutely need more.
- C You sometimes wish you had a longer commute to work, just so you could ride more.
- C You ride 50 miles, one way, with a twenty in your pocket and if you actually buy something, you consider leaving the change because of the weight.
- C You select a restaurant because of its charming, outdoor dining. Your bike is 23 inches away. You lock it anyway. But you can't enjoy your meal because you can't take your eyes off your bike.
- C You consider the color of the bikes hanging from your ceiling when selecting home decor.
- C You missed more than two family events this summer due to scheduling conflicts with club rides.
- C Another cyclist asks you for the location of the nearest bike shop; you fix their bike on the spot.
- C Your idea of surfing consists of drafting buses, minivans, and SUVs to keep up with the green wave.
- C You practice track stands and bunny hops in your spare time.
- C You know the location of all the major potholes between your home and office.
- C You can't think of the last time you saw any of your friends who don't bike.

## Website Findings

For those of you looking for a virtual fix of European cycling, complete with climbs, check out this website:

<http://www.aukadia.net/alps/index.htm>

Maybe this will be enough to inspire you to add a few cogs, fly out with the bike, and compare climbs with those we enjoy in Colorado.

## 'Remembering Jason' Benefits FRCC

I attended the 'Remembering Jason' party in Arvada on Saturday, celebrating the life of a man who had many inner battles. Jason found a great outlet and peace in cycling, and would have thoroughly enjoyed our membership. As a result, our club was one of two beneficiaries of the evenings' fund raising and charity. I spoke to the crowd about our mission with youth, and shared pictures of our activities.

The event was held in Old Arvada at this very cool (storefront) club, the D-Note; a throwback to less hectic times. The very diverse (age, background) crowd enjoyed live music from local musicians, dancing, great eats and drinks, and a basic wonderful time together. I kind of wish we had this opportunity for get-togethers closer to home. Thanks to Amy Kitteringham for thinking about FRCC, and sharing in the spirit of who we are.

## Memorial Day brings tragedy to Boulder Cyclist

I was alarmed to learn of a fatal crash just outside Boulder on Memorial Day, and even more moved after reading the description of what transpired on the ACA website. The story is quite *chilling*, describing in detail a head-on collision with an auto who's driver 'fell asleep' at the wheel. I had a similar incident when I was 16, and feel very fortunate to be around to tell a story -even more so because I wasn't wearing a helmet at the time (before helmets were even 'worn' – yes, I'm that old...) and that I have really no visible marks anywhere on my body to exemplify my near tragic incident. Quite fortunately, the brain tends to lose memory of these events. Anyway, moral of the story is to always wear your helmet when mounting your bicycle, and always venture out with all your senses alert.

## May Event – Recap

We had 28 youth participate in the Neighborhood Partners-Bike for Beginnings ride, as well as a great turnout from adult members. The weather could not have been better, and after riding we enjoyed spirited play in the park (I would have thought the kids would have used more energy on the bikes) and lunch from 'Best in the West' BBQ. This year's ride started in a new location at the City Center of Green Valley Ranch, eliminating the struggle with traffic and filthy roads along 56th Avenue we've endured in previous years. Our riding took us out towards Kansas, just south of DIA. I think the kids had fun watching the planes flying overhead as they rode. The road featured some 'roller' hills, which provided an opportunity to learn gear changing and good confidence building for kids who gave the inclines a try.

## CU Cycling Team takes NATS

Congrats to Sarah Levy and the CU Cycling Team for taking top podium spot at the 2005 Collegiate Roads Cycling Championships. Sarah rode onto the team this year and earned #2 status on the 'Women's A Road' team. VeloNews has an article on the team in their last issue, including pictures. Sarah is spending the summer in Lake Tahoe, training for Collegiate Track in the fall. We miss her on the local scene; though expect her showing at the Bannock.

## Speaking of the BANNOCK RACE

The Bannock race is Sunday 7 August this year. Please make sure you have that date saved to participate in making the race successful – meaning **planning to volunteer** some time! Also, we will be looking to collect 'Primes' to continue the tradition of primes for every race / almost every lap. It keeps each race changing, charging, and exciting for the athletes and spectators.

# JUNIOR RACING.....

Well the 2005 racing season is going full speed with tons of races going on!!! We've had great results by both new and seasoned members. Despite several days of bad weather, the Cherry Creek Time Trial Series was a great success with 16 FRCC jerseys out there and a couple notable, former junior members also. Below are the results of the last TT, not all could make it, and a list of the Overall Series Points. There were some very fast times out there and **CONGRATULATIONS** to all who participated!!!



CCTT #7 5.25.05				
Category	Place	Name	Club/Team	Time
JM10-12.	2	Haulman, Joe	Front Rangers Cycling Club	31:23.1
JM13-14	3	Burns, Brendan	Front Rangers Cycling Club	32:43.6
JM15-16	2	Bershenyi, Gabriel	Front Rangers Cycling Club	25:22.2
JM15-16	4	Forthofer, Drew	Front Rangers Cycling Club	26:41.2
JM 17-18	1	Lawson, Bryce	Century Tel/VRAD	24:48.6
JM 17-18	5	Mitchell, Clint	Front Rangers Cycling Club	26:24.3
SM3	6	Flanagan, Will	Front Rangers Cycling Club	23:54.4
SM35+ (Cat 4)	2	Hartman, Chris	Front Rangers Cycling Club	23:31.1
SM35+ (Cat 4)	44	Levy, Jimmy	Front Rangers Cycling Club	27:21.9
SM45+	23	Braun, Paul	Front Rangers Cycling Club	25:30.8
SW35+	7	Braun, Cindy	Front Rangers Cycling Club	28:48.3



## Cherry CreekTime Trial Series Points 2005

Category	Place	Name	Team/Club
JM10-12.	2	Haulman, Joe	Front Rangers Cycling Club
JM13-14	3	Burns, Brendan	Front Rangers Cycling Club
	6	Carrera , Matthew	Front Rangers Cycling Club
JM15-16	2	Bershenyi, Gabriel	Front Rangers Cycling Club
	4	Forthofer, Drew	Front Rangers Cycling Club
JM 17-18	2	Lawson, Bryce	Century Tel/VRAD
	4	Mitchell, Clint	Front Rangers Cycling Club
	7	Long, Jeremy	Front Rangers Cycling Club
	10	Cass, Cameron	Front Rangers Cycling Club
	12	Wynn, Waid	Front Rangers Cycling Club
JW15-16	3	Levy, Christine	Team Rio Grande
SM3	6	Flanagan, Will	Front Rangers Cycling Club
SM35+ (Cat 4)	3	Hartman, Chris	Front Rangers Cycling Club
	57	Levy, Jimmy	Front Rangers Cycling Club
SM 45+	26	Braun, Paul	Front Rangers Cycling Club
	60	Smith, Roger	Front Rangers Cycling Club
SW 35+	8	Braun, Cindy	Front Rangers Cycling Club
SW 55+	5	Shapiro, Jane	Front Rangers Cycling Club



Currently, we are preparing for the **Junior National Championships** in Park City, Utah. The races will be held the week of June 20<sup>th</sup>. There will be 4 FRCC Juniors attending, please wish **Good Luck** to (from top to bottom) Will Flanagan, Gabe Bershenyi, Clint Mitchell, and Joe Haulman, in their respective races. These guys are training and racing hard so they can do their best to represent themselves, Front Rangers and the club's sponsors.

