



Front Rangers Cycling Club

February (Adult) Event

Saturday 25 March 2006
Washington Park to Cherry Creek
Reservoir

Front Rangers Cycling Club kicks off the 2006 cycling season with the very popular and spirited adult and junior racer ride. We will meet at 10:00am in the parking lot on the northwest corner of Washington park (Just south of Virginia and east of Downing) and be riding by 10:30 sharp. If you're late, you'll be chasing. We will set a casual pace on the way out, so everyone can stay together to Cherry Creek Reservoir. Once there, the action starts - the group can split up and ride around the reservoir at blistering speeds for a few laps. Your choice... We'll then re-convene by the park's west entrance shack and ride back to Washington Park. We need a new group picture so please wear your FRCC jerseys and bring your smiling faces. We are updating the web site photos. J Thanks!

After that, who knows? Maybe lunch, more riding, relaxing with a cup of coffee in the sun; the area has much to offer.

Paul insists that any adults who have not signed and turned in their adult release form to please bring it with them that morning
The release form can be printed out from the FRCC web site.
www.frontrangersdenver.org/releases

This is the traditional FRCC ride for adults and junior racers. It gives all cyclists a chance to interact and meet the new members. The more the merrier, so please bring a friend, and enjoy the ride!

Remember: If it's over 40 degrees and no precipitation... WE RIDE!

FRCC Clothing Available

FRCC Jerseys, shorts and skinsuits will be available, so support the club and purchase some new club clothing! Jerseys and shorts are \$50 each, skinsuits are \$100 and there are a couple long-sleeved jerseys and wind jackets for \$60. Contact Paul Braun.

For Sale

LOOK 486 Road Frame (57 CM Blue/White) with fork and integrated headset

- Frame weight 1550gm / 3.4 lbs
- Frame material: HM Carbon Monobloc
- Fork: HSC 5 SL
- Fork weight: 295gm / 0.65 lbs
- Fork material: VHM Carbon
- Fork will accommodate 40mm of spacers
- Ridden 1 full season, clean, never crashed



Asking \$1575; MSRP \$2799
Pat 303.972.9891

CLUB ELECTIONS

Please don't forget to complete and mail in your Club Board election ballot, due 15 March. Please vote for as many candidates as you see fit. This is more of a ratification vote.



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Member Survey

An informal member survey was taken during February. A total of 30 people responded. The following are the results of the survey. These results will help the new Board Members to better serve the member of Front Rangers Cycling Club.

Are you interested in attending scheduled adult rides?

YES=90% NO=10%

If yes, would you be willing to lead one ride?

YES=44% NO=56%

How many times did you attend a Monthly Youth Event last year (2005)?

0 - 4 events = 50%

5 - 10 events = 50%

Do you think members should pay for their FRCC jerseys?

YES=54% NO=38%

"it depends" = 8%

Do you think that this annual appreciation dinner is worthwhile (should be continued)?

YES=96% NO=4%

Would you be willing to help this year when called by a Board Member or to make a monetary donation?

YES=93% NO=7%

We are looking for comments / suggestions regarding the Monthly Youth Events:

- You do a great job, but what would a "cultural" activity do for the kids?
- More emphasis on bike riding skills and shifting.
- Alternate activities? e.g., hikes, skate, anything out of the "hood." We need some new venues.

FRCC for "Club of the Year"

Please don't forget to vote FRCC as "Bicycle Club of the Year" at Bicycle Colorado's Website. Balloting is due 31 March, and there' one vote per cyclist! Let your friends know to vote also!

<http://bicyclecolo.org/page.cfm?PageID=684>

FRCC Bylaws Revised

The FRCC Articles of Incorporation were instated in 1993 when the club was originated. This year, for the first time in the club's history, the FRCC Board of Directors amended the Bylaws to meet current club structure and functions. Some of the amendments include: term limits for Officers and Board Members, duties of club Officers and Board Members, required club meetings, and details regarding the Junior Racing Program.

The amendment process was assisted by FRCC Board Members, FRCC Officers, interested FRCC members, and the legal consultation of Diana Terry and Bill Wildberger. More than 50% of the Officers and Board of Directors were involved in the development and discussion of these amendments. To meet official ratification rules, the amended Bylaws were approved by a minimum of 50% of current Board Members and Officers.

If you are interested in reading our new Bylaws, you can do so by going to the FRCC website: <http://www.frontrangersdenver.org/>

Wired to Win: Surviving the Tour de France

As we mentioned last month, the Club is looking to organize an afternoon (it will be light still) at the Denver Museum of Nature and Science to see this new IMAX film. The film follows the true story of two professional cyclists: Australian Baden Cooke and French teammate Jimmy Casper. Experience a striking portrait of the human brain, played out against the backdrop of the world's most intense sporting event. Using the 2,108 mile race as a backdrop, the film takes you inside the brains—quite literally—of these two riders as they try to avoid danger, fight pain



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Wired to Win, continues

and fatigue, seize moments of opportunity, and stay motivated.

The Club will get together to see this film; and as a bonus, hear a discussion by *Chris Carmichael, founder and CEO, Carmichael Training Systems and Lance Armstrong's personal coach* (after the movie) on Tuesday evening 9 May 2006. The film starts at 7pm, but I suggest we all meet by 6:20pm to get decent seats together. Lets get together in front of the IMAX theatre. Admission to this special discussion and book signing is \$25 for non-members of the DMNS; a bit higher than just the film, but it should be an incredible evening. I will learn if we need to purchase tickets prior to this special event, insuring we get in. If you are interested in joining the Club, please send Jim Levy an email

jaguar.56@comcast.net so he can coordinate tickets and even rides. If you want to see the film at other times, I believe admission is \$8. Check the DMNS website for times & dates of showings.

<http://www.dmns.org/main/en/General/Imax/CurrentFilms/wiredWinUpcomingFilms.htm>

Mt Evans Hill Climb Update

From ACA

The Bob Cook Memorial/Mt. Evans Hill Climb will have a closed road to all traffic except those vehicles directly associated with race support (caravan) from the turn off of CO 103 to CO 5 from 8:00 p.m. Friday, July 21st to 1:00 p.m. Saturday, July 22nd.

This is the first time in the forty-plus years of race history that any portion of the road has been closed. Riders will still only have the right side of the road for racing. There will be two-way rider traffic on the course.

Race Director, Beth Wrenn-Estes stated that the reason for the closure was to provide more safety to the riders on the part of the climb without guardrails, where the road is narrow

and full of switchbacks. "Safety is our first concern and the State Patrol, US Forest Service, Colorado Department of Transportation, Clear Creek Commissioners, and the City and County of Denver came together to help find a solution to the problem that has existed with the mix of cars and riders." Wrenn-Estes went on to say, "I was happy that the race would be allowed to happen. When the subject came up I was frightened that the race was over but the support and cooperation shown by all parties involved in the permitting process was awesome and I am just happy that the outcome to hold the event was positive."

The concept dating back to the beginning of the race has been for man to race against the mountain, not the overwhelming amount of cars that have followed the race in recent years. There will be "designated" parking areas on the lower 14 miles of the course, but parking will not be allowed at Echo Lake except for those vehicles picking up riders who have ridden down to Echo Lake. The pick-up area will be much like the "white zone" at the airport--closely monitored by law enforcement as well race staff. Riders are encouraged to ride down from the top to the Middle School where the start of the race and awards/picnic happen. Wrenn-Estes stated that the parking situation at Echo Lake would not be conducive to waiting for any period of time for riders. Riders are urged to plan well so that the support vehicles can take up the necessary clothing to facilitate riding down. If riders determine they must be picked up at Echo Lake they should plan accordingly. Penalties and/or disqualification can be expected for parking illegally or uncooperative behavior. The race caravan will be restricted to a controlled number of vehicles with each group thus limiting the number of seats available to bring down riders from the top. Riders are requested to cooperate with the new rules regarding the conduct of the event, as it is crucial to allowing the race to happen year after year. More information is forthcoming, including maps of the parking areas and other details about the closure.