



# Front Rangers Cycling Club

September 2007

## September Youth Event

Saturday 15 September 2007  
Frisco, Colorado

This month's ride will take us into the mountains, to Summit County; a highlight event for many of our youth riders. Last year we got rained out, so let's look forward to brilliant skies and a warm day without precipitation! What a grand venue, with fall colours just starting to turn in many places. There are numerous paths and trails from our 'base camp' heading in all directions, and groups can enjoy riding to their ambition and pleasures. There's a paved bike trail to Breckenridge, where we've been known to enjoy an ice cream before returning (downhill) for lunch. There are single-track trails up into the hills above Frisco; with trees and creeks to avoid for our most talented riders, and plentiful flowers and mushrooms. Some cyclists might tackle the trail to Copper Mountain, and for the most ambitious a visit to the top of Vail Pass. At least this loop provides for a downhill return, but there's no ice cream at the top. And for a more peaceful ride, some kids have in the past chosen to visit Lake Dillon and enjoy water games. Whatever the route you choose will give the kids the opportunity to 'get out of Denver' and experience the splendor of our state!

For transportation, we'll again be renting two 15-passenger vans for the kids. Years past, we've chartered the big bus, but the smaller vehicles tends to enable us more interaction with the kids. We'll rendezvous in the south parking lot of the Albertsons grocery store at Alameda and Broadway (300 south block of Broadway). In the spirit of conservation and club camaraderie, we encourage you to share a ride with another adult and bike, if you have space. Our destination in Frisco will be near the intersection of Route 9 and road 1004 (see

map and directions). Look for the big yellow Penske truck with the youth bikes. There should be enough room in the parking lot for all of us! Just around the corner from our parking area are restrooms, etc. After riding, we typically visit the "golden arches" in nearby Frisco, a true delight for many! Once lunch is over, we return to Denver and bring the kids home; hopefully with plenty of wonderful memories.

Please remember to bring 'extra' clothing for the potential of rapidly changing mountain weather, as well as sunscreen. We've seen every kind of weather on these rides, sometimes all in one day. Best to be prepared and happy, then cold and wet and miserable.

This is a longer day than we usually engage the youth, but well worth it. This ride is the highlight of the year for many of our kids, so please come out and take pleasure in the joys of the mountains and kids.

### Schedule:

8:00am	pick up kids; meet at South Broadway parking lot to coordinate rides. We may even have bagels to fill your tummy for that drive up the hill.
8:30am	on the road, head for the hills
9:30am	arrive in Frisco, select bikes and helmets, and determine groups
10:00am	Ride with adult group leaders
12 noon	Return to the staging area, load up trucks and passengers
12:30pm	Lunch at McDonalds in Frisco
1:15pm	Return to Denver
2:30pm	organize kids to return home

### Directions:

Take I-70 Westbound to the Frisco exit (exit 203) and head south towards Breckenridge on highway 9. Turn right on County Road 1004, approximately 1.6 miles from the interstate, and follow to the parking area. (Map on following page)



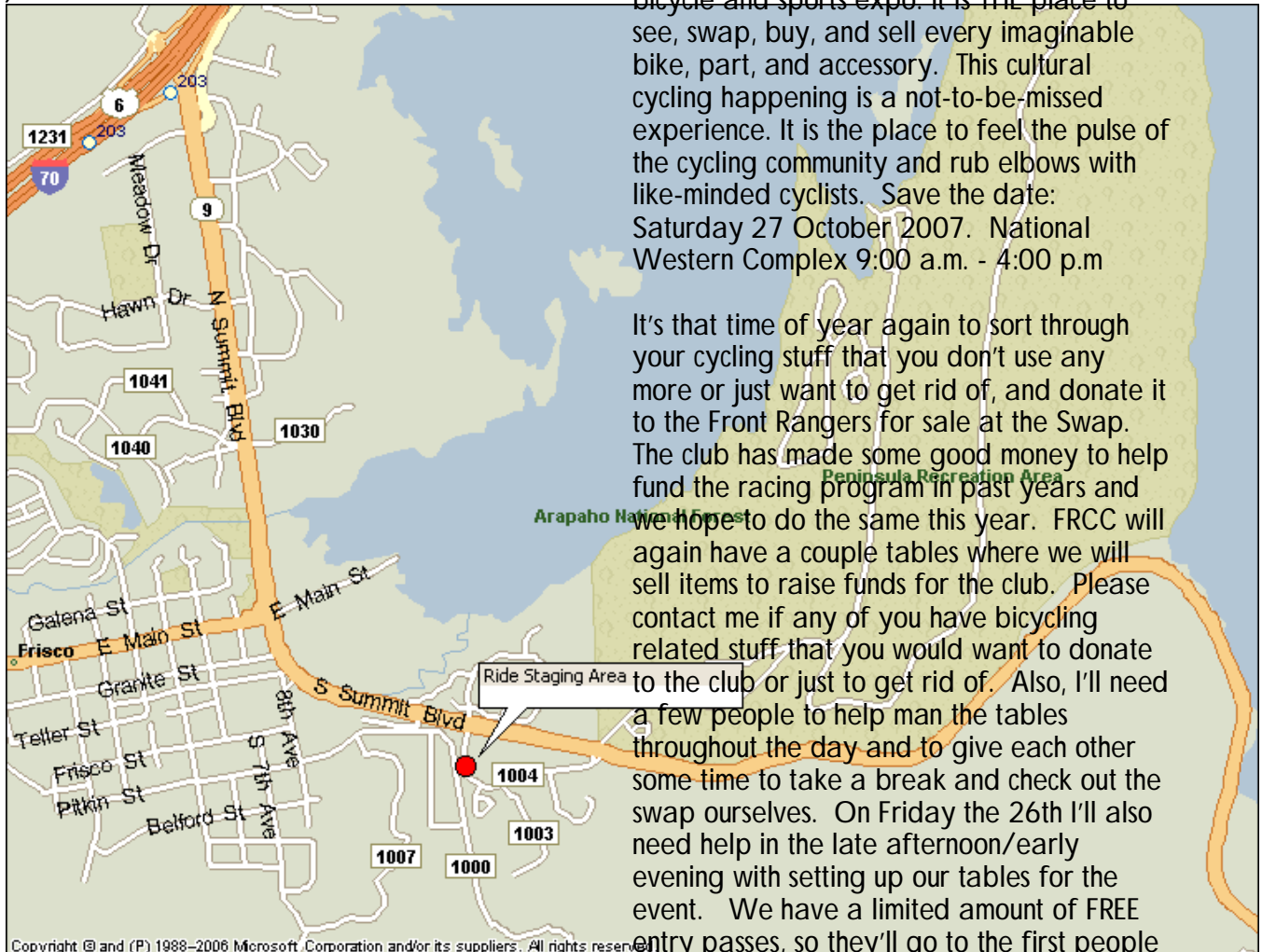
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Frisco Colorado Ride location. If you get lost, try Jim Levy's cell phone 303.220.5050 (though no guarantees it will work up there)

## VeloSwap 2007

VeloSwap is the world's largest consumer bicycle and sports expo. It is THE place to see, swap, buy, and sell every imaginable bike, part, and accessory. This cultural cycling happening is a not-to-be-missed experience. It is the place to feel the pulse of the cycling community and rub elbows with like-minded cyclists. Save the date: Saturday 27 October 2007. National Western Complex 9:00 a.m. - 4:00 p.m

It's that time of year again to sort through your cycling stuff that you don't use any more or just want to get rid of, and donate it to the Front Rangers for sale at the Swap. The club has made some good money to help fund the racing program in past years and we hope to do the same this year. FRCC will again have a couple tables where we will sell items to raise funds for the club. Please contact me if any of you have bicycling related stuff that you would want to donate to the club or just to get rid of. Also, I'll need a few people to help man the tables throughout the day and to give each other some time to take a break and check out the swap ourselves. On Friday the 26th I'll also need help in the late afternoon/early evening with setting up our tables for the event. We have a limited amount of FREE entry passes, so they'll go to the first people to sign up to volunteer.



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## Club Contacts / Officers

President Paul Braun [cpbraun@comcast.net](mailto:cpbraun@comcast.net)

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Contact Paul Braun to donate items or to volunteer:

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Or to donate items on the east side of town:

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# Front Rangers Cycling Club

## Thanks to our sponsors

A sincere thanks to all our sponsors for 2007, for your continued support and commitment to our programming. We are making a difference!

## Cross Training Site

submitted by Dave Kennedy

Good site for cross training. It has a scheduled workout each day and it's free. <http://www.crossfit.com/>

## Bannock Criterium Results

On Sunday 5 August, the club held its 13<sup>th</sup> consecutive Mike Nields Memorial Bannock Street Criterium on the streets of Denver. He is the club's biggest, most volunteer intensive event of the year. From the hard work of many come some of the biggest rewards for our club and the cycling community. Not only does FRCC make a good amount of money, but racers get a chance to participate in one of the most exciting, prize rich races in the entire state. In addition, kids from all walks of life get to participate in an awesome race, and many for the first time.

It was great to see so many kids out there just having 'tons of fun' riding their bikes on a beautiful Colorado day. The adult and elite races provided sheer excitement. The whirl of precision components could be heard with each race, followed by the ensuing rush of air from the pack. Surely, you felt the goose bumps too. We are thankful to the Nields family for their continued support of our coveted race, for without their assistance this race would probably not exist. Thank you, Nields family.

Our race continues to grow in the number of racers and sponsors, as well as in its overall

recognition in the community. Every year it gets tougher to secure this venue, as Golden Triangle development marches forward. There were hundreds of participants and spectators who enjoyed the event this year; in fact, this year's Bannock race proved our most successful ever with over 600 participants. We are grateful to all who support our race, and we say a special "Thank You" to the sponsors and individuals for their public and private donations.

Furthermore, I want to personally thank each and every volunteer from the FRCC for all their time and hard work on race day and behind the scenes. Your help is very much appreciated. Thanks to all who stood on the corners marshalling the course in the hot sun, to all who gave their time driving kids to and from the event, to the people who collected and organized primes, to those who worked registration, and to those who assisted with set-up and tear down of the course. Collectively you are the ones who make this event possible and help keep this club so strong.

Our very sincere thanks to and deep gratitude to go to our race director, Tim Crossen and his assistants. These guys are the driving force behind organizing the Bannock event. It's a year round endeavor to put on this prestigious race. And again, a big THANK YOU to all who helped make this race so successful this year.



Front Rangers at the Bicycle Tour of Colorado



## Lubed your chain lately?

Maybe your bike is feeling a bit sluggish, a bit tired and troubled getting up those hills. (not you, of course...) try cleaning and lubing your chain and notice a new lease on life!

## Dear Editor

As a road cyclist, I'm starting to wonder where it's safe to ride anymore. I keep hearing stories from friends about near misses with cars, about how they don't even ride on the road anymore. My own daughter (who knows what she's doing) was hit not once but twice in the last year. And then I read in the ACA Racing Express about all the memorial rides in Colorado, honouring talented and respectable riders from years past. It's spooky! I've been riding on the streets for over 35 years, and have a hard time giving this pleasure up. Sure, I too have been near fatally hit; but that hasn't stopped me thus far. And yes, my rides are further and further out from the metro area. What's the future of road cycling in Colorado?

During a recent series of rides, I pondered whether it was safer to ride on the quiet narrow curvy roads in the foothills, where many drivers do not anticipate a cyclist. Or maybe I'd be safer riding along a straight but busy roadway where I am easily seen and drivers are more focused in their destination. Specifically, is it safer to ride along the shoulder of I-25 with cars speeding along at 75-80 mph (though highly undesirable); or safer to ride a mountain canyon road like Deer Creek or Golden Gate Canyon? Gotta wonder.

Maybe I should develop my mountain bike skills, or seek out the nearest velodrome. But these too are not free of danger and injury potential.  
-Jim Levy

Dear Editor (page 2)

I yearn for safe routes on the streets, places my children and grandchildren can enjoy, places where we can all get out for a quick training ride. To this end, I'm working with the City and County advocacy groups in identifying and signing safe routes. Though I'm running into political challenges, I'm amazed at how many individuals of all age levels desire and support safe routes. Sure, there are many levels of cyclist and associated route types to accommodate the different interests. But we've got to start somewhere. Please make time to let your representatives know your needs and concerns, get involved in committees as you find time, and be physically present at public hearings in your area. It does make a big difference. We all saw that 'success of involvement' last year with the Bicycle Colorado drive to maintain large organized rides, contrary to the CSP call to shut down rides like the Elephant Rock, Tour of Colorado, etc. It's got to start locally though, so we can feel safe to ride from our front door.

## Newsletter Articles Sought

Please feel free to submit articles, pictures, letters to the editor, etc for this newsletter. Even cool news you've read about cycling lately, or a favourite ride! We've all got this passion for our sport, and should find it natural to support each other by sharing that passion through this newsletter. Please submit your stuff to Jim Levy, [jaguar.56@comcast.net](mailto:jaguar.56@comcast.net). Thanks! It makes my job as editor much easier, and keeps us all engaged.

## Football Season is here!

The roads should be much quieter for riding on Sunday afternoons! Be Safe.