



2011

NEWSLETTER

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THE ASPEN TIMES



HOTEL DURANT ASPEN



David J Borchers, MD
Internal Medicine



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(a.k.a. Mouse)

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The Aspen Cycling Club is a non-profit 501 (c)(3) organization dedicated to encouraging participation in bicycling at all levels. The Club sponsors weekly races and fun rides, both on and off road. It also works with local government and bike shops in self-regulating the use of our local trails and roads for responsible bike usage.

Aspen Cycling Club
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Email: aspencyclingclub@yahoo.com

Hotline: 922-2000
www.aspencyclingclub.org

The President's Dispatch

Spring is approaching fast; it's time to start pulling down those bikes and digging out the Lycra!

We have an exciting season of riding and racing ahead. The club will host 11 road races and 10 mountain bike races this year. Also, at the end of the season, look for a return of ACC Cyclocross racing. In response to last year's survey, we have scheduled some longer mountain bike races, including the return of a Hunter Creek—4 Corners—Hunter Creek race, an extended Reverse Cross Mountain race, and a longer Government race. The road series will start with the traditional Difficult Time Trial. We will follow up with a new down-valley time trial in Old Snowmass. The Old Snowmass TT will be longer than previous down-valley TT events, and we've tried to keep it as flat as is possible in our mountain terrain; so, break out the aero gear and invite all your triathlete friends to join in. Once again, the Aspen Criterium will be a USA Cycling-sanctioned event; however, the ACC will have special time slots before the USAC event so that we can run our categories. Come out and race early with your fellow club members and then stick around to race again, or just support a great day of racing in downtown Aspen. New this year, is a restructuring of the Team Points competition. In response to our survey we have changed the rules so that no one team has an advantage just because of its size. The board also hopes that this will encourage teams to have riders in every category; see "It's All About the Points" for details. In addition to these ACC events there will be more great cycling action in our valley. Of course, we are all excited to welcome the Quiznos Pro Challenge to Aspen on Wednesday, August 24th; the Club will not hold a race that Wednesday to encourage all the club members to watch the race. Better yet, visit www.quiznosprochallenge.com to check out volunteer opportunities. We expect to see a "4 Mountain" mountain bike race across the Aspen Skiing Company terrain,

and a return of a Grand Fondo; specifics have not been finalized for the Fondo or the 4 Mountain race, so keep your eyes peeled for an e-mail blast with more information on these and other cycling opportunities this summer.

Huge thanks go out to our 2011 sponsors. These businesses help us continue to offer an exceptional and affordable race series. Please keep these businesses in mind as you look for goods and services in the valley. Special thanks to our returning Presenting Sponsors: Alpine Bank and Basalt Bike and Ski.

Once again, the ACC will team up with the Roaring Fork Outdoor Volunteers to work on the ACC-adopted Government and Rim trails. As mountain biking enthusiasts, it is our responsibility to help maintain trails in our community. If you are unable to attend either of the specific ACC events, please contact RFOV at www.rfov.org to find a trails day that will work with your schedule. As in years past, members will receive mountain series points for Trail Day participation.

Our race director, Mouse (Susan Carollo), will return again this year. Mouse does a fantastic job every week setting up courses and making sure our races run smoothly. But she cannot do this without the help of the club members; please remember that everyone is expected to help marshal at least one race every season. Series points will be awarded for marshalling races. Please see "It's All About the Points" for all the details.

Hope to see all the old faces and hopefully some new ones at this year's series. Let's get out those bikes and have fun, and remember, keep the rubber side down!

Simon Elliot

Special Note Regarding the Woody Creek Criterium

The Woody Creek Sports Car Club and Track is the location of the annual Woody Creek Criterium. This is a PRIVATE club and is on PRIVATE property. They generously allow us to hold our annual race there with no benefit to them. However, this privilege is dependent upon our following their guidelines. This year's race will occur on Wednesday, July 6th. Arrive early to ensure that you will have time to warm up. DO NOT venture onto the course at any other time, as you will be arrested for trespassing! By respecting this private property, we will keep our privilege to race on the course.

The 411

Website: www.aspcyclingclub.org

Race Times: Wednesdays at 6 p.m. U.N.O.

Race Fees: See membership application. Potential new members' first race is free. Visitors and non-members can race for \$10 per race. A waiver must be signed, and no points will be awarded. Members who have paid their \$55 dues pay \$5 per race. For non-ACC races and events, pay the promoter directly.

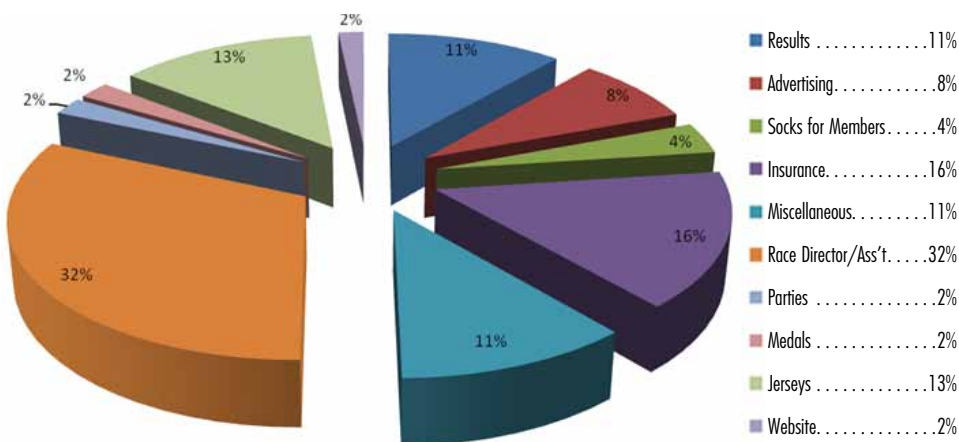
SUBSCRIBE TO LISTSERVE: Send an email to aspcyclingclub subscribe@yahoo.com. The ACC does not condone the sending of unsolicited email, spamming or any other questionable practices.

Congratulations, 2010 Champions!

2010 Combined Road & Mountain Points Champions

Team Basalt Bike and Ski	Grand Masters Ed Cross
Senior Men A Joel Mischke	Super Grand Masters Jacques (Frenchy) Houot
Senior Women A Lauren Waldron	Senior Men Sport Peter Santini
Vet Men A Erik Skarvan	Vet Men Sport Keith Berglund
Masters Men Agustin Goba	Kids Stian Davenport

Where Does Your Money Go?



Kids' Race Series

There are 5 races this season for children ages 6–13. Start time is 15 minutes before the other classes, and all races coincide with the regular series. Keeping our young racers safe is a priority when selecting courses. Please note that ANY TYPE OF BIKE CAN BE USED. These races are FREE, but a parent or guardian must sign a waiver before the child can race. We will have end-of-season awards for all competitors, including an overall male and female winner. We encourage and need parents to help out and cheer their little racers on!

It's All About the Points

POINTS BREAKDOWN

Winner: 30 points, 2nd: 28, 3rd: 26, 4th: 24, 5th: 22, 6th: 20, 7th: 18, 8th: 16, 9th: 14, 10th: 12, 11th: 10, 12th: 8, 13th: 6, 14th: 4, 15th and lower: 3 points. Ties will be averaged, i.e. 1st: 30, 2nd: 27, 2nd: 27, 4th: 24.

BIKE TYPES

Any type of bike can be ridden in any discipline. (See ACC Race Rules for exceptions). Points will be awarded if you ride a bike that is specific to or considered a disadvantage to ride in that discipline (i.e. an MTB in a road race or cyclocross race).

VOLUNTEERING/MARSHALLING

Bonus points are awarded for marshalling: 30 points for first effort and 15 for the second and subsequent efforts, with no limit. Points are awarded to the discipline marshaled. Trail days participation is awarded with 15 points for the first day and 30 points for the second, with a maximum of 45 points—all

going toward the mountain series and combined.

TEAM POINTS

Only the top three finishers in each category earn points for their respective teams. There are no limits on how many members can be on a team. Riders may only race for one team in a season. We encourage everyone to join a team and teams to actively recruit members.

FINAL STANDINGS

The sum of your best eight races in a discipline will be your season total in that discipline. Eight races are not required, thus if you complete seven races your season total will be the sum of the points from those seven races. If you finish all ten races your lowest race points will be dropped.

COMBINED STANDINGS

Combined standings are the sum of your season totals from each discipline. You must compete in at least four races in each discipline to be eligible for the cham-

ampionship in that discipline and four in each discipline to be eligible for the overall. Kids' race series are exempt from minimum requirements.

DUES AND POINTS

ACC members who have paid their current year dues will be eligible for points. All competitors will be listed in race results but only ACC members will receive points. The first ACC member will receive first place points, the second member will receive second place points and so on. Non-members will be removed from point calculations. If you choose to join the ACC once the season is underway you will only earn points going forward. Points will not be awarded retroactively.

CATEGORIES

You may race in different categories for the mountain and road series. You may change categories during a season; however, your points and race times do not follow you to the new category.



Rider Responsibility & Good Sportsmanship

The Aspen Cycling Club follows USCF and NORBA rules. See <http://www.aspencyclingclub.org/rulesandregulations.php> and <http://www.usacycling.org/> for complete rules.

RACING

ACC numbers must be visible during ACC competitions.

If you finish in a pack, check volunteer marshals to verify finish position.

For Time Trials, competitors must arrive at the start queue no later than 30 seconds before their start and start from a full stop.

All competitors should behave in a respectful manner towards other racers, race officials, volunteer marshals and spectators. The use of foul or abusive language, poor conduct, interfering with the progress of another rider and riding dangerously are prohibited. Short-cutting of a racecourse, drafting or working with

riders that started at a different time is not allowed. At the discretion of the Race Director or Board of Directors, racers may be issued warnings or be disqualified for poor sportsmanship or rules violations.

PROTESTS

The Race Director will consider corrections to race results until the end of the day following a race. Race results will be final 24 hours after the completion of each race. Wait until after an event is over before talking to finish line officials.

RACE DIVISION

Racers in different divisions are not allowed to help nor interfere with racers from other divisions

POINTS OF ETIQUETTE & RULES

- Please stay completely off the pavement with your bike when stopped before and after road races.

- All competitors must keep to the right of the yellow center line throughout a race including at the finish line. In the event that there is no center line indicated on the road, riders must stay to the right half of the road.
- Courteously alert other riders and racers when overtaking them. Do not impede the progress of a passing rider. This is especially important in mountain bike races when riders from different classes frequently overtake one another.
- Point out upcoming hazards such as potholes or debris to other riders.
- Take the time to learn cycling etiquette, tactics, and how to ride in a pace line. If you are uncertain of how or why you should do something, ask an experienced racer.
- Ride fast, have fun and be safe!

Trail Days

For 16 years, Roaring Fork Outdoor Volunteers (RFOV) has been building, improving and maintaining trails throughout the valley. Their work benefits local trail users and tourists alike and has impacted over 230 miles of trails on public lands from Aspen to Rifle. As ardent users of the trails, it has been a natural fit for the Aspen Cycling Club to partner with RFOV over the years. That partnership continues this year with two ACC Adopt-a-Trail days. And if giving something back to the trail system that is such a big part of our outdoor recreation isn't enough reason to participate, remember the points! Yes! You get points for doing a good deed.

Your first day of trail work will be worth 15 points, and your second day will be for the prized 30 points. Our first ACC Adopt-a-Trail Day this season will be held on the Sunnyside Trail in Aspen on Saturday, June 11, and the second Trail Day will be held on Government Trail on Saturday, August 13. Mark your calendars! E-reminders, including what to bring for trails work, will be sent closer to these events. Please consider these Trail Days as opportunities to get to know your fellow racers better, have fun and give back to the community. It would be wonderful to see a big ACC turnout for both Trail Days this summer!

Thank You, Sponsors!

We are grateful to our sponsors for their generous commitment to the club. Their support allows us to put on a great race series at a very low cost. The board ramped up its sponsorship efforts again this year, and the result was a continuation of generous support. Many club members stepped up in a big way and signed on as new sponsors or increased their commitment. Special thanks go out to our Presenting Sponsors **Basalt Bike & Ski** (Joel Mischke) and **Alpine Bank** (Scott Gordon). Both are continuing long-time relationships with the club. Also returning this season

are **Ryan Investment Management** (Chris Ryan); **Orthopaedic Associates of Aspen and Glenwood** (George Trantow); **Hotel Durant** (Brian Schaefer); **ZGtec, Inc.** (Paul Fowler); **Aspen Cancer Survivor Center** (Kathleen Callahan and Riggs Klika); **David Borchers, M.D.**; **Aspen Skiing Company**; **Honey Stinger** and **Big Agnes** (Len Zanni); **Highlands Pizza Co.** (Ryan Sweeney); **Woody Creek Tavern** (Kevin Wilson); **Red Rock Diner** (Bob Olenick); **Levy Physical Therapy** (Mike Levy); **The Red Onion** (Michael

Tierney); **Ajax Tavern** (Jan Koorn); **myKatalyst Performance Coaching** (Scott Kasin); and **KSPN**. We are thankful and excited to introduce new sponsorship from **The Aspen Times** (Jon Maletz), **Aspen Cycling** (Mark Alderdice), and **Waldron Precision Management** (Nathan Waldron).

Please take the time to thank these sponsors when you see them. No other club in Colorado comes close to the number or diversity of races we enjoy and at such a low cost...These folks make it happen!



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ASPEN CYCLING CLUB 2011 EVENT SCHEDULE

Schedule is subject to change. Call the Hotline at 970-922-2000 for latest information.

Visit www.aspencyclingclub.org for more details.

Date	Day	Type	Kids	Race/Event
APRIL				
27	Wed	Road		Difficult Time Trial (Start at Difficult Campground, east of Aspen.)
		Party		SPONSORED Post-Race Party: Red Onion, Aspen
MAY				
4	Wed	Road		Old Snowmass Time Trial (Start at intersection of Capitol Creek & East Sopris Creek Rds.)
11	Wed	MTB	#1	Rio Grande Time Trial (Start at Jaffee Park.)
18	Wed	Road		Woody Creek–Old Snowmass–Lenado (Start at Upper River Rd. & Woody Creek Rd.)
21	Sat	Road		Ride for the Pass Road Race* (Start at Independence Pass winter gate.)
22	Sun	Road		Downtown Aspen Criterium (Start in front of Wheeler Opera House)
25	Wed			Rain Date
JUNE				
1	Wed	MTB	#2	Smuggler Time Trial (Start at base of Smuggler Mtn.)
		Party		SPONSORED Post-Race Party: Red Onion, Aspen
8	Wed	Road		Snowmass Circuit Road Race (Start at Two Creeks parking lot.)
11	Sat			ACC Adopt-a-Trial Day #1 — Sunnyside Trail, Snowmass Village
15	Wed	MTB	#3	Butterhack XC Circuit Race (Start at base of Tiehack)
22	Wed	Road		Frying Pan Road Race (Start on Frying Pan Rd. 2 miles east of Basalt.)
		Party		ACC Post-Race Party: Location to be determined
29	Wed	MTB		Smuggler–Hunter Creek XC (Start at base of Smuggler Mtn.)
JULY				
6	Wed	Road		Woody Creek Criterium (Woody Creek Race Track)
13	Wed	MTB		Reverse Cross Mtn XC Race (Start at Two Creeks parking lot)
20	Wed	MTB		Government to Aspen Golf Course (Start at Snowmass Village Mall)
		Party		ACC Post-Race Party: The Red Mountain Grill at the Aspen Golf Course
27	Wed	Road		Highlands–Maroon Bells–Ashcroft–King Hill (Start at Highlands Base Village)
		Party		SPONSORED Post-Race Party: Highlands Pizza Company, Highlands
AUGUST				
3	Wed	MTB		Blast Mass (Start at base of Fanny Hill)
5–7		NS/MTB		Blast the Mass (Register with the event promoter only. No ACC registration or fee required.)
10	Wed	Road		Emma Roubaix Road Race (Start at Emma Schoolhouse)
13	Sat			ACC Adopt-a-Trail Day #2 — Government Trail
17	Wed	MTB	#4	Two Creeks Short Track (Two Creeks lift area, Snowmass Village)
		BBQ		ACC Post Race BBQ in Two Creeks parking lot
24				Quiznos Pro Challenge — Aspen Finish
31	Wed	MTB	#5	Basalt Mountain XC Race (Start at Basalt Mountain upper parking lot)
SEPTEMBER				
7	Wed	Road		Maroon Bells Time Trial (Start at base of Aspen Highlands.)
		Party		SPONSORED Post-Race Party: Highlands Pizza Company, Highlands
14	Wed	MTB		Rim Trail XC Race (Start at Snowmass Mall/Fanny Hill)
21		Party		ACC Awards Banquet (Ajax Tavern, Aspen)
28	Wed	Cyclocross		Buttermilk Cross Race (Start at base of Buttermilk)
OCTOBER				
5	Wed	Cyclocross		Buttermilk Cross Race (Start at base of Buttermilk)

Marshals/volunteers are always needed. Please call Susan Carollo (a.k.a. Mouse) at 618-4626.

Weather-related cancellations will be determined at the starting line subject to Race Director's discretion.

Registration opens 1 hour before the event and closes 10 minutes before the start. Please arrive early, and bring exact change: \$5 for members, \$10 for non-members. Discounts are available for pre-registration. Go to www.aspencyclingclub.org, and view/print the membership application for details.

Start times: Wednesday races start at 6PM, kids start 15 minutes earlier. SMA start first, VMA 2 minutes later, SWA 4 minutes later, all Sports & Masters at 6 minutes after SMA.

Kids ages 6–13 race free but must have a waiver signed by a parent or guardian. Road or mountain bikes are acceptable.

Parties: ACC provides drinks and snacks. Members, families, and/or a friend are welcome.

Key: MTB = mountain bike event; Road = road bike event; NS = non-series event, participation points only.