

## A Training Schedule

Date (2007)	Distance (in km)	Distance (in miles)	Distance (rods)	Distance (furlongs)	Distance (leagues)	Comments
March 1 - 19	20	12.4	3976.8	99.4	3.6	6 - 8 short rides
March 21	40	24.9	7953.6	198.8	7.2	
March 23	40	24.9	7953.6	198.8	7.2	
March 25	70	43.5	13918.7	348.0	12.6	test speed & strength
March 27	50	31.1	9941.9	248.5	9.0	
March 29	50	31.1	9941.9	248.5	9.0	
<b>April 15</b>	<b>100</b>	<b>62.1</b>	<b>19883.9</b>	<b>497.1</b>	<b>18.0</b>	Populaire
April	40	24.9	7953.6	198.8	7.2	
April	100	62.1	19883.9	497.1	18.0	
April	50	31.1	9941.9	248.5	9.0	
April	50	31.1	9941.9	248.5	9.0	
<b>April 22</b>	<b>200</b>	<b>124.3</b>	<b>39767.8</b>	<b>994.2</b>	<b>36.0</b>	200
April	30	18.6	5965.2	149.1	5.4	
April	60	37.3	11930.3	298.3	10.8	
April	60	37.3	11930.3	298.3	10.8	
April	70	43.5	13918.7	348.0	12.6	
<b>May 6</b>	<b>300</b>	<b>186.4</b>	<b>59651.6</b>	<b>1491.3</b>	<b>54.0</b>	300
May	30	18.6	5965.2	149.1	5.4	
May	360+	223.7	71582.0	1789.5	64.8	
May	30	18.6	5965.2	149.1	5.4	
May	70	43.5	13918.7	348.0	12.6	
May	70	43.5	13918.7	348.0	12.6	
May	80	49.7	15907.1	397.7	14.4	
<b>May 19</b>	<b>400</b>	<b>248.5</b>	<b>79535.5</b>	<b>1988.4</b>	<b>72.0</b>	400
May	30	18.6	5965.2	149.1	5.4	
May	80	49.7	15907.1	397.7	14.4	
May	80	49.7	15907.1	397.7	14.4	
May	100	62.1	19883.9	497.1	18.0	
<b>June 2</b>	<b>600</b>	<b>372.8</b>	<b>119303.3</b>	<b>2982.6</b>	<b>108.0</b>	600
June	30	18.6	5965.2	149.1	5.4	
June	100	62.1	19883.9	497.1	18.0	
June	100	62.1	19883.9	497.1	18.0	
June	100	62.1	19883.9	497.1	18.0	
June	1000	621.4	198838.8	4971.0	180.0	Maybe
June	~30	18.6	5965.2	149.1	5.4	a few short rides
	139	86.4	27638.6	691.0	25.0	
	200	124.3	39767.8	994.2	36.0	Summer 200 - <i>Take no prisoners:</i> Do a fast 200
July	600	372.8	119303.3	2982.6	108.0	Another 600
August	<b>1200</b>	<b>745.6</b>	<b>238606.5</b>	<b>5965.2</b>	<b>216.0</b>	

[Sunday, April 15, 2007 - 8:00 AM](#)

**100km Populaire Road Ride**

Rushmore Plaza Holiday Inn (5th and New York St)

Posted on: 12-24-06

Posted by: **ACME Bicycles**

[Sunday, April 22, 2007 - 7:00 AM](#)

**200km Brevet Road Ride**

Cedar Pass Lodge, near Interior SD, Bad Lands Park

Posted on: 12-24-06

Posted by: **ACME Bicycles**

[Sunday, May 6, 2007 - 4:00 AM](#)

**300km Brevet Road Ride**

Rushmore Plaza Holiday Inn (5th and New York St)

Posted on: 12-24-06

Posted by: **ACME Bicycles**

[Friday, May 25, 2007 - 8:00 AM](#) 

**Black Hills Fat Tire Festival**

Rapid City

Posted on: 11-4-06

Posted by: **ACME Bicycles**

**600km**

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**June 24**

Sat. Sign-in: **3:00** am

Depart: **4:00** am

[US-36 Louisville-Superior Exit](#)

**Superior - Brighton - St. Vrain Canyon - Estes Park - Big Thompson Canyon - Horsetooth - Wellington - Kersey** - Climbs St. Vrain Canyon (4300 ft. of climbing to 9200 ft.), descending past Estes Park through Big Thompson Canyon, over south Horsetooth Reservoir and out onto the Plains through Wellington and Windsor. 18,000 ft. of climbing. **Lights required.** [Register by June 19.](#) [Map](#), [Route](#), and [Tips](#).

116km	Sun. Apr 8	WAGN	Keenesburg populaire
122km	Sun. Apr 15	WAGN	Horsetooth populaire
121km	Sat. Apr 28	WAGN	Lefthand - Estes populaire
200km	Sat. May 5	E243	PBP Stove Prairie
200km	Sat. May 12	tba	PBP tba
360km+	Sat. May 12	n/a	Colorado Front Range Flèche - Louisville (destination)
300km	Sat. May 19	LITN	PBP Black Forest
300km	Sat. May 26	tba	PBP tba
400km			PBP Lefthand Canyon
600km	Sat. June 2	LSVL	PBP Lefthand Canyon + Kersey
1000km			PBP Lefthand Canyon + Ft. Morgan + Estes Park
400km			PBP St. Vrain Canyon
600km	Sat. June 16	LSVL	PBP St. Vrain Canyon + Kersey
1000km			St. Vrain Canyon + Ft. Morgan + Estes Park
300km	Sat. July 7	GOLD	Grand Loop
200km	Sat. July 28	CASR	Black Forest
300km	Sat. Aug. 4	LITN	Denver - Aspen
200km	Sat. Sept. 22	E243	Stove Prairie
129km	Sat. Oct 7	BLDR	Apple Valley populaire

- "PBP" = can be used towards qualifying for Paris-Brest-Paris 2007.

**How to Register** - To register for a brevet, [e-mail](#) or otherwise [contact](#) the Colorado Brevet Administrator, or print and mail in an [application](#). **RMCC Membership** - If you are not an RMCC member, you may send in your membership with the [application](#).

Wed	February	28			
Sat	March	3			
Wed	March	7			
Sat	March	10			
Wed	March	14			
Sat	March	17			
Wed	March	21			
Sat	March	24			
Wed	March	28			
Sat	March	31			
Wed	April	4			
Sat	April	7			
Wed	April	11			
Sat	April	14			
Wed	April	18			
Sat	April	21			
Wed	April	25			
Sat	April	28			
Wed	May	2			
Sat	May	5			
Wed	May	9			
Sat	May	12			
Wed	May	16			
Sat	May	19			
Wed	May	23			
Sat	May	26			
Wed	May	30			
Sat	June	2			
Wed	June	6			
Sat	June	9			
Wed	June	13			
Sat	June	16			
Wed	June	20			
Sat	June	23			
Wed	June	27			
Sat	June	30			
Wed	July	4			
Sat	July	7			
Wed	July	11			
Sat	July	14			
Wed	July	18			
Sat	July	21			
Wed	July	25			
Sat	July	28			
Wed	August	1			
Sat	August	4			
Wed	August	8			
Wed	August	20		PBP	PBP

## **Bring:**

Purell Hand Sanitizer  
Antibacterial Wash'n Dri,  
Pocket Kleenex,  
Advil,  
Neosporin,  
Benadryl,  
Power Bars,  
pre-printed address labels (for postcards home),  
earplugs,  
mini-flashlight,  
travel alarm clock/wristwatch,  
business cards (with e-mail address),  
flip-flops or sandals,  
spare contact lenses,  
long-fingered gloves,  
digital camera, LOMO,  
battery-powered fan,  
transformer/adaptor,  
roll of toilet paper,  
face cloths,  
plastic zip ties,  
calculator,  
clipboard,  
shampoo in a tube,  
Bag Balm,  
Saline (to wash out eyes and road rash),  
clear nail polish (doubles as glue),  
shower cap,  
powdered Woolite,  
Shout stain wipes for clothes,  
Blistex: Herbal Answer,  
spare sunglasses,  
sunscreen,  
pedal wrench,  
duct tape,  
garbage bags (small & large),  
pocket knife  
and your favorite brand of anything - - zip-lock bags, cocoa mix, iced tea mix, or gum. Plus stuff to trade...