

Final Cut: A Son's Tale
By Julian Rubenstein

Boulder's Heavenly Hottie, p. 164



Jessica Biel

5280

Denver's Mile-High Magazine | June 2006

Denver Summer Fun

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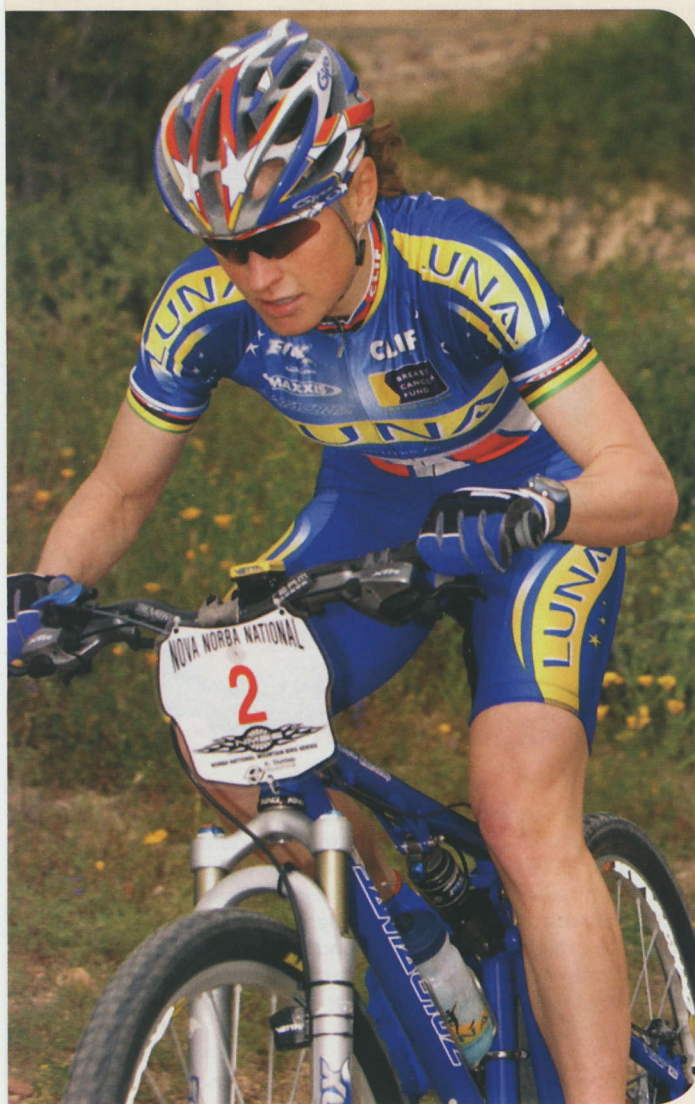
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Mountain Biking for Beginners

By Kelly Bastone

Wanna try a little singletrack this summer? Steer from beginner to expert with these tips from 2001 world champion mountain biker (and Coloradan) Alison Dunlap.



1. Skip the skivvies.

Bike shorts are designed to be worn without underwear, which tends to ball up and cause chafing. The shorts' smooth chamois is all you need.

2. Saddle up.

Riding shouldn't hurt your booty: If it does, shop for a new saddle. Ladies, try a women's-specific model that offers more support for your wider pelvis.

3. Drink deep.

Beginners often get fatigued because they forget to stay hydrated. Down one large bottle of sports drink every hour, minimum.

4. Use your head.

Your helmet must fit properly. You want it snug and low over your forehead, with the chinstrap just touching your throat, not flapping in the breeze.

5. Customize your ride.

Visit your local shop and have a skilled eye fit your bike to your body. Small adjustments to your saddle height or your reach to the handlebars make a huge difference in your comfort and control.

6. Stay loose. Back and neck pain are a common beginner's complaint. Check your grip on the handlebars: White knuckles mean it's time to loosen up.

7. Chin up. Look way down the trail, not at your wheel or the ground right in front of you. Instead of being startled by obstacles, you'll see them and have time to prepare.

8. Get schooled. Just because you ditched training wheels doesn't make you a pro. Do like skiers do: Take a lesson and improve your skills. Check out Dunlap's novice and intermediate mountain bike adventure camps at www.alisondunlap.com.



PHOTO: TODD NAKASHIMA



DINE OUTSIDE

Reserve a garden table at Highland's Garden Café, and enjoy a glass of chilled white wine and an assortment of apps. (Norma's crab cakes and the Brie quesadilla are stellar.) 3927 W. 32nd Ave., 303-458-5920.

WATCH THE ROCKS

Film on the Rocks at Red Rocks is a great place to catch a flick. Check out www.redrocksonline.com for a list of movies and dates.