

Lodo & DOWNTOWN DENVER NEWS

Volume Nine • Number 4

JULY 2002

Wining & Dining

Lodo
& DOWNTOWN DENVER NEWS

Savor the Night

Denver's Finest Restaurants Pull Out the Stops and Pull in the Crowds for a Good Cause

On July 26, restaurants and caterers who support women in business will be tempting attendees with their culinary creations at Savor the Night—a starlit summer celebration at the Denver Performing Arts Complex. Attendees will enjoy exciting new cuisine, Coors products and entertainment under the night sky. Participating restaurants are donating their creations to support and celebrate women's organizations that are making a difference in our community: Colorado Women's Chamber of Commerce (CWCC), The Gathering Place, SafeHouse Denver and the Women's Bean Project. This year's event is sponsored by CWCC, Coors Brewing Company and Conoco.

Ever eaten Seared Beef Tenderloin with Chipotle Mashed Potatoes and a

COLORADO WOMEN'S CHAMBER of COMMERCE



Coors Glaze or sampled Drunken Chicken Quiche? Savor the Night will also include a Chef's Competition, as restaurants rise to meet the challenge of designing the ultimate dish incorporating Coors beer. There are four categories in this unique competition: 1) Best Entree; 2) Most Imaginative Dish; 3) Best Appetizer; and 4) Best Beer Accompaniment. Competing chefs will have booths at this second annual food tasting. First prize in each category includes a framed poster, four tickets in

a suite at the Pepsi Center and a Coors leather jacket. This will be no walk in the park—the judges will be tough! Celebrity judges include: Anne Trujillo, News Anchor for Channel 7; Theresa Marchetta, News Anchor/Reporter for NEWS4; Chantel Maybach, Morning Host for KLZ-AM 601 radio; Lynn Utter, Group Vice President of Containers, Quality and Technology at Coors Brewing Company; and John Shellhorse, Director of Quality Assurance for Conoco, Inc. (A few menu items will be prepared without Coors—less adventurous diners are also welcome!)

Participating restaurants and caterers include Bistro Boys, Buca di Beppo, The Food Guy, Gallaghers Steak House, Kendra's Kitchen, La Fondue, Maggiano's Little Italy, Marriott City Center-Denver,

The Painted Bench, Piscos, The Quiche Factory and Wynkoop Brewery.

With more than 1,200 members, CWCC is the largest women's chamber in the country. CWCC helps women plan their careers, grow their businesses and connect with other business leaders. Networking opportunities help women and men develop lasting professional and personal relationships. Whether corporate executives, small business employees or business owners, the Women's Chamber continually shapes Colorado's business landscape.

Cost is \$25 plus a nonperishable food item for The Gathering Place. The event runs from 6 to 10 p.m.

For more information or tickets, call (303) 458-0220 or register on-line at www.cwcc.org

Telluride Notes Vol. 7, No 37 Thurs June 17 - Thurs. June 19, 2003

Local Goods, Local Music Fill First Farmers Market

By MARTINIQUE DAVIS



Weed of the Week Oxeye Daisy

The white-petaled, yellow-centered oxeye daisy is not native to the area; its ornamental flowers are aggressive and squeeze out native plants. If you see the oxeye, please pull it up by the roots. If flowers are present, put them in a trash bag, to avoid spread. If planting, check ingredients in wildflower mixes to make sure oxeye is not present, says weed expert Sheila Grother. Oxeyes have already traveled 40 miles downriver, from Telluride to the confluence of the San Miguel and Dolores rivers.

Threatening clouds and an early evening rainstorm didn't dampen the mood at Friday afternoon's first ever Telluride Farmer's Market. In fact by the time the afternoon rains sprinkled the grounds, many of the market's 15 vendors had sold out and were happily packing up and heading home.

"The first day really went well," said Melissa Story, visionary and organizer of the market. "I am very, very excited about the future of the Telluride Farmer's Market. So many people sold out - and that is a wonderful indication of where the

Market is headed."

With live entertainment from local musicians and poets - Rosemary Wahkola Trommer and Art Goodtimes among them - resonating across the grounds, the 15 different vendors. (Ten more will join the crew as the summer goes on, when more fruit and vegetables ripen.) sold all manner of natural goods and products.

Among the vendors, Kendra's Kitchen sold sauces and spices, as well as Gigi Spitzer's and Cinda Simon's yummy baked goods (so yummy they sold out two hours from start time). Jerry Greene's breads from Baked In Telluride

were stacked high in one corner, as were Ouray resident Tom Tyler's Waukan's spices, potions and oils.

Kris Holstrom sold a teaser of what is to come later in the summer when more fruits, vegetables, and plants will be harvested from her Tomten Farm.

Jon Kornbluh's Bluecorn Natural's candles were a hot item on the craft-side of the market, as were the hand-made, decorative tiles crafted by Dolores artist Steve Baranowski.

"I think this fills a great niche for the Telluride community," said shopper Chris

SEE MARKET ON PAGE 6



BANG THE DRUM SLOWLY - Stephanie Demos, one of several musicians at Friday's Farmers Market, pounded out a beat. (Photo by Eric Limon)



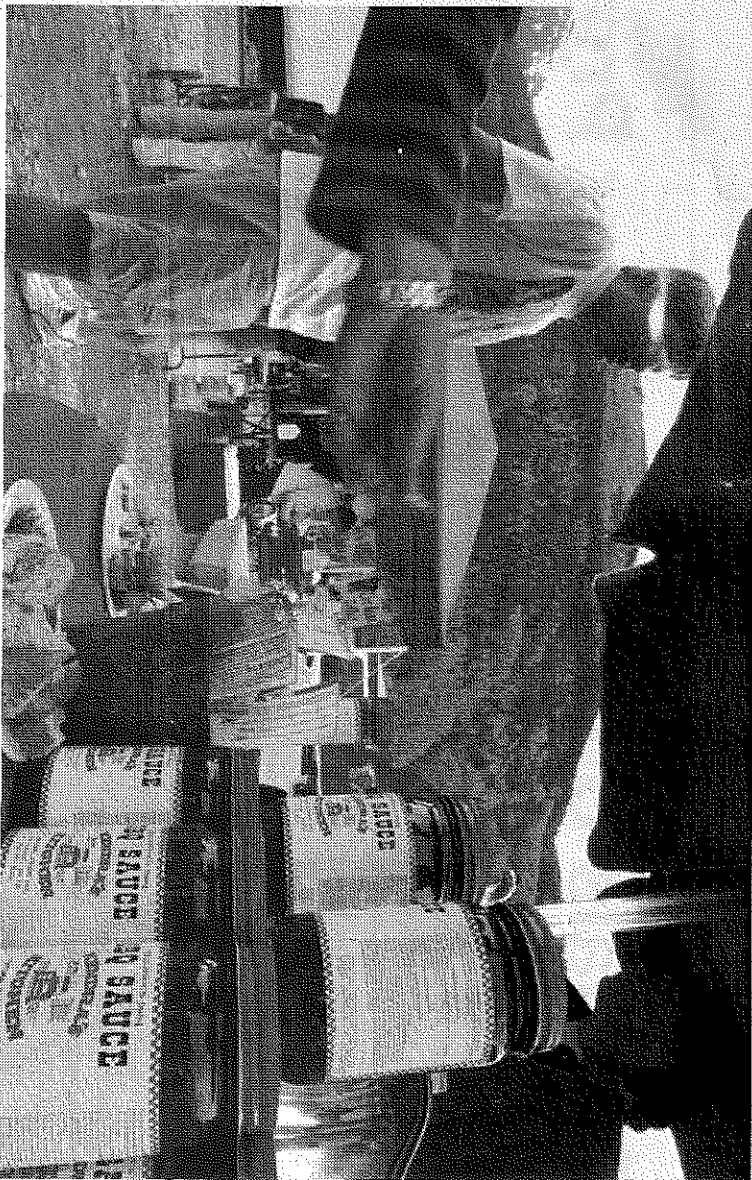
SHEEP MOUNTAIN MAMA JOAN MAY carried home some green stuff from Tomten Farms at Friday's Farmers Market (left); Cociha de Lutz's Lucas Price checked out salsas from Kendra's Kitchen. (Photo by Eric Limon)

Market

FROM PREVIOUS PAGE

In "Pasture Perfect" published in the April/May 2002 *Mother Earth News* writer Jo Robinson explained the move-

fee-bean bags and miscellaneous Freebox clothes, the bags were volunteer-made and proceeds from the sale benefited Tomten Farm, Greenbucks, as well as the Telluride Farmers Market. Greenbucks also offered to



leads the country in certified, organic acres.

Telluride is a prime venue for the organic foods movement, he said. "There are a lot of spiritually conscious and food conscious people here - and those are two things that work together." Food and political revolution go hand-

in-hand, he explained, and that is why he first began farming in the organic style almost 30 years ago.

"It's all about healing and protecting Mother Earth and all her kingdoms. It's also about revolution: if you want to change the modern industrial culture,

you have to start with the first economic force - food. When you start to grow organic food, and begin cleaning up the air and the soil, you can begin change in other aspects of society."

The Market is open every Friday, 1-6 p.m., and runs through September.



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Kendra Wilcox
Kendra's Kitchen Natural Foods, Inc.
P.O. Box 13765
Denver, CO 80201

Dear Kendra,

I find it hard to believe that I have known and admired you and your work ethic for over 25 years!! It has been an exceptional experience for me as well as for my family.

Your success has been a direct result of your dedication to hard work. The excellent food and seasonings are a tribute to your creativity. As in all businesses, quality is primary. Your quality is unquestioned. We welcome you back to the "Sunny South" anytime, but bring your kitchen and apron - we'll furnish the spoons!

Best Personal Regards,

Wallace

W. Wallace Poole Jr.

www.poolelumber.com

Dyno Wahl
2390 Battelle Bay Road
Sagle, Idaho 83860
Phone/Fax: (208) 253-1437
E-mail: wahl@dyni.net

14, September 1995

Dear John Burchmore:

As a special events planner in Telluride, Colorado for the past 12 years, I have had the pleasure of working with Kendra Wilcox as she complemented and embellished upon the events I was responsible for producing.

When it comes to catering, she is always the first name on my short list of suitable providers, as I have seen time and again that her standards of quality, creativity and service are as high as mine, as well as the patrons we are serving.

I have especially counted on her competent and creative services in my positions as the Special Events Director and Executive Director for the Sheridan Arts Foundation and as special events director and event operations manager for the Telluride Ski & Golf Company. While working for the Sheridan Arts Foundation, I hired Kendra's Kitchen each year to cater our New Year's Eve Gala Dinner, an elegant and exclusive gathering for 50 celebrities, sponsors and foundation patrons. She also provided all the food for special backstage guests at our Wild West Fest Celebrity Cutting Classic, followed by a rustic western dinner at Ralph Laurent's Ranch in Ridgeway. At the Telluride Ski Resort, Kendra planned and executed the Welcome Party and Awards Banquet for the 1998 USASA National Snowboard Championship, the largest snowboard competition ever.

Along with her eclectic and tasty menu choices, and impeccable service, Kendra is also attentive to the budget of each event, providing agreeable solutions mindful of budget constraints or the lack thereof. She is able to present a "caviar event on a peanut butter budget," (which is always my goal); she is prompt, fair and thinks calmly on her feet when problems arise. And her crew always clears up after themselves too! I always know I will have nothing to worry about the food and beverage aspect of an event when Kendra is in charge. And I live in fear if she is already booked!

In a nutshell, an event planner's dream!

Sincerely,

Dyno Wahl

Dyno Wahl
Special Events Project Manager
Telluride Ski & Golf Company

P.S. I liked and trusted Kendra so much that I have even chosen her for the very special personal events in my life including my husband's 40th birthday party, a full scale outdoor celebration for 150 people with hors d'oeuvres, cocktails and dinner that guests are still raving about and we will always remember.

7 NOV 11

LADIES & GENTLEMEN,
 I LIVE IN TULSA & HAVE
 WORKED FOR YOUR SEASONING
 HERE BUT CAN'T FIND IT.
 IT'S PROBABLY THE BEST
 STEAK SEASONING I'VE
 EVER USED & I WOULD
 LIKE SOME MORE.
 COULD YOU PLEASE SEND
 AN ORDER FORM OR ADVISE
 TO WHAT I CAN BUY IT?
 I THANK YOU,
 ED KNOX
 ENCLOSED FIND A SITE.

Printed name of recipient, zip code, and address are required for delivery of mail.
 Billie Blair
 Sue Ancher
 1855 Juniper Rd
 Sebastopol, CA 95472

Dear Kendra,
 On a mountain trip to Durango, I discovered your Multi Purpose Seasoning at the Durango Dairy. I bought some & enjoyed it and now it's gone. Do you sell this cool stuff in larger than 2.3 oz sizes. If so (or even not) how can I get it? I would love to mail order envelopes.
 1/10/93

Dear Kendra,
 are great fans of the bottled seasoning!
 Please forward to hearing from you and
 thanks for great taste sensations!
 Regards,
 Helen Carr

Helen Carr
 Public Relations
 40 West 77 Street
 New York, New York 10024
 212 799 1986

Photo by Bob Fisher
 We would love to trade more of your great seasoning love! Bought in Durango. It's so great! Sending info to:

Betty Allen
 480 Williams
 Denver, Co 80218



Thanks Kendra
 I love your seasoning, I use on everything

SCENE MAGAZINE
 and picked up some of your spices. They are really very good! We will be a great winter and hope to see you again.
 Kendra's Kitchen,
 Glen

Kendra's Kitchen
 PO BOX 2108
 Telluride CO 81435

Dear Madam:
 My husband pick up a jar of your Kendra's Kitchen while in Telluride some time ago. He loves this seasoning

9966 Logan Street
 Thornton CO 80229-2114
 November 2, 2000

I shall stay in touch for your spices are a necessity in our lives.

Again, thank you love,
 Carol

July 18, 1993

Dear Kendra,

My supply has dwindled & so I'm ordering more because we're running out of your seasoning very fast!
 May 30, 1996
 I whom it may concern:
 I tried your Telluride's BBQ Sauce. I really like it. but it is nowhere to be found - Can you please send me some info seen because we've running out of your seasoning very fast!
 I appreciate any help or information on how to get it. Thank you -
 The Hall you like BBQ Sauce
 2111 Cedar Canyon Hillside

PO Box 84
 Tenafly, New Jersey
 (201) 368-89

Dear Kendra,
 I would send you some info seen because we've running out of your seasoning very fast!
 May 30, 1996

I whom it may concern:
 I tried your Telluride's BBQ Sauce. I really like it. but it is nowhere to be found - Can you please send me some info seen because we've running out of your seasoning very fast!
 I appreciate any help or information on how to get it. Thank you -
 The Hall you like BBQ Sauce
 2111 Cedar Canyon Hillside

Telluride Times Journal - Summer Ad 1997-1998



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Add Spice to you life!

Take home some **Kendra's Kitchen Seasonings** as a souvenir of the weekend.

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Telluride Progress 8 years One world Festival Normand Rodeo - 4
 Silverton Purchase 4 years Telluride Times-JOURNAL SEPTEMBER 30, 1993 37

Festival food; off-season trips and Halloween plans

Comedy Night continues at Swede-Finn on Thursday night with this week's opener, "One World is Enough for all of us..." My girlfriend's armpits are hairy, we don't do Dairy, Where's Jerry?" It was a smash hit! The regular crew was doing their thing and, boy, were they funny, so stop by if you are looking for a little bit of nightlife during off-season.

And speaking of One World, that sure was a fun festival last weekend. The music was great, the weather was perfect, and "Trie" spirit flowed throughout the crowd. Joe's Catering was backstage once again, cooking up a storm for the brothers and sisters — all but Ziggy and his crew. They brought along their own cook, whose fare was definitely more Jamaican ital stylee, with the big catch of the day — a 30-pound salmon!

Kendra's Kitchen cooked up a storm for the crowds, Steam-Bean supplying the java and the beer booth was sponsored by TCAH and Sheep Mountain Alliance. It was sure great to have the 8750 back in town, as well as Telluride's own Zuba.

And who were some of the old timers who made it to town this past weekend? **Brittany**

Champion Mountain Biker Julie Futado was seen hanging out with local Justine vanHoute. Town was hopping this past weekend, and not all were doing the festival thing. A crowd of girls was out carousing the town, celebrating the last single days for Erin McGuire. The Bachelorette party was very progressive, beginning with apps at the Silverglade, stopping at the Last Dollar to clear their palates, main course drinking at the Depot, and dessert shots and a little dancing on the bar at The House. Ern McGuire and George Alley's wedding is planned for Sunday Oct. 3, the ceremony taking place at Alta Lakes. Best wishes to the happy couple.

And this is the weekend for tying the knot for Gene Siemer and Tracey Wolter, who are getting married Saturday Oct. 2 in Town Park. Tom Clark and Nita Barnfield were married in Rico last weekend at the Rico Town Hall. After a lovely ceremony and reception some folks from the wedding had a big bonfire party and made sloppy Joes down by the river.

The men's local hockey team, the Lizardheads, were puttin' that puck away this past

Patrick Bamrough, Kenny Hartofil and Jerry Cesanio and Scotty Rickers. The Lizardheads came in second in the tournament. Congratulations!

Sippy's Scoop



carolyn
bowman

October, the month for Halloween costume making, is arriving, and just when everyone was worried that the Rockodiles wouldn't be playing at the party, rumor has it they will be rock-a-dilling away at the Elks Club Friday night of Halloween weekend. So, get those costumes in order.

We all know working in Telluride, for the most part, doesn't have its regular benefits like health insurance, but, boy, are those employers coming up with some great substitutes. For instance, 221 Oak St. and

the season party at Evangeline's, and Telluride Sports had a homecoming party at Todd Tice's, who arrived back from Alaska with salmon. We hope for two things: first, that people don't injure themselves on their trips with no insurance, and that more employees follow suit with Great Off-Season Parties. Next week's announcements will follow, with *Telluride Times-Journal* employees holding out for a bonus 6-pack.

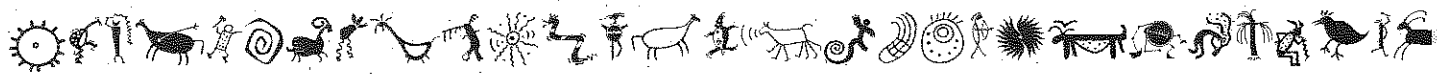
And we almost forgot, because it wasn't in our backyard, that this year's Gin Festival was held this past weekend on Wilson Mesa? No, Hastings Mesa? No. But at Nan and Bill Cox's place up on Aldasoro. Rumor has it that several Gin Festival goers arrived on horseback, to avoid drinking and driving. Another crazy rumor was that there was leftover Gin — it has to be a first for this Festival!

It's your last chance to get those satisfying burritos at Wendy Bucko's Buckeetos stand. She will be closing down shop tomorrow, and is off to Crested Butte for a month-long intensive E.M.T. course. Good luck, Wendy!

guide, and Banks Brown snagging first prize. Some say the rightful owners to the one-fly title should have been Larry Woddell and Jeff Brooks of High Country Properties. That's it for this week. Have a great weekend.

BIRTHDAYS:

- Oct. 1: Jim Craft, Kelsey McCreedy, Bill Schifftbauer, Jane Watenpaugh, Eric Robinson, Mary Wodehouse, Peter Harrelson, Bridget Holvenstot, Adam Steison, Thomas Dunkley, Kristin Howse, Michael Hill, James Cotter, Robert Wallick; Oct. 2: Robert Larson, Peter Walker, William Preper, Diane Sitterley, Bill Blake, Carol Orshan, Nancy Brady, Dallas Fullerton, Karla Barlow; Oct. 3: Leona Hodges, Scott Kenneth, Charles Likerman; Oct. 4: Rebecca Moore, Susanna Hughes, Tim Paris, Cindy Pitchford, Nancy Overhoff, Mike Pinto, Katherine Stuart, Shari Platt; Oct. 5: Ned Mulford, Joe Pacal, Kimberley Lynch, Rick Lane, Jody Borzletti, Janet Oliver, Roger Angrick; Oct. 6: Bruce Rhodes, Chris Dillard, Colleen Sullivan, Lindsay Peterson, Gary Hickcox, Cathy Meier; Oct. 7:



Kendra's Kitchen
Natural Foods, Inc.

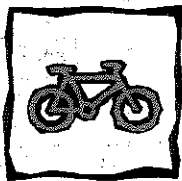


Is Writing A Cookbook & Spending

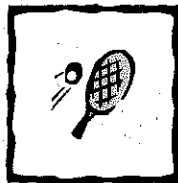
MAY



IN



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@ 800-894-8096 -or-



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Sample Menu of Southwest French Fusion Cuisine

The classic French Escoffier recipes with reduced saturated fats, sodium & cholesterol, incorporated with flavors of the southwest and fresh herbs.

Breakfast

Gourmet Breakfast Burrito with Spinach or low carb Whole Wheat Flour Tortillas
Carrot-Apple w/flaxseed, Banana Walnut or Cranberry Orange Muffins
Two Hard Boiled Eggs with Freshly Baked Whole Grain Bread, Half of Grapefruit
and I Can't Believe it's not Butter® or European Plugra® Butter Flowers

Hors d'oeuvres

Smoked Salmon Rolls with an Avocado Dill Mousse
Duck & Wild Mushroom Quesadillas with
Mango Salsa & Crème Fraîche • French Brie & Crispitas™ – the healthy gourmet
oven baked-pita chip from Kendra's Kitchen®
Lemon Cup with Prawns and a Classic Cocktail Sauce
Belgian Endive Spears with a Spinach Pernod Mousse
Classic American Deviled Eggs

Soups

Potato & Leek • Carrot & Ginger • Tomato Bisque

Entrees

Colorado Beef or Bison Filet Mignon with a Cabernet & Shallot Sauce
Bison or Beef Wellington • Grass Fed Elk Tenderloin with a Juniper Shiraz Sauce
Chicken Cordon Bleu • Beef or Bison Pot Roast • Free Range Oven Fried Chicken
Wild Mushroom Raviolis with a Marsala Sauce
Rock of Lamb with a Pinion Nut Crust and a Roasted Red Pepper Glaze
Napoleon of Crisp Potatoes, Wild Salmon with
Cucumber Crème Fraîche and a Beet Vinaigrette
Kobe Beef Burgers with Roasted Onions basted with the BBQ Sauce from
Kendra's Kitchen® on Whole Wheat Buns.
Choice of Protein with the Simple Sauce made with Kendra's Seasoning
a cream, a fresh herb and the Seasoning; pan deglazed with red or white wine.
Pairings: Wild Salmon, Heavy Cream, Dill & the Seasoning; Beef or Bison, Heavy
Cream, Thyme & the Seasoning; Chicken, Sour Cream, Cilantro & the Seasoning;
Lamb, combo of Goat Cheese & Heavy Cream, Rosemary and the Seasoning;
Pork, Buttermilk, Sage & the Seasoning; Tempeh, Yogurt or softened Tofu, Basil
& the Seasoning. Low or no fat creams may be substituted

Salads

Waldorf Salad • Chefs' Salad
Organic Mixed Field Greens with Lemon Stilton, Raspberries & Pinion Nuts
with Raspberry-Tarragon Vinaigrette
Jicama, Orange & Avocado Salad with Balsamic-Orange Vinaigrette
Fresh Coleslaw with Seeped Cherries & Raisins tossed with a Champagne Dressing
Poached Pears, Caramelized Walnuts,
Stilton Cheese with a Pink Peppercorn Shiraz Dressing
Mango & Beet Salad with a Mango Sherry Dressing

Platters

Imported Cheese & Plate Platter • Seafood Platter with Assorted Sauces
Oven Fried Free Range Chicken Strips & Wings with a Creamy Roquefort Dipping Sauce
Assorted Tea Sandwiches & Canapés

Desserts

Crème Brulee in Crock • Selection of Individual French Style Tarts & Cakes
Poached Pears with a Pink Peppercorn Shiraz Sauce
Chocolate Fondue with Seasonal Fruits

Lunch Boxes

(Includes Crispitas™ or classic Lay® potato chips, fruit, homemade oatmeal flax
cookie or Aspens' Artisan Cloud Nine Brownie, snack pack of nuts & dried fruit,
infused chocolate bar by www.IntelligentNutrients.com and packet of Anatomy®
Innercalm™ organic (an antioxidant dietary supplement) or Emer'gen-C® Vitamin
& Mineral Packet. Spinach or low carb Whole Wheat Wrap w/Grilled
Free Range Chicken Breast with Kendra's Kitchen® Special Mayo

Children's Choice

Annie's® Organic Macaroni & Cheese
Organic Peanut Butter Sandwiches on enriched Whole Wheat or White Bread
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Our Chefs will prepare a menu per your specifications and our
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Our meals are packages to your specifications and are flight attendant friendly.

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Kendra's Kitchen dishes up class on eating right

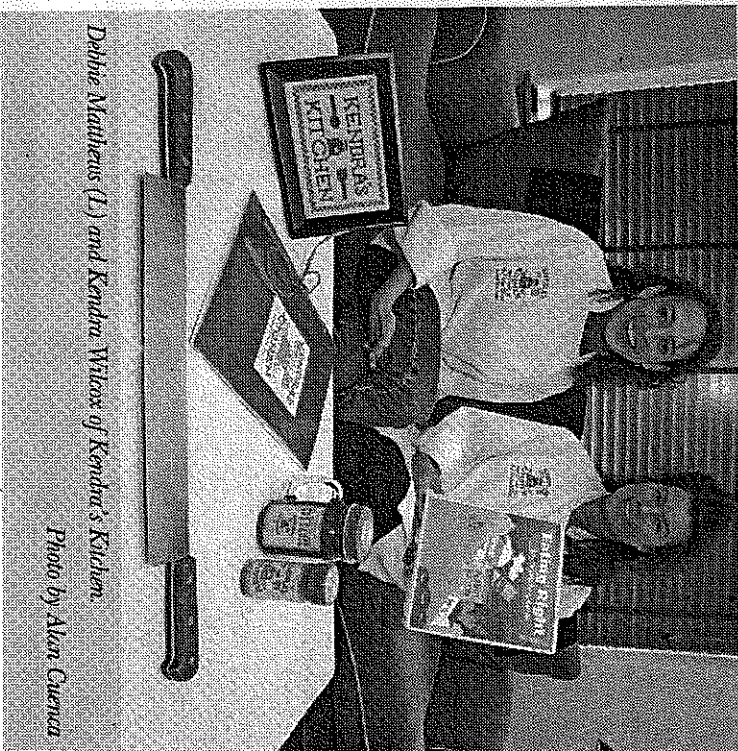
By D Dion

Celebrity chef Kendra Wilcox creates such specialties as buffalo won ton wraps with a chipotle marsala sauce, wild mushroom stuffed poblano chiles with a shallot butter sauce, chocolate pinon cakes with a warm Grand Marnier sauce, and ... macaroni and cheese?

For six weeks Kendra Wilcox is teaching a program in Denver called "Eating Right" for Operation Frontline. Operation Frontline is a national nutrition education and financial planning program to fight hunger by teaching skills to low-income men, women and children. Wilcox's program covers everything from the basic food pyramid for a balanced diet to fundamental cooking and food budgeting skills.

Operation Frontline is getting a great deal with Wilcox's volunteer efforts — the chef is usually busy catering for celebrities like Ralph Lauren, Kevin Costner, Christie Brinkley and Darryl Hannah. Wilcox studied cuisine at Cordon Bleu, in France, but in her current role she is instead using her Spanish skills.

"I have 15 students, and they are all Hispanic," said Wilcox. "So, I've been trying to reach the class in Spanish which can be quite complicated."



Debbie Matthews (l) and Kendra Wilcox of Kendra's Kitchen.

Photo by Alan Cuenca

For Wilcox, the healthy cooking and eating she teaches is the same regimen with which she grew up. Her father was a cardio-pulmonary specialist in Tucson, and as a child she ate healthy, organic food. Wilcox remembers being unsuccessful trying to trade the carrots from her school lunches for twinkies.

"I grew up eating organic food, so to me it's natural," said Wilcox. "For these students, where they came from they were used to eating non-processed food. It's a mat-

ter of re-educating them before they get ruined by the American diet, full of sodium and preservatives. It's about what to feed your kid after school ... and it's not PopTarts."

Wilcox teaches everything from a hands-on lesson in how to prepare and cut a whole chicken — a less expensive prospect than buying chicken parts — to a shopping excursion with \$10 to feed a family of four.

The success of Wilcox's production lines and catering business

BUSINESS JOURNAL

Off the vine, and \$2 off in the stores

In an effort to boost consumption of Colorado wines, locally-produced libations will be two dollars cheaper with coupons provided at liquor stores across the state.

The coupons are part of an annual promotion sponsored by the Colorado Wine Industry Development Board.

"The coupon program has been very popular over the last two years," said Doug Caskey, executive director of the Colorado Wine Industry Development Board. "We hope the coupons will entice those who aren't familiar with Colorado wines to try them and realize the

high quality of our products."

The "high" quality isn't just a reference to how tasty the wines are — grape-growing regions in Colorado range in elevation from 4,600 to 7,000 feet, and are among the highest altitude vineyards in the world. Colorado has 32 licensed wineries which produce a variety of wines, from Chardonnay and Riesling to Merlot and Cabernet Franc.

The Colorado Wine Industry Development Board is an agency of the Colorado Department of Agriculture, and was created in 1990 to promote the wine industry in the state. The board supports

See "Business" on page 9

have afforded her the opportunity to volunteer time to the cause of healthy eating. Kendra's Kitchen has a southwest meat and poultry rub and a barbecue sauce on the shelves in 80 stores in the Denver metro area. While Wilcox is on the Front Range teaching, she will be passing out samples in King Soopers Natural Foods sections and in Wild Oats health food stores.

Kendra's Kitchen catering is also alive and well. In Telluride, in Wilcox's absence, she has hired Debbie Matthews, former head

chef at the Skyline Guest Ranch and a 14-year veteran of fine cuisine to help run the business. Matthews and Wilcox have an exclusive contract to service private jets at the Telluride Regional Airport.

Despite all the celebrity attention and elite airport guests, Wilcox still has her feet planted firmly on the ground. She said she enjoys teaching simple, healthy cooking to her students.

"I think it's a great, interesting program," said Wilcox. "It's a lot of fun."

June 23, 1994

Melée in the Mines set for Saturday

Get your lungs and legs ready because this year's Melée in the Mines mountain bike race, the fourth put on by FreeWheelin' Bike and Board Shop, is going to be tough and fast.

The National Off Road Biking Association sanctioned race, which happens Saturday and Sunday, will bring two days of circuit and cross-country racing on some of the steepest climbs in the state.

Also, this year's event is a part of the Colorado Off-Road Points Series (CORPS) in which two local riders are competing very well. In fact, they're winning.

Coming in to the weekend, Team Telluride expert women's rider Abby Paulsen and Paragon Velo Club men's masters rider J. Michael Brown are leading the CORPS standings. Look for both of those riders to be pushing the limits in the Melée.

According to organizer and FreeWheelin' co-owner Ben Jackson, the Melée hasn't changed much this year since last, but some adjustments have been made.

Riders will still be climbing nearly 2700 feet per lap in the cross-country this year, but "We've eliminated coming down

the runs on Lift 5, which means we've gotten rid of the water bars, which was a complaint from last year."

In last year's race, a number of riders bonked (cool mountain biking term for crashing) on the water bars, which are irrigation ditches that can quickly send one over the handlebars and into close proximity with the ground.

"Also in the circuit

race, we'll be starting at the bottom of Lift 8 and going further up Bear Creek because of the changes with the Town Park fields," said Jackson. "It'll be like a big figure eight with people going over and under the bridge at the same time, which should be kind of cool. But other than that, there's no real big changes.

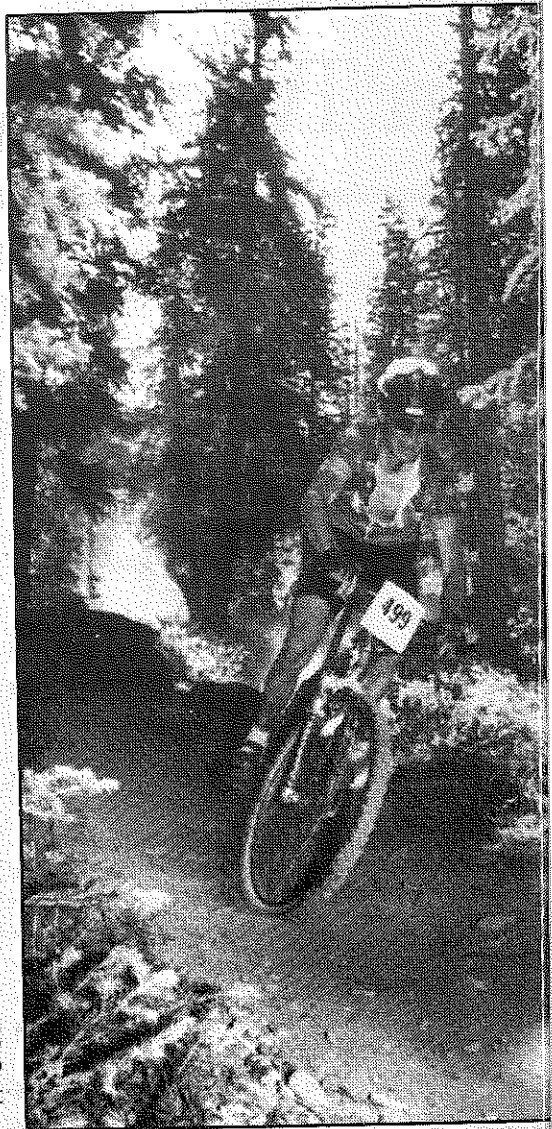
"The reason that we're moving the start is because we're going to have about 15 exhibition tents set up with stuff like sports drinks, etc. Also, Kendra's Kitchen will be serving breakfast and lunch."

Last year's Melée was a duel in the pro category between John Weissenrieder and local Specialized rider Pete Swenson.

Swenson took second that time around but is aiming for the win this year. Paulsen is also riding

Riders will still be climbing nearly 2700 feet per lap in the cross-country this year, but 'We've eliminated coming down the runs on Lift 5, which means we've gotten rid of the water bars.'

— Ben Jackson



CLIMBING ABILITY is what's required to push the weekend's Melée in the Mines.

extremely well and will be one of the favorites to win the expert category.

Jackson said that FreeWheelin' will be open until 11 p.m. Friday for registration, which is \$35 for

the weekend register late

For more Melée, call 728-4734.

