

**By Carolyn Lee**

***The Imperial Republican***

Deb Harmon of Imperial has racked up an impressive number of miles since she started running a number of years ago. Now, she's added bike miles.

Harmon, 48, participated in the Denver Century Ride two weekends ago. The race is designed for 100 miles, but Harmon chose to take the bypass, shaving 25 miles off.

The route ran from Northfield Shops, formerly Stapleton Airport, downtown, on to Golden, Thornton and then back by Tower Road to Northfield again.

Harmon said she decided to try the non-competitive race "because it was a new challenge." She's participated in a number of marathons and obstacle races in the past.

To prepare, she began training "a couple of months ago" by riding her Trek road bike from Ogallala to North Platte, about 50 miles.

That was the hardest part about the ride, Harmon said. "Getting long rides in every weekend and working your training around work."

Harmon made the ride with friends Matt Schmidt and Lauren Mitche, both of Denver.

She had no mechanical problems during the five-hour ride, but her friend's chain came off at one point.