



The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

May 2013



The New Club Website is Now Online!

- Thanks to Dave Grimes!
- See www.dbtc.org (same as before)
- You can now pay your annual dues on line.
- We are working through a few details, but eventually you will be able to contact other club members through this site. And, respective of privacy concerns, you'll have the opportunity to opt out of that feature.

Dave Grimes designed our current website when most of us didn't have email; the idea of going to a website was rather intimidating and only techies knew what a database really was. Over the years he has continued to update the site. He developed a system to manage our database of over 1,000 members when we were much larger. For many years he has mailed out the renewals, managed the database and provided any information requested by the Board.

He is getting tired and we need to find a new webmaster. If you have the skills needed, please contact him at webmaster@dbtc.org. There is a stipend for this work.

Volunteers Wanted for Summer Events

Lise Neer

Setting up a club booth is a great way to get our club in front of potential new members. Check out the info on one or more of the events below, then send an email of interest to Lise Neer: guestrelations@dbtc.org.

Signup details to come.

- Denver Century – fundraiser for BikeDenver – Saturday, June 15 – <http://denvercenturyride.com/>
- Bike to Work Day – Wednesday, June 26 – <http://biketowork2013.org/>
- Red Rocks Century (aid station is an option) – Saturday, August 10 – www.redrockscapital.com/
- Viva Streets on Tennyson St. – Sunday, August 11 – <https://about.livewellcolorado.org/vivastreet>

Come on out, lend a hand this Summer and help promote your favorite bike club!

Club Jerseys on Order

We received just enough orders to purchase men's jerseys. There will be 19 of the new white jerseys (with the official DBTC logo and a "banana" in the pocket) on the bike paths after the Summer Picnic on July 13th. Thanks to all of you who purchased one! Even though many more club members will want to order their own when they see riders in the newly designed club jersey, they will have to wait.

A hearty **Thank You** goes to Karen Kirby for her persistence on this project!



DBTC's Officers

Past President John Campbell president@dbtc.org	303-797-0250
Vice President Guy James vicepresident@dbtc.org	303-321-4607
Secretary Carolyn Bauer secretary@dbtc.org	303-740-8491
Treasurer Karen Kirby treasurer@dbtc.org	303-237-1229
Board Members at Large Doug Schuler dougshuler@comcast.net	303-829-5861
Jeff Krinsky ckrinsky@msn.com	720-890-5011
Kevin Purdy kevinpurdy@pobox.com	303-589-2548
Lise Neer guestrelations@dbtc.org	303-249-8621

Directors and Staff

Director of Ride Activities Patty Gaspar RideCoordinator@dbtc.org	303-989-8268
Out of Town Tour Director Ellen Chilikas outdoorsdiva@yahoo.com	
Fun MTB Coordinator Dick Plastino FunMTB@dbtc.org	303-988-5359
Fun Ride Coordinator North Rick Clauder FunRideNorth@dbtc.org	303-463-1875
Fun Ride Coordinator South Gaar Potter FunRideSouth@dbtc.org	303-691-0938
Road Ride Coordinator roadrides@dbtc.org	OPEN
Intermediate Ride Coordinator Rick Clauder intermediaterides@dbtc.org	303-463-1875
Wednesday Fun/Int Ride Coordinator wedfunrides@dbtc.org	OPEN
"Roses" Ride Coordinator Melba Bouquet melbabo9@q.com	720-493-0564
Historian Historian@dbtc.org	OPEN
Membership Database/Webmaster David Grimes webmaster@dbtc.org	303-986-7666
Guest Relations Lise Neer guestrelations@dbtc.org	303-249-8621
Map Sales (wholesale) Doug Schuler Mapsales@dbtc.org	303-829-5861
Photo Gallery Jeff Krinsky photogallery@dbtc.org	303-543-1320

Board Meeting

Any member wishing to attend a board meeting is welcome to attend. The next board meeting is Monday, May 6th at El Senor Sol, 2301 7th St., 6PM. If you wish to address the board, contact the secretary, Carolyn Bauer: secretary@dbtc.org, or 303.740.8491 so that your topic can be placed on the agenda.



How do I Use

Meetup is an online community to link interested people with activities. It has become the way that the Road Riders communicate, but we are not seeing it as a replacement for the regular schedule. Rather, it is an excellent way to advertise your scheduled ride and to have people RSVP. It should help increase DBTC's visibility in the community.

<http://www.meetup.com/Denver-Bicycle-Touring-Club/>

Sign up using your email address

- Use your first and last name in your profile
- Check out the calendar for rides

You'll get emails when rides are posted

Signs of a Stroke

Last year one of our members suffered a stroke on her way home from a ride. Fortunately, someone found her and called 911, so she received immediate treatment and continues to recover. If you or anyone you are around is showing any of these signs, do not hesitate to get immediate treatment; a lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Doctors say a bystander can recognize a stroke by asking three simple questions:

S – Ask the individual to SMILE.

T – Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)
(i.e. Chicken Soup)

R – Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher. A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick is getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which can be tough.

New Sign of a Stroke ----- Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.



Pictures and Articles for the Newsletter... This newsletter belongs to the members. If you have pictures or an article to share, please email them to ridecoordinator@dbtc.org. Only send one or two pictures so you don't clog up my computer! Be sure to include details about who, when and where the picture was taken. If you have a photo to mail, contact the Ride Coordinator for the address. Remember we must give credit to the author. If you are a writer with an article of interest, we may make you a published author! The deadline for publishing is the 20th, but please send your articles earlier.



Early Spring Rides Inspire A Little Flexibility

Although snow lay upon the land, Jeff Baysinger's hardy MTB group was not dismayed by mud on the trails March 27th. Instead, they reached into their quivers and took a spin up through Red Rocks on skinny tires. The great views helped to ignore burning quads and wheezing lungs!

The following week saw fine weather for a Fun ride along the Platte from 104th & McKay Road in Thornton. Below, Judy Shure and friends relax for a while on the patio at REI before pedaling back through the warming day.



Steve, Cathy, Roe, Bruce, Ron, Jerry, Liz, Carol, Mark, Mary, Jeff and Cathy are holding a dirt tribe powwow. The topic was what to do about the recent April 2013 weather. However, the group was distracted by that day's fair weather and mouth watering food. The reason for holding the powwow was soon forgotten.



Dick Plastino is discreetly displaying his hip surgery scar. Notice he is not dropping his shorts—unlike last time when he startled patrons, evoked screams, and raised wrath from the restaurant staff rushing over to quell the unusual commotion.

How to Survive a Cold...

...Spring day, that is. Take one of these and call me in the morning!

Also known as snowbikes, these fat-tire monsters have been showing up in recent facebook posts, their riders aglow with silly grins.

For participation in Leadville's Mineral Belt Mayhem race back in March, a Denverite demoed one that had even bigger tires. Local bike shops such as Salvagetti are offering fatbikes from their Surly line among other brands.

Let it snow!!



2013 (and Future) DBTC Activity and Tour Calendar

Email the trip contact for more information. Email Ellen (outdoorsdiva@yahoo.com) to add your trip to this list.

May 12-18, 2013 Albuquerque Adventure

Trip Type: Multi-Sport Tour

Lodging: Hotel

Location details: Albuquerque, NM

Leaders: Ellen Chilikas, outdoorsdiva@yahoo.com,
and Karen Jenneman,
karen_jenneman@hotmail.com

Status: FULL

September 8-15, 2013 Teton Trek II

Trip Type: Road Riding

Lodging: Hotels

Location details: Jackson Hole / Colter Bay, WY

Leaders: John Campbell, jwc@rmi.net, and Ellen
Chilikas, outdoorsdiva@yahoo.com

Status: FULL

September 2014 Door County: The Sequel

Trip Type: Road Riding

Lodging: Hotel

Leaders: Ellen Chilikas, outdoorsdiva@yahoo.com
and Karen Jenneman,
karen_jenneman@hotmail.com

Status: Planning

Visit DBTC.org and click on "Tours" for updates on the trips.

DBTC Members Joining in March

CYNDY KLEPINGER
DEBORAH & MICHAEL FINGER
ELISSA MOGAB
JACK KAUFMAN
JOANNE JANSON
PATRICK BALDWIN
PETER ZEEB

News from Colorado Trailblazers



The Trailblazers have been working since early last November with the South Platte Ranger District and its bridge contractor to complete the Nice Kitty Trail Bridge over Buffalo Creek and construction disturbance mitigation by April 30.

The **results** are pretty **COOL!** We extend our most sincere **compliments** to all the **volunteers** who have supported our construction efforts to complete the Nice Kitty Trail and Bridge in the Buffalo Creek Recreation Area.

With the arrival of Spring, it's time to start planning for the warm season. On **May 18**, 2013 the Trailblazers will be partnering with Jefferson County Open Space at their Reynolds Park facility working on a new trail, which will include mountain biker users, connecting Reynolds Park with the Colorado Trail at the confluence of the north and south forks of the S. Platte River.

We are looking for a big turnout on May 18 to support JCOS on this great trail project. Online registration is located at <http://coloradotrailblazers.org/trail-days/may-18th-2013-trail-day/>. Make plans in your calendars now to come have some fun building trail down from Reynolds Park to the confluence and catching up on the winter's excursions!

Northeast (Park Hill) Training Rides

Doug Schuler

Doug Schuler will lead a series of training rides in preparation for the metric century portion of the Denver Century Ride June 15, 2013. This year's Denver Metric Century is a pretty flat course from Northfield to Golden to Broomfield to Northfield. These rides have been designed to help riders prepare for a flat metric century. All rides will start and end at Cake Crumbs Bakery and Coffee Shop located at 2216 Kearney Street in Park Hill, where there is ample parking. The rides will wind through Park Hill, Stapleton, Northfield and Montbello on bike trails, paths and lanes with a speed of 12 miles per hour average with a no drop rule, all mileage is minimum.

Sunday, May 12, 8:00 a.m. Smith Road-Colfax Loop 26 miles
Sunday, May 26, 8:00 a.m. Watkins Out and Back 40 miles
Sunday, June 8, 8:00 a.m. Bennett Out and Back 60 miles

Ride Leaders: Please use the following guide to help create your ride description.

To be in the DBTC newsletter, your ride description must be submitted to the appropriate Ride Coordinator by the 20th of the month prior. See page 2 of the newsletter for contact information.

Questions, contact ridecoordinator@dbtc.org or call Patty at 303-989-8268.

Submitted Ride Description Examples are:

May 9

FUN -H2-23-NW 10:00 AM Meet Gary Goins (303-433-4398) at Berkeley Park for a ride on the Clear Creek Trail to Golden and back. We will stop for lunch in Golden. Nearly all of this ride will be on trails except for section at the beginning and in Golden.

August 15

INT-H2-30-SW 10:00 AM Meet Kris and Mike Holmes (303-988-4522) at Fox Hollow Golf Course (on Morrison Rd near Kipling) on the east side of parking lot. We'll ride along Bear Creek, cut down along C-470, loop around Chatfield and return on Platte River bike path, hooking up to Bear Creek. Lunch following is at Golf Clubhouse.

Please note that each description has:

(Ride Type) (Hill factor) (Distance) (Area of City) (Start Time)
FUN H2 23 NW 10:00 AM

plus: your name, contact info, ride start place, and a brief description.

Gary Goins, (303-433-4398 &/or email), Berkeley Park, for a ride on the...

You don't need to describe the entire itinerary for the ride, but be sure to include relevant information such as if the ride will be on the gravel portion of the Highline Canal or if the ride is relatively flat but there is one big hill. Note in the example Gary mentioned that it is on trails except for one portion.

The most common ride starting locations can be found at www.dbtc.org with a link to **MapQuest** so you don't need detailed driving directions unless it is to a new starting point. Note in the example that Kris let them know in which section of the lot to meet.

Please try to keep your description to one paragraph. Below is a description of the box that appears in the newsletter:

Pace of Ride	Difficulty of Terrain	Mileage	Quadrant of City	Departure Time
Roses – Leisurely Fun – Comfortable Int. – Brisk Road – Fast ATB – Unpaved Roads MTB – Mountain Bikes	H1 – Flat H2 – Some Hills H3 – Hilly H4 – Serious climbs Two ratings: technical skill T1 to T4 and Physical exertion P1 to P4	This is an estimate – options may be offered	NW NE SE SW W	Arrive early enough to unload your bike and be ready to leave at the time shown.

Pace of Ride

This is an average pace, not a maximum speed. Pace will vary with terrain.

“ROSES” OR LEISURE 8-10 mph: Leisurely pace, frequent stops

FUN 9-12 mph: Moderate pace, frequent stops, focuses on group ride

INT 12-15 mph: Intermediate, steady pace with fewer stops for more advanced riders

ROAD 15+ mph: Vigorous pace with only occasional stops for advanced riders

ATB: Ride will be on gravel or unpaved road or trails so a mountain or hybrid bike is recommended. Pace will vary

MTB: Mountain bike required – terrain determines pace

Difficulty of Terrain

You want to give riders an idea of what to expect, so a FUN ride might rate a hill H3 and an INT ride might call the same hill H2. Use your judgment – some leaders hedge with H2/H3 when they aren't sure.

H1 Mostly flat to rolling with an occasional hill

H2 Mostly flat or rolling with moderate hills

H3 Quite hilly or some long and/or steep hills

H4 Serious climbs – remember, we are in the Rocky Mountains

Kick Off Dinner Officially Opens Riding Season!

Patty Gaspar

Approximately 100 members attended our annual Kick Off Dinner on Saturday, April 20th. The club provided an Italian dinner from Rossi's for everyone attending. As always, it was great to meet old friends in an informal setting before the cycling season really starts. As cold and snowy as both March and April have been, we haven't had much opportunity to get on our bikes. **We are ready to get out there.**

John Campbell and Carolyn Bauer explained the need for the club to consider raising dues or charging more for events. **The dues have not changed since 1996** because of the map sales. But maps are being used less as GPS has become more available and on-line mapping has improved. The club members informally voted about how to raise income; the board will discuss the results and make a decision. If you have friends considering joining, now is the time.

They also discussed the need to get more and younger people into the club. Please recruit at your health club, among your friends and your children's friends – many of our children are adults. We would like to increase our presence at some of the big rides and events like **Bike to Work Day** or **The Denver Century**, but we need volunteers willing to spend a little time at our booth. Contact Lise Neer at guestrelations@dbtc.org with your suggestions or to volunteer to help. DBTC will be 50 next year. We want a strong and enthusiastic club going into our half-century mark!

Carolyn and John also discussed the redesigned club website that will allow you to pay your dues online. They also mentioned **the Meetup group** and explained how that interacts with the planned schedule. Patty discussed the ongoing need to assist the ride coordinators to make sure that we have some rides scheduled and in the newsletter. It is easy to wait and see what someone else has planned for the weekend; but without some advance planning, the weekend comes and goes without a ride leader.

Rick Clauder was our **Volunteer of the Year** last year, but he was cycling in Vietnam when awards were given at the 2012 VRD. So we recognized the amount of work that he has done for the club at this Spring's Kickoff event. Besides being the North Fun and Intermediate ride coordinators, he is a past president, has put together many of our picnics and events, has sold jerseys and other swag and generally helped whenever he was asked. He even volunteers without being asked. Thank you, Rick.

Continued on p. 6

2013 Advance Planning Calendar

May 5
Fort Collins Cycling Club Spring Warmup Ride
fccycleclub.org
Fort Collins, CO

May 19
Community Classic Bike Tour
McKeefoundation.com
Loveland, CO

May 19
Santa Fe Century
santafecentury.com
Santa Fe, NM

May 24-27
Iron Horse Bicycle Classic
ironhorsebicycleclassic.com
Durango, CO

June 1
Buena Vista Bike Fest
bvbf.org
Buena Vista, CO

June 2
Elephant Rock Ride
elephantrockride.com
Castle Rock, CO

June 8-15
Ride the Rockies
ridetherockies.com
Telluride to Colorado Springs, CO

June 15
Starlight Spectacular
starlightspectacular.org
Colorado Springs, CO

June
Greenwood Goosechase
goosechase.org
Greenwood Village, CO

June 15
Tour de Cure
diabetes.org
Colorado Springs Area

June 15
The Denver Century Ride
denvercenturyride.com
Denver, CO

June 23-29
Bicycle Tour of Colorado
bicycletourcolorado.com
Canon City, CO (Canon City – Crested Butte Loop)

June 26
Bike to Work Day
drcog.org
Denver Metro area

June
Tour de Prairie
cheyennecity.org/index.aspx?NID=735
Cheyenne, WY

June 29-30
MS 150 Bike Tour
nationalmssociety.org/chapters/COC/index.aspx
Westminster, CO

July 13-14
Triple Bypass
teamevergreen.org
Evergreen, CO

July 14-19
Tour de Wyoming
cyclewyoming.org
Cody, WY

July 20
Tour de Steamboat
rockypeakproductions.com
Steamboat Springs, CO

July 19-22
Courage Classic
couragetours.com
Copper Mountain, CO

July 21-27
RAGBRAI
ragbrai.org
Council Bluffs, Iowa

July 27
Moonlight Classic
moonlight-classic.com
Denver, CO

July 27
Colorado-Eagle River Ride
vailvelo.com
Beaver Creek, CO

August 3
Copper Triangle Alpine Classic
coppertriangle.com
Copper Mountain, CO

August 3-10
CANDISC - Cycling Around North Dakota In Sakakawea Country
parkrec.nd.gov/activities/candisc.html
Garrison, North Dakota

August 4-10
Colorado Rocky Mountain Bike Tour
crmbt.com
Fort Collins – Steamboat Springs Loop

August 10
Red Rocks Century
www.redrockscentury.com
Morrison, CO

August 10
Stonewall Century Ride
spcycling.org
La Veta, CO

August 17
Circle the Summit (aka Bob Guthrie Memorial Ride)
Circlethesummit.com
Frisco, CO

August 17
Tour de Cure
diabetes.org
Longmont, CO

September 8
Buffalo Bicycle Classic
buffalobicycleclassic.com
Boulder, CO

September 14
Ride Westcliffe Adventure
ridewestcliffe.com
Westcliffe, CO

September 20-22
Mickelson Trail Trek
MickelsonTrail.com
Custer, SD

September 21
Cycle for Life
cff.org/GetInvolved/CycleForLife/
Longmont, CO

September 21
Tour of the Vineyards
emgcolorado.com/tourdevineyards
Palisade, CO

September 20-22
Moab Century Tour
skinnytirefestival.com
Moab, UT

September 29
Venus de Miles
venusdemiles.com
Boulder County, CO

October 5
Tour of the Moon
tourofthemoon.com
Grand Junction, CO

October 5
Santa Fe Gourmet Classic
santafegourmetclassic.com
Santa Fe, NM

October 20
Rock 'n' Roll Denver Bike Tour
runrocknroll.competitor.com/2012/04/denver/denver-bike-tour_26092
Denver, CO

Ride Leaders, continued from p. 5

Mileage

This is the estimated distance in miles (MTB rides may not have a mileage designation) but actual ride distance can vary. Try to be close. You can have a long or short option as well.

Quadrant of City - SW, NW, NE, SE, W

Note the quadrant of the metro area for the meeting place. The North/South dividing line is Colfax. The East/West is Broadway. W indicates in the foothills or mountains. For FUN rides we have North and South coordinators so please send the ride to the correct person. The notation helps riders locate

the starting point. We try to spread the rides throughout the metro area.

If you are starting with a MTB ride, please contact Dick Plastino to discuss details of how those rides are rated.

Thank you for volunteering to lead a DBTC ride.

Happy Pedaling!



DBTC SPRING – THE 2013 SEASON BEGINS

Spring is here, so let's hope for spring storms on non-riding days. We have some new leaders and some new days for rides. Check out the schedule and mark your calendar for the rides you want to be sure to take! Our ride coordinators are working on the June Schedule so contact them with your ideas for spring rides.

Pace of Ride	Difficulty of Terrain	Mileage	Quadrant of City	Departure Time
Roses – Leisurely Fun – Comfortable Int. – Brisk Road – Fast ATB – Unpaved Roads MTB – Mountain Bikes	H1 – Flat H2 – Some Hills H3 – Hilly H4 – Serious climbs Two ratings: technical skill T1 to T4 and Physical exertion P1 to P4	This is an estimate – options may be offered	NW NE SE SW W	Arrive early enough to unload your bike and be ready to leave at the time shown.

If you'd like to include an activity in the newsletter, please email it to ridecoordinator@dbtc.org by the 20th for the next newsletter or contact Patty at 303-989-8268.

Ride Locator: There is a guide to the most frequent start locations on our website – www.dbtc.org. It provides the information you need to use Map Quest or Google Maps to make a map to the starting location.

DBTC's E-Mailing Lists

Get late breaking news, last minute ride updates, and short-notice of weekday rides, all e-mailed directly to you as soon as the information is posted. If the weather is "iffy", a ride leader can post a notice to let you know if the ride will go or be cancelled.

DBTC Message Board is the DBTC General E-Mail List

To join, send an e-mail to: ColoradoBicyclist-subscribe@yahoogroups.com

DBTC Mountain Biking E-Mail List

To join, send an e-mail to: COMtnbikers-subscribe@yahoogroups.com

Twitter account is @DenverBikeClub – note many members do not tweet.

Spring Riding Guidelines

- Weather:** above freezing at start time and dry conditions – check with leader if in doubt or watch for Yahoo/Meetup update
- Clothing:** wear layers and SUNSCREEN!!!!!!
- Other:** bring water, repair items and a snack

DBTC Meetup group,

www.meetup.com/Denver-Bicycle-Touring-Club/ can be used to post rides as well. Once you have posted your ride, we will review the information to be sure it complies with the club requirements then upload it to the MeetUp web site where you can edit your ride info. MeetUp is open to the public and can increase the number of riders on your rides and, hopefully, club members. Rides cannot conflict with the ride schedule. If you have registered with MeetUp, we will post your scheduled rides. We are also on Facebook if you want to share pictures or bike-related news.

You can join all four groups. After you send the e-mail requesting to join, you will be contacted via e-mail with a confirmation. If you'd like to post an event, simply go into the site. Remember that only club-related activities can be posted. We reserve the right to cancel any posting we don't think is appropriate.

Please Note;

- Joining either of these Yahoo Groups, Facebook or the MeetUp Group does not make you valid member of the DBTC.
- If your e-mail address changes, you must send your new e-mail address to both the Yahoo Group and to the DBTC webmaster (webmaster@dbtc.org)
- **The DBTC Website operates independently from the Yahoo Groups.** The Yahoo Groups send only e-mail messages concerning some upcoming events. The DBTC monthly Newsletter, The Colorado Bicyclist, is sent to you from the DBTC Website via e-mail only if you have so requested.

May Ride & Event Schedule

- Weds., May 1st** **"Roses" H1-20-SW 9:30 AM** Meet *Dave Grimes* (303-986-7666) at the Tennis Bubble (Bowles & Federal in Littleton) for a ride north along the Platte River Trail (paved). Bring a snack and money for lunch at a favorite eatery following the ride.
- FUN/INT-H1-20-NW 9:30 AM** **A May Day ride** – the May Pole will be a table mountain – we will do 2 laps of table mountains – possibly different ones on each lap – like dancing around the May Pole. *Steve Stevens* (720-497-1100). The museum will be open as well as the gardens after the ride. 17224 West 17th Place, Golden.
- Saturday, May 4th** **FUN-H2-22-NE 9:30 AM** Meet *Gary Goins* at the Grizzly Bear Statue at the Museum of Nature and Science. (Park in the Zoo parking lot.) We will do a ride through Park Hill, the Sand Creek, Platte River and Cherry Creek trails. This is one of the best urban rides in NE Denver and should not be missed. Bring air, a spare and sunscreen. Don't forget water.
- FUN-H1-16-SE 9:30 AM** Meet *Tom Tobiassen* (303-699-9260) at Treads Bicycle Outfitters, (16701 East Liff Ave, just West of Buckley Road) This is a relaxing ride around Cherry Creek State Park. Mostly flat, on concrete or asphalt, with plenty of rest facilities.
- INT/FUN-H1-2 (with H3 options)-23-NE 9:30 AM** Meet *Carol Kennedy* 720-289-9569 for a ride along the Farmer's Highline Canal, Brantner Gulch, Platte River, and Grange Hall Creek trails. Meet at the Wagon Road Park n Ride (120th and I-25) behind Cracker Barrel. We'll decide some details of the ride when everyone has gathered. We can include a climb that gets you to the best view in NE Denver! There is little access to water on this route so bring enough.
- ROAD-H4-35-SW 9:00 AM** Meet *Denny Martin* 303-793-0395 at the Park 'n Ride at Mineral and S. Santa Fe Dr. in Littleton. Route will be an out and back and will travel through Chatfield State Park and up Deer Creek Canyon to Tiny Town. There is a park restroom before Tiny Town but the C-store I believe is still closed so carry enough fluids and snacks. Chatfield State Park has water/facilities on our return. Lunch afterwards is at Panera Bread in adjacent Aspen Grove Shopping Center.
- MTB P2, T2, 10:00 AM Ridgeline Open Space.** Meet *Mary Stewart* (303-250-3031) at this newly discovered gem (at least for most of us). There are sections through the woods, flat sections at the top with great views, switchbacks and a slightly rocky downhill. Meet Mary at a 33 car parking lot on Coachline road west of Castle Rock Two sets of instructions are given below depending on whether you are coming down I-25 or down Hwy 85 (Santa Fe). For your GPS units, the address of the parking lot is 2525 Coachline Rd., Castle Rock, CO 80109. MapQuest can't find it, but Google does. Information and a trail map are located at: <http://crgov.com/DocumentCenter/Home/View/296>
- Driving down I-25 – Take exit 182 for Wilcox St/Wolfensberger Rd. Turn right (west) onto Wolfensberger Rd. and follow this for 1.5 miles to Coachline Rd. Turn right onto Coachline Rd. and travel 0.5 miles to the parking lot on your left.
 - Driving down Santa Fe Hwy 85 – When you get close to Castle Rock (5.2 miles south of Sedalia), turn right (west) onto Meadows Parkway and travel 1.9 miles. Turn left onto Coachline Rd. and travel 0.7 miles to the parking lot on your right.
- A great meal afterward will be at the Rockyard American Grill & Brewing Co. at 880 Castleton Rd., Castle Rock.
- Sunday May 5th** **FUN-H1-25-SE 10:00 AM Twenty Parks Tour SE.** Meet *Gaar Potter* (303-691-0938) at Eisenhower Park (Colorado Blvd. at Dartmouth). We will follow the shade through SE Denver. Mostly on streets. Remember Circle Park? I do.
- INT-H2-(35-40)-NW 9:00 AM** Meet *Tom Hurja* (303) 903-4449 Loop ride from 10151 W 26th Ave just west of Kipling.(park west side of lot.) Via W 26th Ave ride west to Platte River, north to Clear Creek, then west to Golden. Return via Clear Creek. Lunch is at Lucero's.
- Monday, May 6th** **FUN-H2-18-SW 9:00 AM** Meet *Wayne Tomasello* (720-344-8932) at the Platte River Grill located at 5995 Santa Fe Drive. From C-470 take the Santa Fe Dr. exit going north for about 3 miles. The Platte River Bar & Grill is on the left (West) side. Enter the parking lot and drive to the rear of the restaurant and park towards the rear of the lot. We will ride the Platte River trail north to the Big Dry Creek Trail to the Highline Canal Trail to the Lee Gulch Trail. The ride is on paved and gravel bike trails. An optional lunch is at the Platte river grill.
- Weds., May 8th** **"Roses" H1-20-NW 9:30 AM** Meet *Andree Vetter*, 303-466-6509 at Twin Lakes, about a block west of Broadway on south side of 70th. From south, exit I-25 at 58th Ave, go west to Broadway, north to 70th. We will ride east on the Platte River Trail. This is an out and back, all paved. Bring a snack and money for lunch at a favorite restaurant following the ride.
- Saturday May 11th** **FUN-H1-22-SW 9:30 AM** Meet *Guy James* (303-321-4607) at the east side of REI at Confluence Park. (23rd Ave Exit from I25) We will leave at 9:30 a.m. and go north on the Platte River Trail to just north of 104th Ave at Valentia Park. We will return to REI. About 22 miles, mostly flat except for a four foot rise in Mile 7, with a corresponding drop on the way back. Lunch in the garden (hopefully) at My Brother's Bar afterwards.
- FUN-H1-23-N 9:30 AM** Meet *Dave Noble* (303-694-2008) to ride the Farmer's Highline, Big Dry Creek, Signal Ditch, and Lee Lateral trails. Meet at EB Rains Memorial Park. (Directions fFrom I-25 and 120th: East on 120th 1-2 streets to Grant, South on Grant 1/4-1/2 mile to park, meet in the parking lot on the south side of the lake.) Lunch is afterwards.
- INT-H1-26-SE/Central 9:00 AM 5Ps Better Block Party** Meet *Lise Neer* 303-249-8621 at Lowry Sports Complex Park (from I-25 take Colo. Blvd. north, to Alameda Ave. east, to Fairmount Blvd. north, then a right onto Sports Blvd. Park in the lot just west of the basketball courts or along the street. From I-225, go west on 6th Ave., which becomes Lowry Blvd., then 1st left after Jackie Robinson Field ballpark—b-ball & tennis courts will be on your right). We'll ride the Highline Canal and Cherry Creek trails to downtown, thru Cheesman Park and uptown on-street bike routes. Then we'll stop to explore WalkDenver's Better Block party at Sonny Lawson Park (24th Street between Stout & Welton, Denver's Historic Jazz & Entertainment hotspot). If desired, we can join in the Five Points Bike Ride at 10:30AM! Then we'll wind our way back to Lowry via bike lanes, City Park, Stapleton & points south. Bring a snack, and we'll conclude with (optional) lunch at Serioz pizza, 200 Quebec St. For more info about the event, go to: <http://betterblockfivepoints.com/schedule-of-events/>

MTB P1.5 T1.5 10:00 AM Dirty Bismarck Loop Trail. Join *Kevin Purdy* (303-664-0627) for a loop/lasso ride starting in Louisville and going through Superior & Marshall. It includes portions of Coal Creek, Singletree, Mayhoffer and Marshall Mesa trails. It's called the Dirty Bismarck because it follows the inside, dirt version of the old Morgul/Bismarck Loop ride. Click on this link for information about eh Dirty Bismarck Loop Trail: <http://trailsnet.com/trails/dirty-bismarck-loop-trail/> The starting is at Community Park in Louisville. Here's a link to a map: <https://maps.google.com/maps?q=Louisville+Community+Park,+Bella+Vista+Drive,+Louisville,+CO&hl=en&ll=38.997934,-105.550567&ssp n=6.487475,8.283691&oq=louisville+comm&t=h&hq=Louisville+Community+Park,+Bella+Vista+Drive,+Louisville,+CO&z=16> The address is: [955 Bella Vista Dr, Louisville, CO](https://www.google.com/maps/place/955+Bella+Vista+Dr,+Louisville,+CO) There will be a meal afterward at LuLu's Bar-B-Q on Main Street in Louisville.

**Sunday,
May 12th**

FUN-H1-26-N 8:00 AM Meet *Doug Schuler* 303-829-5861 at Cake Crumbs Bakery & Coffee shop 2216 Kearney St in Park Hill for a training ride to prepare for the Metric Century portion of the Denver Century Ride. The Smith Road to Colfax Loop is 26 to 30 miles.

FUN-H2-27-SE 9:30 AM Meet *Guy James* (303-321-4607) at the Four Mile House (715 South Forest Street, Denver, CO). We will go West from there turning south at the Denver Country Club. Through Washington Park to the Platte Trail heading south, then east through Bellevue Park on our way to Mamie Dowd Eisenhower Park, catch the Highland Canal, and back to the Cherry Creek Trail and then West to the Four Mile House -about 27 miles at a spring (slow) pace. Lunch is to follow.

FUN-H1-21-NW 10:00 AM Meet *Cindy Ferry* (303-274-9454) Arvada Town park n Ride Old Town Arvada W 56 Pl at Vance St. Will ride Clear Creek west to VanBibber trail to Apex and back by way of Ralston Creek trail.

INT-H2-(35-40)-NW 9:00 AM Meet *Tom Hurja* (303-903-4449) at 10151 W 26th Ave. Park on the west side of lot. We'll head to Platte River, then north to 104th. Return via Clear Creek. Lunch after the ride

**Weds.,
May 15th**

"Roses" H1-20-SE 9:30 AM Meet *Anne Layshock*, 303-771-6353 in the East parking lot on the SE corner of Cherry Creek Mall, for a ride on the Cherry Creek Trail & Highline Canal to Bible Park and return. This is a loop ride, gradual uphill, downhill all the way back. Bring a snack, money for an optional restaurant lunch following the ride.

FUN-H2/H3-25 SW 9:30 AM Meet *Patty Gaspar* (303-989-8268) behind the McDonald's at Sheridan and Hampden. We'll head to the Tech Center on various trails. We have to climb some hills and there are sections on the Highline Canal (pea gravel), and then we'll have our morning latte and loop back to Bear Valley. It is a beautiful ride and we get have a wonderful downhill back to Bear Valley for lunch.

**Saturday,
May 18**

FUN-H2-16-SE 9:30 AM Meet *Richard Shelton* (720-934-9824) at Treads Bicycle Outfitters, (16701 East Iliff Ave, just West of Buckley Road) Enjoy the newest section of Aurora's Trail network with a leisurely ride along Unnamed Creek and then a jaunt to the East to Murphy Creek Golf Course. A few climbs, on concrete or asphalt.

FUN-H1toH2-24-NW 10:00 AM Meet *Paul Altman* 720 979-6303 at Wagon Road Park n' Ride, 120th and Huron (behind the gas station) heading east and then west to Westminster Rec Center and back

INT-H3-30-W-9:30 AM Meet *Mary Jenkins* at the parking area across from the Conoco station in Morrison. We will ride thru Red Rocks, up Lookout Mt from Route 40 then into Bear Creek for a ride with lots of challenging hill climbing.

MTB P2-3, T2-3, 1:00 PM Fruita Spring Camp Getaway Your ride leader for Fruita: *Jeff Baysinger* (303-969-9241). Meet at the Kokopelli Trailhead, Loma exit 15 on I-70. Enjoy the Mary's - Horsethief Bench loop. Depending upon trail variations selected, 14 to 18 miles possible that afternoon. Trail sections range from doubletrack, easy singletrack, and occasional rock obstacles and drops. A true land of enchantment.

**Sunday
May 19th**

FUN-H2-23-SE 10:00 AM Meet *Bob Shedd* (720-290-6014) at the RTD Littleton Downtown Station, on the west edge of the parking lot. Bob has developed a great new route featuring the new West Harvard Gulch and refurbished Sanderson Gulch trails, a few miles of the South Platte River trail, and some bike-friendly streets in Southwest Denver. Optional is lunch afterward at Merle's Restaurant on Main Street, within 3 blocks of the starting location.

INT-H3-26-NW-9:00 Meet *Lily Schumann* 303-463-0117 at the parking lot across from the Conoco in Morrison next to C470 to Evergreen Lake. Enjoy a gradual uphill with nice scenery. Stop at a bakery on the way down; and/or have an early lunch at the TNT in Morrison.

MTB, P2-3, T1-3, 9:00 AM, Fruita Western Rim Meet at the Westwater exit. Westwater directions will be provided on Saturday afternoon or, if you are arriving later, call Chuck on his cell phone (303-807-1562). On this ride you will be exploring a new route to the Western Rim. Please join leaders *Chuck and Peggy Caldwell* (303-807-1562) for an adventurous day. Figure about 24 miles of riding.

**Monday,
May 20th**

MTB P2-3, T2-3, 10:00 AM Fruita Area 18 or Grand Junction Tabeguache Which trails shall we ride about Fruita today? You must attend the tribal spring powwow as usual on Sunday night. Decisions are never easy. Many votes will be taken. If you want to vote often, you must be in attendance.

Meanwhile, back in Denver: **FUN-H1-23-NW 9:00 AM** Meet *Wayne Tomasello* (720-344-8932) at Cuernavaca Park for a ride on the Cherry Creek Trail to the Highline Canal and back. The ride is on paved bike paths. An optional lunch is at My Brother's Bar.

**Tuesday,
May 21st**

Road/MTB H3, 10:00 AM, Colorado National Monument Road Ride. Meet with *Jeff Baysinger* (303-969-9241) at the west (Fruita) entrance turn into Colorado National Monument on Hwy 340. Thrill yourself on a classic Colorado road ride made famous in the "Breaking Away" movie decades ago. A road bike is best, but it can be done on a mountain bike. First, cruise through the scenic Redlands district 10 miles toward the Grand Junction entrance. Then climb about 1700 feet in the next 5 miles. After that grueling work, enjoy the next 18 miles on a somewhat flat road to a screaming descent returning toward Fruita. Look over 1000' sheer cliff precipices at the edge of the road along the way. Bring your headlight and tail light for the tunnels. This is a 33-mile loop with about 2500-feet total climbing. Don't miss out on one of the best spring rides ever! Only a small user fee to enter the monument is necessary. The usual ride time is about 3 hours or less. Contact your ride leader, Jeff, with questions.

**Weds.,
May 22nd**

FUN-H2-29-SE 9:30 AM Meet *Russ Tempelman* (303-617-0260) at the Piney Creek Trailhead for a ride to the Aurora Reservoir which has a very nice paved trail going around it (about 8 miles). We'll go via the Piney Creek Trail part of the way and then various streets. The Piney Creek Trailhead is located near Parker Road and Orchard. From Parker Road, go East on Orchard Road and turn right at the first stop light into the parking lot. Lunch is optional after the ride.

"Roses" H2-15-SE 9:30 AM Meet *Judy Deist*, 303-841-4792, Cell 303-906-4305 at the south side of the Wal-Mart parking lot off of Aurora Parkway and Commons, which is in the Southlands shopping mall north of Smokey Hill road and west of Aurora Parkway in Aurora. Wal-Mart is just north of Sam's Club. We will ride around the Aurora reservoir and more. Bring a snack and money for a restaurant lunch after the ride.

**Saturday
May 25th**

FUN-H2-24-NW 9:00 AM Meet *Jeff Krinsky* 720-373-9107 for an exciting ride full of unexpected twists and turns. We will meet at the parking lot west of the baseball diamonds in Westminster City Park (Directions: From US36 and Church Ranch Blvd/104th Ave. exit, east on 104th about 1/2 mile to the first left after the Westminster Blvd light. The address for the park is 10455 Sheridan Blvd.) for a ride in the Westminster, Northglenn, and Thornton area, including the Farmer's Highline Canal, Lee Lateral, and Grange Hall Creek trails. (There is a map listed in the DBTC web page start locations.) Optional lunch is after the ride at a nearby restaurant.

FUN-H1-20-SE 9:30 AM Meet *Gary Goins* (303-433-4398) at the Goodson Recreation Center, 6301 South University Blvd, (S. University and Josephine Way). We will ride one of the most scenic sections of the High Line canal Trail. Bring water, air and a spare. Sun screen would be good too. This ride is suitable for both mountain and road bikes (unpaved in spots).

INT-H2-28-NW-9:00 AM Meet *Fred Kerr* at Prospect Park, ride with Fred Kerr (303-838-8723). Clear Creek trail to Ralston Creek trail to and over Arvada Reservoir to 64th, then Easley Road back to Clear Creek trail to start.

**Sunday,
May 26th**

FUN-H2-35-SE 9:00 AM – 20 PARKS WEST Meet *Gaar Potter* (303-691-0938) at Eisenhower Park (Colorado Blvd at Dartmouth) We will go West young men and women..to Belmar....lotsa lakes on this ride.

FUN-H1-20-NW 9:30 AM Join *Howard Bagdad* for a ride on the Clear Creek Trail, starting at Prospect Park and riding to Twin Lakes Park and back. Could go further if riders wish.

FUN-H1-40-N 8:00 AM Meet *Doug Schuler* 303-829-5861 at Cake Crumbs Bakery & Coffee shop 2216 Kearney St in Park Hill for a training ride to prepare for the Metric Century portion of the Denver Century Ride. Watkins Out and Back 40 miles

MTB, P3, T2, 10:00 AM Alderfer/3 Sisters in Evergreen Join *Jeff Baysinger* (303-969-9241) for this great ride in mostly forest shade. Everyone loves this ride! Go to the signalized "T" intersection in downtown Evergreen, then south on Hwy 73 for 1/2 mile to another signal, turn right (west) on Buffalo Park Road for 2.2 miles and enter the upper parking lot behind the bright yellow house in the meadow. Lunch at a local spot.

**Weds.,
May 29th**

"Roses" H1-20-NE 9:30 AM Meet *Dianne and Wes Chowen*, 303/204-5887, at City of Cuernavaca Park (20th St exit from I-25 north, rt to Little Raven, R to 19th, to the end at Platte River Dr, R again to parking at the end of the road. You'll be right next to I-25) for an out-and-back ride north on the Platte River Trail. (Or--Take 23rd Ave. exit, go down the hill, drive by REI going NE on Platte River Rd. Cross 15th, keep going until the end. Parking will be directly in front of you.) Bring a snack, and money for an optional restaurant lunch following the ride. Since this ride is out and back, there is an option for those wishing to ride further, or for those wishing a shorter ride.

FUN/INT-H1-25-NW 9:00 AM – 25 surprise miles ... relatively flat... A memorial Day Ride – on a Wednesday... We will memorialize the transformation of our climate.... And view, while we still can– the wonders of nature. Steve Stevens 720-497-1100. The museum will be open as well as the gardens after the ride. 17224 West 17th Place, Golden.

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DBTC members receive a 10% discount off purchases (excluding bicycles and sale items) at these sponsoring retailers.

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goldenbikeshop.com

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303-987-8758
greenmountainsports.com

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