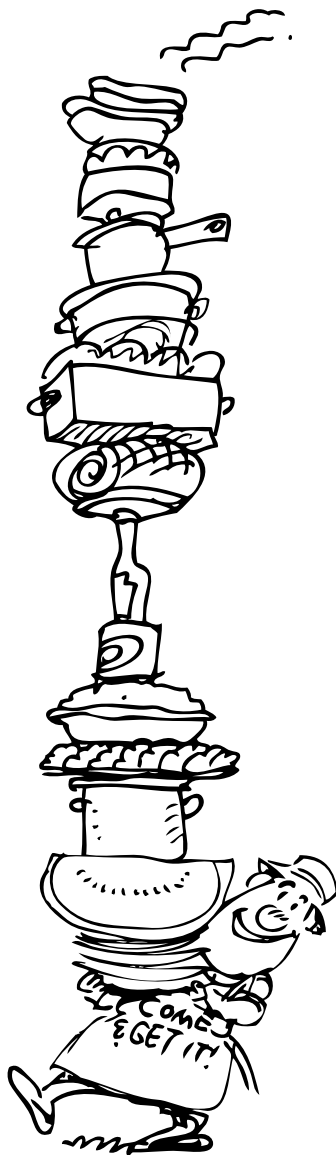


The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

July 2013

SUMMER PICNIC



SATURDAY JULY 13, 2013

**Prospect Park in Wheat Ridge
11300 West 44th Ave at Robb St
West on 44th. Ave from Kipling**

Fun, Intermediate, Road and MTB rides will start at the picnic shelter at the far end of the park. See the ride schedule in the newsletter for ride start times as the ride times will vary.

LUNCH WILL BE SERVED AT 12:00 NOON

Our summer picnics have been blessed with good weather. Put this event on your calendar and plan for a bike ride and a picnic with good friends. What a way to enjoy a Saturday in the summer riding season. Bring a blanket or lawn chair for the lawn area.

Extra Parking is near the front entrance of the park; if the parking near the shelter is full. Come early, get ready, and sign in for your ride and plan on riding on time.

There will be a \$5.00 charge per person for the picnic lunch.

PICNIC HELPERS NEEDED

Coordinator: Howard Bagdad
303-278-0541 or hbagdad@aol.com
Plans are under way for the DBTC Summer Picnic and Volunteers are needed: Someone with an SUV or pick-up to get the coolers and supplies from the storage locker and return then after the picnic.

We will need help with the following:

- Buy and bring charcoal and lighter fluid
- Buy and bring large bags of ice
- Buy and bring soda pop
- Buy and bring lettuce-separated and washed, ready for serving
- Buy and bring tomatoes- washed and sliced
- Buy and Bring condiments
- Buy and bring Veggie Burgers
- Buy and bring Hamburger buns
- Buy and bring vegetables or veggie trays
- Buy and bring grapes (or seasonal fruit) - washed and cut into small bunches
- Buy and bring desserts- cookies
- Volunteers to clean the tables and set up
- Volunteers to cook the hamburgers
- Volunteers to help clean up

With more people helping it makes for light work and time for everyone to have a little fun too. If you purchase something listed above for the picnic, save your receipt and give them to John for reimbursement. Please contact Howard for amounts and quantities needed. Thank you in advance for your help and cooperation.

Remember: Pick Up New Jerseys – at the Summer Picnic

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 jkrinsky2003@yahoo.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 webmaster@dbtc.org	OPEN
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, July 1st 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.

About Membership Dues...

by Kevin Purdy, DBTC Board Member

At the spring Kickoff dinner, the Denver Bicycle Touring Club Board of Directors informed club members of the current shortfall in annual funding. Due to a number of unavoidable factors, DBTC has been taking in less money than it has been spending. The Board tried to balance the budget by taking such measures as eliminating the paper newsletter and making other small cuts to our operating costs. Unfortunately, these cuts were not enough to stem the tide of red ink.

So at the last DBTC Board meeting, members voted on some cost-saving measures that involved both revenue increases and spending cuts. To begin, they voted to increase the cost of an annual family membership from \$30 to \$40. There was also discussion about raising the individual dues rate, but after looking at what other clubs charged, it was determined that an overall dues increase might not be in the club's best interest.

In addition to the family dues increase, the Board also voted to implement a 5% surcharge on DBTC out-of-town trips. This fee would be added to the normal cost of tours and then be transferred to the club's operating expenses. This fee is typical with most organizations that provide out-of-town tours and has been suggested by tour leaders for the past couple of years.

And finally, it was decided that DBTC begin charging for events such as the Kickoff Dinner, summer picnic and Volunteer Recognition Lunch/Dinner. Club members will be charged the greater of \$10 or 50% of the cost of the event for all catered meals and \$5 for picnics. An exception to this rule applies for the Volunteer Recognition Dinner/Lunch. For this event, all members who have led five or more rides/trips/tours or have served as Ride Coordinators or Directors will be invited to attend the VRD free of cost.

Hopefully these changes will help DBTC get funding levels back into the black and provide for the solvency of our valuable club. The Board appreciates the input from members and has strived to implement this input into the decision-making process.

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.



Arvada Trails Day a Great Success

by Jeff Krinsky



Thirty-two riders turned out for the Arvada Trails Day Ride on the morning of Saturday, June 1, 2013. Jeff Krinsky led the ride this year and continued the tradition originated by Bill Orchard of providing treats and a surprise during the group shot. This year the surprise was Mardi Gras beads.

An Observation on Helmet Heat and Weight

Dick PLastino

For years I used a Fox Flux helmet which weighs 395 grams. It literally roasted my head going uphill even though it had lots of vents. Finally, I bought a helmet that weighed about 290 grams and what a difference!

The foam is much thinner while still meeting the same safety specification.

So if you have problems with heat buildup in your helmet, you might try a new helmet weighing no more than 300 grams—or less if you can find one in a mountain bike style.

The reason this came to mind is I used the old Fox helmet to run down (and up) Kipling to burn in some new brake pads. My head got way too hot and I compared it with the much lower heat buildup when wearing my new, lighter helmet. As with most things in the biking world, lighter means more expensive and this applies to helmets as well. Look for a sale or on-line for the best price.



DBTC at BTWD

Club volunteers enjoyed a lively morning at Civic Center Park, greeting riders on Bike To Work Day, June 26th. We provided Medical Info kits (which affix to the inside of your helmet), club brochures, and friendly invitations to join us on our rides.

Since many of our visitors had not heard of DBTC, we need you to help promote the Club at a couple more events this Summer—notably, Viva Streets in August. Spread the word: We are Denver's Oldest (and BEST) Bicycling Club! See pg. 5 for info.



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.

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

Leader: Karen Jenneman,
karen_jenneman@hotmail.com

Status: Planning

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

DBTC Members Joining/Renewing in May

EDDIE AKIN

ROBERT ARTALE

LORETTA CAHILL

JANE CARLSTROM

SUSAN DEMARS

JIM & MARY
ENGLAND

KATHY & TED
HOLMES

TIM KRAMER

MICHAEL MANNINO

CHERI AND STEVE

MERRIHEW

JANA PURDY

SANDRA ROSTIE

EMMA SCHENKEL

THE SCHLUNDT
FAMILY

STEVE SCHWARTZ

MARK STEBBINGS

JOHN STIDMAN

JOHN & PATSY
VENEMA

The Safety Issue, continued from June

Watch Those Transitions

UNDERPASSES, CURVES, BRIDGES, RAILROAD TRACKS, and STANDING WATER

What do these 5 have in common? They all present a potentially hazardous situation to cyclists. What should you do when approaching one? **SLOW DOWN.**

Underpasses flood. They often have poor visibility, debris, mud and water. Many are curved – you enter going down at a blind spot and exit going up at a blind spot.

Paths have curves, multiple S curves, and hairpin curves. For whatever reason, people seem to cross over the centerline and come around on your side.

Bridges can be slippery when wet, especially the connector plate between the path and bridge itself. Some bridges have a post in the middle of the entrance. Catching a pedal or handlebar can cause a fall. Be careful on narrow bridges and watch that railing. Entering and exiting a bridge is often a sharp tight turn.

Beware of standing water or an area of continually running water. Avoid puddles; you never know the depth or what is hidden in it. Underneath can be algae or slime. You may not be able to maintain control and skid and flip your bike.

More Road Hazards:

Sand and Gravel: can cause loss of control.

Glass and Debris: cause a flat tire and/or loss of control.

Sewer Grates: your wheel can get caught in them.

Parked Cars: Stay a door's width away from parallel-parked cars. A suddenly opened door can cause an accident.

Lightning: Cyclists make good lightning rods. Seek shelter. Do not stand under a tree. Find a ditch or depression to crouch in while remaining on your feet – do not sit or lie down.

Irate Motorists: When you encounter motorists having a bad day or a bad attitude, be cordial even if they are in error. This can defuse a potentially hostile situation and prevent motorists from finding a reason to run you or the next cyclist down. Under no circumstances is the use of an obscene gesture appropriate or safe. Besides, you don't want to give them the satisfaction of knowing they irritated you.



Rider points out road hazard

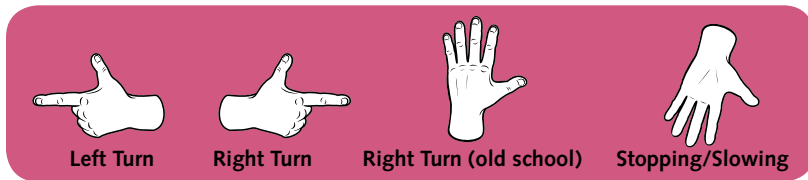
We hate to nag, but... there are a couple of Sundays with no FUN rides. You can post a ride on Yahoo or MeetUp if there is nothing in the schedule but a better idea is to contact Gaar or Rick (contact info on page 2) and give them a ride for August.

CROSSING RAILROAD TRACKS

Two ways of crossing are: dismount and walk across, or slow down and ride across tracks perpendicular to the rails (straight on). First look in both directions for a train. Then look behind to ensure you are not in front of a vehicle. If the tracks are wet, walk. There have been numerous crashes at the crossing at 44th and McIntyre. The tracks cross the road at a 45-degree angle. There is a bypass. It is well worth the slight detour to avoid a serious injury. Be sure your back wheel clears the track before straightening out. Otherwise, the wheel will drop into the rail groove.

BE PREPARED

Items you should always carry on a ride: water and snacks, tools to change a flat tire, patch kit, spare tube, pump, tweezers to take out those thorns, sun screen, clothes appropriate for weather and climate, rain jacket, first aid supplies, identification, money, and cell phone. Cycling will be much more enjoyable if you are confident that you can handle unexpected situations.



Rules of the Road

- Ride in the right lane with the flow of traffic.
- Ride in a straight line. Do not weave in and out of parked cars.
- At intersections, stay on the road. Don't ride in the crosswalk and suddenly reappear on the road again.
- Never ride against traffic. It is illegal and dangerous.
- Don't pass on the right.
- Obey traffic signs and signals.
- Follow lane markings.
- Make eye contact with drivers. Assume motorists do not see you.
- Watch out for cars pulling out from driveways and at intersections.
- Scan the Road Behind You. Using a mirror is recommended.
- Regularly check behind you for oncoming traffic.
- Cycling should be a pleasant, fun, social, and healthy experience. It is not a race. We have all heard the stories of cyclist's accidents, and have seen the bruises and scabs, bandages and casts. When riding with a group: do not follow too close to the person in front of you; be prepared for the unexpected; always be able to stop.

Check out this website: Openbike.co (there's no "m") and share your opinion: can this app benefit DBTC? Email us at guestrelations@dbtc.org



Help Wanted! Friendly Faces Needed for Summer Events

You know you want to... or maybe it's something you've already enjoyed, and would like another opportunity to help promote the Club!
This season, DBTC has offered to assist at several local rides and events in order to get the Club's name out and get to know fellow bicyclists in the community.

- Red Rocks Century, Saturday, August 10** – people needed at one Aid Station, Golden/ foothills area. See "job description" above.
- Viva Streets on Tennyson, Sunday, August 11** – shifts available for DBTC booth: talk up the Club, share your enthusiasm for the rides and social events, and marvel at all the creative ways to celebrate Summer... yoga and zumba demonstrations; cruising on bikes as part of the bike rodeo and "strider" course; face painting, healthy food trucks, cooking demonstrations, bike safety checks, gardening demonstrations, and much more.

Email us as to the event you're interested in: lisegneer@gmail.com, and watch for more info via Club email and/or the Yahoo group.

Pedal the Prairie Training Rides

Meet Doug Schuler at Cake Crumbs Bakery, 2216 Kearney St, in Park Hill each Sunday in July except July 14. We meet at 7:15; leave at 7:30. These will be no-drop road rides east of Denver averaging 12-14 mph. Terrain is mostly flat with some rolling hills. Mileage will be between 40 and 60 miles on various routes between Park Hill and Bennet. Sometimes we stop for breakfast at Biscuits Cafe in Watkins. We get back to Cake Crumbs around noon.

Dougschuler@Comcast.net
303.829.5861

DBTC Does Ride the Rockies

Photos by Bruce Kohl, Richard Taylor, Margaret Browne and Lise Neer

What a week!!

Undaunted by steep mountain passes, wild fires or detours, club members rode strong and (almost all of us) finished the 545-mile tour—the longest Ride the Rockies in its 28-year history.



Telluride, the tour's starting location, rolled out the welcome mat, as did every host town and village along the way.



On Thursday evening, with help from a passing rainshower, Salida's legendary Angel of Shavano sprinkled magic go-faster dust upon our bikes.



Bruce pauses for more oxygen intake on his way up Wolf Creek Pass, Day 4.



Jerry made it look easy. As did Margaret.



Lise takes a moment to celebrate reaching the top... ..then throws in the towel at mile 70 (of 92) on the road to Alamosa. Headwinds and no paceline make for an undesirable combination!



Some of us took time out for yoga.



Richard at the finish line... the smile says it all.

2013 Advance Planning Calendar

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.redrockscenury.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 25

Greenwood Goosechase
goosechase.org
 Greenwood Village, 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

DBTC SPONSORING SHOPS

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

ARAPAHOE CYCLERY
 6905 S BROADWAY UNIT 169
 LITTLETON CO 80122
 303-797-1858
arapahocyclery.com

ARVADA BICYCLE COMPANY
 6595 WADSWORTH BLVD
 ARVADA CO 80003
 303-420-3854
arvadabike.com

BIG KAHUNA BICYCLES
 8246 W BOWLES AVE UNIT J
 LITTLETON CO 80123
 720-981-5199
bigkahunabicycles.com/site/intro.cfm
 Discount Includes 10% discount on bikes!

BIKESOURCE #7
 2665 S COLORADO BLVD
 DENVER CO 80222
 303-759-5099
bikesourcedenver.com

BIKESOURCE #8
 2690 E COUNTY LINE RD
 LITTLETON CO 80126
 303-221-4840
bikesourcedenver.com

CAMPUS CYCLES
 2102 S WASHINGTON ST
 DENVER CO 80210
 303-698-2811
campuscycles.com

CHERRY CREEK VELO
 1435 S HOLLY ST
 DENVER CO 80222
 303-691-5650
sampsonsports.com
 No discount on labor.

CYCLE ANALYST
 722 S PEARL ST
 DENVER CO 80209
 303-722-3004
cycleanalystinc.com/

DERBY BICYCLE CENTER
 410 E 104TH AVE
 THORNTON CO 80233
 303-288-4100
derbybicyclecenter.com

ELEVATIONS
 2030 E COUNTY LINE RD
 LITTLETON CO 80126
 303-730-8038
bicycledalr.com/

FOOTHILLS CYCLING
 4990 KIPLING PKWY SUITE B-7
 WHEAT RIDGE CO 80033
 303-420-0815
foothillscycling.net

GOLDEN BEAR BIKES
 290 NICKEL ST SUITE 100
 BROOMFIELD CO 80020
 303-469-7273
goldenbearbikes.com

GOLDEN BIKE SHOP
 722 WASHINGTON AVE
 GOLDEN CO 80401
 303-278-6545
goldenbikeshop.com

GREEN MOUNTAIN SPORTS
 12364 W ALAMEDA AVE
 LAKEWOOD CO 80228
 303-987-8758
greenmountainsports.com

PEAK CYCLES
 1224 WASHINGTON ST STE 145
 GOLDEN CO 80401
 303-216-1616
bikeparts.com

SCHWAB CYCLES
 1565 PIERCE ST
 LAKEWOOD CO 80214
 303-238-0243
schwabcycles.com
 No discount on Shimano and Campagnolo

SPORTS PLUS
 1055 S GAYLORD ST
 DENVER CO 80209
 303-777-6613
sportsplusdenver.com

TREADS BICYCLE OUTFITTERS
 16701 E ILIFF AVE
 AURORA CO 80013
 303-750-1671
treads.com

TREADS BICYCLE OUTFITTERS
 16701 ILIFF
 AURORA CO 80013
 303-690-2900
treads.com

TREADS BICYCLE OUTFITTERS
 3234 S WADSWORTH BLVD
 LAKEWOOD CO 80227
 303-781-1162
treads.com

DBTC SPRING – SUMMER SEASON 2013

Summer is here. Our summer picnic is on the 13th so hope to see all of you there! Our ride coordinators are working on the August Schedule so contact them with your ideas for summer rides before we are into fall.

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@yahoo.com

DBTC Mountain Biking E-Mail List

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

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

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 a 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.

Guidelines for Posting a Last-Minute Ride

Dale Trone

The purpose of the schedule is to allow us to provide a variety of rides throughout the metro area. Depending on last-minute rides does not meet that goal; however, there are times when no ride is scheduled within a reasonable driving distance so you might want to add an alternative.

The guidelines for posting last minute rides are:

1. The leader must be a member
2. There can't be a similar ride on the published schedule
 - a. Geography – a ride in Parker is NOT similar to one in Golden
 - b. AND start time – a 9 AM ride is NOT similar to a 3 PM ride
 - c. AND speed type – ROAD and FUN rides are NOT similar

- d. AND distance – a 35 mile ride is NOT similar to a 20 mile ride
3. When a last-minute ride appears to fall into the gray area such as 20 vs 25 miles, FUN rides starting an hour apart with start locations both in Aurora, then contact the scheduled ride leader to see if s/he feels the ride would compete. It might be better to simply join the other ride.
4. While yahoo groups are still a media for last-minute rides, MeetUp has additional features and more and more of our last minutes are published there.
5. Yahoo and MeetUp can be used when last-minute changes are necessary. This allows a little more flexibility if you schedule a ride and then have to make a change later.

July Ride & Event Schedule

Spring/Summer Riding Guidelines

Weather: No thunder, lightning or rain
Clothing: wear layers and SUNSCREEN!!!!!!
Other: bring water, repair items and a snack

Monday, July 1st **FUN-H1-22-SE 9:00 AM** Meet *Wayne Tomasello*, 720-344-8932 at DeKoevend Park on University Blvd for a ride on the Highline Canal through Greenwood Village and Cherry Hills Village. The ride is on a gravel bike path. An optional lunch after the ride is at Shanghai Gardens.

Wednesday, July 3rd **"Roses" H2-15-SW 8:30 AM** Meet *Melba Bouquet*, 720-493-0564, Cell: 303-549-6156 at Reynolds Landing, driveway for Silver Sage Garden Center, W side of Santa Fe, 1 mile north of Mineral and Santa Fe in Littleton for a ride over varied terrain north on the Platte River Trail, Dry Creek Trail, Highline Canal, and Lee Gulch. The canal and Lee Gulch portions are packed gravel, so fat or hybrid tires are recommended. Bring a snack and money for an optional restaurant lunch after the ride.

Saturday, July 6th **INT-H2-3-25-S 9:00 AM** Meet *Denny Martin*, 303-793-0395 starting at the Arapahoe County Community Park at 7900 S. Potomac in Englewood south of Arapahoe Rd. and caddy corner to the Denver Broncos football facility. This route will take us south on Jordan and Chambers Rds. to Hess Rd. and by the new Reuter Hess Reservoir then over to Castle Pines for a rest stop. We'll return back on Charter Oaks Drive to Havana along side I-25, Ridge Gate and Peoria. There is consistent mild climbing getting to Castle Pines. Optional lunch afterwards, crowd willing.

Sunday, July 7th **FUN-H1-20+/- 8:00 AM - DOZEN PARKS RIDE -SOUTH/CENTRAL** Meet *Sandra Newton* (phone or text 303-747-3751; or cell morning of ride only at 443-540-9414) in the northwest corner of the parking lot of Safeway at 14th Ave and Krameria. We'll ride west through Lowry, circling around through Cap Hill and south to the Wash Park/Platt Park area. Brunch is at the Krameria Cafe. Extreme heat cancels.

INT-H1/2-40to60-NE 7:30 AM Meet *Doug Schuler*, 303-829-5861 at Cake Crumbs Bakery, 2216 Kearney ST in Park Hill. These will be no-drop road rides east of Denver averaging 12-14 mph. Terrain is mostly flat with some rolling hills. Mileage will be between 40 and 60 miles on various routes between Park Hill and Bennet. Sometimes we stop for breakfast at Biscuits Cafe in Watkins. We get back to Cake Crumbs around noon.

MTB P2.5, T2.5 10:30 AM, Bailey, Colorado Trail, Gashouse, Miller Gulch. Join Ride leader *Dick Plastino*, 303-988-5359 for a 16 mile lollipop ride on the Colorado Trail heading for Buffalo Creek, but then we cut over to Gashouse and Miller Gulch and catch the shooting range road back to the Colorado Trail. Drive to Bailey on Hwy 285. The moment you enter town, turn left on Park County Rd. 68. The Rustic Station restaurant is on the corner. Drive south 7.9 miles on Rd. 68. You will pass a former parking lot which will direct you south another 0.2 mile. The parking lot is on your right. Carpool from the Fort Restaurant on Hwy 8 just north of Hwy 285 at 9:45 AM. Meal afterward at the Rustic Station in Bailey.

Monday, July 8th **FUN-H1-26-N 9:00 AM** Meet *Wayne Tomasello*, 720-344-8932 at Twin Lakes Park at 70th and Broadway for a ride up the Clear Creek Trail to the Ralston Creek Trail to Westwood golf course and back. The ride is on paved bike trails, some streets and a short distance on gravel road. An optional lunch is at Mickey's Top Sirloin.

Wednesday, July 10th **"Roses" H1-20-NE 8:30 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-H2-22ish-NW 9:00 AM Meet *Dave Noble* (303-694-2008, 303-906-3163 cell) to ride a new (not quite scouted yet) route of the Signal Ditch Trail, Bradley Creek Trail, Riverdale Road, and Grange Hall Creek Trail. Lunch will follow at Cinzzetti's restaurant. (Directions to start: From I-25 and 104th – exit 221 – go west and take first north/right turn into the Marketplace Shopping Center. Drive north to rear of shopping center and park in front of Cinzzettu's.)

**Saturday,
July 13th
Picnic**

Leisurely-H1-10 give or take 10:45 Join Don Pearson, the COG, for a leisurely ride toward Golden and back to warm up for the picnic. We'll turn around when we get tired. Perfect for old and slow or young with kids or those just wanting an easy day.

FUN-H2-23-N 8:45 AM Meet *Wes*, 720-252-6263 and Dianne Chownen at Prospect Park for a ride East to City of Cuernavaca Park. Visit Inspiration Point, then ride by Smedley Elementary and Horace Mann Middle School, and see construction of the Gold Line of the Light Rail.

FUN/INT-H2-23-NW 8:59 AM Meet *Jeff Krinsky*, 720-373-9107 at Prospect Park (by the picnic shelter) for an exciting ride to McIntyre Road, 82nd Ave, over the death defying Arvada Reservoir, and back to the picnic via Easley Road! The survivors will be rewarded with the incredible DBTC summer picnic fare back at Prospect Park.

INT/ROAD-H2/3-35-NW 8:30 Meet *Lise Neer*, 303-249-8621 at Prospect Park for a ~15mph ride to Standley Lake/Jeffco Airport. There will be twists and turns, with brief stops to regroup along the way. (We don't want to drop anyone and make them late for the picnic!) We'll keep an adequate pace to return to the park by Noon.

MTB, P2.5, T2, 9:30 AM, Club Picnic at Prospect Park. Prospect Park in Wheat Ridge is about 0.8 miles west of Kipling on W. 44th. This is a DBTC sponsored picnic and we will ride prior to lunch being available. We will be riding out the Clear Creek bikeway to North Table Mountain and taking a loop around it from Easley Road. But, you can pull a U-turn anytime you like to keep the ride within your comfort level. Call ride leaders *Jeff Baysinger* (303-969-9241) or *Dick Plastino* (303-988-5359) about the ride.

**Sunday,
July 14th**

No scheduled rides.

**Monday,
July 15th**

FUN-H1-30-SE 9:00 AM Meet *Wayne Tomasello* (720-344-8932) at the Cherry Creek Shopping Center near Bed Bath and Beyond (at the corner of University and Cherry Creek Dr. North, park on the South side) for a ride on the Cherry Creek trail to the Highline Canal to Dartmouth St. to the Platte River trail. It is a ride mostly on paved bike path with some street riding. An optional lunch is at the Cherry Cricket.

**Wednesday,
July 17th**

"Roses" H2-20-SE 8:30 AM Meet *Anne Layshock*, 303-771-6353, on the SE corner of Quincy and Parker Rd. Park near Quincy, for a ride including Tollgate, the spillway, and the power lines. Bring a snack and money for lunch at a favorite restaurant.

FUN/INT-H1.75-23+/- SW 8:30 AM - Gritty Urban Ride Meet *Sandra Newton* (phone or text 303-747-3751; or cell morning of ride only at 443-540-9414) in the parking lot of Park Hill Elementary School, which you can reach from Fairfax St (west side) between 19th Ave and Colfax. This city ride will first go north and west on urban streets, visiting two downtown stadiums - so quiet and peaceful during the week - and circling two urban lakes, finally wending our way back on 17th, 13th, 11th, 9th, 7th, etc. Lunch is at the Jett Asian Kitchen near Elm and Colfax. Please be prepared to ride - the first pit stop will be in a nearby park. Extreme heat cancels.

**Friday,
July 19th**

MTB (campout) P2-T2 12:00 noon, Lost Park Campground, Brookside *Jeff Baysinger* (303-969-9241) will head the festivities. Reservations are not taken at this campground which has water and a restroom, so arriving Friday will likely ensure a camping spot. There are other camping spots in the area also. Enjoy this afternoon with a hike into Lost Creek Wilderness. The trailhead is just outside the campground limits. Since this is a popular area and a wilderness, dogs are required to be on leash. After the hike, relax with an evening wine tasting. Getting to the campground at the end of the road is about a 2 hour drive from Denver. On US 285, descend from Kenosha Pass about 3 miles and turn left on Lost Creek Road (Park Co. 56). This is about one mile before the town of Jefferson. There is no left turn lane, so watch for it closely. Drive 21 miles on the gravel road to the campground where the road ends. A tougher drive than normal, but you'll regret it if you don't do it. You'll remember this for the rest of your life.

**Saturday,
July 20th**

FUN-H2toH3-26-NW 9:00 AM Meet *Paul Altman*, 720 979-6303 at Prospect Park for a ride west on Easley Rd. over Arvada Reservoir and back along Clear Creek and Ralston Creek

FUN-H1-25-SE 9:00 AM *Guy James* (303-321-4607) will lead a ride starting at the westerly parking lot of the Highline Community Church, 3651 S. Colorado Blvd. (three blocks south of Hampden). We will ride Southwest on the very scenic Highline Canal, which is a pea gravel path, bring an appropriate bike. A flat ride, about 25 miles, out to DeKoevend Park and back. Lunch optional afterwards.

INT-H3-4-40-NW 8:00 AM Meet *Mary Jenkins* at the parking lot at the corner of Niwot Road and 79th Street (Southeast corner) for a ride thru the beautiful back roads then up Lefthand canyon to Jamestown and back. Lunch is in Niwot.

MTB Day Ride P2.5, T2, 10:30AM, Colorado Trail, Longs Gulch to Lost Park Campground. This ride is for both campers and riders driving up from Denver. When you ride east on the Colorado Trail from Kenosha Pass, you dead end at the Lost Creek Wilderness Area. After the CT winds through the wilderness area, it comes out at Longs Gulch and is open to mountain bikers.

The drive to the trailhead is 1.5 hours, but it's well worth it. This trail is unique – no crowds, a long and fast descent along the edge of a meadow and a smooth and narrow trail. When we rode it on a scouting mission, the cattle bolted because they had never seen a mountain biker before! The miles might seem high (16 for intermediates, 20 for the gung ho), but the smooth trail makes the ride pleasurable.

On US 285, descend from Kenosha Pass about 3 miles and turn left on Lost Creek Road (Park Co. 56). This is about one mile before the town of Jefferson. There is no left turn lane, so watch for it closely. Drive 10.7 miles on the gravel road to Forest Road 817 (which is marked), turn left and go a few hundred feet to the trailhead parking lot. Carpool from the Fort Restaurant on Hwy 8 just north of Hwy 285 at 8:45 AM. Call *Jeff Baysinger* (303-969-9241) with questions on this day ride.

**Sunday,
July 21st**

FUN-H1-24-NW 9:00 AM Meet *Cindy Ferry* at the Arvada Olde Town Park n Ride 5565 Wadsworth Blvd south of Grandview east of Vance. Olde town to Ralston Creek, to Platte River to REI, back on 23rd to Clear Creek and Park n Ride

FUN-H2-20-SW 9:30 AM Meet *Bob Shedd* (720-290-6014) at the RTD Littleton Downtown Station, on the west edge of the parking lot located at Alamo Avenue & Prince Street. Easy, scenic route featuring the refurbished Bear Creek Trail (if it is finished – Bob will scout the route) and Sanderson Gulch Trail, a few miles of the South Platte River trail, and some bike-friendly streets in Southwest Denver. Optional lunch afterward at Merle's Restaurant on Main Street, within 3 blocks of the starting location.

INT-H1to2-40to60-NE 7:30 AM Meet *Doug Schuler*, 303-829-5861 at Cake Crumbs Bakery, 2216 Kearney ST in Park Hill. These will be no-drop road rides east of Denver averaging 12-14 mph. Terrain is mostly flat with some rolling hills. Mileage will be between 40 and 60 miles on various routes between Park Hill and Bennet. Sometimes we stop for breakfast at Biscuits Cafe in Watkins. We get back to Cake Crumbs around noon.

MTB P3, T3, 9:30 AM, Topaz Mountain trail explorations at Lost Creek. Ride about 1.5 miles from the campground to the nearby forest roads along Bonis and No Name creeks. These forest roads are off the south side of Lost Park Road. This ride will be about a 10-mile loop, climbing the north flank of Topaz Mtn. Return by noon to break camp. Call ride leader *Jeff Baysinger* (303-969-9241) with questions.

**Monday,
July 22nd**

FUN-H1-26-Central 9:00 AM Meet *Wayne Tomasello* (720-344-8932) at Cuernavaca Park for a ride on the Platte River Trail North to 104th Street and Back. The ride is on paved bike trails. An optional lunch is at My Brothers Bar.

**Wednesday,
July 23rd**

"Roses" H2-16-SE 8:30 AM Meet *Jean Stevenson*, 303-699-5135 at Village Green Park, Union and Dayton opposite the west entrance to Cherry Creek State Park. We will park in the rear parking lot. Ride has a climb to dam, and climb out of the park. Rest is mostly level, will go east out of the park along Piney Creek. Bring a snack, and money for an optional restaurant lunch following the ride.

FUN/INT-H2-20-SW 9:00 AM Meet *Kathy & Joe Stommel* at Highlands Ranch's Flying 'B Park on Plaza Dr. We will do a combination of Chatfield Reservoir Road and C-470 Trail for approximately 20 miles. Lunch afterwards at is NoNo's Restaurant. Directions to Flying 'B Park - from C470 take Lucent Drive exit south. Turn right on Plaza Drive and Flying 'B Park will be on the left near end of the road (which is also entrance to Westwind Senior campus).

**Saturday,
July 27th**

FUN-H2-30-SE 7:30 AM Meet *Gaar Potter* (303-691-0938) at Eisenhower Park (Colorado Blvd at Dartmouth). We will go Southwest to Chatfield Reservoir, on streets as much as possible. We May also pay a courtesy call on Alferd Packer at Littleton Cemetery. May not.

FUN-H3-20-W 10:00 AM Meet *Howard Bagdad* at the parking lot behind Beau Jo's in Idaho Springs. We will ride to the visitor center in Georgetown and return. We can ride a little further if there is interest and energy. Lunch afterwards is in Idaho Springs.

INT-H2-25-NW 8:30 AM Meet *Eddie Akin*, 720-270-3636 at Prospect Park in Wheatridge for a ride on the Clear Creek bike path to Golden and Arvada Reservoir. We will head west on the trail into Golden, then out 44th ave to Easley rd. up to 64th to the Arvada Reservoir loop and back the way we came. The hardest climb is the loop around the reservoir. Will meet in the lower lot next to the trail.

MTB-P2-T1.5 10:30 AM Switzerland Trail This route follows the old railroad grade of the Greeley, Salt Lake and Pacific railroad which started hauling gold and silver out of places such as Ward and Gold Hill in 1883. After the ore ran out, the line became a tourist line touting the beautiful scenery with advertisements such as, "One need not go to Switzerland for sublime mountain scenery". A lodge, named "Mont Alto" was built for dancing and is now a picnic area. Lots of great scenery, with some 4 wheel drives and motorized dirt bikers. The grade is 4-5% (pretty easy) with a few rocky stretches. This is a good one to drop your tire pressure to about 30 psi for a comfortable ride. Our ride leader will be *Richard Giesler* (303-722-1475).

Directions to Sugar Loaf Trailhead: In Boulder, from the intersection of Broadway (Hwy 93) and Canyon Blvd (CO-119 and which becomes Boulder Canyon Drive), go west 5.2 miles to Sugarloaf Rd. (County Road 122). Turn right on Sugarloaf Rd. and travel 4.7 miles to Sugarloaf Mountain Road. Turn right and go 0.8 miles to the trailhead.

From the trailhead, we'll ride downhill 4 miles to the hamlet of Sunset. From here, you can either continue uphill 3.6 miles to Mont Alto for drop dead views or head back to the trailhead. It's a 15.4 round trip to Mont Alto or 8 mile round trip to Sunset. But remember, half of each trip is downhill so either is doable by riders who are in at least moderate physical shape. A picnic lunch is afterward at the trailhead. Bring meats, cheeses, chips, gnocchi casserole in beef sauce, beverages, desserts or whatever you like to share. Also, bring a folding chair if you want to sit tall while your fellow riders sit in the dirt. Carpool at 9:30 AM at the Sofa Mart on the NW corner of Kipling and Hwy 6 in Lakewood. Sofa Mart is on the north side of the north frontage road west of Kipling a few hundred feet.

**Sunday,
July 28th**

FUN-H3-30-SW 8:00 AM MANY TURNS TOUR Meet *Jeff Messerschmidt* (303-904-0573, leave message) at the Stone House. 2900 S Estes St. Lakewood, CO 80227. On the east side of S Estes, a little south of Yale. (South of Jewell, Garrison becomes Estes) The Hutchinson Park area was designed to thwart bicyclists. We're going right through it, and continuing through Morrison to the West Littleton Maize. We'll be looking for the riders we lost the last time we tried this!

INT-H1to2-40to60-NE 7:30 AM Meet *Doug Schuler*, 303-829-5861 at Cake Crumbs Bakery, 2216 Kearney ST in Park Hill. These will be no-drop road rides east of Denver averaging 12-14 mph. Terrain is mostly flat with some rolling hills. Mileage will be between 40 and 60 miles on various routes between Park Hill and Bennet. Sometimes we stop for breakfast at Biscuits Cafe in Watkins. We get back to Cake Crumbs around noon.

**Wednesday,
July 31st**

"Roses" H1-12-SW 8:30 AM Meet *Judy Deist*, 303/841-4792, CP 303-906-4305 for a ride up lovely Waterton Canyon. South on Wadsworth past Chatfield State Park, L on Waterton Rd 1/8 mile to the parking lot on the left. Bring a snack and money for an optional restaurant lunch following the ride.

FUN-H2-30-NE 8:30 AM Meet *Donna Seaman* (720-855-7022) at Scott Carpenter Park (30th & Arapaho in Boulder). This will be a fun bike trails ride of flats & hills. Come and join us for All Around Boulder, in fact, The Boulder 360; a perimeter bike trail ride around Boulder. Come to get your fix on the key connections! We'll go to the Tea House after the ride.