

The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

APRIL 2014

[Editor's note: If you have not visited The Oldy Cyclery, be sure to attend one of Steve Stevens rides.]

Our International Mayors' Ride starts on April 22 from Golden, CO

This year celebrates two important events.

While Earth Day is the new Annual kick off for our yearly Mayors Ride campaigns.....

This year will also honor the day the man who, 130 years ago, expanded the possibility consciousness of the world. It was then that [Thomas Stevens](#) began his "Around the World" bicycle journey from San Francisco.

We have chosen Golden to symbolize Thomas Stevens's important place in history because it was in Golden and nearby Denver that he trained for his ride on his, one of the first few hundred HiWheel bikes on the planet.

It is also in Golden that another Stevens, [Steve Stevens](#), who also has

legendary Penny Farthing miles in his legs, lives and houses his [Golden Oldy](#) 19th Century bike museum. And it is there Thomas's grand achievement comes to life. As for the living Stevens legend (pictured below right), Steve set a world record when he rode a HiWheel from San Francisco and Oakland to Boston in an astonishing 29 days.

On April 22, 2014, when Steve tours Golden with Mayor Marjorie Sloan and other city luminaries, he will kick off a ride we have long been building that will include proclamations, as well as June and July tours of London, England, Dublin, Ireland,

Vancouver, Canada, Portland, OR, Seattle,



the California cities of San Francisco, Oakland, Palo Alto, San Jose, and Sacramento as well as Reno, NV, Indianapolis (the center of the Greenway universe),

Cincinnati and Chicago.

Stay tuned as we get final confirmations from all of the above cities for our exciting 2014 international 1m schedule soon!!

THX 4 all of U!!



Snowbike in Crested Butte

J Krinsky

Detour Alert

There is construction on the underpass at 104th Avenue on the Platte River trail. A severe washout also exists about a mile or two south of 104th Ave.; approximately 200' of trail is destroyed, and the trail is out of service from McKay Road to the north side of 104th Ave. A sign posted at Elaine Valente park states that repairs will be completed by Adams County in July.



DBTC's Officers

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Board Meeting

Any member wishing to attend a board meeting is welcome to attend. The next board meeting is Tuesday, April 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.

Words from the President

Brad West

"PIMP MY RIDE"

Ride leaders, never fear, help is on the way. DBTC ride leaders are the best. They are dependable, friendly and trained to do the job. I know of leaders who also serve ice cream, granola bars, take tours and celebrate holidays to make their rides memorable. Many of you have ideas for great rides, and would implement them if you just had a little help with the expense.

At the March meeting the DBTC board voted to allocate money to help ride leaders put together rides that are above average. I've heard you say that even a few dollars could make a big difference in a ride experience. The board has decided to reimburse what you spend to make a ride memorable. The budget allocation is \$1000.00. We want to see it go as far as possible so we have some simple rules to follow.

- ✓ Ride leaders can be reimbursed for up to \$20 per month spent on creating a memorable rider experience.
- ✓ Any ideas should be reviewed with your ride coordinator first. The club will publish these rides in the ride schedule on the DBTC site. I suggest you also put them out on the Meetup web page.
- ✓ Keep the receipt and send a copy to your ride coordinator with an explanation of what you did and how well it was received.
- ✓ Reimbursements will take place once in July and once at the end of the season.
- ✓ No alcohol is to be purchased with club money.
- ✓ Maximum reimbursement on any one ride is \$20.
- ✓ No rider should receive more than \$3.00 in benefits on any ride.

We expect most expenses to be in the \$1.00 to \$2.00 range. Most of our scheduled rides will continue to be the same, great rides in the outdoors led by experienced leaders. That's still the core of what we want to do and what we do best.

This program was also announced at the Kickoff meeting. If you have any questions contact your ride coordinator or a board member.

Start planning now to turn one of your scheduled rides into a ride never to be forgotten.

– Brad



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.

MTB Tribe Celebrates Spring



A sunny Sunday in mid-March gave riders a good shot at dryer trails and perfect temps for a winding tour of Bear Creek Lake Park. Some of us peeled off early to prepare for St. Patty's Day celebrating back at Moe's, and only one minor casualty occurred. (Still smiling, however painful that looks!)

A couple of days prior to this, a club member spoke briefly with a ranger there, who said many of the small bridges had been washed out due to Sept. flooding in the lower, wooded areas, where everything was well below the water line. She also mentioned **an opportunity to help with trail work and restoration later this month:**

Date: 4/27/2013
Department: Community Resources
Location: Bear Creek Lake Park
Summary: Celebrate Earth Day by getting involved in a variety of volunteer project throughout the park. Projects may include trail work, restoration, planting or litter cleanup.

Days / Times: 8 a.m. - noon

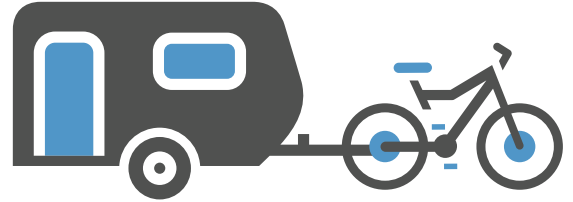
Call the Volunteer Program Office at 303-987-7868, or email karGra@lakewood.org

Update on Tours Training Ellen Chilikas

The plan is to have a dinner meeting at my house on 4/4, followed by homework and email coordination. We will lead a mock tour June 6-8.

I already have enough students identified for the first training. If there are others who are interested, I would offer another class in the fall.

The expectation is that all students will lead a tour within 18 months of completing the training.



STROKE IDENTIFICATION- RECOGNIZING A STROKE

Submitted by Dave Noble

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, this lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking four simple questions – S-T-A-R:

S - Ask the individual to SMILE.

T - Ask the person to TALK and SPEAK a simple sentence (coherently).

A - Ask the person to STICK OUT YOUR TONGUE & say "AHHHH".

R - Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.



Guide to Reading the Ride Schedule

by Patty Gaspar

Each leader determines the rating and mileage for the ride. They try to be accurate, but their idea of hills might differ from yours! Some leaders are more supportive than others. Some leaders are way out front; others lead from the middle of the pack. Please be flexible. Much of the fun of riding with the club is exploring new trails with different people. Ride leaders and/or the riders reserve the right to modify the route selection due to rider attendance, skill levels, weather conditions or the whining of other riders. Keep the leader informed if you decide not to ride with the group.

Pace of Ride	Difficulty of Terrain	Distance	Quadrant of City	Departure Time
Roses – Leisurely (Avg. 8-10 mph) Fun – Comfortable (10-12) Int. – Brisk (12-16) Road – Fast (16-20+) 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, good place to start

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.

MTB or ATB Mountain bike ride – terrain determines pace.

Difficulty of Terrain

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

ATB Terrain Rating - Mountain or Hybrid Bikes

H1 Non-technical trails, gentle climbs, gravel or dirt roads/trails, few obstacles.

MTB Technical Rating and Physical Exertion Rating - Mountain Bikes Only

T1 Easy technical ride. Flat, moderate single track or trails - suitable for beginners.

T2 Moderate technical ride. Single track, some bumps, maybe a sharp turn or two - expect to break a sweat.

T3 Very technical, single track, ruts, rocks and obstacles. Might fall off bike - expect your legs to burn.

T4 Extremely technical with tight, difficult single track, large obstacles, ruts, logs, rocks. You'll wonder why you picked up this crazy sport!

P1 Not too difficult to P4 Demands excellent physical condition – a trail might not be technically difficult, but it might be physically challenging.

Estimated Distance

This is the estimated distance in miles (MTB rides may not have a mileage designation) but actual ride distance can vary.

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. This is simply to help you locate the starting point on your DBTC map. We try to spread the rides throughout the metro area. You can go to www.DBTC.org for the most common starting locations and print a map from your home to the starting point.

Examples

FUN-H2-25-NW Fun ride from Olde Town Arvada out the Ralston Creek Trail and back.

Expect to ride about 10-12 miles per hour with some climbing. A pleasant ride and the group will probably have lunch afterwards.

ROAD-H1-55-NE Road ride from Denver to Fort Lupton and back. Expect to ride 20 MPH or more on flat road. No beginners on this ride.

FUN-H4-20-NW Fun ride from Prospect Park up Lookout Mountain.

Expect to do some serious climbing. Lookout Mountain is a steep, narrow road, but the pace will be slow with frequent stops for the slower riders to catch up.

- If this ride is rated INT-H4-20-NW expect fewer stops on the ride up and the group may meet you on the way back if you fall too far behind.

- If this is rated ROAD-H4-20-NW expect the riders to meet in the parking lot and go straight up the hill.

MTB-T3-P3-NW MTB ride at White Ranch.

Expect to climb up a trail. This is not a ride for your first outing. Mountain bikes only.

INT-H2-35-SE Intermediate ride from South High School to Cherry Creek Reservoir.

Expect to ride at a steady pace without a lot of breaks. There are some climbs on this route, but nothing like Lookout Mountain.

Cont. from pg. 4

The rating system is just to give you an idea of what to expect. **ROSES, LEISURE and FUN rides** are very supportive with frequent breaks to re-group. A FUN-H1 ride would be at a leisurely pace along one of the flat bike trails. A FUN-H3 would be much more challenging. Please read the ride description, because one person might label a ride a FUN ride that someone else would consider an INT ride. For a FUN ride you can use a road bike, a hybrid or even a mountain bike.

There is a fine line between a long fun ride and an intermediate ride. If the riders who show up for a FUN ride are ALL faster riders, the pace may be the INT speed. If it is a large group, some of the riders may be riding at a faster pace. FUN rides incorporate stops to regroup. If you don't plan on completing the entire ride, be sure to let the ride leader know so the group doesn't wait for you.

INT or Intermediate rides are intended to be at a faster pace or on more difficult terrain than FUN rides. Many riders cannot keep the pace on a mountain bike. Intermediate rides will be more supportive than ROAD rides, but you are expected to be able to keep up with the group.

ROAD rides are fast-paced and intended for riders in good physical condition. It is assumed that riders will be able to read a map if offered, comfortable to proceed at their own pace, be competent to fix flats, and can do their own mechanical work if necessary. Those who ride at a slower pace are welcome. However, they may be riding alone sometimes and are urged to attend with a friend who rides at a similar speed. Road riders at times do not ride as a group and sometimes split off the agreed-upon route.

Some of the INT or ROAD rides feature a lot of elevation gain so the pace will be slower.

Some rides will have a dual designation FUN/INT or INT/ROAD. There might be mileage options. When you read the text you'll find that there might be two leaders for this ride and they expect the group to split between faster and slower riders. Other times the leader wants to warn you that even though it's not quite an INT ride it is not suitable for a beginner. An INT/ROAD welcomes people who want to ride faster or climb harder, but aren't necessarily roadies. If in doubt, contact the ride leader and ask.

MTB or Mountain biking is becoming more popular every year. We have two classes of Mountain Biking - ATB means a hybrid or cross bike with tires suitable for gravel roads and paths would be an option and MTB refers to your suspension mountain bike. MTB rides require a mountain bike. Technical rating and physical exertion are a matter of opinion and depend highly on route conditions. Please pay attention to the rating. Many of the rides will be listed with multiple ratings - they may have a T1, P1 for an easy ride option and a T3, P4 for the GONZO option. The riders can do either option. Watch for MTB clinics so that you can improve your technical skills to ride more difficult trails.

Most of all - HAPPY PEDALING!!

SWAPPER'S CORNER

For Sale: Giant TCX Cyclo-Cross.
Get your Spring training on for this year's 'Cross season!
Size Lg or about 58cm. Never raced, very low miles. Deore and Dura-Ace components. \$800 OBO
lisegneer@gmail.com



DBTC Members Joining/Renewing in February

MATT BAILEY	JEFF MACKEY
HOLLY GREENFIELD	JAYNE SCHAEFFER
LIAM GREENFIELD	SKIP SCHAEFFER
SOFIA GREENFIELD	J.D. WEAVER

Taking a trip?
Going on vacation?
Taking your bike?

DBTC has bike boxes
ideal for travel.

Contact Gaar Potter: 303-691-0938
or gaarpo@comcast.net

DBTC SPRING – SUMMER SEASON 2014 50th Season!

Spring has sprung and we will have some beautiful riding weather – not too hot, not too cold. Let's hope not too rainy.

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.

Many of our members love winter sports and want to continue enjoying the outdoors with their DBTC friends. The DBTC Message Board will be our main means of communication through the winter months. If you'd like to post an event, simply go into the site. Remember not all members have email so if you have it in the newsletter all members are notified.

Rides are cancelled if the temperature is below 40 degrees at start time or it is raining or snowing. Be ready to start at the time listed – tires pumped up and bike ready. The ride leader is not a mechanic so if your bike needs repair, please take it to the shop.

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.

If you'd like to include an activity in the newsletter, please email it to ridecoordinator@dbtc.org by the 10th for the following newsletter or contact Patty at 303-989-8268.

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 that many members do not tweet.

DBTC Meetup group at www.meetup.com/Denver-Bicycle-Touring-Club/ be used to post rides as well. Once you have posted your ride, we will review the ride information to be sure it complies with the club requirements then upload it to the MeetUp web site where you can edit your ride. 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.

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.

You can join any or all 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. See the website for posting rules.

Please Note;

Joining Facebook or any other 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 the DBTC webmaster (webmaster@dbtc.org).

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.

APRIL 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

Tuesday, April 1st **FUN-H1-18-NW- 9:30** Meet *Steve Stevens* 17224 West 17th Place, Golden 720-497-1100 Oldy Cyclery Le Tour Du Tables d'Or or in English "The Tour of the Tables of Gold" , one lap around The 2 table mountains – starting and ending at Golden Oldy Cyclery the Sustainable Museum of Sustainable Transportation. A gentle start for the season 18 miles, very gentle speed – low grades as we circle the 2 signature table mountains of Golden. Please be ready to ride with helmets and (suggested) rear view mirrors at the start time. We will have a museum / sustainability tour after the ride.

Wednesday, April 2nd **"Roses" H1-20-SE 10:00 AM** Meet *Judy Deist* 303-841-4792, cp 303-906-4305, at East Bank Park, It is about 1 1/2 miles south of Mainstreet on Parker Road, and is the first right turn past Hilltop (or 20 Mile Road on the west side) into the park on S. Pine Drive on the east, (Indian Pipe on the west). It will be out and back south past the Pinery toward Franktown total about 20 miles. There is only 1 short hill, some packed gravel road. Bring a snack, money for optional restaurant lunch after the ride.

FUN/INT-H2to3-25-SW 10:00 AM Meet *Patty Gaspar* 303-618-5069 behind the tennis bubble, W Bowles & S Federal in Littleton, for a ride to Chatfield then east for a mostly gentle climb and a great downhill to finish the loop. Lunch afterwards is at one of the nearby eateries. Ride is cancelled if temp is under 45 at start time.

MTB P2.5, T2, 6:00 PM, Green Mountain SHOW AND GO Meet at the Florida trailhead, at the top of Alameda Parkway at the intersection of West Florida Drive and Alameda Parkway in Lakewood.

Saturday, April 5th **FUN-H2-20-S-10:00 AM** Meet *Lin Hark* (303-578-9369) at South High School (SE Corner Louisiana Ave and Franklin St) We will ride through Washington Park up to Cherry Creek Bike Path and make a loop through some of Denver's wonderful parks and older neighborhoods. We will check out what early spring flowers are blooming and loop back into Washington Park. Lunch after at the HandleBar and Grill 305 So Downing St, Denver

MTB P2, T2, 11:00 AM, Ridgeline Open Space THE RIDE: Meet *Dick Plastino* (303-988-5359) at this sweet gem. There are sections through the woods, flat sections at the top with great views, switchbacks and a slightly rocky downhill. THE DIRECTIONS: Two sets of instructions are given below depending on whether you are coming south on I-25 or south on Hwy. 85 (Santa Fe). Driving down I-25: Take exit 182 (Wilcox Street/Wolfensberger Road) from I-25. Turn west (right) at the end of the exit ramp onto Wolfensberger Road. Follow it for 1.4 miles. Turn right onto Coachline Road. Travel approximately 0.5 miles to the Ridgeline Open Space parking lot on your left. Driving down 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. For your GPS units, the address of the parking lot is 2525 Coachline Road, 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>. THE FOOD: A great meal afterward at the Rockyard American Grill & Brewing Co. at 880 Castleton Road, Castle Rock.

Sunday, April 6th **Leisure/FUN-H2-22-NW 9:30 AM** A gentle start for the season - 22 miles – very gentle speed – low grades as we a figure 8 of the 2 signature table mountains of Golden. 17224 West 17th Place, Golden 720-497-1100 ... starting and ending at Golden Oldy Cyclery ... Please be ready to ride with helmets and (suggested) rear view mirrors at the start time. We will have a museum / sustainability tour after the ride,

FUN/INT-H2to3-25-SW 10:00 AM Meet *Patty Gaspar* at the Sheridan High School Parking lot near Federal and Oxford. We'll head toward the used-to-be upscale Bow Mar area and go to Bowles Lake, Grant Ranch to Wadsworth and back to Sheridan High School. We'll ride some hills and lots of ups and downs with some beautiful quite streets and pleasant bike paths. Lunch is afterwards. Ride is cancelled if temp is under 45 at start time.

FUN-H2-20-NW 10:00 AM Meet *Merri Bruntz* 303-517-9781 at Prospect Park 44th and Robb for an early season ride to Golden via the Clear Creek Trail. We will come back to Wheat Ridge via 32nd to Pierce St and north back to the Clear Creek Trail.

INT-H2-27-SW-9:45 Meet *Jeff Krinsky* (720-373-9107) The adventure begins at the Lakewood Heritage Center at Belmar Park at Ohio Street on the west side of Wadsworth, north of Mississippi and South of Alameda. We will tour the park then head west to Dinosaur Ridge and Red Rocks where we will stop for a break and a free surprise, compliments of the DBTC. Then we will continue on down through Morrison and Bear Creek Trail and return north to Belmar Park. Optional lunch afterwards

Wednesday, April 9th **"Roses" H1-18-SE 10:00 AM** Meet *Jean Stevenson* 303-699-5135, in the parking lot for Target in the shopping center on the southwest corner of Arapahoe Rd and Parker Rd. Distance up to 18 miles, along the Cherry Creek Trail, as determined by the riders, with brief stops at historical markers. Bring a snack, and money for an optional lunch at a nearby restaurant.

FUN/INT-H2-25-NW 9:30 AM 25 miles – a round the table – South Table – with an out and back on Clear Creek added. Steve Stevens 7224 West 17th Place, Golden, 720-497-1100 ... starting and ending at Golden Oldy Cyclery ... Please be ready to ride with helmets and (suggested) rear view mirrors at the start time. We will have a museum / sustainability tour after the ride.

MTB P2.5, T2, 6:00 PM, Green Mountain SHOW AND GO. Meet at the Florida trailhead, at the top of Alameda Parkway at the intersection of West Florida Drive and Alameda Parkway in Lakewood.

Saturday, April 12th **FUN/INT-H2to3-30-NW 9:30 AM** 30 miles ... "Tour du Tables d'Or au Mer" ... A loop of the table mountains with an added loop of Arvada Reservoir.... So a bit of a climb for part of the trip. Starting and ending at Golden Oldy Cyclery ... 17224 West 17th Place, Golden, 720-497-1100. Please be ready to ride with helmets and (suggested) rear view mirrors at the start time. We will have a museum / sustainability tour after the ride,.

MTB P2-3, T1-3, 11:00 AM, first day of Pueblo Reservoir weekend THE RIDE: Meet *Jeff Baysinger* (720-921-4301) to tour some of the more than 50 miles of trails on the south side of the reservoir. Trails range from easy to scary. Today ride Voodoo Loop, about a 20 mile ride, much of it along the rim of an arm of the reservoir. Expect lots of ups and downs and turns. Keep an eye peeled for bald eagles, too. Use this link to see a color coded trail map: <http://lakepueblotrails.org/default.asp>. On the left side of that page, click on ATrail Information. Then on the resulting page, click on the ASouthshoreTrail Map 2013.pdf link. Other information can be found on the main page as well. THE DIRECTIONS: Take I-25 south to Hwy. 50 (exit 101). Go 2.9 miles west (toward Canon City). Turn left (south) on N Pueblo West Boulevard (Hwy. 45). Go 4.0 miles to Hwy 96 (Thatcher Avenue). Turn right. In about 4 miles, you will see South Marina Road on your right. Continue on Hwy. 96 up the hill for about another mile. On your right at the hill crest, there is the Ared gate, a faded, red, 3 bar gate in the fence along the right side of the highway. Park on the shoulder of the highway near the gate. Many other cars likely will be there as well. Please put out of sight anything that might be of interest to any bad guys visiting the area. APRES-RIDE: After the ride, join with others for a group dinner near the Historic Arkansas River Walk in downtown Pueblo. This revitalized area is now an arts district. LODGING: Camping options: <http://coloradostateparks.reserveamerica.com/campgroundDetails.do?contractCode=CO&parkId=50036>. The preferred campground is Arkansas Point, on the south side of the reservoir. Trails can be accessed directly from that campground. Motel options: See Yahoo groups message of March 3rd. An Econo Lodge is at 71 S Radnor Drive. Others may be found by checking the Pueblo West Corridor.

Sunday, April 13th **FUN-H2-28-NW 10:00 AM** Meet *Merri Bruntz* 303-517-9781 at Prospect Park 44th and Robb for an out-and-back ride to 88th & Colorado via the Clear Creek Trail

MTB P2-3, T1-3, 11:00 AM, second day of Pueblo Reservoir weekend THE RIDE: Ride Outer Limits today and/or other trails at your option. (See April 12 information for trail map.) Outer Limits can be combined with an easy road to Pedro= Point on Inner Limits. Upon return, nearby trails can also be explored. Please note the black trails near the Ared gate are very steep in short stretches. Outer Limits would be about a 10 to 15 mile ride. Return home after this long exploring weekend. THE DIRECTIONS: See April 12 information.

Wednesday, April 16th **FUN/INT-H2to3-34-NW 9:30 AM** A figure 8 of the 2 table mountains with an added loop of Arvada Reservoir.... So a bit of a climb for part of the trip.... starting and ending at Golden Oldy Cyclery ... 17224 West 17th Place, Golden 720-497-1100. Please be ready to ride with helmets and (suggested) rear view mirrors at the start time. We will have a museum / sustainability tour after the ride.

"Roses" H2-20-NW 10:00 AM Meet *Lin Hark* (303-578-9369) at Prospect Park, 44th and Robb, for a ride along Clear Creek and into some neighborhoods to see some of spring's flowers. Bring a snack, and money for an optional lunch at a nearby restaurant after the ride.

MTB P2.5, T2, 6:00 PM, Green Mountain SHOW AND GO. Meet at the Florida trailhead, at the top of Alameda Ave. at the intersection of West Florida Drive and Alameda Parkway in Lakewood.

Saturday, April 19th **FUN-H1-24-SE 9:30 AM – 11th annual "Joe Baker Ride"** Meet *Jack Shaver* (303-884-1620) at Benny's Mexican Restaurant ~ Grant Street at 7th Avenue ~ for an easy, fun, flat 'social' ride of 12 mph avg. that includes Cheesman and City Parks, Park Hill toward Stapleton and Lowry areas, Cook, Eisenhower and Wash Parks with an optional "delicious after-ride lunch" at Benny's. Benny's parking lot is at 725 Grant Street and street parking meters in this area are FREE on Saturdays. PLEEEZ arrive early and be ready to pedal ON TIME.

INT-H2-20-W-9:30 Meet *Mary Jenkins* at the Conoco Gas Station Morrison and Rooney rd. Ride up Dinosaur Ridge, through Red Rocks and around Bear Creek.

**Sunday,
April 20th**

FUN-H2-25-SE 9:00 AM - Mt Nebo! Meet *Gaar Potter* (303-691-0938) at Eisenhower Park Rec Center (SE Corner of Dartmouth and Colorado Blvd). We will ride to 3 cemeteries and place a stone at Mt. Nebo. We also visit Hampden Hts. Cemetery, Fairmount Cemetery and Lowry. You won't believe the SNEAKY way we get to Hampden Hts. Cemetery!

MTB P2, T1.5, 10:30AM, Greenland - Palmer Lake - Spruce Mountain - Spruce Meadow trails. THE RIDE: Meet *Mary Sue Dickerson* (720-209-8126) at the Greenland Open Space trailhead. Starting at the Greenland trailhead, we will ride the Greenland Trail to the Front Range Trail to Palmer Lake. An optional trail of about a mile can be ridden around Palmer Lake. We then ride approximately two miles on pavement from Palmer Lake to Spruce Mountain trailhead, over Spruce Mountain and complete a loop over Eagle Pass. The first lookout on Spruce Mountain offers breathtaking views of Greenland Open Space, surrounding buttes, Pikes Peak, the Palmer Divide, Carpenter Creek and thousands of acres of protected open space. We then ride part of Spruce Meadow Trail back to the trailhead. If people want to ride more, they could do the entire Spruce Meadow Trail. Approximately 18 miles (plus options). THE DIRECTIONS: Take I-25 south past Larkspur approximately four miles to Greenland Road (exit 167); turn west (right) for 0.2 miles on Greenland Road; then turn south (left) for 0.5 miles on Noe Road to the Greenland Open Space trailhead. THE FOOD: A PICNIC lunch after the ride at the trailhead. Bring meats, cheeses, chips, dips, caviar, Twizzlers, sour gummy worms, beverages, cookies and other desserts - or whatever you like - to share. Also, bring a folding chair if you have one.

**Tuesday,
April 22nd**

FUN/INT-H2-18-NW 9:30 AM Earth Day Ride Combines with 130th Anniversary Ride. April 22, 1884 was the day that Thomas Stevens left the Pacific Ocean beach on the West of San Francisco on his 50 inch high wheel bicycle to ride across the USA to Boston – then continued around the world returning to San Francisco by steamer from Japan in late 1887. This ride will commemorate Thomas Stevens Ride ... on Earth Day 2014. The route will be selected to highlight sustainability topics... but not climb Lookout Mountain. After the ride a bike museum tour will highlight Thomas Stevens Ride with a viewing of an identical (except for serial number) bike to the one Thomas Stevens rode across the USA. ... starting and ending at Golden Oldy Cyclery ... 17224 West 17th Place, Golden 720-497-1100. Please be ready to ride with helmets and (suggested) rear view mirrors at the start time. We will have a museum / sustainability tour after the ride.

**Wednesday,
April 23rd**

"Roses" H1-20-SW 10:00 AM Meet *Dave Grimes*, 303-986-7666 at the Stone House, E side of Estes So of Yale for a ride along Bear Creek to Riverpoint and return. Bring a snack and money for an optional restaurant lunch following the ride.

FUN/INT-H1-25 10:00 AM Show and GO Head WEST toward Morrison over the dam road and back or join the Roses, but remember to ride at their pace.

MTB P2.5, T2, 6:00 PM, Green Mountain SHOW AND GO. Meet at the Florida trailhead, at the top of Alameda Parkway at the intersection of West Florida Drive and Alameda Parkway in Lakewood.

**Saturday,
April 26th**

FUN-H2-25+-NW 9:00 AM Meet *Tom Hurja* (303-903-4449) on W 26th Ave, west of Kipling St, west of Bowling Alley/ Restaurant west side of parking lot. Ride west through neighborhoods on hilly roads then to Golden via bike path to Golden. Return on different route. Dine at nearby restaurant. Bring lock and money for lunch.

FUN-H2-24-NW 9:30 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.) We will 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.

MTB P1.5, T1, 10:30 AM, Dawson Butte THE RIDE: Meet *Cathy Perkins* (720-940-7718) and *Steve Farley* (303-437-5442) for a sweet ride through the trees. Both beginner and intermediate riders love this park for the mellow trails and cruising. THE DIRECTIONS: Take I-25 south to Plum Creek Parkway just south of Castle Rock. Exit west and immediately head south 5 miles on the frontage road. (NOTE: The frontage road is just a few feet past (west of) the entrance ramp to southbound I-25). Turn right (west) at Tomah Road and travel 1.5 miles to the Dawson Butte Ranch entrance on the right. THE FOOD: A PICNIC lunch after the ride at the trailhead. Bring meats, cheeses, chips, dips, caviar, Twizzlers, sour gummy worms, beverages, cookies and other desserts, or whatever you like to share. Also, bring a folding chair if you have one. APRES-PICNIC: Shoppers might want to stop by the Castle Rock Outlet stores on the way home.

Sunday, April 27th **FUN-H2-25-SE 9:00 AM – THE Soft Underbelly Of Denver Tour** Meet *Gaar Potter* (303-691-0938) at Eisenhower Park Rec Center (SE Corner of Dartmouth and Colorado Blvd). We will head directly to South Central Denver and head North. These are BAD neighborhoods, and we're going EARLY before the gang-bangers wake up! This MIGHT be your LAST CHANCE to ride across my FAVORITE bridge – Perry ST over 6th Ave. I think it is 'bouta get replaced.

FUN-H2-25+NW-9AM Meet *Tom Hurja* (303-903-4449) on W 26th Ave, west of Kipling St, west of Bowling Alley/Restaurang west side of parking lot. Ride west through neighborhoods on hilly roads then to Golden via bike path to Golden. Return on different route. Dine at nearby restaurant. Bring lock and money for lunch.

INT-H2-35- NE-10:00 Meet *Lise Neer* 303-249-8621 at the Park Hill Bike Depot, 28th & Fairfax St. in Park Hill (plenty of on-street parking). After a quick visit—coffee available inside!—the ride sets off through Park Hill toward to Lowry and onto the Highline Canal trail, picking it up at Fairmount Cemetery, then swing around onto the Cherry Creek trail into downtown. Rest stop at REI/Confluence Park. From there, depending on time, we can either continue North on the Platte to Sand Creek (returning thru Stapleton) or ride directly East through town, ending up back at the Depot. Lunch at Latke Love across the street, or other options nearby. For more info, see map at: www.mapmyride.com/routes/view/373771395

Wednesday, April 30th **FUN-H1-16-NE 9:30 AM** Join *Sandra Newton* (443) 540-9414 in the parking lot of Tag Burger Bar at 1222 Madison, between 12th and 13th Ave, for a ride around east and central Denver. PARK ON THE STREET not in their small parking lot. Burgers and/or salads are available for lunch afterward.

"Roses" H1-20-SW 10:00 AM Meet *Jill McMahon*, 303-888-0314, at Goodson Recreation Center, 6631 S University Blvd. in Centennial, extreme far end of parking lot. We will ride north on the Highline Canal (packed gravel), an out-and-back ride. This is Jill's first time leading a ride for the "Roses". Thank you Jill! Bring a snack and money for an optional restaurant lunch following the ride.

MTB P2.5, T2, 6:00PM, Green Mountain SHOW AND GO. Meet at the Florida trailhead, at the top of Alameda Parkway at the intersection of West Florida Drive and Alameda Parkway in Lakewood.

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
arapaohocyclery.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
sampsports.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
bicyclepedalr.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

2014 Advance Planning Calendar

<p>April 25-28 Fruita Fat Tire Festival emgcolorado.com Fruita, CO</p>	<p>June Greenwood Goosechase goosechase.org Greenwood Village, CO</p>	<p>July 19-22 Courage Classic couragetours.com Copper Mountain, CO</p>	<p>September Ride Westcliffe Adventure ridewestcliffe.com Westcliffe, CO</p>
<p>May 4 Fort Collins Cycling Club Spring Warmup Ride fccycleclub.org Fort Collins, CO</p>	<p>June 15 Tour de Cure diabetes.org Colorado Springs Area</p>	<p>July 20-26 RAGBRAI ragbrai.org Rock Valley, Iowa</p>	<p>September 6 Cycle for Life cff.org/GetInvolved/CycleForLife/ Longmont, CO</p>
<p>May 18 McKee Classic Bike Tour McKeefoundation.com Loveland, CO</p>	<p>June 15 The Denver Century Ride denvercenturyride.com Denver, CO</p>	<p>July 27 Moonlight Classic moonlight-classic.com Denver, CO</p>	<p>September 8 Buffalo Bicycle Classic buffalobicycleclassic.com Boulder, CO</p>
<p>May 19 Santa Fe Century santafecentury.com Santa Fe, NM</p>	<p>June 23-29 Bicycle Tour of Colorado bicycletourcolorado.com Canon City, CO (Canon City – Crested Butte Loop)</p>	<p>July 26 Colorado-Eagle River Ride vailvelo.com Beaver Creek, CO</p>	<p>September 18-21 Tour of the Vineyards Coloradowinefest.com Palisade, CO</p>
<p>May 24-26 Iron Horse Bicycle Classic ironhorsebicycleclassic.com Durango, CO</p>	<p>June 25 Bike to Work Day drcog.org Denver Metro area Boulder, CO</p>	<p>August 2-9 CANDISC - Cycling Around North Dakota In Sakakawea Country parkrec.nd.gov/activities/candisc.html TBD, North Dakota</p>	<p>September 19-21 Mickelson Trail Trek MickelsonTrail.com Custer, SD</p>
<p>June 1 Buena Vista Bike Fest bvbf.org Buena Vista, CO</p>	<p>June 28 Tour de Prairie cheyennecity.org/index.aspx?NID=735 Cheyenne, WY</p>	<p>August 3 Copper Triangle Alpine Classic coppertriangle.com Copper Mountain, CO</p>	<p>September 19-21 Pedal the Plains pedalth plains.com Eads, CO</p>
<p>June 2 Elephant Rock Ride elephantrockride.com Castle Rock, CO</p>	<p>June 28-29 MS 150 Bike Tour nationalmssociety.org/chapters/COC/index.aspx TBD</p>	<p>August 4-10 Colorado Rocky Mountain Bike Tour crmbt.com Fort Collins – Steamboat Springs Loop</p>	<p>September 20-22 Moab Century Tour skinnytirefestival.com Moab, UT</p>
<p>June 7-13 Ride the Rockies ridetherockies.com Boulder-Steamboat-Golden, CO</p>	<p>July 13-14 Triple Bypass teamevergreen.org Evergreen, CO</p>	<p>August 17 Circle the Summit (aka Bob Guthrie Memorial Ride) Circlethesummit.com Frisco, CO</p>	<p>September 29 Venus de Miles venusdemiles.com Boulder County, CO</p>
<p>June 14 Starlight Spectacular starlightspectacular.org Colorado Springs, CO</p>	<p>July 14-19 Tour de Wyoming cyclewyoming.org Cody, WY</p>	<p>August 17 Tour de Cure diabetes.org Longmont, CO</p>	<p>October 4 Tour of the Moon tourofthemoon.com Grand Junction, CO</p>
<p>June 21 Sunrise Century www.granfondoguide.com/Events/Index/2671/boulder-sunrise-century Boulder, CO</p>	<p>July 19 Tour de Steamboat rockypeakproductions.com Steamboat Springs, CO</p>	<p>August 17 Tour de Cure diabetes.org Longmont, CO</p>	<p>October 4 Santa Fe Gourmet Classic santafegourmetclassic.com Santa Fe, NM</p>
		<p>August 23 Venus de Miles venusdemiles.com Boulder County, CO</p>	<p>October 20 Rock 'n' Roll Denver Bike Tour runrocknroll.competitor.com/2012/04/denver/denver-bike-tour_26092 Denver, CO</p>