

The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

SEPTEMBER 2014

DBTC VOLUNTEER RECOGNITION LUNCHEON AND GENERAL MEMBERSHIP MEETING

Saturday, November 8, 2014
 Holiday Inn Select
 455 S. Colorado Blvd.
 Denver, CO
 11:00 AM
 (helmets not required)

VRL Helpers Wanted

We will need several folks to help in these areas:

- Greeters
- Setup Crew
- Cleanup Crew

...and a few other details that will become known as plans are finalized.

Please contact Lisa Feheley, VRL Organizer, at Lisafeh@yahoo.com.



Board of Directors Election

The election for the Board of Directors is in October. This is the chance you've been waiting for. We need all kinds of help and skills, so there is a spot for you. If you are unable to serve this term, please talk to your friends, whomever you think would make good board members. The term of office is two years and starts in November.

Job Description and details available in the August newsletter.



Step Up Today & Have a Say in How Your Club is Run!

"What I Did on My Summer Bike Vacation"

Patty Gaspar

Enjoying a vacation on your bike? Taking part in a biking event? Have a great picture of yourself or others wearing their DBTC gear in an unusual place? In the Nov/Dec newsletter, we will have a section where you can share your biking vacation. Please limit your description to a paragraph and include only one picture. The ride and description must be submitted to me by October 10th: ridecoordinator@dbtc.org.



DBTC's Officers

President Brad West president@dbtc.org	720-252-2881
Vice President Lisa Feheley vicepresident@dbtc.org	970-571-1494
Secretary Carolyn Bauer secretary@dbtc.org	303-740-8491
Treasurer Karen Kirby treasurer@dbtc.org	303-237-1229
Board Members at Large Cyndy Klepinger matilda8@msn.com	303-725-1565
Jeff Krinsky jkrinsky2003@yahoo.com	303-543-1320
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 Chillikas outdoorsdiva@yahoo.com	
MTB Coordinators Cathy Leibowitz & Jim Black FunMTB@dbtc.org	720-644-7189
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 Jeff Krinsky webmaster@dbtc.org	303-543-1320
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 dates are Tuesday, Sept. 2nd and Tuesday, Oct. 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.

Words from the President

Amendment(s) to Club By-Laws

The bylaws call for a mail ballot for each board election. This is expensive and impractical now that DBTC has email and online resources.

The change to the bylaws would eliminate the mail ballot requirement. The board election would be conducted like all other club business, with a majority vote at a meeting.

For several years the board election has been conducted at a member meeting without a mail ballot; the change would bring the bylaws up to date with actual practice.

The process for choosing qualified candidates has not changed.

Please visit DBTC.org for the full text of the DBTC bylaws.



2014 UPCC (USA Pro Cycling Challenge), and Other Acronyms

Late last month, I was in western Colorado following the USA Pro Cycling Challenge. It's an exciting race and a terrific way to show off our great state. Many are not familiar with the race or what it means, so I am going to give a brief explanation.

It all starts with the International Olympic Committee. This is the governing body for organized sports all over the world. One of the committees governed by the IOC is the International Cycling Union which comes out UCI in most languages. The UCI sets rules and governs who will race, when, where and what it will mean. All Olympic potential amateur and professional sports have such a governing body.

The UCI works with national and local groups to sanction and sponsor a dizzying number of events. There are road and MTB events for men and women all over the world. Don't forget Cyclo-Cross and BMX, which were added recently. See www.uciworldcyclingtour.com/ for more. Each event has defined qualifications for the participants. Each event is given a level of difficulty. All this is worked out by the sponsors and the UCI. The UPCC is considered one of the more difficult, especially with the high

Continued on pg. 8

**"We don't stop playing because we grow old:
we grow old because we stop playing."**

- George Bernard Shaw

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.

Meet our Board Candidates...

Scott Houchin

I have been a long time member of DBTC and enjoy both summer bike rides and winter ski trips. I live in downtown Denver and as a Board Member, I will try to increase the amount of DBTC exposure to the Denver bike scene, which is HUGE. I am part of the City of Denver's "Courtesy Patrol" which monitors the bike paths. I am retired from the feds and went to EMT School so that I can be a medic on bike rides in the summer and ski patrol in the winter. It is working – I am a medic on bike rides all over the country and hope to bring that knowledge and experience to DBTC.



Lise Neer

My first ride with the DBTC was as a guest, on a Summer evening back in 1995. I became a member of the club not long after that, then served on the Board in 2007-08. Meanwhile, as an advocate for better bicycling, I put in nine years as part of BikeDenver's startup crew, and helped hire our first Executive Director. Last year I began leading some of our club rides, and have been producing the newsletter since 2008. Having just completed a second term on the DBTC Board, I've decided to run for one additional year. Our Membership/Marketing committee has put a lot of energy into attracting new members (and retaining those we have), and I see a need to follow through on these efforts. Let's keep the Club going/growing for another 50 years! I also would love to see more interested souls join us on the Board and lend their enthusiasm.



July 26 in Winter Park

Eight mountain lovers met at the Winter Park Ski Area in late July and followed Anne Gerleman through the towns of Winter Park and Fraser and then beyond to her house where she served up all kinds of goodies!



Enjoying a snack at Anne's house, post- Winter Park ride July 26th.

Board of Directors Nominations...

There are **two more positions to fill**. The term of office is two years and starts in November. Attend monthly dinner meetings from approximately 6-8 PM, and help maintain your club. Submit photo and bio to Gaar Potter, gaarpo@comcast.net by Sept. 19.

Or mail to: Attn: DBTC Election Committee
PO Box 260517, Denver, CO 80226-0517

The Great American Dinosaur Rid(g)e!



Fourteen riding enthusiasts enjoyed the Dino view from the top of the ridge.



Scaling Red Rocks was not for the faint of heart.



The view from Dino Ridge was a sight for sore legs!

Ski/Snowshoe: A Weekend in Pitkin County

Fri Jan 30 –
 Mon Feb 2, 2015
 Leader: Ellen Chilikas
 outdoorsdiva@yahoo.com



Ellen is planning another weekend winter trip, this time to Pitkin County. We'll be based in Glenwood and ski/snowshoe in Carbondale and up the valley to Aspen/Snowmass. Nordic ski plans may include Spring Gulch in Carbondale, Ashcroft near Aspen and the nordic center at Snowmass. Downhillers have lots of obvious choices. Snowshoers can play at Sunlight and Ashcroft and Redstone. Then, there's fine dining in Glenwood as well as the hot springs. Ellen is putting the finishing touches on the hotel details and costs – please contact her if you are interested in joining the fun!

Dog Daze of Summer... Refreshments on the Club!



Nine riders met downtown in early August for this ride to the Cherry Creek Dam and back. We adopted a Dog Daze Ride mascot at the Four-Mile Historic House, and on our return, the club rewarded us at REI Starbucks with a free beverage for our efforts!



Cruisin' Cape Cod and Nantucket Tour

Sunday May 31 – Saturday June 6, 2015

Ellen Chilikas -- outdoorsdiva@yahoo.com

I've found a new outfitter who runs fun and interesting tours. International Bicycle Tours (IBT) is going to run a tour just for DBTC in June 2015, and the owner of the company is going to lead it! We'll stop at museums and other interesting places. We spend three nights in Cape Cod and then ferry to Nantucket Island for 3 more nights.

Cape Cod is a bicyclist's paradise: you pedal past cranberry bogs, fishing villages, beaches (Atlantic Ocean and Cape Cod Bay) on bicycle trails and quiet neighborhood streets. Visits to a cranberry museum, a natural history museum, whaling museum and lifesaving museum are on the agenda as is a beer tasting at the only brewery on Nantucket.

The tour includes double occupancy hotel rooms, full daily breakfast and dinner (lunch, drinks and snacks are on your own), use of hybrid bikes (you must use these bikes), all entrance fees and a knowledgeable guide. It also includes a shuttle for our group from Boston Logan airport to Cape Cod on the afternoon of Sunday 5/31 and a shuttle from Nantucket Island back to Boston Logan airport on Saturday 6/6. We all need to take the same shuttle so we will need to arrange our flights to arrive/depart close to the same time. Those flying in early will need to be at Boston Logan airport at a designated time to catch the shuttle—no exceptions. If you miss the shuttle, you will need to find your own way to Cape Cod to meet up with the group.

This is not a trip for really fast or really slow cyclists—it's an **advanced Fun or easy Intermediate tour**. The group needs to ride together—we will use the signpost system and have a front and rear leader—you can't go ahead of the group or fall behind the group. You must be an experienced and strong cyclist—mileages will be ~25 miles a day with a pace of ~10mph on a fatter tire hybrid bike. We'll be riding mostly on bike paths and quiet streets but we will encounter traffic as well.



Cost for the tour is ~\$1425/person, depending on the exact number of participants—minimum is 18 and maximum is 22. A reasonable single supplement is also available. \$25 of the tour cost will go to the DBTC. A detailed itinerary is available on request.

To reserve your spot, make out a check to IBT for \$400 and send it to Ellen Chilikas, PO Box 471803, Aurora, CO 80047. Signups will be first come, first served; you are not signed up until your check is received. **Deposits are due NLT 9/15/14**. All monies are transferable and not refundable; that means if you need to drop out, you will get refunded *only* if your spot can be filled. Trip insurance is recommended, and information on insurance will be sent to you prior to final payment in early 2015. Contact Ellen with questions at outdoorsdiva@yahoo.com.

We will have a **limerick contest** on the trip—we have to since we are going to Nantucket! Clean limericks only—nothing obscene—but it just seems appropriate. The winning limerick will be published in the newsletter!

Almost full! One gentleman needs a roommate. Taking people for a wait list as well. Contact Ellen at outdoorsdiva@yahoo.com

BIKEDENVER.org

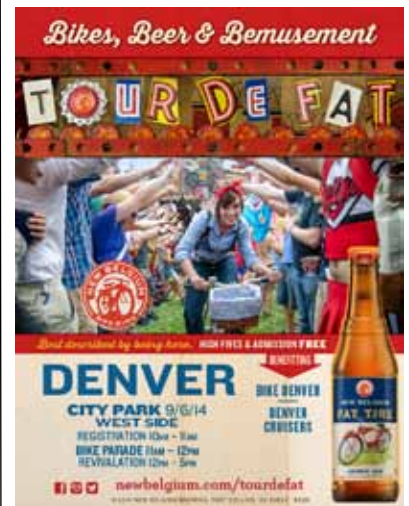
News & Events from BikeDenver

Tour de Fat!

September 6, 11AM, City Park

Get ready for a fantastic bike parade, live music, delicious New Belgium beer, and thousands of people in wild costumes! Volunteers needed—visit: www.bikedenver.org/get-involved/volunteer/tour-de-fat/

BikeDenver is Denver's bicycle advocacy organization and the leading non-profit to promote and encourage bicycling as an energy efficient, non-polluting, healthy and enjoyable transportation alternative in and around Denver.



DBTC Members Joining/Renewing in July

DEBRA CARO
REESE CHRITIAN
DENNIS McGUINNESS
JOHN McKEE
SHANNON O'CONNOR
KAY WILSON
NANCY WOODSON

THINK SNOW!

'Happy New Year' in Leadville

December 31, 2014 - January 3, 2015

Leader: Ellen Chilikas



Spend New Year's Eve at 10,000 feet in Leadville! We'll drive to Leadville on Wednesday and then ski or snowshoe for four days. We'll have a hot breakfast every morning, and dinner with dessert each night (3 breakfasts, 3 dinners). Each night we'll also have a BYO happy hour. After dinner we can play games (bring up what you have) and/or watch movies (nothing harder than PG-13).

One cozy room left with shared bath - great for a single or a couple that gets along well!

The cost of the trip is \$175-250/person and includes 3 nights lodging, 3 breakfasts and 3 dinners.

Once you've confirmed a space, send a \$100/person trip deposit (make the check out to Ellen and post date the check to 10/1/14) with the tour forms from the Tours page on the DBTC website.

Mail it all to: Ellen Chilikas, PO Box 471803, Aurora, CO 80047

The balance is due Nov 1, 2014. If you have any questions, you can contact Ellen Chilikas at outdoorsdiva@yahoo.com.

2014 Advance Planning Calendar

September 4-5
Rock 'n Road Challenge
(MTB + Road)
rocknroadchallenge.com/
Copper Mountain, CO

September 6
Cystic Fibrosis Cycle For Life
fightcf.cff.org/site/TR/Cycle/22_Colorado_Denver?fr_id=2546&pg=entry
Longmont, CO

September 6
New Belgium Tour de Fat
www.newbelgium.com/events/tour-de-fat/denver.aspx
Denver, CO

September 6
Tour of the Valley
www.yourcommunityhospital.com/Tour_of_the_Valley.cfm
Grand Junction, CO

September 7
Buffalo Bicycle Classic
buffalobicycleclassic.com
Boulder, CO

September 11-14
Salida Bike Festival
www.colorado.com/events/salida-bike-fest
Salida, CO

September 14
Monarch Crest Crank (MTB)
www.monarchcrestcrank.com/#
Salida, CO

September 15
Good Sam Bike Jam
www.goodsambikejam.org/
Lafayette, CO

September 18-21
Tour of the Vineyards
Coloradowinefest.com
Palisade, CO

September 19-21
Mickelson Trail Trek
MickelsonTrail.com
Custer, SD

September 19-21
Pedal the Plains
pedalth plains.com
Wiggins, CO

September 20
Bikes and Brews/ Royal Gorge Century Ride
www.bikesandbrews.org/
Canon City, CO

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

September 27
Durango Fall Blaze Bicycle Tour
www.fortlewis.edu/cycling/DurangoFallBlaze.aspx
Durango, CO

September 27
Tour de Cure
diabetes.org
Colorado Springs Area

October 4
Tour of the Moon
tourofthemoon.com
Grand Junction, CO

October 4
Santa Fe Gourmet Classic
santafegourmetclassic.com
Santa Fe, NM

October 19
Rock 'n' Roll Denver Bike Tour
runrocknroll.competitor.com/2012/04/denver/denver-bike-tour_26092
Denver, CO

October 18
VeloSwap
veloswap.competitor.com/about/
Denver, CO

For additional cycling event listings, visit:
kansascyclist.com/events/Colorado.html



2015 in TEXAS HILL COUNTRY

April 4th-10th, 2015

Low cost trip price of \$40 per person does not include accommodations. Camping will be at the Lady Bird Municipal Park, with tent camping at about \$12 per night and RV camping at roughly \$30/night. There are a number of B&Bs and motels nearby in Fredericksburg. There will be 5 days of riding with an optional 6th day for more riding or sight seeing. We will be staying near the Historic German town of Fredericksburg, right in the middle of the Texas Hill Country. This is the spring flower season with the Blue Bonnets in bloom as well as other wild flowers. Rides will be approx. 20-30 miles in length (with longer options). Expect hills. Fredericksburg offers unique German cuisine as well as local Tex-Mex, local wineries and brewpubs. Shoppers will find over 150 boutiques, art galleries and antique emporiums, not to mention an herb farm, wildflower farm, and National Museum of the Pacific War. Rides will be loop types with different start/stop locations, and will highlight the local history, scenery, LBJ Ranch, Luckenbach, wineries and more. You must set up your own reservations for RVs, Motels, and B&Bs. Tenters do not need to make reservations at the Lady Bird Park. Marilyn & Don Swett will be your hosts on this ride. If interested, contact Don at don_swett@comcast.net. We will need to have payment and signed waivers by March 1st, 2015. You must be current member of DBTC to participate in out-of-town rides.

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

2014-15 DBTC Activity and Tour Calendar

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

Dec 31, 2014 – Jan 3, 2015 New Year's in Leadville

Ski or snow shoe
Lodging: Hotel
Location Details: Leadville, CO
Leader: Ellen Chilikas,
outdoorsdiva@yahoo.com
Status: Open

Jan 30, 2014 – Feb 2, 2015 Pitkin County Weekend

Ski or snow shoe
Lodging: Hotel
Location Details: Glenwood Springs, CO
Leader: Ellen Chilikas,
outdoorsdiva@yahoo.com
Status: Planning

April 4th-10th, 2015 Texas Hill Country

Road riding
Lodging: Camping or motel/B&B
Location Details: Fredericksburg
Leaders: Don & Marilyn Swett,
don_swett@comcast.net
Status: Open

May 31 – June 6, 2015 Cape Cod & Nantucket Tour

Trip Type: Cruiser bikes!
Lodging: Hotel
Location Details: Cape Cod, MA
Leader: Ellen Chilikas,
outdoorsdiva@yahoo.com
Status: Open

Visit DBTC.org and click on "Tours" for updates
on trips, and to learn how to organize your own
tour or trip in 2015!

President's Letter *from pg. 2*

elevation mountain climbing.

The result of all these events is an equally amazing number of awards and honors that go to participants. For example, the UPCC has 7 stages in 7 days. Each stage has a winner for the fastest rider, called the GC, or General Classification. Any stage can have additional awards such as KOM (King of the Mountain), the first rider across a specific location on a mountain. Sprinter awards can be given for the first to pass a sprint line, usually on a flat where speeds can build. Every stage has a Best Young (under 23) rider and a most aggressive rider chosen by the judges. The UPCC also added a Best Colorado Rider sponsored by CSU.

There are of course awards for the entire race. The most desirable is the rider with the fastest total time—the GC. This year the winner was Tejay van Garderen who lives in Boulder. The USA Pro Cycling Challenge is part of the American Tour. There are seven races in the American Tour, which are listed below. Participant scores are added over the season to come up with the winner of the

American Tour Cup.

Other important world tours are the Africa Tour, Asia Tour, Criterium, Europe Tour, Oceania Tour and the World Cycling Tour.

The most well-known race is the Tour de France, which takes place in mid summer. Many of the best riders in the Tour de France come to Colorado and challenge themselves to the highest mountains of any race in the world. In 2011 and 2012, the UPCC included the first, second and third place finishers of the Tour de France. This year, Tejay van Garderen overcame crashes and illness to place fifth in the Tour de France. He came back to Colorado and took the UPCC for the second year in a row.

UCI qualifying races

April 18	Winston-Salem Classic
April 30-May 4	Tour of the Gila
May 11-18	Tour of California
June 1	the Philadelphia Cycling Classic
August 4-10	Tour of Utah
August 18-24	USA Pro Cycling Challenge

Old Bikes

Have any old, unused, or unwanted bikes around the house? Two organizations are accepting donations:

The Bike Depot is a 501(c)(3) nonprofit community bike shop that supports Denver communities with a wide range of bicycling programs, services and products. We have a full service Bike Shop offering new and used bikes and accessories, an affordable [Service](#) menu and a [Fix Your Bike](#) program where you can come to our shop and utilize our space and tools with the help of our Volunteer Mechanics. Donated Bicycles are recycled to low income local residents through our [Earn A Bike](#) programs or refurbished and sold in our bicycle shop to support all of our community service programs. For more info, visit thebikedepot.org.

The Golden Optimist Club operates a bicycle workshop at Heritage Square in Golden for eleven months a year. They accept new or used bicycles to be fixed and donated to those who want one. The bicycles are given to the people on the Hopi and Navajo reservations in northern Arizona. Every year

a group of Optimists takes the bikes to Arizona to distribute and repair any bikes already there. Howard Bagdad, former DBTC President, heads the volunteer group which includes several DBTC members working on the bikes throughout the year. To donate a bike or to become a volunteer helping refurbish the bikes, contact Howard at 303-278-0541 or hbagdad@aol.com. Go to www.GoldenOptimists.org for more information about the Optimists.



September 2014 Ride & Event Schedule

Summer is winding down already. Enjoy the Indian Summer as the crisp fall air is on its way. Be sure to read the schedule to plan your rides so you don't miss the great things in store for this month.

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.

Late-Summer Riding Guidelines

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

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.

ROAD RIDES: All road rides are posted on the DBTC MeetUp group <http://www.meetup.com/Denver-Bicycle-Touring-Club/>. To receive credit as a leader you must submit a completed waiver form with at least 3 signatures.

Monday, Sept. 1st Labor Day **FUN/INT-H2.5-25 NW 9:00 AM** Meet *Jeff Krinsky* (720-373-9107) for the award winning Tour De Boulder ride that includes an amazing JUGGLING presentation. You saw the preview at the Kickoff Dinner. Now is your chance to finally see me eat those red peppers! The ride will concentrate on the Boulder Creek, Skunk Creek and Bear Creek paths that are pretty flat but we will try to take Boulder Creek a little ways up into the foothills before we turn around. The adventure begins at the parking lot near the jungle gym rocket at Scott Carpenter Park in Boulder at the SW corner of 30th ST and Arapahoe Avenue. Be there or be trapezoidal!

Wednesday, Sept. 3rd **FUN-H3-28-SW 9:30 AM** Meet *Dave Noble* (home 303-694-2008, cell 303-906-3163) for a pleasant (although somewhat hilly) ride through a number of areas such as Lilly Gulch, Bear Creek, Bow Mar, and Grant Ranch. Meet at the north side of Clement Park. Lunch afterwards is at Sweet Tomatoes.

"Roses" H2-15-SE 9:30 AM Meet *Judy Deist*, 303-841-4792, Cell 303-906-4305 at the south side of the Walmart 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. Walmart is just north of Sams Club. We will ride around the Aurora reservoir and more. Bring a snack, and money for a restaurant lunch after the ride.

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

Saturday, Sept. 6th **FUN-H2-27-SE 8:30 AM** Meet *Guy James* (303-321-4607) at the Four Mile House (715 South Forest Street, Denver,). We will go West from there turning South at the Denver Country Club. Through Washington Park to the South Platte Trail, then east through Belleview 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. Mexican lunch is to follow.

FUN-H2-25+NW 8:00 AM Meet *Tom Hurja* (303-903-4449) at Davie's Chuck Wagon. Park in west lot along W 26th Ave west of Kipling. Ride on streets and paths to 104th & Platte River Path. Bring \$ and lock for lunch after the ride.

MTB P2-3, T2-3, 11:00 AM, Sourdough Trail. THE RIDE: Meet *Cathy Leibowitz* (720-644-7189) at the trailhead near the University of Colorado Mountain Research Station. This is one of the most enjoyable single tracks in Western Boulder County. The ride is an out-and-back, about 5.8 miles each way. The ride starts with a ~1 mile rocky climb, then some flatter stretches, switchbacks and rolling hills. The trail remains mostly in the trees with occasional views onto the plains. The last mile or so drops, then climbs a short, steep bank to another trailhead at Brainard Lake Road. THE DIRECTIONS: From downtown Nederland, at the roundabout where Colorado Highways 119 and 72 meet, drive north on Colorado Highway 72 (the Peak to Peak Highway - which actually runs west from the roundabout before turning north) about 7 miles to County Road 116 (also called Forest Service Road 298), which is just past a sign for the University of Colorado Mountain Research Station. Turn left (west) onto CR 116/FS 298. In about half a mile, park in the large parking lot on the left. THE FOOD: Bring tailgate picnic food for post-ride – 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.

Sunday Sept. 7th **FUN-H2-30-NW 9:00-AM** Meet *Merri Bruntz* (303-517-9781) at Crown Hill (26th and Garrison). We will ride to the Clear Creek Trail and then west to Easley Road, which we will take to the Ralston Creek Trail and over the Arvada Reservoir. We will then ride the entire length of the Ralston Creek Trail connecting to the Clear Creek Trail and back via Wheat Ridge neighborhoods.

INT-H2-25-30-SE 8:30 AM Meet *Ellen Chilikas* at the northeast corner of Iliff and Peoria in Aurora - park near the Bent Fork restaurant. We'll ride to and around Cherry Creek State Park and through the Tech Center - we'll even sneak into Cherry Hills to see the fancy homes. We may ride a few miles on nice pea gravel also. We'll ride at a fast Intermediate pace. We will use signposts rather than maps. Optional lunch at Panera or maybe just a pastry from Daniel's of Paris.

Monday, Sept. 8th **FUN-H1-23-NW 9:00 AM** Meet *Wayne Tomasello* (720-854-8767) at Gold Strike Park for a ride on the Ralston Creek path to Easley Rd to Clear Creek path back to Ralston Creek path. Directions to the start: From I-70 take Sheridan Blvd to Ralston Rd. Turn left on to Ralston Rd and go to the next left turn onto W 56th Ave. The park is on the left in about 300 feet. An optional lunch is TBA.

Wednesday, Sept. 10th **FUN-H2/3-23-W 9:00 AM** *Howard Bagdad*, 303-278-0541, will do the Leyden Loop ride starting at the parking lot adjacent to the Golden Public Library, at 9:00 AM. The library address is 1019 10th Street, Golden, 80401. Ride description: We will ride past the Golden Community Garden up to north Golden and return via the Tucker Gulch trail. Then via bike trail to Easley Road to 64th Ave, left on Quaker St to Leyden Road (82nd St) to Alkire St to return on the Ralston Creek trail forming a large loop. We will stop for a rest at the Westwoods Golf Clubhouse on Quaker St before returning to Golden. Lunch afterwards is in Golden.

"Roses" H1-20-SE 9:30 AM Meet *Anne Layshock*, 303-771-6353, at Cottonwood Trailhead So side of Cottonwood, between Jordan Rd. and Parker Rd. for a ride along the Cherry Creek Trail to the Pinery and return. Bring a snack, and money for an optional 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 Boulevard at the intersection of West Florida Drive and Alameda Boulevard in Lakewood.

Friday, Sept. 12th **FUN-H2-20-NW-Downtown 9:00 AM ALL ABOARD TO UNION STATION!** Join *Helen Berkman* (720-355-5687) for a North Platte Loop ride with a post-ride tour of Union Station and optional Friday lunch. We'll meet at the City of Cuernavaca Park downtown, ride north down the Platte, west on Clear Creek, up the hill on Tennyson and through Highlands to Union Station. We'll pop in to tour Union Station around 11:00 am, then have lunch at 11:30 at Machete across the street. Bring a lock and please call if you intend to join us for lunch, because we have a reservation h.berkman@comcast.net.

MTB Saturday and Sunday, Sept. 13th & 14th 2014 EPIC weekend at Buffalo Creek/Reynolds Park
If you plan to join us for: a day of trail work on Saturday 9/13 and camping, food & fun 9/12-14, you must register. This is how Colorado Trailblazers and JCOS make sure that there will be enough crew leaders, tools, food, beverages and space for everyone. All the details for the event and registration are at this website: www.coloradotrailblazers.org. Select the Trail Days tab, then click EPIC at Buffalo Creek.
What you give: 1) A day of trailwork on a new multi-use trail connecting Reynolds Park with the Colorado Trail; and 2) \$15.00.
What you get: a new 10 mile trail that, with your help, could open late this year. 2) camping for 2 nights, dinner catered by Zoka's Saturday evening, beer by CB&Potts, fun and games at the campground, shwag gifts, live band Saturday night, breakfast by Zoka's Sunday morning, bike riding the trails of Buffalo Creek and lots of friendly people.



Saturday Sept. 13th **FUN/INT-H1-20-NE 9:00 AM** Meet *Carol Kennedy* (720-289-9569) at 88th and Colorado for a fun ride to the downtown REI and back. Bring money for a drink or snack at Starbucks if desired.

FUN-H2-20-SW 10:00 AM DECKERS, SOUTH PLATTE RIDE Meet *Lin Hark* (303-578-9369) at the Deckers Coffee Shop Cafe in Deckers at the intersection of Hwy 126 and Hwy 67 (Please park on the dirt section of the lot) for a fun bike ride along the South Platte River. Most of the road is paved but we will eventually reach an oiled dirt but hard packed section. I would recommend no skinny tires a hybrid or mountain bike would be best. This is a beautiful ride and the fall colors could be starting. The road is mostly flat and along the river the entire way. Very scenic!

Sunday Sept. 14th **FUN-H2-SE 8:00 AM – BACK TO SCHOOL** Meet *Gaar Potter* (303-691-0938) at Eisenhower Park Rec Center (SE Corner of Dartmouth and Colorado Blvd) for a visit to 8 Denver High Schools. We'll see how we feel after 8 and maybe do the NINTH! (Kennedy). Be prepared for abuse if you didn't go to George Washington –Cream of the Crop- High School.

INT-H2-39-E/SE 9:30AM Meet *Lise Neer* (303-249-8621) at the Park Hill Bike Depot for a ride on the Highline Canal Trail, Tollgate Creek Trail and over to Cherry Creek res. We'll do a lap around the reservoir, then back to the start via Lowry Town Center. Lunch (optional) at Serioz in Lowry, or the Abbey Tavern at 5151 E Colfax. The Bike Depot is at 2825 Fairfax St., with plenty of on-street parking. Riders are also encouraged to 'drive' their bikes to the start. Come early for a tour of the Depot!

Monday Sept. 15th **FUN-H2-25-SE 8:30 AM** Meet *Dave Grimes*, davegri@comcast.net 303-986-7666 at Eisenhower Park at 8:30AM. Eisenhower Park is at Colorado Blvd and Dartmouth. Ride will be an out-and-back east on the Highline Canal to a bit past Havana St. This ride is very flat. Lunch afterwards is at Soup-r-Salad for those who might be hungry.

Wednesday, Sept. 17th **FUN/INT-H2-20-SW 9:00 AM** Let's do something different and ride some scenic hard packed dirt trails Meet at Highlands Ranch Redstone Park at corner of W Town Center Dr and Aspen Creek Dr. Leader *Kathy Stommel*, cell 719-671-5579, will start from the parking area near the tennis courts on the far north east side of Redstone Park. We will ride a loop north on the Highline Canal trail to Lees Gulch trail then west to Platte River Trail and south to C470 trail and finally east back to Redstone Park. The route will be mostly on hard packed dirt trails so mountain bikes or hybrid bikes will work best. Optional lunch afterwards is at nearby Mexican food restaurant. Directions to Redstone Park: From C470 exit south on Santa Fe Dr (Hwy 85), drive south on Santa Fe Dr approx 1 mile to Town Center Dr. Turn left onto Town Center and Redstone Park will be on the south side of street. Continue to far eastern side of the park to intersection with Aspen Creek Drive then turn right to the tennis court parking area.

"Roses" H1-16-Central 9:30 AM Meet *Marilyn Swett*, 303-791-5864 at the Lowry Town Center parking lot. Enter at 2nd Ave. and Quebec, the parking lot will be to your left/north behind the shopping area. We will be exploring some older areas of Denver, stopping to learn about various historic homes and schools. After all that education, a break will be made at Bonnie Brae Ice Cream. We can also meet for lunch following the ride at a restaurant in Lowry. The ride will be mostly on residential roads and some bike trails, expect lots of stops.

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

Saturday and Sunday, Sept. 20th & 21st – MTB Winter Park weekend

Saturday, Sept. 20th **FUN-H1-23-NW-9:00 AM** Meet *Cindy Ferry* at Prospect Park for a ride from Prospect Park, to Van Bibber North to 72nd to Kipling, North to Little Dry Creek to Clear Creek trail and back to Prospect Park.

MTB P2, T2 12:00 PM Granby Ranch/Snow Mountain Ranch. THE RIDE: Meet *Chuck and Peggy Caldwell* (303-807-1562) at the Granby Ranch (formerly Sol Vista) base lodge for a ride through the fall colors. We'll ride the Granby to Fraser Trail to Snow Mountain Ranch, then return on other trails to the top of Granby Ranch's bike park. This is the next to last weekend that Granby Ranch's bike park is scheduled to be open. The lifts will be running from 10AM to 5PM, so come early if you want to enjoy some serious downhill without all that work climbing. THE DIRECTIONS: From the Town of Winter Park, go 15 miles west on US 40 toward Granby. Turn right onto Village Road just before City Market. Continue two miles to Granby Ranch. Go to <http://granbyranch.com/bike-granby-ranch/bike.html> for more info. THE FOOD: Either an early dinner at the Granby Ranch Grill or late dinner at the Tabernash Tavern. OVERNIGHT ACCOMMODATION OPTIONS: (1) Camp at St. Louis Creek Campground in the Fraser Experimental Forest about 4 miles west of Fraser on County Road 73 -- cannot make reservations, though. Go to www.fraservalleylions.org/Campgrounds.aspx for info about St. Louis Creek and other Fraser Valley campgrounds. (2) You can reserve a campsite, a yurt, or a cabin at Snow Mountain Ranch (<http://snowmountainranch.org>). (3) Plenty of condos and hotels available throughout Winter Park, Fraser and Granby.

Sunday, Sept. 21st **FUN-H2-25-SW 9:00 AM** Meet *Tom Hurja* (303-903-4449) at the Stone House for a ride to Chatfield with options to the Marina. Let's celebrate the coming of Autumn in 2 more days. I'm ordering clear skies and temps in the 60s. Lunch at the NEW HAPPY Chinese restaurant east of Sheridan near Home Depot. Bring \$ for lunch and lock.

INT-H1-30-SE 9:00 AM Meet *Ellen Chilikas* at Village Greens Park at the northeast corner of Union and Dayton near Cherry Creek reservoir. We'll ride through the park and then down Jordan Rd to the Cherry Creek bike path into Parker. We'll ride at a fast Intermediate pace. Our destination is the Parker farmer's market - have a small breakfast since there are lots of delicious things to eat at the market! We'll shop some and then head back, using signposts rather than maps. PLEASE BRING A LOCK AND A BACKPACK TO CARRY BACK ANYTHING YOU BUY!

MTB, P2, T2 11:00 AM Tipperary Creek. THE RIDE: Meet *Chuck and Peggy Caldwell* (303-807-1562) at St. Louis Creek Campground for the classic Tipperary Creek ride. We'll climb through some beautiful meadows to Morse pass with a fast downhill to return on the Flume trail. Extra credit for folks who elect to ride the Zoom trail. If you want to catch sight of a moose, St. Louis Creek is probably the best opportunity in Fraser Valley. THE DIRECTIONS: St. Louis Creek Campground is located about four miles west of Fraser on County Road 73.

Monday Sept. 22nd **FUN-H2-30-NW 8:30 AM** Meet *Dave Grimes*, davegri@comcast.net 303-986-7666 at Wheat Ridge Rec Center, 40th Ave & Kipling. Ride down Clear Creek and up the river to the Sand Creek bridge. Up Sand Creek to Sapp Brothers truck stop (7120 E 49th) for rest, then return. About 1/4 mile of mostly packed gravel on Sand Creek trail. Return by same route. Round trip is about 30 miles. This ride is mostly flat. Lunch after the ride at Village Inn.

Wednesday, Sept. 24th **"Roses" H1-20-SE 9:30 AM** Meet *Peggy Occhiato*, 303-850-9731 in the Parking Lot at Bible Park. (From Yale and Monaco, go east and turn south into the parking lot.) This is an out-and-back heading east on the Highline Canal. Bring a snack and money for an optional lunch after the ride.

FUN/INT-H2to3-20-SW 9:30 AM Meet *Patty Gaspar* at the Sheridan High School Parking lot near Federal and Oxford. We'll head toward the becoming again upscale Bow Mar area and go to Bowles Lake, Grant Ranch to Wadsworth and back to Sheridan High School. Some hills and lots of ups and downs, some beautiful quiet streets and pleasant bike paths but nothing too difficult as I'm getting ready to head out of town. Lunch is afterwards.

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

Saturday, Sept. 27th **FUN/INT-H1- 62.137-NW 8:30 AM** *Jeff Krinsky*. Now that it has cooled off, let's start the fall off right with the METRIC CENTURY 2014 EXPERIENCE!!! Look for *Jeff Krinsky* (720-373-9107) at Lions Park in Golden! We will ride through Colo. School of Mines to Hwy. 93 & 19th St. to C-470 trail to Chatfield Reservoir to the Platte River trail, north to Clear Creek Trail and back to Golden Lions Park. Strategic breaks will be located throughout the ride with primary stops at Hudson Gardens and REI.

MTB P2, T3 10:00 AM Heil Valley Ranch. THE RIDE: Meet *Kathy Basel* (720-217-5692) for a trek around the many interesting trails. THE DIRECTIONS: (1) If you are coming from the west side of town, go north on Hwy 93 from Golden. At the south end of Boulder, turn right (east) on Table Mesa Drive and travel east under the bridge carrying Foothills Parkway (Hwy 157). Be in the right hand lane and take the curving ramp up to Hwy 157 heading north. Go north on 157 to Valmont (has a traffic signal) and turn left (west) and go to 28th Street, which is also Hwy 36. Turn right (north) on 28th Street (Hwy 36) and follow Hwy 36 about 6 miles to Left Hand Canyon Road (also signed for Jamestown). Turn left and drive about 1 mile to Geer Canyon Road. Turn right and drive another 1.5 miles to the trailhead. (2) If you're coming from Denver on the Boulder turnpike (Hwy 36), exit onto Foothills Parkway (Hwy 157) just before reaching Boulder and follow the instructions above to reach Valmont and continue on as instructed. THE FOOD: Bring tailgate picnic food for post-ride; 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.

Sunday, Sept. 28th **FUN-H2-25-NW-9:00 AM** Meet *Merri Bruntz* (303-517-9781) at Crown Hill Park (26th & Garrison) for a ride south down Garrison to Alameda and west to Morrison via Rooney Rd. We will then return via Morrison Rd to the Stone House and then north back to Crown Hill via Lakewood neighborhoods.

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!

Monday, Sept. 29th **FUN-H2-27-NW 8:30 AM** Meet *Dave Grimes*, davegri@comcast.net 303-986-7666. The ride will start at the Wheat Ridge Rec. Ctr. (40th & Kipling). Route will be down Clear Creek Trail to Little Dry Creek Trail and up Little Dry Creek Trail to Wadsworth and 80th > 80th to Simms > south on Simms to Ralston Creek trail > Clear Creek trail > to Wheat Ridge Rec. Ctr. (around 27 miles total). This ride has a couple of short hills and a FAST downhill on Simms from 80th to 72nd Ave. Lunch after ride at a local restaurant.