



The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

NOV-DEC 2014

DBTC's Annual Volunteer Recognition Luncheon & General Membership Meeting

Saturday, November 8, 2014

Holiday Inn Select, 455 S. Colorado Blvd., Denver, CO

11:00AM Meet and Greet

11:45AM Buffet Lunch and Program

DBTC members \$13

Guests \$26

Free for leaders of 5 or more rides

Online signup available now

Let's celebrate and honor all our DBTC volunteers in this very special 50th Anniversary year. We had a great turnout last year, but let's really blow the roof off the joint this year. Come enjoy a Mexican Fiesta Buffet with all your bicycling friends. The menu includes southwestern salad, cheese enchiladas, tamales, rice, beans, or make your own soft tacos with all the fixins. A Mexican Feast, and for dessert... Churros !!!

We'll be electing new board members at the luncheon and we need more nominees. If you have the time and the enthusiasm, then please nominate yourself. Contact Gaar Potter at gaarpo@comcast.net

If you would like to help during the luncheon (greeters, set-up, etc.) please contact Lisa Feheley at Lisafeh@yahoo.com or 720 245-7459.

We look forward to seeing you all at the November Luncheon. In the meantime, enjoy the best bicycling weather of the year!



A hard lesson to learn:

Know what your insurance policy covers when it comes to bicycles

by Cyndy Klepinger

If you're like most cyclists—and like me—you may assume your bike is covered under your insurance policies when accidents happen. But I was shocked and dismayed to discover my current policies are filled with exclusions and restrictions that limit what I received for my bike as well as my friend's bike that were both damaged in a recent bizarre accident.

Here's my story: A few weeks ago, my friend and I loaded our bikes on my trailer hitch-mounted bike rack and headed home from a fun-filled Pedal the Plains. All of a sudden, as we were merging onto I-70 from I-25, there was a thud! When I looked back in the rear-view mirror and didn't see the bikes, my heart fell. I instantly started to pull over to assess the situation. What happened is the pin that holds the bike rack post upright failed, and the rack fell backward—with the two bikes attached—to the highway. The bikes were dragged and bounced along the pavement for several hundred feet. How bizarre!

Needless to say, I was quite frustrated, but I assumed my bike, as well as my friend's bike would be covered by either my auto or homeowner's insurance policies. After arriving home and having a beer to settle my mood, I called and filed a claim. In the next few days, I visited the bike store for a mechanic to assess the damage to my bike – the result: totaled! My friend did the same, but her damage was limited to a pretzeled rear wheel and fork, estimated \$350 to fix. Then I had a number of nice, but "heated" discussions over several days with the insurance company's claim department and finally ended up with \$250 for "damage to personal possessions." I thought this could not be right. So

Cont. on pg. 9

DBTC's Officers

President Brad West president@dbtc.org	720-252-2881
Vice President Lisa Feheley vicepresident@dbtc.org	720 245-7459
Secretary	OPEN
Treasurer	OPEN
Board Members at Large Cyndy Klepinger matilda8@msn.com	303-725-1565
Jeff Krinsky jkrinsky2003@yahoo.com	720-373-9107
Scott Houchin sparky9cougar@comcast.net	303-321-3863
Lise Neer guestrelations@dbtc.org	303-249-8621
Kathy Stammel cyclekats@gmail.com	719-671-5579

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	
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	720-373-9107
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	720-373-9107

Board Meeting

Any member wishing to attend a board meeting is welcome to attend. The next board meeting dates are Monday, Nov. 3rd and Monday, Dec. 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.

Your Bike Tires Are Over-Inflated (Probably)

by Todd Adkins, BoulderCyclingClub.org

Efficiency

Under inflated tires are slower. That must mean the more you can inflate the tire, the faster it will be. Right? Not exactly.

If the road surface was perfectly smooth, smoother than glass, then it would be to your advantage to get your tires as stiff as possible to decrease tire resistance. You'd need little more than a strip of rubber on the wheel.

The reality, of course, is roads aren't smooth. Not even close. That's why we have pneumatic tires. Tires are designed to absorb those bumps and imperfections on the road which gives us a more comfortable ride and keeps more momentum going in the direction we want it to go. To understand how this works, let's look at the extremely un-smooth case.

Let's assume our intended path of travel is left to right. A few things are about to happen. Newton's Third Law of Motion tells us there will be right to left force once the wheel hits the next bump. This will decrease your left to right velocity. This next bump will also add some upward motion to the wheel's path of travel. Both of these factors cause the wheel to take longer getting from A to B than the wheel on the smooth terrain. The result is bring slower. This is an extreme example but the physics is the same when you scale it down to the road surface variations in the real world.

The beauty of pneumatic tires is they deflect as they come in contact with these small variations in the road allowing the wheel to "float" over them. It's that deflection that minimizes or eliminates

the forces pushing the wheel in additional directions. Unless, your tire is over inflated.

Control and Damage

If the efficiency explanation didn't convince you to take a fresh look at your tire pressure, consider the control and handling of your bike. An over-inflated tire won't properly deflect road imperfections resulting in vibration. Ride over a rumble strip on a road and you'll understand the case for reducing vibration for the sake of comfort alone. But think about what's happening between the tire and the road. Traction is calculation between the force of the tire against the road and the coefficient of friction between the two. A reduction of the force of the tire against the road will result in less traction. A wheel that is vibrating is just a wheel that is bouncing up and down rapidly. Each time it bounces upward, your traction is reduced.* Reduced traction can lead to all sorts of bad and dangerous situations while on your bike.

The vibration from over-inflated tires also transmits to everything the bike is touching. Your wheels, your hubs, your frame and all the way to your hands and your back. This puts extra wear and tear on everything. Finally, an over-inflated tire is less likely to bend around a sharp object, putting you at higher risk for flats.

Optimal Tire Pressure

If you are using the max pressure listed on your sidewall as a guide for your tire pressure, stop. That is just an arbitrary number decided on between the marketing and legal departments of

Cont. on pg. 6

When I was a kid I used to pray every night for a new bicycle. Then I realized that the Lord doesn't work that way so I stole one and asked Him to forgive me.

– Emo Philips

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.

DOOR COUNTY DITTO TOUR

Kathy and Joe Stommel

August 23rd to August 29th, 2015

Let's Do the Door – Door County Wisconsin. DBTC last visited Door County in 2008 and there have been numerous requests for a repeat performance. The Door County Ditto Tour will be held August 23-29, 2015 based in the friendly small town of Fish Creek. Door County is known for quiet country roads, historic lighthouses, amazing shorelines, and sunset watching is a favorite spectator sport.

This fixed-base tour is perfect for all levels of cyclists, and non-riding partners will also find plenty to do. The hotel offers daily continental breakfast, indoor and outdoor pools, and is within easy walking to restaurants, shops and the entrance to Peninsula State Park. Ride routes are along mostly flat, quiet back roads with distances ranging from approx. 25-45 miles. Please see the DBTC website's "Out of Town" section for additional hotel amenities and the full tour announcement.

This tour is priced at \$800 per person for a double occupancy room and all tour activities. Registration forms and \$200 deposits are being accepted now for a maximum of twenty riders. Make checks payable to tour leader, Kathy Stommel, post-dated December 1, 2014, and mailed along with DBTC Liability Waiver and Registration/Medical forms to Kathy Stommel, 9631 Autumnwood Pl, Highlands Ranch, CO 80129.

Final payment will be required no later than June 1, 2015. Remember that registrations are non-refundable but may be transferrable if a replacement can be secured. Please forward any questions to tour leader, Kathy Stommel, at cyclekats@gmail.com or leave message at 719/671-5579.



Door County lighthouses

Get Back in Shape/Beginner (BISB) Rides

Lin Hark

The first weekend BISB Ride (Get Back In Shape/Beginner) on October 18th was a great success! We had 10 riders with an actual beginner, too. Everyone had a great time and most actually did the 20 mile option. If you would like to help attract some new riders, please contact Lin Hark at mtlnin08@gmail.com and help plan some beginner rides!

These BISB Rides are designed for people who are coming back from an illness, injury or surgery, older people who cannot ride long distances or very fast anymore, rank beginners ready to start a new activity, people who have gotten out of shape from lack of activity, and people who have gotten overweight and are committed to a more active lifestyle for their health. These rides will be at a leisurely, beginner pace with lots of regrouping, a short distance and on mostly flat bike trails with breaks along the way. Some rides will have a longer option for leisure riders who can go the distance. Volunteers to help with these new rides would be much appreciated. Please watch the schedule, the Meetup Group and the ColoradoBicyclist Yahoo list for these upcoming rides. Anyone interested in helping to promote bicycling, health and fitness please contact Lin. Tell your friends who haven't ridden with DBTC that they don't have to be intimidated by 20+ mile rides anymore. These rides are for them!



Where We Rode on our Summer Vacation...



San Juan MTB Hut Tour

Lise Neer

In early July eight of us spent a week riding 200 miles on back roads from Telluride to Moab. We had some long days in the saddle, enjoying stupendous views along the Uncompagre Plateau, excellent cuisine by imaginative cooks among our group—from the dry & canned goods cupboard—and warm, mostly clear weather. The best time for the couple of rains we had was in early afternoon when a nice cool-down was needed. We spied a cattle round-up—complete with cowboys on horseback, raptors on high, a few sheep herds (guarded by their protective dogs), and hours upon hours on quiet forest roads with a wave from the occasional Forest Ranger or rancher's pickup. The huts were well disguised and some of the directions a bit obscure (to keep freeloaders away) making for a secluded haven each night. Some of us even packed along some wine and beer in our panniers for a little extra reward at day's end. The resulting lighter weight as the week wore on was helpful for the last several climbs up and over the La Sal mountains and on into Moab via the Kokopelli trail. On our final night prior to shuttling back to Telluride, we rented a large condo just south of Moab, and wolfed down a good quantity of pizza and beer, while taking advantage of the plentiful modern comforts such as showers and laundry facilities!

For your next Summer or Winter (XC/backcountry skiing) adventure through Colorado's beautiful Southwest, look up sanjuanhuts.com. I found it every bit as fun and challenging as Ride the Rockies, but without the crowds.

Kanabo Conservation Link

Cyndy Klepinger

As part of the Kanabo Conservation Link (KCL) team, DBTC Board member Cyndy Klepinger rode the Cape Argus Pack 'n Pay Momentum Cycle Tour. This annual race, held in the second Sunday in March in Cape Town, South Africa, is the world's largest individually-timed cycle race. The scenic, 109 kilometer circular route offers breath-taking views of the False Bay coast as well as the Atlantic coast. KCL is a conservation partner of the Denver Zoo, and the money raised in 2014 was used to fund a vulture restaurant in Botswana. The population of vultures is decreasing, due to poisoning; the birds feast on the carcasses of poached animals that have been poisoned by poachers and then die. Thus, the new restaurant provides vultures a safe place to eat. In 2015, vulture conservation again will be the focus for the KCL and Denver Zoo team. If you're interested in participating in a grueling, but spectacular one-day tour, contact Cyndy, matilda8@earthlink.net.



An Adventure in Croatia

Mary Sue Dickerson

Sixteen Colorado friends (Jerry Baer, Ron Reid, Bruce Kohl, Darrell and Jean Deering, Mark Shimoda, Cathy Pimm, Dudley Rice, Sandi Bianchi, Ralph Noistering, Laura Davis, Tom Peterson, Dave Rule, Steve and Linda Wohlgemuth, and Mary Sue Dickerson) ventured on a ship named Maestral in Split to cycle the Islands of Croatia. New scenery appeared each day on Brac, Hvar, Korcula, and Mljet islands as well as the Peljesac peninsula on the mainland of Croatia. We grew to expect warm sunshine, Adriatic sea views ranging from turquoise to deep blue, villages with red tile roofs nestled in cliffs, stone works built up over centuries, clouds building in the mountains over the mainland, 10% grades up a mountain only to be rewarded with magnificent downhills as the boat met us in a different harbor from the one we left. We quickly adapted to the European way of hour-long morning coffee/expresso/beer breaks, a refreshing beer and lemonade combination, and the occasional two-hour lunch greeted with grappa. We did not, however, adapt to the all-night parties with loud music and singing, another theme not uncommon to Europe. Each of us added onto the Croatia bike trip another adventure, in places like Dubrovnik, Italy, Switzerland, Bosnia or Slovenia.



Holland in the Spring

Patty Gaspar

Several friends took a bike-barge through the tulip area, starting in Amsterdam. We were lucky enough to hit the tulips at their prime. In fact, they were cutting the blooms after we passed some of the fields. Talk about timing. Last year they didn't bloom until May so we were extremely lucky that they came early this year. In addition, we had perfect riding weather. We went past acres of tulips. At the tulip history museum the guide told us to be sure to buy our bulbs at O'Toole's and not in Holland—when we all looked at him in surprise he told us that he comes to the US frequently to sell bulbs. When we left the tulip region, it was still beautiful country riding – a bit unnerving when the 2-way road is 1 lane with a bike lane on each side, and you and the cars share.

If you have the chance, I recommend you take a barge trip, as it is a great way to spend the day enjoying a pleasant bike ride and the evening having a delicious dinner.

Reminder to Winter Commuters

Please put a yellow or reflective vest over your winter coat. Drivers aren't looking for bikes and you are practically invisible with your dark jacket in the early winter evening.



the tire company. It is based on the amount of pressure the tire can hold before it blows off the rim, but that's not the number they print. They usually give it a safety factor of two. Either way, it has nothing to do with the tire pressure you should be using. Optimal tire pressure is determined by the load it needs to support, the tire width and construction. Road surface and environmental variables can be considered too, especially temperature.**

As a rule of thumb, when you sit on your bike and clip in, you should visibly see a slight bulge in the tires. If not, drop the pressure 5 psi per tire and try again. Repeat until you get the bulge.

Sheldon Brown put together a ton of great detail if you want to see all the math and physics. He also included a chart as a starting point to find the right pressure unique to you and your setup. Bicycle Quarterly did some extensive testing and determined that getting a 15% deflection is the optimal tire pressure to balance performance, comfort, and handling. Higher pressure than that is no faster but less comfortable. 15% deflection is that slight bulge you see when you get on the bike. Keep in mind, this chart is based on wheel load, not your body weight. The weight and weight distribution of your bike needs to be factored in as well. Most road bikes will distribute about 60% of the total weight over your rear wheel. See chart (in the online version of this article) to download the full report and learn how to measure the distribution for you on your bike. This chart is also the actual tire width when mounted on your wheel, not

what is written on the sidewall. For me, I weigh about 135 lbs., plus about 20 lbs for my bike, water, helmet, clothes, etc. That's about 90 lbs on the rear and 65 lbs on the front. I have 23mm tires, so I should use about 90 psi on the back and 65 psi on the front. I used to run 100 psi in the back and 95 in the front. Over the last year, I've been experimenting with running lower pressures and arrived at 90 in the back and 85 in the front for most of this summer. Turns out I was spot on for my back wheel but I'm still significantly over-inflated on my front. 65 psi sounds ridiculously low for a road tire, but given how much I've noticed improvement in handling, comfort, and speed over the last year, I'm going to try dropping my front tire down a bit more.

**Technically, the moment when the road surface forces the tire up relative to the direction of travel, the force between the tire and the road is increased and therefore traction is increased. It's the moment after the road stops exerting additional force on the tire that traction is reduced.*

***More fun with physics. If you pump up your tires in the morning and go ride for a couple hours, your tire pressure will gradually creep up higher, your tire pressure don't have a significant slow leak. Volume, pressure, and temperature have an intertwined relationship. Raise the temperature of the gas inside your tire (both from friction of riding and outside temperature changes), and the pressure increases. Volume can change a little, too, due to rubber stretching, but the change in tire pressure is usually measurable.*

Superior, Marshall Mesa, & Louisville

Jeff Krinsky

Clockwise from right: Kevin's bike has a built-in lock! A visit to the little-known Superior Historical Museum; satisfied riders relax at the Louisville REC Center before completing the ride. Other highlights included the newly-discovered double Lombard Street experience and the infamous Louisville Black Hole. Come check out these fun ride portions when this ride happens again next year!!!



Ski/Snowshoe: A Weekend in Pitkin County

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

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, Ashcroft and Redstone. Then, there's fine dining in Glenwood as well as the hot springs.

Tour cost is \$200/person double occupancy – this includes 3 nights lodging and breakfast at the hotel. Our hotel has a hot tub and indoor pool. We can walk to restaurants and stores. We'll have evening BYO happy hours before dinner, and after-dinner games. \$100 deposit due now to hold your spot, final payment is due December 1st. Contact Ellen (outdoorsdiva@yahoo.com) with questions.

Please send your deposit check (made out to Ellen Chilikas, post dated to 11/1/14) with the DBTC tour forms (<http://www.dbtc.org/Default.aspx?pagelid=1568909>) to Ellen at PO Box 471803, Aurora, CO 80047. You must send both a check and your forms to hold a spot. Space is first come, first served. Funds are transferable but not refundable.

2015 in TEXAS HILL COUNTRY

April 4th-10th, 2015

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 wildflowers. Low cost trip price of \$40 per person does not include accommodations, but will include maps and dinner as well as club and leader expenses. If you are staying at the campground, there will also be hot water in the morning, and ice, other beverages and snacks in the evenings.. Camping will be at the Lady Bird Municipal Park, with tenting at about \$12 per night; RVs 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. Rides will be 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 a current member of DBTC to participate in out-of-town rides.



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: Full

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: Open

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: Almost Full

August 23-29, 2015 Door County Ditto Tour

Road riding
Lodging: Hotel
Location Details: Fish Creek, WI
Leader: Kathy & Joe Stommel,
cyclekats@gmail.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!

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.

Cape Cod and Nantucket Tour

Sunday May 31 – Saturday June 6, 2015

Ellen Chilikas -- outdoorsdiva@yahoo.com



Almost full! One gentleman needs a roommate. We are putting names on a wait list, so make up your mind soon.

Contact Ellen at outdoorsdiva@yahoo.com, and see September newsletter (online at DBTC.org) for details.

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
arapahoecyclery.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.

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



Another Lovely Day on the Clear Creek Trail

Cindy Ferry

Clear Creek trail is one of the favorites when it comes to bicycling; it is located Centrally, it takes you as far West as Golden and as far East as the Platte River Trail which leads into Downtown. In September we enjoyed the western part of the trail and took a ride to Golden, exploring the hills, creeks and neighborhoods.

News from the DBTC BOD

At the October Board of Directors meeting, a motion was made by the Marketing Committee—and approved—to buy one or more bike Fixit stations, to be installed along a popular bike path or other strategic location(s).

This will have benefits such as:

- 1) providing a permanent workstand with attached set of tools for those moments when a “mechanical” occurs and the multi-tool happens to be on the workbench at home.
- 2) creating a tangible method of promoting the Club, by “personalizing” each Fixit station with the DBTC logo and contact info. (the more people use it, the better our exposure!)
- 3) giving back to the community by investing in our city’s bicycle infrastructure, and another way of saying “Thanks” to you, our members, for your support!

Weekday skiing with DBTC

Lin Hark

Sue Frakes and Lin Hark will be skiing weekdays at Loveland this season. Join us the second Thursday of each month for Ski Hooky Days. Other ski days will be posted to the Colorado Bicyclist Yahoo Group and Meetup.

To get notices send an email to coloradobicyclist-subscribe@yahoo.com.

Thursday, December 11th – Downhill Ski Loveland with Sue Frakes and Lin Hark

Meet Sue and Lin at 8:00 AM inside the El Rancho McDonald’s (I-70 exit #252, cross over the highway, turn left at the light and left into the Wal-Mart parking lot. Park at the west end of the Wal-Mart lot just outside the McDonald’s lot). Please RSVP to Sue (cell phone 303 910-8206 before 9 PM or after 4:30 AM) or Lin (303 578-9369 cell) to let them know you will be coming and where you will meet the group. We will plan to break for lunch at 11:30am in the upper level near the cafeteria if you would like to meet us there.



Insurance, continued from pg. 1

I filed a claim on my homeowner’s policy, and in less than 24 hours, I was told that this type of “accident” is not one covered by my policy.

However, I did learn that if my bike had been stolen, it would be covered. If someone had rear-ended the car and damaged the bikes, they would be covered. If I had backed into a post or whatever and damaged the bikes, they would be covered. If the bikes had been mounted on a permanently-attached-to-the-car bike rack and damaged, they’d be covered.

I grudgingly went off to a local bike shop to buy a new bike, as like many, I “loved” my bike and didn’t want a new one. After selecting another Trek, I called my insurance company to add it to my existing personal valuable property policy. And guess what, bikes aren’t covered! That policy covers things like furs, cameras, jewelry and computers! (I still don’t understand why it doesn’t cover bikes!)

The moral of this story is that you may want to check your insurance policies and see what type of accidents they cover as well as what you would get in replacement costs for damaged or stolen bikes. Then if you discover you really don’t have the coverage you thought you did—and need, you may want to do what I’m doing, which is researching other companies that exclusively offer insurance for bikes. And yes, there are several companies that do!

DBTC Members Joining/Renewing in September

JAN ANDERSON
 JENNIFER BREZICHA
 DAVID FRIEDER
 SCOTT HAGEMAN
 VICKI HILLBERRY
 ARLEIGH JENKINS
 S G JONES
 ELLEN LADLEY

DBTC Fall/Winter Rides 2014

Fall is officially here. Our ride coordinators are taking a much-deserved break. Late fall and winter riding conditions make it difficult to pre-plan rides. If it is cold and blowing, the ride leader may not want to roll out to lead a promised ride - especially since he or she might be the only person to brave the elements. Therefore, our scheduled rides become Show-N-Go with a few holiday or special events.

If you'd like to include an activity in the newsletter, please email it to ridecoordinator@dbtc.org by December 20th for the January/February 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.

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.

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.

November Ride & Event Schedule

Wednesday "Roses" Group

Due to last year's "Wednesday jinx" weather-wise, let's try something different. You will have to join the Yahoo group to find out where/when we will ride. I'll try to pick a day with good weather, post a ride on the Yahoo group a couple of days ahead. We may also vary the ride location. Leaders: Please volunteer your choice of day/place, e-mail or phone me early in the week, and I will post it on the Yahoo group. For directions to sign up for the Yahoo Group, see the web page/newsletter. www.dbtc.org Melba Bouquet: melbabo9@q.com, or 720-493-0564.

Weekday Skiing with DBTC

Lin Hark and Sue Frakes will be leading weekday ski trips to Loveland, Winter Park, Keystone and A-Basin this season. If you would like to join these trips you will want to be on the Yahoo Group list. Usually Loveland has the Ski Hooky Days which are the second Thursday of the month December–March.

Watch for updates and more info on the yahoo group emails. There may be some snowshoe and cross country ski days too so watch for these too.

To join the Colorado Bicyclist Yahoo Group send blank email to ColoradoBicyclist-subscribe@yahoogroups.com.

First tentative ski date: December 12, 2013 Loveland Ski Hooky Day. See you on the slopes!

Thursday, December 11th – Downhill Ski Loveland with Sue Frakes and Lin Hark

Meet *Sue and Lin* at **8:00 AM** inside the El Rancho McDonald's (I-70 exit #252, cross over the highway, turn left at the light and left into the Wal-Mart parking lot. Park at the west end of the Wal-Mart lot just outside the McDonald's lot). Please RSVP to Sue (cell phone 303 910-8206 before 9 PM or after 4:30 AM) or Lin (303 578-9369 cell) to let them know you will be coming and where you will meet the group. We will plan to break for lunch at 11:30am in the upper level near the cafeteria if you would like to meet us there.

WINTER SHOW-N-GO AND HOLIDAY RIDES

FUN/INT-2to3-20to30-Location Varies-11:00 AM Unless there is a leader named, WINTER rides will be Show-N-Go. The riders who show up on these days will decide among themselves the route, the mileage, the pace and the after-ride restaurant. The starting locations will be places where many rides have begun in the past and thus several riders will have an idea of possible routes to be taken. You can go to www.dbtc.org and hit the start locations button for more detailed directions to most of the starting points or possibly maps of rides from that location.

Winter Riding Guidelines

Weather: forecast temperature above freezing with dry conditions.

Clothing: wear layers, outer windbreaker, hat/ear covers, gloves, toe covers and riding/sports pants covering the knees

Other: bring water, repair items and a snack

Saturday, Nov. 1st Lin's Birthday Ride FUN-H1 0 or 18 or 20 or 25 up to 66 Central 9:00 AM or 11:00 AM or 2:00 PM Meet *Lin Hark* (303 578-9369) at the City of Cuernavaca Park OR at REI (Directions to Parking: exit I-25 at 23rd Ave., drive past REI and continue north on Platte St about 5 blocks, under the overpass, to the parking lot.)

STAGE 1 FUN-H1-18-Central 9:00 AM Meet Lin at City of Cuernavaca Park FUN/Leisure morning riders will meet at 8:45 AM for a 9:00 AM start for the morning 18 miles. Hardy riders can brave the morning chill for a short brisk ride out and back North on the Platte River Trail to arrive at REI for a quick break before stage 2 at 11:00 AM.

STAGE 2 FUN-H1-20-Central 11:00 AM Meet Lin at REI Flagship Store's sunny porch for the second stage of her birthday ride. Ride out and back on Cherry Creek Trail. Park at City of Cuernavaca Park and ride to REI to meet no later than 11 AM.

LUNCH CELEBRATION 1:00-2:00 PM Lunch at Starbucks Meet your DBTC friends at REI hopefully out on the deck in the sunshine, but if the sun is not shining we can go inside Starbucks to warm up. If you aren't riding anymore but just want to join the fun just come for lunch! Or do your own ride from home and meet at REI for lunch.

STAGE 3 FUN-H1-25-Central 2:00 PM Start with Lin from REI for the last leg going South on the Platte to Hudson Gardens and back. Riders who choose to do only the afternoon ride can come at 1 PM to join the group for lunch before riding the afternoon 25 miles (or turn around whenever you like). Bring layers of clothes, water, snacks, lunch to eat at REI at 1 PM (or you can buy a sandwich at Starbucks or Vitamin Cottage) a lock and money for lunch.

No gifts; your presence will be Lin's gift. This ride will go regardless of the temperature or trail conditions.

- Sat, Nov 1st** SW McDonalds at Hampden & Sheridan
- Sun, Nov 2nd** NW Crown Hill Park, just east of 26th & Kipling
- Wed, Nov 5th** SE Meet at Village Green parking lot by the Dam Road and E Union
- Sat, Nov 8th** SE South High School, E. Louisiana & S Franklin, near Wash Park
- Sun, Nov 9th** **Central** City of Cuenavaca Park
- Wed, Nov 12th** SE Corner of Orchard and Parker RD
- Sat, Nov 15th** SE Corner of Orchard and Parker RD
- Sun, Nov 16th** SE Goodson Recreation, near S University Blvd and Arapahoe RD
- Wed, Nov 19h** SW Behind the tennis bubble Federal and Bowles.
- Sat, Nov 22nd** SE Village Greens Park, just east of Union and Dayton
- Sun, Nov 23rd** NW Olde Town Park-N-Ride, just north of W 55th Ave & Wadsworth on Vance
- Wed, Nov 26th** SE Goodson Recreation, near S University Blvd and Arapahoe RD.

Thurs, Nov 27th Turkey Day Hunger Builder Ride FUN/INT H2-22-SW and & MTB T2 P2 10:00AM

Give yourself an excuse to eat more turkey and gravy! Meet your DBTC buddies at Jewell & Kipling (Old Performance Lakewood; park away from the buildings) for a Calorie burning appetizer ride. We'll cruise down Kipling, ride up MT Carbon, pass thru Bear Lake Park, and then grind into Red Rocks Park. After a break at the trading post, we'll head to Dinosaur Ridge, Green Mtn/Alameda to return to the start. We realize that many people have other plans for the day. So, this ride will have limited stops and target for a return to the start no later than 1 PM. This is now a Show-N-Go.

Fri, Nov 28th Day after Thanksgiving Ride

NW McDonald's, NW corner of W 80th Ave & Wadsworth Blvd

- Sat, Nov 29th** SE Village Greens Park, just east of Union and Dayton
- Sun, Nov 30th** NW Crown Hill Park, just east of 26th & Kipling

December 2014 Winter Fun Ride Schedule

- Wed, Dec 3rd** SE Corner of Orchard and Parker RD
 - Sat, Dec 6th** SW Behind the tennis bubble Federal and Bowles.
 - Sun, Dec 7th** NW Olde Town Park-N-Ride, just north of W 55th Ave & Wadsworth on Vance
 - Wed, Dec 10th** SE Meet at Village Green parking lot by the Dam Road and E Union
 - Sat, Dec 13th** NW Prospect Park, W 44th Ave at Robb St
 - Sun, Dec 14th** SW Morrison PNR, NW corner of C470 and Morrison Rd
 - Wed, Dec 17th** SE Village Green parking lot by the Dam Road and E Union Ave.
 - Sat, Dec 20th** SW Carson Nature Center, (N on So Platte Parkway, West of Mineral and Santa Fe)
 - Sun, Dec 21st** NW Scott Carpenter Park, SW corner of 30th & Arapahoe in Boulder
 - Wed, Dec 24th** SE Corner of Orchard and Parker RD
 - Sat, Dec 27th** NW Westminster Mall, southeast corner of W 92nd Ave & Harlan St
 - Sun, Dec 28h** SE Cherry Creek HS, SE corner of Union and Dayton
- New Year's Eve or Day** – someone want to put a yahoo event together?