



The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

JULY 2015

DBTC Summer Picnic – Saturday, July 11

Where: Wheat Ridge Prospect Park

Time: 12:00 NOON

Build up an appetite by joining a bike ride with fellow DBTC members before lunch is served. This year it's catered! ...featuring BBQ pulled pork, rolls, baked beans, potato salad, fruit and dessert. All this for only \$5 per person for current members, or \$12 for guests. Registration **MUST BE RECEIVED** no later than July 1. While we don't want to send anyone away from events, there is a firm deadline to finalize our food order. It's not fair to members who register in advance to not get a full meal due to last-minute attendees. Please be advised that persons arriving at the picnic that have not pre-registered will be charged the full price of \$12.

Organizer Kathy Stommel needs a few helpers! Please contact her at cyclekats@gmail.com.



Cape Cod/Nantucket Tour, Complete with Limericks Ellen Chilikas

Twenty three club members toured Cape Cod and Nantucket in early June. The bike paths were fabulous—they crisscrossed the Cape and the Island with very little car traffic. We rode by the coastline, cranberry bogs and kettle ponds. The humidity and constant breeze made the weather colder than expected, but we all had lots of warm clothes, and many times we wore them all at once. We only had one rainy day which was good—we got to wear the rain gear we all packed. We learned about the area by visits to several museums including one on cranberry cultivation, another on whaling, the Coast Guard, and one on sailing and famous shipwrecks. We also ate like Kings and Queens and did a tour of an award winning winery/brewery/distillery—one of our favorite samples was a Cranberry Pinot Gris.

Here are the top 3 prize winners from our Limerick Contest:

A silly old man from Boulda
found a lass as tall as his shoulda.
They pedaled Cape Cawd
but something seemed awd.
She expected a bike with a mota.
– Ralph Nositering

There were three sisters from Denver.
Whose names none could remember.
They were obnoxious and loud.
And offended the crowd.
So now their names you'll remember.
– Vicki Hillberry, Jan Anderson, Kay Wilson

There once was a girl from Nantucket
Who threw all her fish in a bucket
She caught a blue whale
Which swallowed her pail
And clogged the baleen in his gullet!
– Sandy Soule



DBTC's Officers

President Kathy Stommel president@dbtc.org	719-671-5579
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Fun Ride Coordinator South Gaar Potter FunRideSouth@dbtc.org	303-691-0938
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Intermediate Ride Coordinator Rick Clauder intermediaterides@dbtc.org	303-463-1875
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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. The next board meeting date is Monday, July 13 at Southwest YMCA, 5181 W. Kenyon Ave, at 6:30PM. If you wish to address the board, contact the president, Kathy Stommel: cyclekats@gmail.com, or call 719-671-5579 so that your topic can be placed on the agenda.

The President's Page

Kathy Stommel



Picnic Registration Due July 1

The summer picnic will begin at noon on Saturday, July 11 at Wheat Ridge Prospect Park (W 44th at Robb St) and the date is coming up quickly! We must have an accurate count for the caterer on July 1 so PLEASE complete your online registration ASAP. The home page at www.dbtc.org has a link to the registration page. Remember the price is only \$5 per current DBTC member and \$12 for non-member guests. The menu includes BBQ pulled pork, rolls, vegetarian baked beans, potato salad, fruit and dessert. NOTE: If you require a full vegetarian meal, please contact me directly at cyclekats@gmail.com.

While we don't want to send anyone away from events, there is a firm deadline to finalize our food order. It's not fair to members who register in advance to not get a full meal due to last-minute attendees. Please be advised that persons arriving at the picnic that have not pre-registered will be charged the full price of \$12.

Check the ride schedule here in the newsletter or on the "Scheduled Rides" page of the website for details of pre-picnic bike ride opportunities. As of today I know that Jeff Krinsky and Merri Bruntz will be leading rides and there could be more.

Bike Equipment Swap

This new event will be held in conjunction with the July 11 picnic. We all have excess cycling gear just sitting around. Bring these treasures along with you to the picnic and offer them for sale, trade or give away. Please clearly label items with your name, asking price and any other information that might be helpful to the prospective new owner. An area will be designated near the picnic shelter where you can display your treasures before the meal. Everyone is responsible to take home their leftover items.

Continued on pg. 3

Toleration is the greatest gift of the mind; it requires the same effort of the brain that it takes to balance oneself on a bicycle.

– Helen Keller

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.

SPOKES FIGHTING STROKES & HOPE FOR TRAUMA



Dan Zimmerman shares his story with rapt DBTC members at the outset of their June 18 ride near Chatfield.

We are fortunate to have the health required to ride bikes and realize we live in a beautiful area with plenty of cycling opportunities. Yet how often do we really pause to appreciate the little treasures around us every hour and every day? Sometimes it takes a total stranger to give a new perspective on the simple joys that abound.

Dan Zimmerman and Catherine “Cat” Brubaker are traveling cyclists from Arizona that have been touring the country for the past two years meeting people and telling their amazing stories of survival, strength and hope.

Dan suffered a stroke ten years ago at the age of 41 from a condition known as HHT, Hereditary Hemorrhagic Telangiectasia, a disease affecting blood vessels. Dan spent years being a prisoner in his own body, having to relearn how to walk, talk, and other everyday activities. Due to his physical limitations, Dan was forced to close his cabinet maker business. After fighting through depression, Dan chose to LIVE the life he had and purchased a three-wheel recumbent bike to improve his health. Within just a few months of riding, friends began to comment how much improvement they saw not only in Dan’s physical appearance but also his speech and movement—nearly miraculous! Dan realized he had to share this discovery with other stroke survivors so he hatched a plan to cycle across country in 2014 promoting his new passion—a foundation called “Spokes Fighting Strokes”.

Prior to 2010, Catherine Brubaker was a successful business woman with a Masters Degree. One night she and a friend were having a great night out on the town. The unthinkable happened that night when their drinks were tampered with and both women were brutally assaulted then left for dead. Cat’s injuries were severe, resulting in tremendous blood loss before being found and transported to a hospital. Among other treatments, she endured surgery to install a pacemaker. Leaving the hospital, the vehicle she was traveling in was involved in a head-on collision resulting in yet further brain injuries. Cat could no longer support herself and was forced to move in with family. She also fell into depression so deep that she tried to kill herself—which Cat discovered is nearly impossible with a pacemaker. There had to be a reason she survived these tragedies, and after purchasing a trike bike, Cat found the solution to regain her joy for life.

Continued on pg. 4

President, continued from pg. 2

CPR & FIRST AID Training Course

Board member, Scott Houchin, will be conducting a CPR and First Aid certification course later this year with emphasis on cycling-related injuries. Here’s the really good news! The Board has authorized partial payment of the course fee for anyone that during 2015 riding season has led five or more DBTC rides or been an out-of town tour leader for five or more days. Active ride leaders as defined above will pay only \$25 for this training that other agencies typically charge around \$100 or more. Our goal is to reward these vital DBTC leaders and provide an incentive for new or occasional leaders to step up. Any DBTC member will be welcome to sign up for the course at the full price when details are firmed up. The final price will be determined by the number of students but should be in the range of \$45-\$55 which is still a bargain. Stay tuned!

Ice Cream Social

What a great day we had in Frisco on June 20! At least 35 riders participated in rides around the Lake Dillon bike paths before sampling some great food and entertainment at the Frisco BBQ Challenge Festival. Later in the afternoon, we hosted 50 or more DBTC members and a few guests for ice cream and fixings at our townhome clubhouse. Thank you to Darlene Dietzler, Bill Sanders and Steve Thomas for volunteering as ride leaders and special thanks to Cyndy Klepinger and my husband, Joe, for all the help to make this a special day for everyone.

Stay cool and I’ll hope to see you all at the Picnic!

ATTENTION MEMBERS!

If you know any DBTC-ers who ride a bike (and go for bike rides), please have them call one of the ride coordinators and volunteer to lead a ride sometime.

Bike To Work Day

Patty Gaspar

Denver celebrated biking on June 24th. Doug Schuler and Judy Shure manned the booth at Ride to Work Day in Civic Center. Cyndy Klipinger helped riders on the trails. Many companies and organizations had booths for the hundreds of riders stopped in to collect swag, eat burritos and drink free Starbucks coffee. DBTC offered a discount to new members who signed up that day. We had swag too — the inserts for your emergency information for your helmet and an ID holder to put on your phone.

Patty Gaspar lead a ride from there heading west but due to the flooding the route was changed so they came back on the light rail bike trail rather than the Clear Creek Trail. All in all, we celebrated biking in Denver.

The extreme weather that evening put a huge damper on the event. Let us hope that most of the riders managed to avoid getting drenched on their way home.

A MTB-er's BTWD

You've heard the phrase, "if the creek don't rise". Today it did, on Denver's annual Bike to Work Day. Thousands of people took to their two wheelers to enjoy a bright summer morning commute to work. It all changed for the ride home. By 4PM, the sky was dark, and the rain began as I left Downtown. It was raining heavily on the Cherry Creek trail, so I stopped under a bridge to wait out the typical summer afternoon thundershower. Within 20 minutes, the storm drains were emptying the torrential rains from the streets adjacent to the trail into the creek--and it quickly began to rise. Several of us riders under the bridge began to look for an escape route and began to ride toward a ramp on the trail thru water as high as our large chain ring. We then encountered a large storm drain gushing storm H2O, into the creek completely blocking our path out. I then leaned my bike against the concrete wall stood on my bike and pulled myself over the 10' high wall. I called to the 5-6 riders still below to follow me, and first bikes, then backpacks, then riders were being hauled up and out of the rising, muddy, debris strewn creek trail. We all made it out safely, and then still had to find shelter as the rain, thunder and lightning continued as the tornado alarms finally stopped sounding. Quite a ride home on Bike to Work Day!!

– Bob Kochevar

Dan & Cat, continued from pg. 3

Dan and Cat met by chance when they literally "bumped" into each other on a park bike path. Cat noticed that Dan's speech was delayed like hers and they struck up a conversation in which Dan introduced his cross country ride plan. Shortly thereafter, Cat made the decision to join Dan's 2014 ride from Washington State to Key West, Florida. They have developed separate non-profit organizations but their goals are similar, to spread the word that brain injuries are not a death sentence. Their mission is to be examples of hope while raising awareness and funds to purchase trikes for others.

A coincidental meeting in Florida at the end of their long trek resulted in connections to several Colorado cycling organizations, including DBTC. Dan and Cat arrived in Colorado in June and were guests on four rides with our club, telling their stories to each group. They LOVED their experiences here, stopping frequently to soak in the views and take photos. Dan and Cat's appreciation for every day of life and expressions of sheer joy at simple sights and smells are infectious to each person they meet.

If you're lucky and open to the opportunities, special people come into your life that leave a mark on your soul. Dan Zimmerman and Cat Brubaker are two very special people, and we were fortunate to have them ride alongside us for a few days.

Check out their non-profit websites for more information and consider making a donation: SpokesFightingStrokes.org and HopeForTrauma.org

Post-ride grins all around on June 16: Lise Neer, Dan Zimmerman, Cat Brubaker, & Scott Houchin at Cherry Creek Reservoir. Below, Cat and Dan enjoy the view from Cheesman Park's pavilion.





Lin Hark led a Roses Ride on May 27th that attracted some 16 riders (We lost a few riders before this picture was taken.) This being the first sunny day after so much rain in May, lots of people came out to enjoy the nice sunshine along the Highline Canal from Englewood Town Center.

Venus de Miles

Cyndy Klepinger

Ladies, do you need a challenge? If so, consider joining some of your fellow DBTCers to ride the century (yes, you can ride 100 miles!) in the annual Venus de Miles, August 29. This ride is Colorado's first all-women's athletic event. Multiple course options welcome all ability levels and ages to this celebration of sisterhood and community. Participants are treated to healthy food, cocktails, spa services, and a lot of fun. The event benefits Greenhouse Scholars, an education organization that works with extraordinary college students from low-income communities and inspires, supports, and drives them to change the trajectory of their careers, their families, and their communities—forever. The ride is held in Boulder County with its rolling hills and meandering country roads. And as an added bonus, we hope to plan to some training rides to help! If interested, contact Cyndy Klepinger, vicepresident@dbtc.org. For information on the Venus de Miles, go to www.venusdemiles.com.



DEALING WITH ROAD RAGE

While cycling around we must remember to protect yourself at all times.

<http://www.bicyclelaw.com/road-rights/a.cfm/road-rights-how-should-you-respond-to-road-rage>

Here is a hotline number to have in your phone: *CSP (or *277) is the road rage hotline to make such a report in Colorado. Make sure to know your location or nearest cross streets.



DID YOU KNOW ? ?

DBTC publishes the "Bicycling the Greater Denver Area Route Map. In fact we sold over 20,000 copies in the past three years, Do you have a copy? Maps can be purchased from Bike Denver, bookstores such as Tattered Cover, and bike shops including REI, Bicycle Village and many more.

And next time you're patronizing your local bike shop, ask them if they stock our map—if they don't (or have run out of maps), PLEASE have them contact Map Sales Coordinator, Doug Schuler at mapsales@dbtc.org.



Buena Vista Weekend Getaway

August 8

Make reservations per info provided by Mary Kay. This is always a busy time in the high country. She has a fine weekend planned.

Buena Vista advance planning/reservations:

Join Mary Kay in Buena Vista August 8th for the superb single track of the Colorado Trail (for the experts and hard core) or the Midland Railroad Grade along the Arkansas River. See ride descriptions at Buena Vista, Colorado Mountain Biking.

Buena Vista, Colorado Mountain Biking

Mountain Biking Buena Vista offers a wide range of riding options for visiting mountain bikers.

View on www.buenavistacolorado.org/buena-vista-colorado-mountain-biking

We can split into two groups. We will also visit the Cottonwood Hot Springs for a soak after riding.

Camping – Collegiate Peaks Campground (complete with bears):

Collegiate Peaks campground is heavily wooded with 56 campsites arranged along 3 loops. This campground offers visitors an opportunity for a quiet camping experience with plenty of space between campsites. The Middle Fork of Cottonwood Creek flows along the south side of the campground. Nearby hiking trails include Ptarmigan Lake and the Denny Creek Trail. The Ptarmigan Lake trailhead is located about 2.75 miles west of Collegiate Peaks campground. Denny Creek is located 1 mile west of the campground and accesses the Collegiate Peaks Wilderness area, Pike and San Isabel National Forest.



Any questions or comments email:
mengel@clubholdings.com



Gaar's Soft Underbelly of Denver Tour

This might've been our LAST CHANCE to ride across my FAVORITE bridge – Perry St. over 6th Ave. I think it is 'bouta get replaced. Hot chicks: Carol Jakicic, Leslie Anderson and Merri Bruntz stop traffic on the Perry St. Bridge.



What's Next, Snorkeling by Bike??

Cindy Ferry's Gold Strike Ride on June 6 encountered several watery challenges, but there were those of us who rode on, undaunted.



Majestic Free Flag Day Ride

Six riders were rewarded with free flags on the Flag Day Ride that met at Majestic View Park in Arvada



Memorial Day on the Platte trail

Left: Helen Berkman led a large group on the Second Annual Memorial Day Ride. Some of the riders were in this shot at the top of Mount Carbon.



Middle: Part of the group decided to swing by Hudson Gardens on the way back where this unique bike was encountered! Bottom: Flood waters were avoided as necessary.



It's Time to Ride South!

Cindy Klepinger

The trail underpass at South Jordan Road and Arapahoe is almost done and ready to open. And when it does, it will provide pedestrians and cyclists improved connectivity to the Cherry Creek Trail that goes to Franktown. Just think: no more dodging cars or waiting at traffic lights on Jordan Road to get to the trail. Sweet! It's predicted to open in early July. And to celebrate this new trail, let's join Gary Pratt on Saturday, July 25 at 9 a.m. for a ride around Cherry Creek Reservoir using this new trail connection under Arapahoe Road. Meet at Cornerstar Shopping Mall 15901 E Briarwood Circle, Aurora, 80016 (southwest corner of Parker and Arapahoe) in the parking lot area east of Panera Bread. Also, look for more rides going south on the Cherry Creek Trail. Just think of the miles you can rack up just the trails!

Contact Gaar Potter funridesouth@dbtc.org for a weekend ride or Patty Gaspar ridecoordinator@dbtc.org for a Wednesday ride, to be the first to schedule an August ride on the new trail.

Elephant Rock



Several club members (pictured are Maria and Michael LePage, Dick Shelton and Cyndy Klepinger) completed the 62-mile Subaru Elephant Rock course on June 7. It was a great day to cycle – little wind and a comfortable temperature.

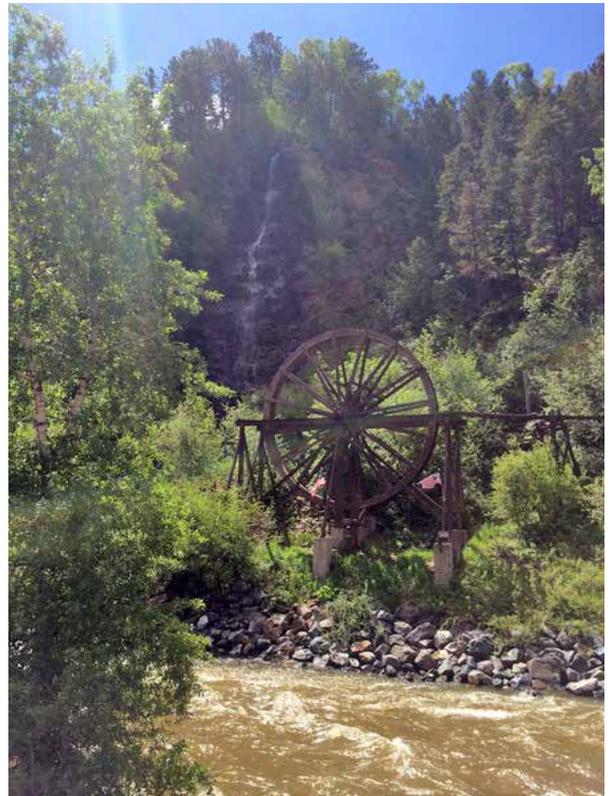
Traveling with your bike this season?

Do it the easy way... DBTC has hard-sided bike transport boxes that can be checked out to current members. Contact any Board officer for more information.



Idaho Springs Ride

On June 13th, Doug Potter led a tour around the hidden gems of beautiful Idaho Springs including the Charlie Taylor Waterfall and the mountainous Idaho Springs Cemetery (shown below).



DBTC MEMBERS JOINING OR RENEWING IN MAY

THERESA ARMENTROUT	CHRISTOPHER JARAMILLO
ELLEN BLUM	JANE JOHNSTON
LINDA BOONE	STAN
SCOTT BURKHARDT	KLEINSTEIBER
JEFF DAILY	JUDINE
VIRGINIA DICKINSON	LEONHART
VIRGINIA DUDLEY	DESMOND LYNN
MARLIN ERFMAN	ROBIN MACKIN
LISA FLUKE	LEE ANN MILL
SUE HAGGAR	SALLY SCAMAN
DAN HAMPTON	REGINA WELMON
BOB HARTLEY	KIM WERNING
CHRISTOPHER HILL	RICHARD WHEELER
STEPHANIE HUTCHINSON	AMY WRIGHT

2015 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.

July 12-17, 2015 Glenwood Springs Trip

Trip Type: Choice of rides
Lodging: Motel
Location Details: Glenwood Springs., CO
Leader: Lin Hark & Richard Giesler
mtlnlin08@gmail.com
Status: 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: Only 3 spots left!

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



Online Construction Detours & Updates from RTD:

<https://www.google.com/maps/d/viewer?ll=39.805899,-104.984665&t=m&source=embed&ie=UTF8&msa=0&spn=0.158248,0.342636&z=11&mid=zVMlvSdJQnac.kopSvxxlmc>

Ditto from Denver Parks & Recreation:

www.denvergov.org/parksandrecreation/DenverParksandRecreation/Parks/Trails/TrailDetours/tabid/445331/Default.aspx

DBTC SPONSORING SHOPS

DBTC members receive a 10% discount off purchases (excluding bicycles and sale items) at these sponsoring retailers. Is your favorite shop a DBTC sponsor?

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



Have you seen our facebook page lately? Check it out!

<https://www.facebook.com/pages/Denver-Bicycle-Touring-Club/122447584186>

DBTC Summer Season 2015

Summer is here – we missed many spring rides so now is the time to make up for all that rain. Everything is green.

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.

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.

Summer Riding Guidelines

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

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.

JULY RIDE & EVENT SCHEDULE

Wednesday, July 1st **"Roses" H1-20-SE 8:30 AM** Meet *Judy Deist*, 303-841-4792, (C) 303-906-4305 at the Broncos Parkway Trailhead, entrance on So side of Broncos Parkway between Jordan Rd. and Parker Rd. for a ride along the Cherry Creek Trail. This fairly new section of trail is one of last remaining gaps in the trail between Castlewood Canyon and Confluence Park. Bring a snack and money for lunch at a favorite restaurant following the ride.

FUN-H2-15- SW 9:00 AM Meet *Carol Bennett* 720-425-6124 (I work 3:30 to 11:30 pm so I will return your call during my dinner break or the following morning) at SE corner of Target Parking Lot on SSgt Stills Road. (Exit C470 at Lucent, head south about .75 miles and turn east onto SSgt Jon Stills Road into Target parking lot. Park at the extreme SW corner of the Target Parking lot just North of Kaiser.) We will ride the green belts and main roads of Highlands Ranch and visit the Highlands Ranch Mansion near the end of the ride. Trails will be rolling with a few short steep climbs. We will stop and enjoy the view at some of the higher portions of Highlands Ranch. Bring some cash for lunch at a local eatery after the ride.

MTB p2,t2 Green Mountain 6:00 PM Show and go. Come to main Hayden trail head at 13851 W. Alameda Pkwy, Lakewood. This is the east side. Take an hour or so ride, then get something to eat at one of the many nearby restaurants.

Thursday, July 2nd **FUN Show and Go 6:00 PM** Join *Bicycle Aurora* at Peak to Peak Taproom next door to Treads in Aurora. Routes and distance will vary depending on weather and whims of the riders. Then relax to enjoy a craft beer (or two) and cheese steak sandwiches.

Saturday, July 4th **MTB, P2, T2, 10:30 AM Breckenridge Blair Witch** is a fun loop area with a variety of extensions including a portion of the Colorado Trail and a twisty local favorite. *Liz Cameron* (303 619 7897) will take you for a ride today. From the parking lot, follow the trail north through the Rocky dredge piles. Pass through a metal gate, then go straight up the draw, crossing the Colorado trail. Continue uphill .9 miles (under the power lines) until you reach a flat intersection with several spurs. Turn left uphill and follow the rolling and twisty Blair Witch trail for 1.2 miles. Blair Witch ends at a "T" intersection with the Colorado trail. Turn left, descend .9 miles, and cross a small bridge. Turn right just past the bridge and return to the trailhead. Note for those wishing additional miles: Option 1) instead of turning left at Blair Witch, one can follow the "Hay Trail" as it descends into the old ranch now utilized by Keystone Hay Rides. Turn right, go past the barns to the intersection with "Reds", then take this route until it connects with the Colorado Trail, which you would then take down back to the intersection close to the trailhead. For those wishing additional mileage: Option 2) After descending Blair Witch, and reaching the intersection of Colo Trail, instead of turning left and heading east back to the trailhead, turn right and head west for an out and back on the Colo Trail. Go as far as Highway 9 if you like! Lunch, snacks, or libations after ride at Frisco Marina Island Grill. You can get just snacks here or a full meal. Shade or sun seating available; gorgeous views of Dillon Lake.

Sunday, July 5th **FUN-H2-22-NW 9:00 AM** Meet *Merri Bruntz* (303-517-9781) at Crown Hill Park (26th & Garrison) for a ride through Golden and west Arvada neighborhoods as well as Wheat Ridge and portions of the Clear Creek Trail.

INT-H2-25+-NE 7:30 AM Meet *Doug Schuler* at Cake Crumbs Bakery and coffee shop located at 2216 Kearney Street, Denver. Each Sunday we pick a different route and the distances vary from 25 miles up. We generally ride east towards DIA and Watkins, but sometimes north to Brighton or southeast Aurora. The rides are coordinated by Doug Schuler, but sometimes are led by other club members. Reminders will be announced on Meet Up and Yahoo as well as July and August start times.

Monday, July 6th **FUN-H1-30-SE 9:00 AM** Meet *Wayne Tomasello* (720-854-8767) at the Cherry Creek Shopping Center near Bed Bath and Beyond (at the corner of University and Cherry Creek Dr. North, park on the South side) for a ride on the Cherry Creek trail to the Highline Canal to Dartmouth St. to the Platte River trail. It is a ride mostly on paved bike path with some street riding. An optional lunch is at the Cherry Cricket.

Wednesday, July 8th **"Roses" H1-15-20-SW 8:30 AM** Meet *Peggy Occhiato* 303-850-9731 or 303-850-9731, at Bear Valley McDonald's (5550 W. Dartmouth Ave., west of Sheridan Blvd.) for a ride west on the Bear Creek Trail to Morrison) Bring a snack and money for an optional restaurant lunch after the ride.

ATB/Fun-H2-@18-SW, 9:30 AM Meet *Kathy Stommel* (719/671-5579) at Highlands Ranch Redstone Park, near the playground. We will ride a beautiful loop of the Highline Canal, Lees Gulch, Chatfield and C470 trails. Along the way we'll stop for a treat, courtesy of DBTC. A good portion of this ride is on unpaved trails so wider tire bikes are recommended. Directions to Redstone Park - From C470 take Santa Fe (Hwy 85) south, after 1.8 miles turn left onto Town Center Dr and Redstone Park will quickly be on the right; meeting place is the parking area between football stadium and playground area.

MTB p2,t2 North Table Mountain 6:00 PM Show and go. Meet at the trailhead off Hwy 93 outside Golden. Take an hour or so ride, then get something to eat at The Spot.

Thursday, July 9th **FUN Show and Go 6:00 PM** Join *Bicycle Aurora* at Peak to Peak Taproom next door to Treads in Aurora. Routes and distance will vary depending on weather and whims of the riders. Then relax to enjoy a craft beer (or two) and cheese steak sandwiches.

MTB P2, T2-3 10:45 AM Evergreen/ Alderfer Mountain Take an easy Thursday lunch ride to the top view and afterward go for lunch in Evergreen.

**Saturday,
July 11th
SUMMER
PICNIC!**

SHORT-H1-10-W 10:30 AM Join Don Pearson for an easy ride out and back towards Golden on the Clear Creek trail.

LEISURE-H2-15-NW 9:00 AM Meet *Merri Bruntz* (303-517-9781) at Prospect Park (44th & Robb St.) for a leisurely ride north up Tabor St to Ridge Road and through the Skyline Estates neighborhood to the Ralston Creek Trail. We will then ride east to the Clear Creek trail. After riding through some Wheat Ridge neighborhoods we will return to the park.

FUN-H1or2-20 9:00 AM Join *Wayne Tomasello* for an pleasant ride along the Clear Creek Trail to the Ralston Creek Trail and back along Easley.

FUN/INT-H2-23-NW 9:00 AM Meet *Jeff Krinsky*, 720-373-9107 at Prospect Park for an exciting ride to the Golden Circle and over the death defying Arvada Reservoir! All survivors will be rewarded with BBQ and a sense of accomplishment!

INT-H2/3-27-NW 9:00 AM Meet *Donald Schmertz*, 720-785-0616 at Prospect Park for a loop around North Table Mountain. The ride will be about 3 hours. It has two longer climbs to Arvada Reservoir and to the lower White Ranch lot. We will regroup at all turns and hills. It would be good if we had a sweep but is not required. See link for route: www.mapmyride.com/routes/view/761309017.

MTB P2-3, T1-3 10:00 AM Prospect Park Join for a ride to South Table Mtn via the Rolling Rock Trail. The real climb begins there. Take a spin around the top and cruise back to the picnic. *Jeff Baysinger* 303-969-9241

**Sunday,
July 12th**

FUN-H2-35-SE 8:00 AM – 20 PARKS WEST Meet *Gaar Potter* (303-691-0938) at Eisenhower Park Rec Center parking lot (SE Corner of Colorado BLVD and Dartmouth) for a ride to Belmar with return down the amazing Florida slide. Lotsa' lakes on this ride.

INT-H2-25+-NE 7:30 AM Meet *Doug Schuler* at Cake Crumbs Bakery and coffee shop located at 2216 Kearney Street, Denver. Each Sunday we pick a different route and the distances vary from 25 miles up. We generally ride east towards DIA and Watkins, but sometimes north to Brighton or southeast Aurora. The rides are coordinated by Doug Schuler, but sometimes are led by other club members. Reminders will be announced on Meet Up and Yahoo as well as July and August start times.

MTB, P2-3, T1, 10:30 AM, Switzerland Trail Join *Jerry Baer* 303-264-7445 for a ride that follows the old railroad grade of the Greeley, Salt Lake and Pacific Railroad, which started hauling gold and silver out of places such as Ward and Gold Hill in 1883. After the ore ran out, the line became a tourist route touting the beautiful scenery with advertisements such as, One need not go to Switzerland for sublime mountain scenery. A lodge, named Mont Alto was built for dancing and is now a picnic area. From the trailhead, we'll ride downhill 4 miles to the hamlet of Sunset. From there, continue uphill 3.6 miles to Mont Alto for drop dead views. You can then either return to the trailhead (for a 15.4 mile round trip) or continue on for more riding thru the forest. At approximately 12 miles you will reach a talus slope trail end. DIRECTIONS: In Boulder, from the intersection of Broadway (Hwy. 93) and Canyon Blvd. (CO-119, which becomes Boulder Canyon Drive), go west 5.2 miles to Sugarloaf Road (County Road 122). Turn right on Sugarloaf Road and travel 4.7 miles to Sugarloaf Mountain Road. Turn right and go 0.8 miles to the trailhead. CARPOOL at 9:00 AM from the Sofa Mart on the NW corner of Kipling and Hwy. 6 in Lakewood. Sofa Mart is on the north side of the north frontage road, west of Kipling a few hundred feet. THE FOOD: A picnic lunch afterward at the trailhead. Bring whatever you like to share. Also, bring a folding chair (or two to share with chair-less riders).

**Monday,
July 13th**

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

FUN-H1to2-20 9:00 AM MONDAY MENOPAUSAL RIDE Meet *Cyndy Klepinger* at Lowry Soccer Fields, Fairmont Blvd and Sports Blvd near the outdoor restrooms on the west end of the park. (303) 725-1565. We'll ride a loop on Highline Canal and other bike paths to enter the Cherry Creek Reservoir on the east. Depending on the group, a loop around the reservoir is possible. Return on Cherry Creek and Highline Canal Path. This is a no-drop ride, and guys welcome, too!

**Wednesday,
July 15th**

"Roses" H1-12-SW 8:30 AM Meet *Jean Stevenson*, 303-699-5135 for a ride up lovely Waterton Canyon. South on Wadsworth past Chatfield State Park, L on Waterton Rd 1/8 mile to the parking lot on the left. Bring a snack and money for an optional restaurant lunch following the ride.

FUN-H2-25-NW 9:00 AM Meet *Merri Bruntz* (303-517-9781) at Crown Hill Park (26th & Garrison) for a ride south to the Stone House and then east along the Bear Creek Trail connecting to the South Platte Trail. We will then ride north to REI and then back to the start via the Highlands and Wheat Ridge neighborhoods.

MTB p2,t2 Green Mountain 6:00 PM Show and go. Come to main Hayden trail head at 13851 W. Alameda Pkwy, Lakewood. This is the east side. Take an hour or so ride, then get something to eat at one of the many nearby restaurants.

- Thursday, July 16th** **FUN Show and Go 6:00 PM** Join *Bicycle Aurora* at Peak to Peak Taproom next door to Treads in Aurora. Routes and distance will vary depending on weather and whims of the riders. Then relax to enjoy a craft beer (or two) and cheese steak sandwiches.
- Saturday, July 18th** **FUN-H2-18-SW 9:30 AM** Meet *Kathy Stommel* (719/671-5579) at the tennis bubble near S Federal and Bowles Ave (park on east side facing the Platte River and trail. We will ride a loop of Platte River trail, Little Dry Creek trail, S. Clarkson St. with an extended break for touring the Museum of Outdoor Art in Englewood. This is a training ride for the Door County Ditto tour group but anyone else is welcome if you don't mind our museum stop and tour discussion.
- MTB P2, T1-3, 10:30 AM, Little Scraggy Peak Trail at Buffalo Creek** THE RIDE: Join *Jim Black* (303-733-7312 or (cell) 303-888-3312) at the upper Buffalo Creek trailhead on Forest Road 550. This new trail was opened only last fall. It is a VERY fun, mostly rolling, approximately 11.6 mile out and back (with a crooked little lollipop at the far end before turning back). There are no heinous or sustained climbs. However, there are numerous rock formations (some are REALLY BIG), which provide for interesting and fun challenges (hence T3) for those who choose to ride them. For those who don't, the formations can be bypassed either on a trail around them or by simply walking around them (T1). (NOTE: Every one of us will bypass at least two of them.) For those who haven't had enough by the time they return to the FR550 parking lot trailhead, there are a number of out and back options for additional mileage (Colorado trail in either direction; Nice Kitty; or an immediate return trip to Little Scraggy Trail). THE DIRECTIONS: Head west from Denver on U.S. Highway 285 to Pine Junction. Go left (south) on Jefferson County Road 126, through the town of Pine and the hamlet of Buffalo Creek (You don't want to speed here!). Travel four+ miles past Buffalo Creek on County Rd 126. Shortly after the crest of a VERY long hill, turn west (right) on Forest Road 550. There is a parking lot on the right, a short distance in from CR126. Note that this is a pay lot (\$6.00). There is also free, though limited, parking along FR550 just before the entrance to the parking lot and also in a couple spots on the left a short way past the entrance to the lot. THE FOOD: Bring tailgate picnic food to share post-ride. Also bring a folding chair if you have one.
- Sunday, July 19th** **FUN/INT-H2.5-24-NW 9:00 AM** *Jeff Krinsky* (720-373-9107) TIME TO TAKE A NEW TWIST AND TURN ON TO THIS TOP-NOTCH TWISTY TRAIL AND TOUNGUE-TWISTER TOUR. Bring your most titillating tounge-twisters or listen to others as we travel around the twisty turns of Superior, Marshall Mesa, and Louisville (with a few roads mixed in as required)! This ride twist will meet at the Safeway at the Rock Creek Village Shopping Center in Superior. Rock Creek Village is centrally located in Superior at the NW corner of Coalton and Rock Creek Parkway (Address is 1601 Coalton Road Superior, CO. 80027.) Layers of likeable and laughable lunch options will be loudly and loosely laid out and locked in later...luckily!
- INT-H2-25+-NE 7:30 AM** Meet *Doug Schuler* at Cake Crumbs Bakery and coffee shop located at 2216 Kearney Street, Denver. Each Sunday we pick a different route and the distances vary from 25 miles up. We generally ride east towards DIA and Watkins, but sometimes north to Brighton or southeast Aurora. The rides are coordinated by Doug Schuler, but sometimes are led by other club members. Reminders will be announced on Meet Up and Yahoo as well as July and August start times.
- INT-1-30-SE-8:30 AM** Meet *Ellen Chilikas* (outdoorsdiva@yahoo.com) and Ellen Fitzpatrick at Village Greens Park. We will ride through the reservoir, head south on Jordan Road, hook up with the Cherry Creek Trail and take it to the Parker farmers market. We will lock our bikes up together and explore the farmers market for about an hour before heading back. Make sure to have a light breakfast since there's lots of yummy food at the market. You might also want to bring a backpack in case you buy anything. This ride will be at an Intermediate pace and will use signposts instead of a map to make sure no one gets lost.
- Monday, July 20th** **FUN-H2-25-SW 9:00 AM** Meet *Wayne Tomasello* (720-854-8767) at the Platte River Grill located at 5995 Santa Fe Drive. From C-470 take the Santa Fe Dr. exit going north for about 3 miles. The Platte River Bar & Grill is on the left (West) side. Enter the parking lot and drive to the rear of the restaurant and park towards the rear of the lot. We will ride the Platte River trail South to the Lee Gulch Trail to the Highline Canal Trail to the top of the Chatfield reservoir dam back to the Platte river trail . The ride is on paved and gravel bike trails. An optional lunch is at the Platte river grill.
- Wednesday, July 22nd** **"Roses" H2-16to18-SE 8:30 AM** Meet *Anne Layshock*, 303-771-6353, CP 303-818-5094 at Village Greens Park, Union and Dayton opposite the west entrance to Cherry Creek State Park. We will park in the rear (N) parking lot. Ride has 2 climbs only. Rest is mostly level, will go south out of the park (new connector across Arapahoe?) Bring a snack and money for an optional restaurant lunch following the ride.
- FUN-H3-26-SW 9:00 AM** Meet *Dave Noble* (home 303-694-2008, cell 303-906-3163) to "cycle the suburbs" - a pleasant (although somewhat hilly) ride through a number of neighborhoods such as Lilly Gulch, Bear Creek, Bow Mar, and Columbine. Meet at the northeast corner of Clement Park. Lunch afterwards is at Sweet Tomatoes.
- MTB p2,t2 North Table Mountain 6:00 PM Show and go.** Meet at the trailhead off Hwy 93 outside Golden. Take an hour or so ride, then get something to eat at The Spot.

Thursday, July 23rd, 24th and 25th **MTB (campout) P2, T2 12:00 PM (Fri.) Lost Park Campground, Brookside** *Jeff Baysinger* (303-969-9241) will head the festivities. Reservations are not taken at this campground, so arriving Thursday night or else by Friday morning will likely ensure a camping spot. There are other camping spots in the area also. Enjoy Friday with a hike into Lost Creek Wilderness. The trailhead is just outside the campground limits. Since this is a popular area and a wilderness, dogs are required to be on leash. After the hike, relax with an evening wine tasting. Getting to the campground at the end of the road is about a 2 hour drive from Denver. On US 285, descend from Kenosha Pass about 3 miles and turn left on Lost Creek Road (Park Co. 56). This is about one mile before the town of Jefferson. There is no left turn lane, so watch for it closely. Drive 21 miles on the gravel road to the campground where the road ends. A tougher drive than normal, but you'll regret it if you don't do it. You'll remember this for the rest of your life.

FUN Show and Go 6:00 PM Join *Bicycle Aurora* at Peak to Peak Taproom next door to Treads in Aurora. Routes and distance will vary depending on weather and whims of the riders. Then relax to enjoy a craft beer (or two) and cheese steak sandwiches. Thursday only!

Saturday, July 25th **FUN-H1-22-NW 9:00 AM** Meet *Dave Noble* (home 303-694-2008, cell 303-906-3163) to ride the Farmer's Highline and Big Dry Creek paved and gravel trails to Standley Lake and back. Meet at EB Rains Memorial Park. (Directions from I-25 and 120th: East from 120th 1-2 streets to Grant, South on Grant 1/4-1/2 mile to park, meet in the parking lot on the south side of the lake.) Lunch afterwards is at Bad Daddy Burgers.

FUN-H1-16-SE 9:00 AM Join *Gary Pratt* (303-570-0769) for a ride around Cherry Creek Reservoir using the new trail connection under Arapahoe Road. Meet at Cornerstar Shopping Mall 15901 E Briarwood Circle, Aurora, 80016 (southwest corner of Parker and Arapahoe) in the parking lot area east of Panera Bread. We are joining Bike Aurora for this ride.

MTB Day Ride P2.5, T2, 11:00AM, Colorado Trail, Longs Gulch to North Fork Trailhead (intermediates) or Lost Park Campground (gung ho riders). The Ride: This ride is for both campers and riders driving up from Denver. When you ride east on the Colorado Trail from Kenosha Pass, you dead end at the Lost Creek Wilderness Area. After the CT winds through the wilderness area, it comes out at Longs Gulch and is open to mountain bikers. The drive to the trailhead is 1.5 hours, but it's well worth it. This trail is unique - - no crowds, a long and fast descent along the edge of a meadow and a smooth and narrow trail. The miles might seem high (16 for intermediates, 20 for the gung ho), but the smooth trail makes the ride pleasurable. This year we will do out and back on the trail, not back on the wretched dirt road. The intermediates will reverse direction at the North Fork Trailhead for a total distance of 16 miles while the gung ho riders will continue on another 2 miles to the Lost Park Campground for a total of 20 miles. For intermediates and the gung ho alike, the 6 and 8 miles, respectively, of trail paralleling the creek are a steady 2% grade which we can all handle easily. Just for full disclosure, the first 2 miles of the Colorado Trail from the parking lot to the start of the 6 and 8 miles paralleling the creek are at a 6% to 7% grade so there is some work involved, but what a blast coming back to the parking lot! Please note, this is high altitude riding between 10,000 and 11,000 feet for the breathing impaired. Insect spray is recommended for this ride. The Food: Bring a hearty snack for this ride and food for the parking lot picnic after the ride. Tables and folding chairs are also advised. Directions: On US 285, descend from Kenosha Pass about 3 miles and turn left on Lost Creek Road (Park Co. 56). This is about one mile before the town of Jefferson. There is no left turn lane, so watch for it closely. Drive 10.7 miles on the gravel road to Forest Road 817 (which is marked), turn left and go a few hundred feet to the trailhead parking lot. Carpool from the Fort Restaurant on Hwy 8 just north of Hwy 285 at 9:15 AM. Call *Jeff Baysinger* (303-969-9241) or *Dick Plastino* (303-988-5359) with questions on this day ride.

Sunday, July 26th **FUN-H2-30-SE 8:00 AM – SOUTH CEMETERIES** Meet *Gaar Potter* (303-691-0938) at the Eisenhower Park Recreation Center Parking lot (SE corner of Colorado Blvd and Dartmouth) to cap off your HOT July with a nice cool early start as we ride to Littleton Cemetery and Chapel Hill Cemetery. A couple of nice shady stops AND we will ride fast to beat the heat!

INT-H2-25+-NE 7:30 AM Meet *Doug Schuler* at Cake Crumbs Bakery and coffee shop located at 2216 Kearney Street, Denver. Each Sunday we pick a different route and the distances vary from 25 miles up. We generally ride east towards DIA and Watkins, but sometimes north to Brighton or southeast Aurora. The rides are coordinated by Doug Schuler, but sometimes are led by other club members. Reminders will be announced on Meet Up and Yahoo as well as July and August start times.

INT-H2-29-SE 8:45 AM Meet *Denny Martin* (303-793-0395) at Reynolds Landing Park at 6745 S. Santa Fe Drive, Littleton. The park has a portolet and sits next to the Platte River Trail and you access it by turning west from Santa Fe onto Brewery Lane, which is the road to the new and large Breckenridge Brewery in the final stage of construction. This is about 1-2 miles north of the Mineral Ave. park and ride. Route is on the Platte Trail into Chatfield S.P., exit onto Wadsworth, south past Waterton Canyon, over the Platte River to the turn around point/convenience store at Rampart Range Rd. This is an out and back route. Map provided for faster or slower riders. Regroup at turns to keep everyone together. Afterwards walk over to lunch at the Breckenridge Brewery's nice and roomy Farm House restaurant and try one of their micro brews and check out their bike jerseys

Monday, July 27th **FUN-H1-26-Central 9:00 AM** Meet *Wayne Tomasello* (720-854-8767) at Cuernevaca Park for a ride on the Platte River Trail North to 104th street and Back. The ride is on paved bike trails. An optional lunch is at My Brothers

FUN-H1to2-20 9:00 AM MONDAY MENOPAUSAL RIDE Meet *Lise Neer* at Lowry Soccer Fields, Fairmont Blvd and Sports Blvd near the outdoor restrooms on the west end of the park. (303 249-8621. We'll ride a loop on Highline Canal and other bike paths to enter the Cherry Creek Reservoir on the east. Depending on the group, a loop around the reservoir is possible. Return on Cherry Creek and Highline Canal Path. This is a no-drop ride, and guys welcome, too!

Wednesday, July 29th **"Roses" H1-20-SW 8:30 AM** Meet *Peggy Occhiato*, 303-850-9731 or 303-850-9731, at the Stone House, E side of Estes S of Yale for a ride along Bear Creek to Riverpoint and the Platte River. There is an option for a shorter ride. Bring a snack and money for an optional restaurant lunch following the ride.

FUN-H2-25-NW 9:00 AM Meet *Merri Bruntz* (303-517-9781) at Crown Hill Park (26th & Garrison) for a ride to the Clear Creek Trail and then west to Easley Road, which we will take to the Ralston Creek Trail. We will then ride the entire length of the Ralston Creek Trail connecting to the Clear Creek Trail and back via Wheat Ridge neighborhoods.

MTB p2,t2 Green Mountain 6:00 PM Show and go. Come to main Hayden trail head at 13851 W. Alameda Pkwy, Lakewood. This is the east side. Take an hour or so ride, then get something to eat at one of the many nearby restaurants.

Thursday, July 30th **FUN Show and Go 6:00 PM** Join *Bicycle Aurora* at Peak to Peak Taproom next door to Treads in Aurora. Routes and distance will vary depending on weather and whims of the riders. Then relax to enjoy a craft beer (or two) and cheese steak sandwiches.

2015 Advance Planning Calendar

July 11
Tour de Ladies
www.tourdeladies.com
Parker, Colorado

July 11-12
Triple Bypass
teamevergreen.org
Evergreen, CO

July 12-17
Tour de Wyoming
cyclewyoming.org
Riverton, WY

July 11
DBTC Summer Picnic
dbtc.org
Prospect Park,
Wheat Ridge, CO

July 18
Moonlight Classic
moonlight-classic.com
Denver, CO

July 18
Tour de Steamboat
rockypeakproductions.com
Steamboat Springs, CO

July 18
Breckenridge 100
warriorscycling.com/races/breckenridge-100/
Breckenridge, CO

July 18
Stonewall Century
spcycling.org
La Veta, CO

July 18-20
Courage Classic
couragetours.com
Copper Mountain, CO

July 19-25
RAGBRAI
ragbrai.org
Sioux City, Iowa

July 11
Colorado-Eagle River Ride
vailvelo.com
Beaver Creek, CO

August 1
Copper Triangle Alpine Classic
coppertriangle.com
Copper Mountain, CO

August 1-8
CANDISC - Cycling Around North Dakota In Sakakawea Country
parkrec.nd.gov/activities/candisc.html
Garrison, North Dakota

August 2-8
Colorado Rocky Mountain Bike Tour
crmbt.com
Gunnison, CO

August 16
Circle the Summit (aka Bob Guthrie Memorial Ride)
Circlethesummit.com
Frisco, CO

August 15
Tour de Cure
diabetes.org
Longmont, CO

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

August 29
CF Cycle for Life
http://fightcf.cff.org/site/TR/Cycle/22_Colorado_Denver?frid=2546&pg=entry
Highlands Ranch, CO

September 6
West Elk Bicycle Classic
westelkbicycleclassic.com/
Gunnison, CO

September 13
Buffalo Bicycle Classic
buffalobicycleclassic.com
Boulder, CO

September 17-20
Tour of the Vineyards
Coloradowinefest.com
Palisade, CO

September 18-20
Mickelson Trail Trek
MickelsonTrail.com
Custer, SD

September 18-20
Pedal the Plains
pedaltheplains.com
TBD, CO

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

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 17
VeloSwap
veloswap.com
Denver, CO

Visit www.kansascyclist.com/events/Colorado_Calendar.html OR www.pedaldancer.com for more info and updates on events.