



# The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

SEPTEMBER 2015

## Seeking Board Member Candidates

**Job Description:** participate in one monthly meeting, including dinner, and assist with club events. Benefits include comradery with fellow Board members, gratitude of all DBTC members and if needed, proof of volunteer hours for your probation officer. Interested DBTC members should apply directly to the President, Kathy Stommel, at [cyclekats@gmail.com](mailto:cyclekats@gmail.com).

## Goat Heads Got your Goat?

This article is a synopsis of an easy multi-year project demonstrating a method that works.

by Stan Hill

Peeved at puncture vine? @#\$\$ stickers stranded your steed? You—and only you (and you and you and you) can do something about it!

Local government isn't going to fix it. The best you can hope is for low-wage summer help (that doesn't know a caltrop from a canapé) to mow along trail edges and spread seeds to generate more puncture vines. Local government is not going to spray (environmentally and legally hazardous), nor burn (too dangerous), nor release goat head eating weevils (too indefinite and expensive).

No, even though caltrops seriously compromise alternate transportation, Safe-Routes-To-School efforts, and pet-companion exercise, government is going to do nothing to mitigate the problem.



### IT'S UP TO YOU!

Here is a link to the full article on Gogledocs, describing what you can do to help eliminate this scourge (yes, it's possible!):

<https://drive.google.com/file/d/0B8bStWwJ2x3PM0gtRXImM3l3UWs/view?pli=1d/0B8bStWwJ2x3PM0gtRXImM3l3UWs/view?usp=sharing>

## ATTENTION MEMBERS!

If you know any members 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.

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## DBTC's Officers

<b>President</b> Kathy Stommel <a href="mailto:president@dbtc.org">president@dbtc.org</a>	719-671-5579
<b>Vice President</b> Cyndy Klepinger <a href="mailto:vicepresident@dbtc.org">vicepresident@dbtc.org</a>	303-725-1565
<b>Secretary</b> John Wren <a href="mailto:secretary@dbtc.org">secretary@dbtc.org</a>	970-456-2908
<b>Treasurer</b> Brad West <a href="mailto:treasurer@dbtc.org">treasurer@dbtc.org</a>	720-252-2881
<b>Board Members at Large</b>	
Scott Houchin <a href="mailto:sparky9cougar@comcast.net">sparky9cougar@comcast.net</a>	303-321-3863
Jeff Krinsky <a href="mailto:jkrinsky2003@yahoo.com">jkrinsky2003@yahoo.com</a>	720-373-9107
Lise Neer <a href="mailto:guestrelations@dbtc.org">guestrelations@dbtc.org</a>	303-249-8621
Steve Thomas <a href="mailto:steve.thomas001@yahoo.com">steve.thomas001@yahoo.com</a>	303-419-2531
<b>Directors and Staff</b>	
<b>Director of Ride Activities</b> Patty Gaspar <a href="mailto:RideCoordinator@dbtc.org">RideCoordinator@dbtc.org</a>	303-989-8268
<b>Out of Town Tour Director</b> Ellen Chilikas <a href="mailto:outdoorsdiva@yahoo.com">outdoorsdiva@yahoo.com</a>	
<b>MTB Coordinator</b> Jeff Baysinger <a href="mailto:FunMTB@dbtc.org">FunMTB@dbtc.org</a>	303-969-9241
<b>Fun Ride Coordinator North</b> Rick Clauder <a href="mailto:FunRideNorth@dbtc.org">FunRideNorth@dbtc.org</a>	303-463-1875
<b>Fun Ride Coordinator South</b> Gaar Potter <a href="mailto:FunRideSouth@dbtc.org">FunRideSouth@dbtc.org</a>	303-691-0938
<b>Road Ride Coordinator</b> OPEN <a href="mailto:roadrides@dbtc.org">roadrides@dbtc.org</a>	
<b>Intermediate Ride Coordinator</b> Rick Clauder <a href="mailto:intermediaterides@dbtc.org">intermediaterides@dbtc.org</a>	303-709-5489
<b>Wednesday Fun/Int Ride Coordinator</b> OPEN <a href="mailto:wedfunrides@dbtc.org">wedfunrides@dbtc.org</a>	
<b>"Roses" Ride Coordinator</b> Melba Bouquet <a href="mailto:melbabo9@q.com">melbabo9@q.com</a>	720-493-0564
<b>Historian</b> OPEN <a href="mailto:Historian@dbtc.org">Historian@dbtc.org</a>	
<b>Membership Database/Webmaster</b> Jeff Krinsky <a href="mailto:webmaster@dbtc.org">webmaster@dbtc.org</a>	720-373-9107
<b>Newsletter Design</b> Lise Neer <a href="mailto:guestrelations@dbtc.org">guestrelations@dbtc.org</a>	303-249-8621
<b>Map Sales (wholesale)</b> Doug Schuler <a href="mailto:Mapsales@dbtc.org">Mapsales@dbtc.org</a>	303-829-5861
<b>Photo Gallery</b> Jeff Krinsky <a href="mailto:photogallery@dbtc.org">photogallery@dbtc.org</a>	720-373-9107

### Board Meeting

Any member wishing to attend a board meeting is welcome. The next board meeting date is Monday, September 14 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](mailto:cyclekats@gmail.com), or call 719-671-5579 so that your topic can be placed on the agenda.

## The President's Page

Kathy Stommel



Can you believe the occasional feeling of Autumn in the air? It seems like just yesterday we were enjoying a great time at the Spring Kickoff Event and now we're busy planning elections and the end-of-season Volunteer Recognition Luncheon. Remember to save the date – Saturday, November 14 at the Holiday Inn on S. Colorado Blvd. Watch for registration notice on the website in the coming weeks. Remember, the only way to get the DBTC member discount price is to sign up in advance!

Speaking of VRL, there are just a few opportunities left to earn your lunch. Anyone who has led at least five rides during the 2015 season gets free entry, if you pre-register. Contact a ride coordinator to schedule your rides. The clock is ticking . . .

### Recruiting Board Member Candidates

We are still recruiting candidates for the Board of Directors. Elections will be held at the VRL so please let me know if you have an interest in serving. Meetings are held one evening per month and dinner is provided. Many of our members have already served their time and now it's up to someone else to step up. Can we count on you – PLEASE?

### CPR/First Aid Training

Board member, Scott Houchin is currently working out details for a CPR/First Aid training course for DBTC members. Initial plans are for a class in late October or early November with the location to be determined. Anyone who has led five or more 2015 rides or tour leaders of five days or more will be eligible for a club-subsidized registration fee. Watch next month's newsletter more information.

### Congratulations, Lin Hark and Richard Geisler

On behalf of the Board of Directors, I'd like to extend congratulations

*Continued on pg. 3*

**Bike lanes are the coolest. My favorite pastime is flipping off cars from my bicycle. Just kidding — I'm more of a silent resentment kind of girl.**

**– Mary Lambert**

**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](mailto: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.

# LAST MINUTE TOUR!!!

## BIKE AND BREWS IN FORT COLLINS

### October 11–13

Tour starts at 2 p.m. Sunday, October 11 in Fort Collins and ends mid-afternoon, Tuesday.

If you like beer and scenic bike paths, this tour is for you! Plus it's Sunday – Tuesday, which means less traffic on the roads – and in the pubs!

So join DBTC for a couple of days of biking, discovery and beer in the Fort Collins area. Your guides, Cyndy Klepinger and Helen Berkman, have planned a fun-filled escape that includes a brewery tour to New Belgium, dinner at another local brew pub, rides on the well-maintained bike paths in Fort Collins as well as on the 21- mile path from Windsor to Greeley and back! And on Monday, we ride up the Cache la Poudre (pronounced poo-der), Colorado's only nationally designated "Wild & Scenic" River. It promises to be a pretty ride on the scenic Colorado Highway 14 as it follows much of the river. As an added bonus: the colorful fall foliage! And don't forget Fort Collins is the largest producer of craft beer (70%, in fact) in Colorado (kind of ironic for a town that was "dry" until 1969). And we plan to visit a few of them!

The cost: \$185 per person. Single supplement: +\$100.

The price includes: Two hotel nights, brewery tour on Sunday afternoon, a special happy hour, two breakfasts, Monday night dinner at local brew pub, Tuesday lunch and three escorted bike rides, which includes a 12 miler on bike paths on Sunday; 50 miles or so up and back through the Poudre Canyon (it's a gentle climb!) on Monday and 42 miles on the Poudre River bike path on Tuesday. However, all rides may be adapted to how many miles you want to ride!

Reservations, with full payment must be made by October 1. Send your check to Cyndy Klepinger, 5401 East Dakota Ave #9, Denver, CO 80246. Questions, call Cyndy, 303.394.4962 or Helen, (720) 355-5687.

*President, continued from pg. 2*

and thank you to Lin and Richard for the successful Glenwood Springs Leisure Tour in July. I have been told the group enjoyed some amazing rides, fantastic group dinner and other fun activities. We can't wait to see what type of tour they come up with for next year!



*Dave Noble gets a double dose of birthday kisses while on tour in Glenwood Springs.*

By the time this newsletter is published, the Door County Ditto tour will be complete – I can't wait to share photos and stories of our adventures! Until next month... **Happy Trails !!**



## DBTC Bike Repair Station Installed at Four Mile Park

Have a flat? Cyclists on the Cherry Creek Trail near Four Mile Park will now be able to use a self-service, free-standing bike repair station. This "Fixit Station" is a gift from the Denver Bicycle Touring Club (DBTC), in partnership with the City and County of Denver and Four Mile Park.

This self-service bike repair station provides the tools necessary to perform basic repairs and maintenance, such as inflating a tire, tightening handle bars or adjusting brakes.

DBTC Vice President Cyndy Klepinger said this donation is part of the club's effort to promote safe bicycling and encourage more people to ride.



# Meet our Board Candidates

## Linda Wheeler

I am a semi retired middle school science teacher. Semi because I still substitute as needed. My five grown children live across the U.S. in nice places I like to visit. I joined DBTC as soon as I moved here over four years ago and have enjoyed the scheduled rides, tours, and people. I am a League of American Bicyclist instructor and have taught classes on bike and road safety.



## Richard Shelton

I discovered the physical and mental satisfaction of recreational cycling after moving to Colorado in 2004 and have been the ride coordinator for Bicycle Aurora for the last five years. I enjoy sharing knowledge of new trails and advocating for continued expansion of both the on-street and multi-use trail system. For the past 4 years I have been an Aurora Trail Steward helping to maintain safe and attractive open-space facilities.

Earlier this year I retired from an 11 year stint at Frontier Airlines and my previous business positions were mostly in aerospace logistics management in California and Virginia. My education includes an MBA Degree from California State University.

Lynette, my spouse for 47+ years, enjoys moderate cycling on the Aurora trail system and Thursday evening rides at Peak-to-Peak Taproom. We recently started learning to play Bridge to add another challenge to our lives.

On the Board I will seek to use my knowledge, experience and energy to provide positive cycling experiences for fellow club members.



**Voting will take place at the Volunteer Recognition Luncheon in November, via show of hands by the members present. Election results will be announced in the first newsletter issued subsequent to the election.**



## Buena Vista Weekend Getaway

We had a great time in Buena Vista. It's been quite a while since DBTC mountain bikers rode the Midland Railroad Gauge trails. The women outnumbered the men and everyone expressed stamina, endurance and courage over the weekend. Many of us experienced a lot of first-time tries, were fearless in the face of exhaustion and those long sandy uphill climbs, and those of us who hiked on Sunday made a personal best effort and reached the summit to enjoy the splendor of the day, and appreciate the camaraderie of our fellow cyclists. It truly was a magical weekend!



Bruce Kohl and his team of super-heroic spectators cheered on the US Pro Cycling racers in Golden on the final day, August 23rd.



Jim K, Donald S., Brad W., Jeff K., Howard B., & Sandy S. taking a time-out on the Great American Joke Ride. It happened to be Howard's birthday, too—no joke!



Cyclists stop to admire the new bike underpass on the Cherry Creek trail at Arapahoe Road.



## Miles, Munchin & Music



A great ride along Cherry Creek south from downtown Parker before enjoying the Farmer's Market and outdoor concert.



## Meet-Up Reminder

Did you know many of the club's activities, including last-minute rides, are posted on the popular Meet-up site? If you're interested in learning what's happening by getting reminders, sign up for Meet-up today! We have over 400 members – and it grows every day. Remember, it is still better to plan ahead and get your ride into the monthly schedule. The coordinators are listed on page 2 of the newsletter.



Posts cannot compete with a ride scheduled in the newsletter. To receive credit for posted rides you must be a DBTC member and submit a completed Waiver Form (available on the website) with at least 3 attendees to [ridecoordinator@dbtc.org](mailto:ridecoordinator@dbtc.org).



On Saturday July 25, 2015 five riders met leader extrodinaire, Dave Noble at EB Rains Memorial Park to ride the Farmer's Highline and Big Dry Creek paved and gravel trails to Standley Lake and back, followed by lunch on the rooftop of Big Daddy Burgers!



### Online Construction Detours & Updates from RTD:

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

### Ditto from Denver Parks & Recreation:

[www.denvergov.org/parksandrecreation/DenverParksandRecreation/Parks/Trails/TrailDetours/tabid/445331/Default.aspx](http://www.denvergov.org/parksandrecreation/DenverParksandRecreation/Parks/Trails/TrailDetours/tabid/445331/Default.aspx)

### DBTC MEMBERS JOINING OR RENEWING IN JULY

LINDA BAIRD  
LINDA DIEDERICHSEN  
MARV GOLDMAN  
KAREN JOHNSON  
RICHARD KOSITZKE  
SUSIE REED

There once was a Bike on Broadway... & Other Great Denver Bicycle News

• **BikeDenver Buzz** •

[bikedenver.org](http://bikedenver.org)

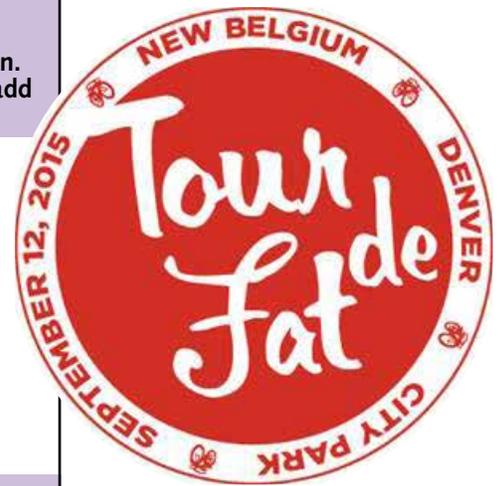
## 2015 DBTC Activity and Tour Calendar

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

### October 11-13 BIKE AND BREWS IN FORT COLLINS

Road riding  
Lodging: Hotel  
Location Details: Ft Collins, CO  
Leaders: Cyndy Klepinger, Helen Berkman  
[matilda8@earthlink.net](mailto:matilda8@earthlink.net), (720) 355-5687  
Status: Open

Visit [DBTC.org](http://DBTC.org) and click on "Tours" for updates on trips, and to learn how to organize your own tour or trip!



[bikedenver.org](http://bikedenver.org)

Needs volunteers! Sign up via the above link.

### 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

# DBTC Summer Season 2015

Summer is so much shorter than winter. Now is the time to get on your bike and make the most of the last full month of summer and to let the ride coordinators know about your fall rides.

If you'd like to include an activity in the newsletter, please email it to [ridecoordinator@dbtc.org](mailto: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](mailto: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](http://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](mailto: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](mailto:ColoradoBicyclist-subscribe@yahoogroups.com)

### DBTC Mountain Biking E-Mail List

To join, send an e-mail to: [COmtnbikers-subscribe@yahoogroups.com](mailto: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/](http://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](mailto: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.

# SEPTEMBER RIDE & EVENT SCHEDULE

**REMINDER: Lead 5 rides and be our guest at the DBTC Volunteer Recognition Lunch in November.**

**You still have September and October to qualify.** Note: A frustrating month for Gaar Potter and Rick Clauder; despite their repeated pleas we were not able to completely fill the schedule for September. We have been relying more and more on the same people. To have a vibrant, varied schedule we need some new leaders. It's pretty easy to lead a ride – everyone has a favorite bike route – and we're glad to give you some suggestions if you want to try something different. I'll add some show-and-go rides or you can add one on MeetUp when a ride in your category is not already in the schedule that day. Thanks, Patty Gaspar, Ride Coordinator.

**Wednesday, Sept. 2nd** **"Roses" H1-12 SW 9:30 AM** Meet *Judy Deist*, 303-841-4703, CP: 303-906-4305 for a ride up lovely Waterton Canyon. South on Wadsworth past Chatfield State Park, L on Waterton Rd 1/8 mile to the parking lot on the left. Bring a snack and money for an optional restaurant lunch following the ride. Hope to see the mountain sheep. Road is packed gravel.

**FUN/INT- SHOW and GO – 9:30 AM** Same as Roses – you can either join the Roses for a ride up Waterton Canyon or ride through Chatfield Reservoir on many of trail and roads in the area.

**MTB P2, T2 10:45 AM Green Mtn** Wednesday evening rides are over. Instead, today do a full loop around Green Mtn starting from the Hayden Trailhead, 13851 W Alameda Pkwy, Lakewood. *Jeff*: 303-969-9241.

**Saturday, Sept. 5th** **FUN-H2-28-SE 9:00 AM** Join *Pete Steel* (303-979-4634) at deKoevend Park (6301 S University Blvd) in the lower parking lot on the west end to ride to Clarkson then over to C-470 to Inverness around to Village Greens then back to the park.

**FUN-H2-20-SW-9:00 AM** Meet *Dave Noble* (home 303-694-2008; cell 303-906-3163) at the "tennis bubble" on Santa Fe and Bowles for a ride on the Platte River and Bear Creek trails and through various neighborhoods in Pinehurst, Bow Mar, Grant Ranch, Leawood, and Columbine. Lunch afterwards.

**INT-H2-25-30-SE 8:30 AM** Meet *Ellen Chilikas* outdoorsdiva@yahoo.com on the NE corner of Iliff and Peoria (park north of Panera Bread) for a High Gear Hybrid Fitness ride! I ride a touring bike with 28mm tires - this allows me to ride at a pretty good pace on both paved and dirt trails. We will ride ~12.5 mph on some rolling terrain - that means there will be several hills so be prepared. This will be a fast fitness ride with just a few short regroup stops. We'll ride to the Cherry Creek reservoir and then next to the dam on the dirt path. We'll then ride through the Tech Center and into Cherry Hills where we'll pick up the unpaved Highline Canal trail. Five sweet miles later we'll head east on Orchard Rd on the sidewalk and wind our way back to the reservoir and our cars. We'll have an optional early lunch on the patio at Panera Bread. We should be through with lunch by noon so everyone can get on with other fun weekend plans.

**MTB P2,T2 Marshall Mesa 10:30 AM** Double dip savory treat day. Perhaps first dine with *Mary Kay Engel* at the Panera Bread, Superior CO, Hwy 36 and McCaslin Blvd, at 9:00 AM, then at 10:00 AM leave for the nearby Hwy 93 and 170 trailhead. Marshall Mesa is a fun section of trails on the south side of Boulder. Think fun, fun, fun. A full loop into Doudy Draw is around 14 miles. After the ride, return with MK to her nearby Westminster house for banana splits. Now you must RSVP for special ingredients by Friday evening or else NO SPLITS FOR YOU. So here is the MK contact: mengel@clubholdings.com. Don't miss out!

**Sunday, Sept. 6th** **INT-H2-25+-NE 8:00 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.

**FUN-H4-36-SW 9:00 AM** Meet *Jeff Messerschmidt* (303.9040573, leave message) at Wadsworth & Chatfield Ave. King Soopers parking lot for legacy HeartCycle High Grade - City View Training Ride, BUT MORE SLOWLY.

**Wednesday, Sept. 9th** **FUN/INT-H2-30-W 8:00 AM** carpool or 10:00 AM Meet *Anne Gerleman* at the Vintage parking lot off the main entrance to Winter Park Ski Area. We will ride into Winter Park on bike path and then take small paved county road thru the Fraser Valley with rolling hills - no major climbs. Rest stop at mile 15 when we will head back into town. Lunch options afterwards. Meet at 8:00 AM at the Stegosaurus parking lot - SE corner of exit at I-70 and Morrison Rd (exit and go under I-70 to the lot).

**"Roses" H1/H2-17ish NE 9:30 AM** Meet *Dave Noble* (home 303-694-2008, cell 303-906-3163) at the Cinzettis' Restaurant parking lot. (Directions: From I-25 and 104th – exit 221 – go west and take first north/right turn into the Marketplace Shopping Center. Drive north to rear of shopping center and park in front of Cinzettis'.) We will choose between a couple rides. One choice will be going west towards Standley Lake and back on the Farmer's Highline and Big Dry Creek trails. The other choice will be going east for a loop ride on the Farmer's Highline, Signal Ditch, and Lee Lateral trails. Bring a snack, and money for the optional lunch at Cinzettis' following the ride.

**MTB P2, T2 10:45 AM North Table Mtn, Golden** Meet at the main parking lot of Hwy 93, north of Golden. Take a clockwise ride loop on the North Table Trail, ride the recently opened Rim Rock, and return either by the North Table trail steep down road or returning back around via Cottonwood Trail. Jeff: 303-969-9241.

**Saturday, Sept. 12th** **FUN-30-H1-SE 9:00 AM - ARAPAHOE TUNNEL!** Meet *Ellen Fitzpatrick* (720-209-2269) at Village Green Park (NE Corner of Union and Dayton) for a ride to Parker featuring the new tunnel under Arapahoe. Be one of the first million riders through the tunnel.

**FUN H1-20-NE 9:30 AM Tour de Fat Parade** Meet *Lin Hark* (303-578-9369) at the Downing Street Light Rail Station, 30th and Downing, for a ride to, from and in the Tour de Fat Parade. Wear a costume if you don't want to feel out of place. The more outrageous the costume, the more normal you will feel. We will ride to City Park, register and get some goodies and giveaways and then join the bike parade as they ride around City Park and down WIDE bicycle lanes with the outrageous costumes and bikes. After we get back to City Park you can join in on some of the other fun activities, drink some beer or ride back to the start. Pre register with a \$5 or \$10 donation (get a frog light or Tour de Fat sunglasses) at <http://www.newbelgium.com/events/tour-de-fat/denver.aspx> register at the event.

**FUN-H2-20-W 9:00 AM** Join *Steve Stevens* at Golden Oldy Cyclery – 17224 West 17th Place, Golden for a Figure 8 Loop of the 2 table mountains of Golden. 720-497-1100. *Editor's note:* If you haven't been to his museum, be sure to see it.

**Sat-Sun, Sept. 12-13** **MTB T1-4, P1-4 Curt Gowdy State Park** *Bob Kochevar* will lead us on this ride. Call (303-870-6833) or e-mail him if you will participate. There's a singletrack smorgasbord here, from beginner trails along the shoreline to giant rocks to huck off. The trails are in an alpine environment. Camping is available (for a fee), so join us for the weekend. We plan to ride Curt Gowdy on Saturday, Sept 12, and Happy Jack, a few miles up the road, on Sunday, Sep 13. There are more than 35 miles of trails for biking at Curt Gowdy that travel through a host of different landscapes, highlighting the best of the Rocky Mountains and Great Plains; i.e. high plains, upland montane and riparian. Curt Gowdy is located just 24 miles west of Cheyenne, Wyoming and 24 miles east of Laramie. From Fort Collins, take I-25 North to Cheyenne. Take exit 10 (State Route 210) and continue 25 miles West. The main park entrance is on the south side of the road. We will meet at the Visitor Center near the entrance off Hwy 210 at 10:30 AM, Saturday, Sept 12. More information about Curt Gowdy State Park is available at: <http://wyoparks.state.wy.us/pdf/CurtGowdyTrailMap.pdf>.

**Sunday, Sept. 13th** **FUN-H2-27-SE 9:00 AM** Meet *Leslie Anderson* at Eisenhower Park Recreation Center (SE Corner of Colorado Blvd and Dartmouth) for a ride to Chatfield Dam. Due to global warming we will have an early Fall, and the colors will be fantastic along the Platte AND around the Dam!

**INT-H2-25+-NE 8:00 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.

**ATB-H3-14-W 10:00 AM** See beautiful Idaho Springs. Join *Doug Potter* (303-570-4244) at Idaho Springs Safeway parking lot NW corner (First Idaho Springs exit and look for it on the left) to explore the nooks and crannies of Idaho Springs and bike path east along Clear Creek. Pavement, trails and dirt, cemeteries, mine ruins and history. Bring a mountain or cross bike for the off pavement bits, but don't worry about anything "technical." Lots of good restaurants and micro-brews available for optional lunch afterwards.

**Monday, Sept. 14th** **FUN-H1to2-25 SE 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!

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

**Wednesday, Sept. 16th** **FUN-H2-30-NW 9:30AM** Meet *Merri Bruntz* (303-517-9781) at Crown Hill Park (26th & Garrison) for a ride south to the Stone House and east on the Bear Creek Trail connecting to the South Platte Trail. We will then ride south to Hudson Gardens. We will return the same route.

**"Roses" H1-20 SE 9:30 AM** Meet *Anne Layshock*, 303-771-6353, CP:303-818-5094 at Cottonwood Trailhead So side of Cottonwood, between Jordan Rd. and Parker Rd. for a ride along the Cherry Creek Trail to the Pinery and return. Bring a snack, and money for an optional restaurant lunch following the ride.

**Weekend of Sept. 18-20** **EPIC MTB weekend with Sunday P2.T2 ride Buffalo Creek** The 2015 Epic at Buffalo Creek is focused on re-routing lower Morrison Creek Trail just up from its intersection with FS Rd. 543. This section of trail has moved left, or right, many times over the past several years depending on the severity of seasonal rain events. Our goal is to develop a new alignment that is sustainable on this section of Morrison Creek Trail and perform a bit of reclamation on the old alignment. The hike up to the Project Area is very minimal providing relatively easy access. VERY COOL!!! Please review a bit of detail below for our 2015 Epic at Buffalo Creek.

**Colorado Trailblazers provide . . .** We'll supply Breakfast Saturday morning . . . Bagels, Spread, Juice, & Coffee. When we're done with the trail work on Saturday, there will be a catered Dinner in the evening with entertainment and some adult beverage. You will awaken Sunday morning to a catered Breakfast before enjoying the trails, or just hanging out at the campground. All Tools and Leadership to build great trail.

**SIGN UP IS REQUIRED TO PARTICIPATE IN ALL THE WEEKEND FUN**, please go to: <http://coloradotrailblazers.org/trail-days/2015-epic-at-buffalo-creek-Sept.-18th-20th-2015/> For the small sum of \$15.00 you get 2 nights of camping, breakfast before trail work, catered dinner from Zoka's on Saturday night as well as breakfast Sunday morning. Campfire, fun with friends, great trail riding and swag are also included at no additional charge!

**Saturday, Sept. 19th** **FUN-H2-20-SE-9:00 AM** Meet *Dave Noble* (home 303-694-2008, cell 303-906-3163) in the south parking lot of the Breckenridge Brewery (Santa Fe and Brewery Lane) for a loop on the Platte River, Big Dry Creek, Highline, and C-470 trails. Lunch afterwards at the brewery.

**FUN-H2/3-23 NW 9:30 AM** Meet *Howard Bagdad* and *Jeff Krinsky* (720-373-9107) for THE INFAMOUS WATERMELON RIDE. We will meet at Prospect Park in Wheat Ridge and take Clear Creek to the Golden Visitors' Center. From there we will ride to Howard's house where the watermelon will be waiting for us. After that we will take a tour around South Table Mountain and return to Prospect Park.

**Sunday, Sept. 20th** **FUN-H2-24-SW 9:30 AM** Meet *Bob Shedd* (720-290-6014) at the RTD Littleton Downtown Station, on the west edge of the parking lot located at Alamo Avenue & Prince Street. Ride will go south and west on "secret" bike paths (all fully paved) and streets that Bob has scouted in the Columbine and Ken Caryl areas. Optional lunch afterward at Merle's Restaurant on Main Street, within 3 blocks of the starting location.

**INT-H2-25+-NE 8:00 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.

**Monday, Sept. 21st** **FUN-H2-20-West 9:00 AM** Meet *Wayne Tomasello* (720-854-8767) at SW corner of Kipling and Jewell, Lakewood, at Safeway Shopping Center for a ride on the Sanderson Gulch Trail to the Platte River Trail to the Lakewood gulch Trail. An optional lunch is at Café Jordano.

**Wednesday, Sept. 23rd** **FUN/INT-H2to3-20-SW 9:30 AM** Meet *Patty Gaspar* at the new Sheridan Library lot just west of Federal on Oxford. We'll head toward the almost rebuilt Bow Mar area and then to Bowles Lake, Grant Ranch to Wadsworth, Bear Valley and back to Sheridan Library – we will see it all. Lots of ups and downs, some beautiful quiet streets and pleasant bike paths makes a great fall ride. Lunch is afterwards.

**"Roses" H1-15-20 SW 9:30 AM** Meet *Peggy Occhiato* 303-850-9731 CP: 303-850-9731, at Bear Valley McDonald's (5550 W. Dartmouth Ave., west of Sheridan Blvd.) for a ride east on the Bear Creek Trail. Bring a snack, and money for an optional restaurant lunch after the ride.

**Saturday, Sept. 26th** **MTB P4+,T2-3 Kenosha - Georgia Pass – Breckenridge** Kenosha to Georgia is the classic fall color ride. This year we will extend it to include Kenosha to Breckenridge. We will meet at the Fort at 7:00 AM. My co leader will lead the ride from Kenosha to Breckenridge, I will lead the ride from Breckenridge to Kenosha. We will swap keys when we meet on the Colorado Trail and shuttle back to our respective starts. Option to spend the night in Breckenridge and do the Peaks trail on Sunday. I recommend the Fireside Inn. Total mileage 23, total ascent; 2700'. Contact *Russ Peterson*: 720-299-8269, mtbruss2013@gmail.com.

**FUN-H2-24-SW-9:30 AM** Meet *Jeff Krinsky* (720-373-9107) for this brand new ride, THE HIDDEN GEMS OF INTERLOCKEN! The adventure begins at the Safeway at the Rock Creek Village Shopping Center in Superior. We will take secret trails and use portions of the new HWY 36 Trail to take us on a loop that includes the hidden gems of Flatirons Mall, Interlocken, Standley Lake, and Rock Creek Village! Rock Creek Village Safeway is centrally located in Superior at the NW corner of Coalton and Rock Creek Parkway (Address is 1601 Coalton Road Superior, CO. 80027.) The ride is mostly on paved trails but there are a couple of quarter-mile segments of lightly-graveled well-kept, un-paved trails.

**Sunday, Sept. 27th** **3 rides in 1! Choose your speed, distance and difficulty.**  
**FUN-H2 or H3 20-40 mile options SW 10:00 AM DECKERS, SOUTH PLATTE RIDE** Meet *Lin Hark* (303-578-9369) at the Deckers Coffee Shop Cafe in Deckers at the intersection of Hwy 126 and Hwy 67 (Please park on the dirt section of the

lot) for a fun bike ride along the South Platte River. Most of the road is paved but we will eventually reach an oiled dirt but hard packed section. A hybrid or mountain bike would be best but skinny tires will work. This is a beautiful ride and the fall colors could be starting. The 20 and 28 mile out and back options are mostly flat and along the river the entire way. A 40 mile out and back option will be mostly flat and along the river. The 40 mile loop will have some hills on pavement and a total elevation gain of 3000 ft. This is a good road ride with some dirt. All options are very scenic! Maps will be provided with a very easy to follow route so bikers can choose their route and meet the group at the Deckers Coffee Shop after the ride. NOTE: Lin rides at a leisurely pace of between 10-11 MPH.

**INT-H2-25+-NE 8:00 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.

**Monday, Sept. 28th** **FUN-H1-22-SE 9:00 AM** Meet *Wayne Tomasello* (720-854-8767) at DeKoevend Park on University Blvd for a ride on the Highline Canal through Greenwood Village and Cherry Hills Village. The ride is on a gravel bike path. An optional lunch after the ride is at Shanghai Gardens.

**Wednesday, Sept. 30th** **"Roses" H2-20-SW 9:30 AM** Meet *Lin Hark* (303-578-9369) at Englewood Wal-Mart parking area, 601 West Hampden, for a ride around Englewood, Cherry Hills Village and onto the Highline Canal. Part of the ride will be on the gravel trail along the Highline Canal. We will stop at a couple of parks and visit the Museum of Outdoor Arts after the ride. Bring a snack and money for an optional lunch at a nearby restaurant after the ride.

**FUN-H3-28-NW 9:30AM** Meet *Merri Bruntz* (303-517-9781) at Prospect Park (44th & Robb St.) for a ride west on the Clear Creek Trail to Easley Road. We will ride over the Arvada Reservoir and then ride the entire length of the Ralston Creek Trail connecting to the Clear Creek Trail west back to the park.



## 2015 Advance Planning Calendar

September 6  
**West Elk Bicycle Classic**  
[westelkbicycleclassic.com/](http://westelkbicycleclassic.com/)  
Gunnison, CO

September 13  
**Buffalo Bicycle Classic**  
[buffalobicycleclassic.com](http://buffalobicycleclassic.com)  
Boulder, CO

September 17-20  
**Tour of the Vineyards**  
[Coloradowinefest.com](http://Coloradowinefest.com)  
Palisade, CO

September 18-20  
**Mickelson Trail Trek**  
[MickelsonTrail.com](http://MickelsonTrail.com)  
Custer, SD

September 18-20  
**Pedal the Plains**  
[pedaltheplains.com](http://pedaltheplains.com)  
TBD, CO

September 20-22  
**Moab Century Tour**  
[skinnytirefestival.com](http://skinnytirefestival.com)  
Moab, UT

September 27  
**Tour de Cure**  
[diabetes.org](http://diabetes.org)  
Colorado Springs Area

October 4  
**Tour of the Moon**  
[tourofthemoon.com](http://tourofthemoon.com)  
Grand Junction, CO

October 4  
**Santa Fe Gourmet Classic**  
[santafegourmetclassic.com](http://santafegourmetclassic.com)  
Santa Fe, NM

October 17  
**VeloSwap**  
[veloswap.com](http://veloswap.com)  
Denver, CO

Visit [www.kansascyclist.com/events/Colorado\\_Calendar.html](http://www.kansascyclist.com/events/Colorado_Calendar.html) OR [www.pedaldancer.com](http://www.pedaldancer.com) for more info and updates on events.