

The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

JUNE 2015

THE SAFETY ISSUE

Watch Those Transitions

Nadean Kruse, the "Ice Cream Lady", was leading one of her leisure rides when she caught her front tire in the space between the trail pavement and the grass. Instead of landing in a nice grassy area and everyone having a chuckle, she hit rocks and was seriously injured. She is a very careful rider, but in an instant she was on the rocks.

We have had other members injured in similar accidents between pavement and concrete, small curbs, rail road tracks and other seemingly minor changes in the road surface. The lesson for all of us is to keep an eye on the trail and be aware of those transitions.

Speed Limits

Remember that when we are riding on trails many of them have a 15 mile per hour speed limit. We need to observe the posted limits even though it is tempting to go faster. On weekends and busy times we may need to go under the limit to avoid near misses with other riders, pedestrians and especially children on the trails. If you think the leader is going too fast for conditions, speak up. Leaders: a group of riders can be pretty intimidating to others on the trail, especially if they are passing everyone else – slow down.

Helmets

We hate to nag, but helmets save lives. Check your helmet to make sure it has no cracks. If you've taken a hard hit, it may need to be replaced. Most manufacturers recommend you replace your helmet every three to five years – check with your bike shop.

REMINDERS WHEN RIDING

- 1: Always carry identification and medical insurance card. Set your phone so emergency personnel have emergency contact information either using ICE or an app.
- 2: On multi-use paths, ride in single file and stay to the right. Obey posted speed limits. Be alert. Walkers, roller bladers, baby strollers, horses, and dogs – on and off leashes, share the path.
- 3: When overtaking another road or trail user, call out "Passing on left". If in a group, tell how many will pass. Last one say, "Last one" and "thank you".



It's Been a Very Wet Spring

Be mindful of puddles; they can be deeper than you think, and conceal unknown hazards. This "puddle" is also known as Bear Creek Lake, which is normally too deep and wide to get across, especially during the rainy month of May!

HELP WANTED!

We need two or three volunteers to staff the DBTC Booth at the annual Bike to Work Day, June 24, at the Greek Amphitheater in Civic Center. If you want to meet people and promote the club by distributing information and swag as well as coordinating some games of chance, contact dougschuler@comcast.net. It promises to be ENTERTAINING! Plus, you'll get a limited edition DBTC t-shirt. WOW!

The details: June 24, from 6 – 10 a.m., Civic Center, 100 W. 14th Ave Pkwy., across from the Denver Central Public Library.

Thanks for stepping up!

Continued on pg. 4

DBTC's Officers

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president@dbtc.org

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FunMTB@dbtc.org

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FunRideNorth@dbtc.org

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FunRideSouth@dbtc.org

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roadrides@dbtc.org

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wedfunrides@dbtc.org

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melbabo9@q.com

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Historian@dbtc.org

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photogallery@dbtc.org

Board Meeting

Any member wishing to attend a board meeting is welcome. The next board meeting date is Monday, June 8 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



Have you ever watched the TV commercials that encourage you to "Hug a Hunter" or "Hug an Angler"? These advertisements inform us how vital these sports are because fees paid by the participants support the associated outdoor resources; additionally these sports are vital to Colorado's economy.

Well folks, I am asking you to "**Hug a DBTC Volunteer**"! I have held the President position for about six months now, and continue each month to discover more behind-the-scenes volunteers that make this club function—both past and present. Let me name just a few volunteer categories for you to consider hugging: Board officers, Board members at large, Marketing Committee, Bookkeeper, Map Sales Coordinator, Map Update Coordinator, Newsletter Designer, Ride Activities Director, Out of Town Tour Director, Webmaster, Ride Coordinators, Ride Leaders, Responder, Photographer, Event Coordinator, Event Workers.... Some of these categories include multiple people and there are many other volunteers not listed.

My point is that we should recognize the selfless hours these volunteers provide for the benefit of DBTC. The Volunteer Recognition Luncheon is a wonderful event but I am suggesting that each time you participate in a ride, event or tour - please take a minute to say "Thanks" to the volunteer(s) involved. Better yet - Give them a hug!

We have some great events coming up - **Remember YOU MUST RSVP in advance on the DBTC website:**

Saturday, June 20 - Frisco Ice Cream Social (see article on page # 9)

Saturday, July 11 - Summer Picnic, Wheat Ridge Prospect Park

Saturday, November 14 - Volunteer Recognition Luncheon

My father got a phone call to bring me in to meet with Spielberg for 'E.T.,' partially because they knew I was a physical kid, and I was known in the business somewhat as a stunt kid, and I could do all the bicycle riding.
– C. Thomas Howell

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.

Bike to Work Day



June 24, 2015

DBTC Does Bike to Work Day!

Save June 24 for Bike to Work Day 2015! Registration is now open on our brand-new website (<http://biketoworkday.us/>) and is simpler than ever before. Sign up today—your registration matters. Colorado is now ranked by The League of American Bicyclists as the second most bicycle-friendly state in the nation, due in part to events like this one—not to mention that registration makes you eligible for great prizes like gift cards to local and national retailers, tickets to sporting events and concerts, biking apparel and gear and much, much more! If you've already registered, thanks for your support! Also check out BikeDenver's Bike-to-Work-Wednesdays <http://www.bikedenver.org/rides-events/bike-to-work-wednesdays/>

At <http://biketoworkday.us/> you can locate breakfast and bike home stations along your route, find group rides and order event t-shirts. Make sure you join your company team to push their ranking in the Business Challenge, and if your employer isn't signed up already, encourage them to do so!

So, get out of your car and onto your bike! Help us reduce traffic congestion and improve air quality by shifting gears and pedaling on Bike to Work Day 2015.

Wear your DBTC jersey on your ride to work

Let other riders know there is a club where they are welcome.

DBTC will have a booth at Civic Center—stop by for games and prizes.

Free food from various vendors

We will have a ride starting from Civic Center at 9:00, or meet us at City of Cuernavaca Park at 9:30.

Volunteers needed for the DBTC booth!

Please contact dougschuler@comcast.net

Spokes Fighting Strokes

Patty Gaspar



We will have guests on some of our rides the week of June 13th. Dan Zimmerman suffered a major stroke nine years ago at age 41. The doctors told him he would never walk or talk again, but he has proven them wrong, thanks in large part to cycling. Catherine Brubaker is the survivor of 2 brain injuries. She survived a criminal assault, and learned how to walk and talk both times after her injuries.

Dan and Cat have found that by working together and sharing their stories, they have a greater impact and can be more effective. Both attribute recumbent cycling to being KEY on their road to recovery. They are riding "Rails to Trails" across the country to spread their story, as done on a similar trip last year. They will be riding with us on Wednesday, June 17, during their tour through the Denver area. Their website tells their remarkable stories and provides a detailed ride schedule and route of their rides to raise awareness: www.spokesfightingstrokes.org and www.hopefortrauma.org.

Come out and ride with Dan & Cat June 13-18!



Safety Issue, from pg. 1

4: Use proper hand signals for right turn, left turn, and STOP.

5: Ride leaders – when crossing busy streets, and at traffic lights, regroup and wait at a safe place until the last rider has safely crossed the street. Do not force riders to cross red lights to keep up.

6: Do not follow too closely to the rider in front of you. Leave adequate space for unexpected situations and sudden braking.

7: When appropriate, acknowledge and say "Thank You".

8: Pull completely off the trail or road to stop and regroup – we are not the Denver Blocking Trail Club.

9. Pass information forward and back – i.e., "rider passing", hand signals, "car back" – so everyone in the group gets the message.

10: Practice Situational Awareness, Common Sense, and Courtesy.

No rider can predict what lies ahead on the road. With a little knowledge and some forward thinking, you can make intelligent last minute decisions that will keep you—and the rest of your group—on the bike and off the ground.



Rider points out road hazard

Encounter an Aggressive Driver While On Your Bike?

Like motorists, cyclists are entitled to report aggressive drivers to the Colorado State Patrol by calling *CSP on their cell phones. The State Patrol enters complaints from *CSP calls into a database. After three complaints, the registered owner of the vehicle gets a letter from the state patrol. After five incidents, a trooper will personally contact the registered owner.

To take a complaint, the state patrol needs:

- The location of the incident.
- The license plate number and description of the vehicle in question.
- The direction of travel and actions of the driver.
- The complainant's name and phone number (you may remain anonymous)

Indian Creek Campout and Mountain Bike Ride

June 6th - 7th

We will host our Indian Creek Campout again this year. We will be camping Friday and Saturday night with mountain bike rides on Saturday and Sunday. The Indian Creek Campground, Pike National Forest, is about 12 miles west of Sedalia on Hwy 67. Sedalia is located on Sante Fe/ Hwy 85 about 10 miles south from C470. Jean Deering will be hiking Saturday and Sunday for those that just want to enjoy the area on parts of the same trails. On Saturday we will ride the 800 trail loop with an overlook of Waterton Canyon on the north loop. Sunday we will ride again on the 800 trail for about 1 mile then head east on the Ringtail Trail into Douglas Co. Open space and enter the south end of Roxborough State Park and return on the 800 trail to the parking lot. Camping is limited and has no reservations. For those who are not camping, bring snacks after the ride and gather around our camp site. For each biker/hiker who wants to camp, arrive Fri. afternoon to get a campsite. For those driving up for the day there is a small charge for parking at the Indian Cr. Camp parking lot. Call Darrell Deering for further details 303-697-6126 Cell 303-903-0239 before June 1

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.buonavistacolorado.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



Mary Sue Dickerson's Sculpture Tour



Red Rocks Red Nose Ride on a Misty Spring Day



4-Mile Historic Park & Free Bevs!

by Jeff Krinsky

More photos @ <http://www.meetup.com/Denver-Bicycle-Touring-Club/>



Dirty Bismark

Bob Kochevar



Thanks to all those who participated in the May 2nd Dirty Bismark trail ride. We had 19 riders!! traverse over 14 miles of varying terrain in lovely weather in Boulder County, with a few muddy puddles to make it interesting. Liz joined many of us for après ride lunch at Waterloo in Louisville, and other than a leaky roof in the outdoor patio, we weathered the rainstorm with good food and much chatter.

Starting in Louisville, Superior & Marshall area, the ride includes portions of Coal Creek, Singletree, Mayhoffer and Marshall Mesa trails. It's called the Dirty Bismark because it follows the inside, dirt version of the old Morgul/Bismark Loop road ride.

I hope you all enjoyed the day as much as I did!



May 9-12 Weekend in Fruita

MTB-ers up to their usual Shenanigans



See more photos @ <http://www.meetup.com/Denver-Bicycle-Touring-Club/>

Inaugural Menopausal Monday Ride Draws a Crowd on April 6th

Lise Neer & Cyndy Klepinger



Eighteen riders, including a couple of brave guys, enjoyed a tour from Park Hill's Cake Crumbs to Sanctuary Park in Lakewood, following the West Line Light Rail bike path on the way back.

Schuler's Weekly Cake Crumbs Ride

Off to a good start, with only a couple rain cancellations so far, these rides start a little earlier each month and increase in mileage as we get stronger. Riding with this bunch is a great way to train for those Summer tours and events. Sprint with Mark, or hang with the rest of us. It's always "no-drop!"

Let's have a DBTC team for the Subaru Elephant Rock ride

Cyndy Klepinger

Hey, I'm looking for some people to train and ride with for the annual Subaru Elephant Rock on June 7. I plan on riding the metric century (62-mile), but there is also a century and 40-mile road rides, a 25-mile gravel course and an eight-mile family course. This popular cycling event in the Rocky Mountain Region is the unofficial start of the Colorado cycling season. For more information on the ride, go to www.elephantrockride.com. Contact Cyndy Klepinger at vicepresident@dbtc.org, if you're interested in going on some training rides, etc!

(Disclosure: I'm a 2015 SUBARU EROCK AMBASSADOR and our role is to help promote this fantastic event!)



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.



Trek Bike Recall

Dick Plastino

On Monday, April 27 the Denver Post had details on the Trek bike recall.

It involves all models with disc brakes and a black or silver quick release lever that opens more than 180 degrees

(models from 2000 thru 2015).

When it opens by itself, it gets caught in the disc brake rotor and stops the bike.

Injuries are severe and have included facial injuries, a fractured wrist and a quadriplegic result.

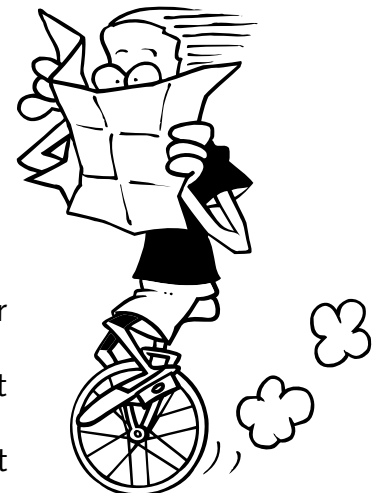
Call 800-373-4594 weekdays 7 am to 5 pm or go to www.trekbikes.com and click on Safety and Recalls at the bottom of the page for more information.



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.

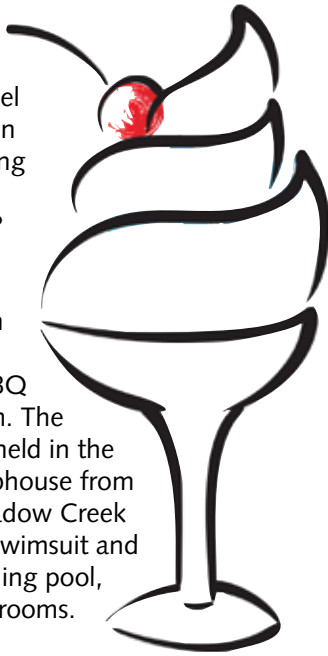
And next time you're patronizing your local bike shop, ask them if they stock our map—if they don't (or have run out of maps), PLEASE have them contact Map Sales Coordinator, Doug Schuler at mapsales@dbtc.org.



Ice Cream Social is Back!

Kathy Stommel

You are all invited to join Kathy & Joe Stommel on Saturday, June 20th in Frisco for some interesting bike rides and ice cream – does it get any better? Yes, the fabulous Frisco BBQ Challenge is also that weekend so we can wander up and down Main Street sampling BBQ before or after ice cream. The ice cream event will be held in the Lagoon Townhouse clubhouse from 1:00-4:00 pm, 700 Meadow Creek Dr. Feel free to bring a swimsuit and enjoy the indoor swimming pool, hot tubs, and changing rooms.



There is no cost for the ice cream social but **PLEASE** give the courtesy of an **RSVP by registering on the DBTC website** or email Kathy: cyclekats@gmail.com.

Three ride descriptions are listed in the June schedule – all rides start at the middle school parking lot at 10:00 am.

If you decide to stay in the mountains, there are always fun activities and concerts in the Summit County area. It is a great excuse to come spend the weekend in the mountains. There are campsites around Dillon Reservoir as well as many hotels and condos for rent in Frisco and the surrounding area. Anyone want to put together a Sunday ride? If you are just coming up for the day, there is a carpool meeting place at I-70 and Morrison Road.

Directions: Middle School – take exit 203 off I-70 onto Summit Blvd; turn left onto School Rd at the 3rd stoplight. The school parking lot may be congested as it is also used for shuttle buses to the BBQ event.

Lagoon Townhouse Clubhouse, 700 Meadow Creek Dr. – take exit 203 off I-70 onto Summit Blvd; turn left at 2nd stoplight, stay right (behind Taco Bell) and then take a quick left onto Meadow Creek Dr; continue until the road ends and the clubhouse is directly across from the tennis court. Park **ONLY** in designated parking spaces! !

Parking Rules for Buffalo Creek

Dick Plastino

Today (Monday, May 25th), I received a phone call from the person who manages the parking at the volunteer “tent” parking lot just off Hwy 126 and Forest Service Road 543 in Buffalo Creek.

Previously, she had left a note on all cars parking in the Forest Service lot on the east side of Hwy 126 saying it was not legal to park there. I had, in turn, dropped a note in the donation tube asking questions.

Here's the information she presented:

1. The “tent” lot was purchased by the community from the North Fork Fire Protection District and is now run by the community
2. They have expanded the tent lot by another 40 or so spaces by pushing back the railroad timbers.
3. Parking at the so-called Forest Service lot is no longer allowed because it is mostly Jefferson County right-of-way and must be kept open for emergency vehicles. She was not clear on who owns the rest of the lot, but indicated once parking starts in this lot, it spills into the dirt right-of-ways for the Jefferson County road that goes by the Forest Service Buildings and another road that heads up the hill.
4. The Community Center on the left side as you drive to the tent lot cannot make its lot available for parking because there are sometimes other events such as weddings and community parties that often need this lot. If bikers started parking there, it would form a pattern that would be hard to disrupt when a community event was occurring at the same time.
5. The worst news. When the volunteer “tent” lot is full, the only options are to drive 4 more miles and park at the Scraggy Peak lot or go to Pine Valley and park there. She advised getting there early to find a parking spot in the tent lot.
6. She also mentioned that this riding area was just ranked #9 in the U.S. for mountain biking which will draw even more riders. It's also one of the few places that can be ridden when it has rained because it's not dirt, but crushed granite rock.

She was very nice, **and** she's the person who puts out all the food and drinks at the volunteer tent lot.

DBTC Members Joining and/or Renewing in April

BEN ADLER	LINDA BOYD	HARRY MACLEAN
CAROLE ADLER	DONNA BROSH	DAVID RULE
ERIC ADLER	GENE EHLERS	MARCIA TABER
SARAH ADLER	AUDEEN FALLER	RICHARD TAYLOR
STEVE ADLER	BRENDA GROVER	FRANKLIN YOUNG
JOHN AVENSON	KATRINA HAMRICK	
DAVID BECK	SUSAN HARMAN	

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
mtlin08@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!

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 KLIPLING 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

Ride Leaders:

Remember, if you have a guest/non-member on any of your rides, the Membership Committee needs to know so we can invite them to join us on future rides as a NEW (or renewing) MEMBER! Please photocopy your Sign-in Sheet and mail it to: DBTC Guest Relations (Attn. Lise Neer), 1735 Bellaire St., Denver, CO 80220 OR email a scan of it to: guestrelations@dbtc.org. Thanks for helping us grow our Club!

Summer Picnic

Saturday, July 11

Mark this date on your calendar. The 2015 Picnic will be at a familiar location, Wheat Ridge Prospect Park, but with a few new twists. Build up an



appetite by joining a bike ride with fellow DBTC members before the meal is served (around noon). The food this year will be 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 and payment is easiest on the website but if you choose to mail a check it must be postmarked by June 27. Your registration MUST BE RECEIVED no later than July 1.

See you there!

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.kopSvxexl_mc

Ditto from Denver Parks & Recreation:

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

DBTC Spring Season 2015

Spring was wet and cold but summer is arriving this month so we will have some beautiful riding weather – not too hot, not too cold. Let's hope not too rainy.

If you'd like to include an activity in the newsletter, please email it to ridecoordinator@dbtc.org by the 20th for the next newsletter or contact Patty at 303-989-8268.

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.

Spring/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: COmntnbikers-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.

JUNE RIDE & EVENT SCHEDULE

- Monday, June 1st** **Fun-H1-25-SE 9:00 AM** Meet *Wayne Tomasello* (720-854-8767) at Challenger Park on Lincoln Ave near Jordan Rd. for a ride on the Cherry Creek Trail to the Cherry Creek reservoir and back. Most of this ride is on paved bike trails with some Street riding. Lunch after the ride is at The Champa Street Grill.
- Wednesday, June 3rd** **"Roses" H2-15-SE 9:00 AM** Meet *Judy Deist*, 303-841-4792, Cell 303-906-4305 at the south side of the Walmart parking lot off of Aurora Parkway and Commons, which is in the Southlands shopping mall north of Smokey Hill road and west of Aurora Parkway in Aurora.
Walmart is just north of Sams Club. From Parker Road, take E. Quincy east to Smokey Hill Road which is 2 blocks east of Parker Road. Stay in the far right lane of E. Quincy and turn right onto Smokey Hill road for about 6 miles. Go past E-470 about half a mile and turn left (North) on S. Aurora Parkway. Take the second left onto E. Commons Avenue and the Walmart is on your right (North). Stay in the parking lot close to E. Commons Ave and Sam's Club which is on the left (South) side of E. Commons and Walmart. From E-470 get off at Smokey Hill exit and go East to S Aurora Parkway. Also you can go south on S. Gun Club road that turns into S. Aurora Parkway. We will ride around the Aurora reservoir and more. For a shorter option, meet at the announced meeting place, ask for directions to meet the group after avoiding some hill climbing. Bring a snack and money for a restaurant lunch after the ride.
- FUN/INT-MostlyH1-Long 42 or Short 26-SW H2 9:30 AM** Meet *Dale Trone* (303-981-9161 or trone_da@hotmail.com) at the Safeway parking lot at Jewell and Kipling for a training ride for those going on a tour needing a longer training ride. We'll head out Jewell to C470 trail to Golden and then catch the Clear Creek Trail to the Platte River Trail. We'll take a break at REI and then continue via the Bike trail paralleling the W light rail to Garrison and loop back. The riders wanting a shorter route can take 23rd/26th back to Crown Hill and return to the cars via Garrison. Riders taking the shorter version will not have an official leader for the return but usually someone volunteers who knows the route.
- 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, June 4th** **FUN-H1-TBD-SE-6:00 PM Arapahoe Bridge. Show and Go** from Treads Bicycle Outfitters, 16701 East Liff Ave, just West of Buckley Road. for an early evening ride through Cherry Creek State Park to the almost-finished trail connection under Arapahoe Road. Afterwards *Joy and Gordon Mckennon* invite you to enjoy refreshments at Peak to Peak Tap Room with \$1 off your first pint! www.peaktopeaktaproom.com.
- Saturday, June 6th** **FUN-H1-22-NW 9:30 AM** Meet *Cindy Ferry* at Gold Strike Park in Arvada. We will ride west on Clear Creek to Golden, after a short break we will take Easley Road to 64th over to Ralston Creek trail, follow the trail east to the walking bridge back at Sheridan.
- FUN-H2-20-SW 9:30 AM** *Kathy Stommel* (719/671-5579) Meet at Tennis Bubble near Federal & Bowles for a loop ride on the Columbine Trail, C470 Trail to Chatfield State Park and then back on S. Platte River Trail. Optional lunch afterwards is at Lucile's or other location nearby.
- INT-H2or3-25-SE 8:45 AM** *Denny Martin* (303-793-0395) Meet at the Arapahoe County Community Park at 7900 S. Potomac in Englewood south of Arapahoe Rd. and catty-corner to the Denver Broncos football facility. This route will take us south on Jordan and Chambers Rds. to Hess Rd. and by the new Reuter Hess Reservoir over to Castles Pines for a rest stop. We'll return back on Charter Oaks Drive to Havana along side I-25, Ridge Gate then Peoria. There is consistent mild climbing plus a steeper four mile climb getting to Castle Pines. Map provided for faster or slower riders. Optional lunch afterwards – probably Tokyo Joe's at Parker Rd. and Arapahoe
- MTB P3 T3 10:00 AM, Special Friday and Saturday Camp out Indian Creek Ride** is about 12 miles west of Sedalia on Hwy 67 with parking at the camping parking lot. We will ride the 800 trail loop with an overlook of Waterton Canyon on the north loop. A map will be available. Bring snacks and chairs for after the ride. Call *Darrell Deering* for further details Home 303-697-6126 Cell 303-903-0239.
- Sunday, June 7th** **FUN-H2-25-SE 8:00 AM – THE Soft Underbelly of Denver Tour** Meet *Gaar Potter* (303-691-0938) at Eisenhower Park Rec Center (SE Corner of Dartmouth and Colorado Blvd). We will head directly to South Central Denver and Go North. These are BAD neighborhoods, and we're going EARLY before the gang-bangers wake up! This MIGHT be your LAST CHANCE to ride across my FAVORITE bridge – Perry ST over 6th Ave. I think it is 'bouta get replaced.
- FUN-H2-24-NW 9:00 AM** Meet *Jeff Krinsky* (720-373-9107) for an exciting ride full of unexpected twists, turns, and surprises! We will meet at the parking lot WEST of the baseball diamonds in Westminster City Park. (Directions: From US36 and Church Ranch Blvd/104th Ave. exit, east on 104th about 1/2 mile to the first left after the Westminster Blvd light, then go LEFT again into the parking lot. The address for the park is 10455 Sheridan Blvd but note again that we are meeting WEST of the buildings and baseball fields.) This ride takes us through the Westminster, Northglenn, and Thornton area, including the Farmer's Highline Canal, Lee Lateral, and Grange Hall Creek trails. Optional lunch is after the ride at a nearby restaurant.

INT-H2-25+-NE 8:00 AM and each Sunday thereafter until fall. Meet *Doug Schuler* at Cake Crumbs Bakery and coffee shop located at 2216 Kearney Street Denver The May rides will begin at 9:00 a.m. and will start earlier as it warms up. 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 June, July and August start times.

MTB P3 T3 10:00 AM, Indian Creek Ride is about 12 miles west of Sedalia on Hwy 67 with parking at the camping parking lot. We will ride the Ringtail Trail in to Douglas Open Space, into the south end of Roxborough State Park and return on the 800 trail. The Ringtail Trail is located about 1 mile from the Indian Camp ground on the 800 trail. A map will be available. Bring snacks and chair for after the ride. Call *Darrell Deering* for further details Home 303-697-6126 Cell 303-903-0239.

**Monday,
June 8th**

FUN-H1-20-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 through Washington Park to Dartmouth St. to the Highline Canal to the Cherry Creek Trail back to the Cherry Creek Shopping Center. It is a ride mostly on paved bike path with some street riding. An optional lunch is at the Cherry Cricket.

FUN-H1to2-@ 20 9:30 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) 3725-1565. 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,
June 10th**

"Roses" H1-20-SE 9:00 AM Meet *Julie Brown*, 303-988-5941 in the Parking Lot at Bible Park. (From Yale and Monaco, go east and turn south into the parking lot.) This is an out-and-back heading east on the Highline Canal. We will ride to Fairmount Cemetery to view some of the 59 varieties of heritage roses. Bring a snack and money for lunch after the ride. Please arrive early, as we will leave at the designated time.

FUN/INT-H1-30-SE 9:30 AM *Pete Steel* (303-979-4634) will take us on a tour of bike paths starting at the South High School Parking lot and heading from Washington Park to Stapleton and back through City Park. Pete always knows the most interesting route to get somewhere so this should be a great ride. We can always go to lunch after.

**Saturday,
June 13th**

FUN-H2+20+-SW 8:00 AM Meet *Lin Hark* (303-578-9369) at Bear Valley McDonald's (5550 W. Dartmouth Ave, west of Sheridan Blvd.) for a ride including some of the highlights of SW Denver. This is NOT a bike path ride and does have some hills but we will regroup often and stay together. Lin rides at a leisurely pace of between 10-11 MPH. Take a break with this easy ride and come see the outdoor sculptures of Downtown Englewood, beautiful Cherry Hills, quaint downtown Littleton, Bow Mar and an interesting route back to Bear Valley. Bring money for an optional dinner at the Happy Family Restaurant after the ride.

FUN-H2-25+-NW 9:00 AM Meet *Tom Hurja* (303-903-4449) at Davies' Chuck Wagon W 26th Ave west of Kipling. Park at the far west end of the lot close to the electrical box. We'll ride to REI, stop there for a short break, then proceed along the North Platte River Path to 104th, meeting at the park on the west side for a fuel break. Return the same route. Lunch at Davies' Bring funds for lunch and a lock for your bike

FUNNT-H1-30-W 9:00 AM Meet *Steve Stevens* 720-497-1100 at Golden Oldy Cyclery 17224 West 17th Place, Golden. Museum Open after the ride. Route to be determined by Wind and Pollen on the day.

ATB-H2+14-W 9:30 AM Beautiful Creekside Ride Meet *Doug Potter* (303-570-4244) at Idaho Springs Safeway (take 1st Idaho Springs exit, ¼ mile on left). We will ride west through downtown Idaho Springs, south up Chicago Creek to cemetery and beyond. Thence, back through town on paved bike path and east on path around around the New Veteran's Memorial Twin Tunnels to Junction of I-70 and U.S. 6. See the Charlie Taylor Waterwheel! One stretch of dirt at cemetery. Mtn Bike or hybrid needed.

MTB P1 or P3, T2 10:00 AM North Fork Trail Are you a hedonist or glutton? Sample the new NF trail today, just opened last year, at Reynolds Park. This trail is 10.6 miles long one-way. Hedonists can start at the upper lot, climb about 800 feet in 2 miles (P1), then descend 2000 feet to the Platte River. They will have a scream! Gluttons can start at the Platte River and do the opposite (P3). They will have a grunt climb. To make this work via a shuttle system, gluttons can drive the hedonists' cars from the upper lot to the Platte. So, if you are interested, RSVP to *Jeff Baysinger* (303-969-9241) by Friday evening and specify which way you would like to ride and how many bikes your vehicle can accommodate for the shuttle.

**Sunday,
June 14th**

FUN-H2-20-NW 9:00 AM MAJESTIC FLAG DAY RIDE Meet *Jeff Krinsky* (720-373-9107) at the Majestic View Nature Center north parking lot (north on Wadsworth to W 72nd Ave, west on 72nd, just west of Carr on the south side. THIS IS NOT THE ENTRANCE at GARRISON ST. or 71st ST!) The theme of this ride is our own great United States flag so one will be provided to all participants! The ride will go west on Ridge Road and Van Bibber Creek Trail, north on the new Blunn Trail and then return on the Ralston Creek Trail. GOD BLESS AMERICA!!!

FUN-H2-20+SW-8:30 AM Meet *Tom Hurja* (303-903-4449) at Bear Valley McDonalds (5550 W. Dartmouth Ave, west of Sheridan Blvd.) for a ride to Chatfield via Bear Creek Path to south Platte River Path to Chatfield. Snack at Marina (bring your own). Return same route. Optional get-together at New Happy Chinese across from Home Depot. Bring funds for lunch and lock for bike.

INT-H2-30-SE 8:30 AM Join *Ellen Chilikas* (outdoorsdiva@yahoo.com) for a morning ride with a bakery stop midway. We'll be riding at an intermediate pace (12-15 mph). We'll leave atfrom Village Greens Park, ride through the park and head south along Jordan Rd. We'll jog east to the Cherry Creek trail and head to the C-470 trail. We'll take that west to the Meridian Office Park, ride the loop and then stop at the bakery for a decadent snack. After one more loop of the office park, we'll wind our way back through Inverness and Greenwood Village. No maps will be provided - instead we will use the signpost/corner system with a front and rear leader to make sure no one gets lost.

INT-H2-25+-NE 8:00 AM and each Sunday thereafter until fall. Meet *Doug Schuler* at Cake Crumbs Bakery and coffee shop located at 2216 Kearney Street Denver The May rides will begin at 9:00 a.m. and will start earlier as it warms up. 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 June, July and August start times.

**Monday,
June 15th**

FUN-H2-20-SW 9:00 AM Meet *Wayne Tomasello* (720-854-8767) at Sweet Tomatoes Parking lot. Directions to the starting point: From the corner of Bowles & Wadsworth go East on Bowles to Long Dr. near the public library. Go left (North) onto Long Dr. and look for Sweet Tomatoes on the left. We will park in the lot of Sweet Tomatoes for a ride through Clement Park to Kipling to C-470 trail to lake Chatfield to Platte Canyon back to Clement Park. Most of this ride in on paved bike trails with some paved and dirt street riding. Lunch after the ride at Sweet Tomatoes.

FUN/INT-H2-25-SW 8:00 AM—Chatfield Marina Meet *Steve Burkholder*, 303-985-3937(h), 720-271-2345(c), and *Linda Wiles*, 303-433-9972 (h), 720-635-6335 (c), at Bowles Grove Park (S. Federal & W. Bowles across from the tennis bubble). We will cycle to the Chatfield Marina and back for approximately a 25 mile moderate ride on an all paved trail. Lunch will be at Panera Bread Company in the Aspen Grove Shopping Center.

FUN-H1/2-20-SW 8:00 AM—Chatfield Marina(*)—The Take-It-Easy cyclists will also meet at Bowles Grove Park and cycle to the Chatfield Reservoir area and back for a shorter moderate ride on an all paved trail. Lunch will be at Panera Bread Company in the Aspen Grove Shopping Center.

Note: **Thanks to Marty Tod, we will probably have some special guests (Dan Zimmerman and Catherine Brubaker from the national organization, Spokes Fighting Strokes.**

**Tuesday,
June 16th**

FUN/INT-H1to2-40-SW 8:30 AM Birthday ride with Lise and Spokes Fighting Strokes! Meet *Lise Neer* (303-249-8621) at the large parking lot just East of Cherry Creek High School (South corner of the intersection of Union Ave. and Dayton St.) for a ride with Dan and Cat on the Cherry Creek trail to REI Confluence and back. Snack break and presentation of Dan & Cat's tour at Starbucks before returning to Cherry Creek State Park. Bring money for a snack, and lunch after the ride.

**Wednesday,
June 17th**

FUN/INT-H2to3-25-SW 9:00 AM Meet *Patty Gaspar* 303-618-5069 behind the tennis bubble, W Bowles & S Federal in Littleton, ride the Platte River Trail to Chatfield then east on C-470 Trail for a mostly gentle climb then across on Clarkson with a great downhill to Little Dry Creek to finish the loop on the Platte River Trail. Lunch afterwards is at one of the nearby eateries. We will be joined by Dan and Cat of Spokes Fighting Strokes Inc. Dan@spokesfightingstrokes.org and their group which is doing a "Rails to Trails Tour" to raise awareness of the importance of exercise in recovering from strokes and other brain injuries. See the article for additional information.

"Roses" H1-18-SE 9:00 AM Meet *Anne Layshock*, 303-771-6353, Cell: 303-818-5094, in the East parking lot on the SE corner of Cherry Creek Mall, for a ride on the Cherry Creek Trail & Highline Canal to Bible Park and on to Hampden Heights to return to the Cherry Creek Trail. This is a loop ride, gradual uphill, downhill all the way back. Bring a snack and money for an optional lunch following 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,
June 18th**

MTB P2, T2-3 10:45 AM Meyer Ranch Take an easy Thursday lunch ride on the trails here and go for lunch in Aspen Park.

Saturday, June 20th **ICE CREAM SOCIAL IN FRISCO:** Meeting place for carpool: 8:00 AM Southeast corner at I-70 and Morrison Road – Exit I-70 and go under the highway to the Stegosaurus parking lot. It is less crowded and easier to find any others. No one is organizing this carpool. If there is a traffic issue you can call *Kathy Stommel* to let her know: 719-671-5579.

FUN/INT-H2-20-Frisco 10:00 AM Meet *Darlene Dietzler* at the Summit Middle School* parking lot in Frisco. We will ride the multi-use trail around Lake Dillon toward Keystone. At Swan Mountain Road, we will turn around for an out-and-back. The ride is rolling hills – this is the mountains, folks. Since this is an out and back route, riders preferring a shorter option can turn back at any point. Once back to the parking lot, you can secure your bikes, change your shoes, and head to Main Street for lunch at the Frisco BBQ. Then back to the parking lot and head to Joe and Kathy Stommel's for ice cream social @ 700 Meadow Creek Dr.

INT-H3-24-Frisco 10:00 AM Meet *Bill Sanders* at the Summit Middle School parking lot in Frisco. We will ride the multi-use trail around Lake Dillon toward Keystone. At Swan Mountain Road, we will continue to climb Swan Mountain, riding the new finished bike path to the top. Then a fabulous downhill toward Frisco, completing a circle back to the parking lot. Once back, you can secure your bikes, change shoes, and head to Main Street for lunch at the Frisco BBQ. Then back to the parking lot and head to Joe and Kathy Stommel's for ice cream social @ 700 Meadow Creek Dr.

MTB-P3, T2-20 10:00 AM Summit Peaks Trail Join *Steve Thomas* (303-419-2531,c) at the Summit Middle School* parking lot. Cruise the Blue River bike path to Breckenridge, climb to Peak 8 trailhead, then venture onto the forested Peaks Trail and ride toward Frisco, taking the Blue River path on the final leg back. Distance is around 20 miles. Ice cream at Kathy & Joe's place will be your treat afterward.

*Directions to the Summit Middle School parking lot. Head West on I-70. Take the first Frisco Exit, Exit #203. Drive 0.7 miles to School Road and turn left. The road ends at the parking lot. There is a path that leads from the parking lot to the trail. After the ride, there are shuttle buses to the Bar-B-Que, or you can walk. It is 0.3 of a mile. Be prepared for changeable mountain weather. Bring rain gear, wind jacket, umbrella, warm weather/cold weather clothes, and money for lunch.

Ice Cream will be available from 1:00-4:00 pm at Lagoon Townhouse Clubhouse, 700 Meadow Creek Dr. (exit #203 then turn left at 2nd stoplight, then stay right and take a quick left onto Meadow Creek Dr; continue until road ends and the clubhouse is across from the tennis court.) The Ice Cream Social is a free event but you must RSVP on the DBTC website or by email to cyclekats@gmail.com. You are welcome to come for ice cream even if you don't ride.

Other rides: FUN-2-13-NW 9:00AM Meet *Bill Orchard* (303-929-5788) and *Jim Burkhalter* at Campbell Elementary School at 6500 Oak St in Arvada for his 16th Annual Father's Day Eve Ride (Saturday not Sunday). It will be a 13 mile fun ride on Ralston Creek and Little Dry Creek Trails as well as on bike friendly streets. Optional 6 mile family ride also available. The ride is free and includes the map, expert guides, sunshine, sweep and great scenery. Come and enjoy, look for a few surprises. Fathers ride free! Optional lunch is after the ride.

MTB P3, T2 10:00 AM Centennial Cone *Val Mee* (303-217-1153) will be leading you on a loop today. Meet at the north parking lot, 4306 Camino Perdido Road. Go back in time by circling counter clock wise (CCW). Take a lunch stop at a scenic view along the way. Figure about 3 hours total, 14 miles.

Sunday, June 21st **FUN-H1-22-SE 8:00 AM Juneteenth 5 Points Ride** Meet *Gaar Potter* (303-691-0938) at Congress Park Pool (enter off of Josephine, 1 block north of 8th Ave.). We will meander north to the 5 Points area. You will be pleased by the cool, early start, the quiet, shady streets and the beautiful old houses. Then we sneak into Globeville and Swansea and return through Park Hill. Naturally, we will also drop by Riverside Cemetery.

INT-H2-25+-NE 8:00 AM and each Sunday thereafter until fall. Meet *Doug Schuler* at Cake Crumbs Bakery and coffee shop located at 2216 Kearney Street Denver. The May rides will begin at 9:00 a.m. and will start earlier as it warms up. 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 June, July and August start times.

Monday, June 22nd **FUN-H2-22-NE 9:00 AM** Meet *Wayne Tomasello* (720-854-8767) at Cinnzetti's Restaurant off 104th at I-25 for a ride along the Farmers Highline canal to Standley Lake. The ride is on mostly paved bike path with some dirt path. There is some street riding. Lunch after the ride is at Cinnzetti's.

INT-H1to2-30+ 9:30AM MONDAY MENOPAUSAL RIDE Meet *Lise Neer* at Cake Crumbs Bakery in Park Hill (2216 Kearney Street) for an out-and-back to Sanctuary Park in Lakewood. We will ride mainly on quiet streets, 10th Ave. being a favorite which also cuts through the Lakewood Country Club. Optional return via the West Line bike path paralleling the light rail (from Garrison to the Platte trail), and back through town for lunch at a local eatery. Guys welcome, too!

Wednesday, June 24 **FUN/INT-H2-25 or 30-Central 9:00 or 9:30 AM BIKE TO WORK DAY** Meet *Patty Gaspar* 303-618-5069 at 9 at Civic Center by the DBTC Booth at Bike to Work Day. Come early to get free food from vendors and check out the other booths. You can take light rail or the bus downtown. Or meet us at 9:30 (TEXT OR CALL ME SO I KNOW YOU ARE THERE) at the foot of the pedestrian bridge over the highway (it is half way between the City of Cuernavaca Park and REI on the north side – there is a big red sculpture there). You can park at the park. We will head out on Tejon to 31st then to Independence. Jog around Kipling near 40th & take Clear Creek Trail to Prospect Park and follow the trails back to REI. If the group decides we can add a huge downhill for an additional 5 miles. We will be ready for lunch afterwards.

"Roses" H1-15to20-SW 9:00 AM Meet *Peggy Occhiato* 303-850-9731 at the Tennis Bubble (rear parking lot, Bowles & Federal in Littleton), for a loop ride on the Platte River Trail, Mineral, Platte Canyon Dr., through neighborhoods, and return to start. Bring a snack and money for an optional restaurant lunch following 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, June 25th **MTB P2, T2 10:45 AM Elk Meadows** Take an easy Thursday lunch ride on the trails here and go for Whipple Tree lunch in Bergen Park. Meet at the Bergen Park PNR.

Saturday, June 27th **FUN-H2-25-W 9:00 AM** Meet *Pete Steel* at the Morrison exit parking lot across from the Conoco. The ride will go Rooney Rd to Golden, east on 32nd then 26th to Garrison then south to Florida to Kipling south to Morrison rd. returning west to Morrison.

MTB P3, T2.5 (in places) 10:30 AM Staunton Ranch State Park. THE RIDE: From high grassy meadows at 8,100 feet to soaring granite cliffs over 10,000 feet, Staunton State Park makes for a great ride. Join ride leader *Dick Plastino* (303-988-5359) and bike trails that will work your tail off. But then you'll be rewarded with a 3 mile downhill on Mason Creek back to the parking lot. This is a dream ride for those weird riders who like to grunt uphill mile after mile. Take US Highway 285 south to Shaffers Crossing, about 6 miles west of Conifer. Turn north on Elk Creek Road and follow the signs 1.5 miles to the park entrance. Carpooling: Meet at The Fort Restaurant just north of Hwy 285 on Hwy 8 at 9:45 AM. There is a park entrance fee of \$7 per car. Parking lot picnic - - just bring the usual artery clogging chips, meats, crackers, desserts, dips and beverages. Bring a chair if you have one.

Sunday, June 28th **FUN-H2-28-NW 9:00 AM** 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 Prospect Park.

FUN-H2-22-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) 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 and each Sunday thereafter until fall. Meet *Doug Schuler* at Cake Crumbs Bakery and coffee shop located at 2216 Kearney Street Denver The May rides will begin at 9:00 a.m. and will start earlier as it warms up. 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 June, July and August start times.

Monday, June 29th **FUN-H1-30-SE 9:00 AM** Meet *Wayne Tomasello* (720-854-8767) at Challenger Park on Lincoln Ave near Jordan Rd. for a ride on the Cherry Creek Trail South to Franktown and back. Most of this ride in on paved bike trails with some dirt road riding. Lunch after the ride at is at The Champa Street Grill.



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

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

2015 Advance Planning Calendar

<p>June 6 Buena Vista Bike Fest bvbf.org Buena Vista, CO</p>	<p>June 27 Vuelta a Keystone www.vueltakeystone.com/ Keystone Village, CO</p>	<p>July 19-25 RAGBRAI ragbrai.org Sioux City, Iowa</p>	<p>September 6 West Elk Bicycle Classic westelkbicycleclassic.com/ Gunnison, CO</p>
<p>June 6 Pedal4Possible https://craighospital.org/pedal4possible Denver, CO</p>	<p>June 27-28 MS 150 Bike Tour nationalmssociety.org/chapters/COC/index.aspx Westminster, CO</p>	<p>July Colorado-Eagle River Ride vailvelo.com Beaver Creek, CO</p>	<p>September 13 Buffalo Bicycle Classic buffalobicycleclassic.com Boulder, CO</p>
<p>June 7 Elephant Rock Ride elephantrockride.com Castle Rock, CO</p>	<p>July 11 Tour de Ladies www.tourdeladies.com Parker, Colorado</p>	<p>August Greenwood Goosechase goosechase.org Greenwood Village, CO</p>	<p>September Ride Westcliffe Adventure ridewestcliffe.com Westcliffe, CO</p>
<p>June 13-20 Ride the Rockies ridetherockies.com Grand Junction to Westcliffe</p>	<p>July 11-12 Triple Bypass teamevergreen.org Evergreen, CO</p>	<p>August 1 Copper Triangle Alpine Classic coppertriangle.com Copper Mountain, CO</p>	<p>September 17-20 Tour of the Vineyards Coloradowinefest.com Palisade, CO</p>
<p>June 13 Pedaling for Parkinson's 34fighting.org Denver, CO</p>	<p>July 12-17 Tour de Wyoming cyclewyoming.org Riverton, WY</p>	<p>August 1-8 CANDISC - Cycling Around North Dakota In Sakakawea Country parkrec.nd.gov/activities/candisc.html Garrison, North Dakota</p>	<p>September 18-20 Mickelson Trail Trek MickelsonTrail.com Custer, SD</p>
<p>June 20 Starlight Spectacular starlightspectacular.org Colorado Springs, CO</p>	<p>July 11 DBTC Summer Picnic dbtc.org Prospect Park, Wheat Ridge, CO</p>	<p>August 2-8 Colorado Rocky Mountain Bike Tour crmbt.com Gunnison, CO</p>	<p>September 18-20 Pedal the Plains pedaltheplains.com TBD, CO</p>
<p>June 20 The Denver Century Ride denvercenturyride.com Denver, CO</p>	<p>July 18 Moonlight Classic moonlight-classic.com Denver, CO</p>	<p>August 16 Circle the Summit (aka Bob Guthrie Memorial Ride) Circlethesummit.com Frisco, CO</p>	<p>September 20-22 Moab Century Tour skinnytirefestival.com Moab, UT</p>
<p>June 21 Sunrise Century www.granfondoguide.com/Events/Index/2671/boulder-sunrise-century Boulder, CO</p>	<p>July 18 Tour de Steamboat rockypeakproductions.com Steamboat Springs, CO</p>	<p>August 15 Tour de Cure diabetes.org Longmont, CO</p>	<p>September 27 Tour de Cure diabetes.org Colorado Springs Area</p>
<p>June 21-27 Bicycle Tour of Colorado bicycletourcolorado.com Gunnison, CO (Gunnison – Durango Loop)</p>	<p>July 18 Breckenridge 100 warriorscycling.com/races/breckenridge-100/ Breckenridge, CO</p>	<p>August 29 Venus de Miles venusdemiles.com Boulder County, CO</p>	<p>October 4 Tour of the Moon tourofthemoon.com Grand Junction, CO</p>
<p>June 24 Bike to Work Day drcog.org Denver/Boulder Metro area</p>	<p>July 18 Stonewall Century spcycling.org La Veta, CO</p>	<p>August 29 CF Cycle for Life http://fightcf.cff.org/site/TR/Cycle/22_Colorado_Denver?frid=2546&pg=entry Highlands Ranch, CO</p>	<p>October 4 Santa Fe Gourmet Classic santafegourmetclassic.com Santa Fe, NM</p>
<p>June 27 Tour de Prairie cheyennecity.org/index.aspx?NID=735 Cheyenne, WY</p>	<p>July 18-20 Courage Classic couragetours.com Copper Mountain, CO</p>		<p>October 17 VeloSwap veloswap.com Denver, CO</p>

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