



1964 - 2014

The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

OCTOBER 2015

Volunteer Recognition Luncheon

*Mama Mia -
It's an Italian Feast*
Saturday, November 14

Doors Open at 11:00 am with cash bar
Lunch Served at 11:45 am, followed by a program



Price:

- \$14 Current Members that register by November 10th
- \$28 Guests and Everyone registered after November 10th
- FREE - Qualified Ride Leaders (5 or more leads)

To register, go to dbtc.org/event-2056580

Menu includes Salad, Penne Pasta, Meatballs, Sausage, Marinara Sauce
Cheese Ravioli, Grilled Chicken, Dessert, Coffee or Tea

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Five Things I Learned About Cycling This Summer

Cyndy Klepinger

1. I need to refuel if I'm riding more than two hours. If I don't, I get tired, irritable, somewhat dizzy, etc. It's not a fun way to end a ride and it's not nice to whine to your fellow riders.
2. Gears are my friends while climbing as well as speeding on a fairly flat section of path or road. I need to remember to shift into my most efficient

- gears in a timely manner – even at stop signs and lights!
3. I need to clearly and loudly call on your left while passing cyclists, runners and walkers – and I shouldn't forgot to look behind before moving over to pass as there's always that fast racer coming up who doesn't say a word as he/she is more important than anyone.
 4. I need to not giggle while

- riding behind a cyclist wearing white shorts. Personally I think white bike shorts should be banned for anyone.
5. I always need to remember that biking is just flat-out fun – even when tackling those hills and hitting head winds. I learned the more time I spent on my two wheels, the happier and less stressed I am. Plus, the increased strength, stamina and endurance doesn't hurt!

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Board Meeting

Any member wishing to attend a Board meeting is welcome. The next meeting date is Monday, October 14 at Southwest YMCA, 5181 W. Kenyon Ave., at 6:30 pm. If you wish to address the Board, contact Kathy Stommel, President, cyclekats@gmail.com or call 719-671-5579 so your topic can be placed

The President's Page

Volunteer Recognition Luncheon

Hey - let's have a party to recognize all the fantastic volunteers that keep the Denver Bicycle Touring Club a rollin' along! In case you haven't heard the annual Volunteer Recognition Luncheon will be held on Saturday, November 14. Doors open at 11:00 am with a cash bar and an Italian Feast will be served around 11:45 am followed by our special program. Our location will be the Holiday Inn at 455 South Colorado Blvd. Come prepared to have a great time!

Registration is now open on the DBTC website and **you must sign up no later than November 10th** to get the reduced Member price of \$14. Guests are welcome at full price of \$28. Remember that DBTC will pick up the tab for any ride leaders that have completed five or more rides during the 2015 season. Contact Patty Gaspar, Director of Ride Activities, if you have any question about your standing.

Elections

The annual election of DBTC Board Members will be conducted during the general membership meeting held in conjunction with the Volunteer Recognition Luncheon on Saturday, November 14. All members in attendance will be given the opportunity to vote. Please help support YOUR club by attending the VRL and casting your vote.

Brief biographies and photos of the Board member candidates are included in this newsletter.



Bike Shop Discounts for DBTC Members

Are you taking advantage of the 10% discount offered by many local bike shops to current DBTC members? Be sure to inquire at your favorite shop on your next visit. Some exclusions may apply, but it never hurts to ask! You can easily make up the amount of your membership dues with just a couple shopping excursions. Check out the list of participating vendors on our website or in the newsletter.

DBTC Jerseys

I have been asked by quite a few members in recent months about the great looking DBTC bike jerseys. We do not carry an inventory but would be happy to place an order IF we get enough orders to meet the minimum quantity of fifteen required by the jersey manufacturer. Please send me an email at cyclekats@gmail.com if you are interested in purchasing a jersey, and I'll get a list started. The exact price won't be known until we are ready to place an order, but my best estimate is somewhere between \$65-\$75.

Happy Trails - I hope to see you all at the Volunteer Recognition Luncheon on November 14!

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. If you share an article from another source, remember we must give credit to that author. If you are a writer who has written an article of interest, we may make you a published author! **The deadline for submitting article is the 20th**, but please send your articles earlier.



Bicycling Tip

On descents, your bike is much more stable when you're pedaling than when you're coasting.

Jason Sumner, Bicycling: 1,100 Best All-Time Tips. Published by Rodale Press.

Cycling on the scenic backroads of Door County

Carol Fortino

It all started with a gift of Door County cherries from Dave Noble a few years ago. He and other DBTC friends like Sally Swartz and Carloyn Bauer told me of



their fabulous trip and I should plan to go one day. I was excited when Kathy and Joe Stommel announced a trip for August 23-August 29; but since most of my friends had already taken this trip, I invited a new DBTC member

and long-time friend Judy Peterson. A couple pre-trip bike rides made sure that she and he group of 22 could get to know each other.

After a two and half day leisurely car trip stopping to see the Danish Windmill in Elkhorn, Iowa, and the unusual House on the Rock in Wisconsin, Judy and I arrived at our hotel that was centrally located in the quaint town of Fish Creek.

The first day required a long 40 mile trek, but who noticed with a stop for a winery tour and tasting followed by a delicious lunch. However, the last five miles for us slower riders was going to be a slog, until Kurt came out of a small store with a slice of cherry pie! That perked us all up and ended a wonderful day.

The week was highlighted by a ferry ride to Washington Island where the cool weather made the day a delight, and folks could cycle as they wished. A few people stopped at Jacob-

sen's Museum to learn about one of the islands most revered pioneers, a scroll-work artist and poet.

Besides beautiful rides to lighthouses and spectacular Cave Point, each night brought something special, such as a traditional Fish Boil dinner or a play at the local playhouse. Our last evening was highlighted by Joe's song that has become a Stommel tradition humorously recounting the foibles of all the riders. In addition, many talent acts were presented by the most unsuspecting of riders. The Swami (played by John) correctly identified the biking term - "a tire" as something colorful worn by a rider. Perhaps he meant Darlene's socks. And now we know where to go in Denver to learn the West Coast Swing thanks to Tim and Jean.

A very special thanks to tour leaders Joe and Kathy Stommel who arranged long trips for fast riders and shorter trips for us who love to bike slow and steady.

Making Colorado #1 in biking opportunities

Governor Hickenlooper recently announced that state of Colorado will commit more than \$100 million to bicycling over the next four years. The announcement was made at a breakfast event held during Interbike, the largest bicycle trade event in North America. Governor Hickenlooper



Denise Chambers/Miles
Colorado Department of Tourism

was the Keynote Speaker at this breakfast and was the first governor ever to speak at the annual biking industry trade show.

In making the announcement, he said, "Our goal is to make Colorado the best state for biking in the country which will help fuel our robust economic growth and tourism industry, move us toward a cleaner environment and advance our goal of being the healthiest

state in the nation."

The Colorado Department of Transportation (CDOT) Commission officially confirmed that **\$2.5 million each year will be prioritized for Safe Routes to School**. Bicycle Colorado and many other Safe Routes to School partners have helped keep this program alive - benefiting students across the state since 2006.

Attend the Volunteer Recognition Lunch and Cast Your Vote

The annual election of DBTC Board Members will be conducted during the general membership meeting held in conjunction with the Volunteer Recognition Luncheon on Saturday, November 14. All members in attendance will be given the opportunity to vote. Please help support YOUR club by attending the VRL and casting your vote.

Meet the Board member candidates

Lin Hark

After trying to ride with the DBTC back in the 70's and finding out I was too slow for the group, I decided to give them another try after I met up with a ride Rex Cole was leading in 1998. I saw his group riding the opposite direction, turned around and rode a short distance with the group and discovered I could keep up with this so called "FUN Ride". Rex soon persuaded me to join DBTC and I have been enjoying the club, its members and many new friends ever since!



I served on the DBTC Board of Directors in 2000 shortly after jumping in with both feet to lead rides, camping trips, ski outings, teach mountain bike clinics, and to instigate members to join tours and self-supported trips with me.

I soon was totally invested in the DBTC as Vice President, Board Member, Wednesday Ride Coordinator and MTB Coordinator and was awarded Ride Leader of the Year twice. Recently, I co-led a tour to Glenwood Springs after OOTT Training and expect to lead many more tours in the future. The club has enriched my life and given me so much over the last 17 years, I feel a need to again give back now that I am retired for good!

I would love to become a member of the DBTC Board of Directors this fall to help oversee the planning of events and steering the club into 2016.

Dick 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 last four years I have been an Aurora Trail Steward helping to maintain safe and attractive open-space facilities.

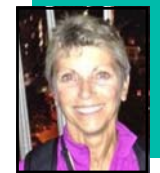


Earlier this year I retired from an 11 year stint at Frontier Airlines and my previous business positions were mostly in aerospace logistics management in California and Virginia.

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

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.

Cyndy Klepinger

After completing my first term on the DBTC, I decided to run again. Our Membership/Marketing Committee has put a lot of energy into attracting new members as well as retaining those we have. I would like to follow through on our efforts and continue to create programming to make the club more viable. I would like to use my marketing and membership expertise to make DBTC as strong as possible.



Some of our Great Bike Adventures This Summer!



It's all smiles on the Door County Tour, August 23 - 29.



Boulder County MTB Fun on September 4!



The famous Watermelon ride on September 19.



DBTCers attend the annual Tour De Fat on September 12.



Tackling the rolling hills of the Fraser Valley on September 9.



Off to Hudson Gardens for a free drink on September 21.

The open road and paths are calling!

We've got a great schedule of events and daily rides to keep you riding. And these rides are just a sampling of what we have to offer! Be sure to check out the rides in your 'hood, pages 6 - 10.

DBTC & BIKEMEISTERS JOINT RIDE

DBTC and Bikemeisters are doing a joint ride on Monday, October 5 from Cottonwood Park. There will be two levels - Fun for 31 miles and "Roses" will determine their distance. See the ride schedule for details.

Depending on the weather, there'll be a picnic lunch at Cottonwood Park after the ride, or the group will eat at a local restaurant. Hopefully, this will become an annual tradition as both groups have a lot of members in common.

MOUNTAIN BIKE OPPORTUNITY FOR ALL LEVELS

On Sunday October 11, Dick Plastino will be sharing his mountain bike expertise at Alderfer/3Sisters in Evergreen. There will be rides for beginners, intermediate and advanced riders! Afterwards, there'll be a parking lot picnic so bring your favorite dish and beverage to share. For more information, see the ride schedule.



Sat., Oct. 17
11am Start
22-mile ride

Post ride pizza
compliments of



See ride schedule for
details on this ride.



BOO!

Celebrate Halloween with an extra scary graveyard ride on Saturday, October 31. The ride visit old Arvada graveyards. Costumers welcome, but not required. There will be a ghoulish lunch afterwards for those who survive this haunting experience! The ride schedule has all the details on where and what time!

DBTC FALL 2015

Fall has arrived already! Rides start later, we wear our fall gear. November/December and January/February are combined show and go schedules, but you are very welcome to post rides of your choosing on the yahoo group and MeetUp – we suggest you use both as not all members subscribe to both. If you would like to post a holiday ride (like Thanksgiving) please contact Patty by the 20th of October.

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	Mileage	Quadrant of City	Departure Time
ROSES - Leisurely	H1 - Flat	This is an estimate -options may be offered	NW	Arrive early enough to unload your bike and be ready to leave at the time shown.
FUN - Comfortable	H2 - Small Hills		NE	
INT - Brisk	H3 - Some Climbs		SE	
ROAD - Fast	H4 - Serious Climbs		SW	
ATB- Unpaved Roads	T1 Beginner to T4 Highly skilled riders P1 to P4 physical conditioning required		W	
MTB - Mountain Bikes				

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.

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@yahoo.com

DBTC Mountain Biking E-Mail List

To join, send an e-mail to: COMtnbikers-subscribe@yahoo.com

Twitter account is @DenverBikeClub – note many members do not tweet.

DBTC Meetup group at <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.

You can join all four 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 either of these Yahoo Groups, Facebook or the MeetUp 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 both the Yahoo Group and to the DBTC webmaster (webmaster@dbtc.org).

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.

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 the information or make a scan of it to: guestrelations@dbtc.org.

Thanks for helping us grow our Club!

October Ride & Event Schedule

Fall Riding Guidelines

Weather:	No thunder, lightning or rain – snow back on the list
Temperature:	Over 40 at start (some riders will limit it to over 50 – see description)
Clothing:	wear layers and SUNSCREEN!!!!!!
Other:	bring water, repair items and a snack

Moab Mountain Bike Weekend Oct. 2,3,4,5

This year's weekend is organized much like it has been in the past. **HOUSING:** We have reserved Watermelon House again for our base for socializing and for 8 of us, for sleeping. There will be one room reserved for those who snorrrrrr!!!!

RIDES: Listed times are wheels on the ground and off riding. Weather can cause a change in departure times.

Friday, Oct. 2 1:30 PM. Ride in the Bar M network of trails. Two rides, one led by **Mary Kay Engle** and the other ride led by **Jeff Baysinger**.

Saturday, Oct. 3 9:30 AM ride Amasa Back. This is a favorite out and back ride which we have ridden and enjoyed in the past. **Mary Kay Engle** will lead one group and **Darrell Deering** will lead another group. There are variations which can be taken adding to the degree of difficulty. Since this is an out and back, some riders may choose to turn back before reaching the end.

Sunday, Oct. 4 9:30 AM. Ride in the Magnificent 7 area. This area has a network of trails so one group led by **Mary Kay Engle** can go one direction and another group led by **Jeff Baysinger** can go another. Likely no Poison Spider this year, but who knows?

Monday, Oct. 5 9:30 AM. Ride in the Klondike Bluffs area as we drive out of town back on our way to I-70. This is our last ride before saying good-bye to Moab for another year. There might be two options again depending on the number of riders and interests of the riders.

SOCIAL HOURS: will be held daily at Watermelon House after the rides and before dinner. Everyone will be asked to bring along drinks and snacks to share.

DINNERS: dinners on Friday and Sunday will be at restaurants. The group can decide on a particular restaurant or break into smaller groups at different restaurants. Dinner SATURDAY will be a group dinner at the Watermelon House. Main dish will be salmon, like last year, with all the fixings provided. There will be a cost per person of about \$10 for the dinner. This will include soup to nuts to dessert.

Saturday, October 3

FUN/INT-H3-25 NW 9:45 AM. Meet Jeff Krinsky (720-373-9107) for the award winning Tour De Boulder ride that includes an amazing JUGGLING and Magic presentation. This year magic has been added and the date has been moved to October from Labor Day. The ride will concentrate on the Boulder Creek, Skunk Creek and Bear Creek paths that are pretty flat but we will also take Boulder Creek a little ways up into the foothills before we turn around. The adventure begins at the parking lot near the jungle gym rocket at Scott Carpenter Park in Boulder at the SW corner of 30th ST and Arapahoe Avenue. The first twelve attendees get to ride for free!!!

Sunday, October 4

FUN-H2-25-SE 9:00 AM MT NEBO! Meet **Gaar Potter** (303-691-0938) at Eisenhower Park Rec Center (SE Corner of Dartmouth and Colorado Blvd). We will ride to 3 cemeteries and place a stone at Mt. Nebo. We also visit Hampden Hts. Cemetery, Fairmount Cemetery and Lowry. You won't believe the SNEAKY way we get to Hampden Hts. Cemetery!

INT-H2-25+-NE *8:30 AM NOTE TIME CHANGE Meet 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.

Monday, October 5 - BikeMeisters/Denver Bicycle Touring Club (DBTC) Ride

FUN-H1-31-SE 10:00 AM— Meet **DBTC President Kathy Stommel** (719-671-5579), **Ken Decker** (303-773-0137 (h), 303-619-8156(c) and **Karen Kreifels**, 303-619-7133(c), at Cottonwood Park to ride the South Cherry Creek Trail. Cottonwood Park is located north of E-470 and Parker Road or East on Cottonwood Drive from Jordon Road. Go north on Apache Plume Drive. After about 1/10th mile, turn right into the park opposite Green Grass Way.

We will ride south on the Cherry Creek Trail (mostly paved) and back with no big hills for a total of 31 miles. Depending on the weather, we'll either have a picnic lunch at Cottonwood Park or eat at a local restaurant.

"Roses"-H1-TBD 10:00 AM The "Roses" riders are invited to join the BikeMeisters *Take-it-Easy* group starting at the same time and place. The distance and pace will be determined by the group.

Wednesday, October 7

FUN/INT-H1-20-NW 10:00 AM Welcome a new Ride Leader **Sue Knight** (720-302-3167)! She is doing a **Tour of the Lakes** meeting at the boat house (north side of lake). We will circle Sloans and then head to Crown Hill, back to Berkeley Park and swing by Rocky Mountain Lake and then back to Sloans. Lunch is in Edgewater.

"Roses" H1-20 SE 10:30 AM Meet **Clint 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 the fabulous fall colors! Bring a snack and money for lunch after the ride. Please arrive early, as we will leave at the designated time.

Saturday October 10

FUN/INT-H2-24-NW 10:00 AM Meet **Jeff Krinsky** (720-373-9107) for an exciting **SAY GOODBYE TO SUMMER** 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.

Sunday, October 11

FUN-H2-26-SE 9:00 AM Meet **Ellen Fitzpatrick** (720-209-2269) at Eisenhower Park Rec Center (SE Corner of Dartmouth and Colorado Blvd). We will bike the unpaved portion of the Highline Canal through Greenwood Village to the Goodson Recreation Center and beyond, crossing Broadway, catching the Lee Gulch Trail for a short distance to the Platte River. From there we will head North, stopping for refreshment at the Hudson Gardens rest stop before continuing on to Dartmouth and back to our start. Half of the ride is sand/gravel and half paved, so no skinny tire bikes please. A hybrid or cross bike is recommended. The fall foliage should be good.

INT-H2-25+-NE 8:30 AM - NOTE TIME CHANGE Meet 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.

MTB, P2-3, T2-3, 11:00 AM, Alderfer/3 Sisters in Evergreen. Join **Dick Plastino** (303-988-5359) who will guide differing levels of riders on A) easy to B) intermediate to C) advanced trails. **Ride A** – For recreational/fun riders, the easier north side trails and return to the parking lot on Ranch View. **Ride B** – For the somewhat compulsive riders, the north side trails plus East Evergreen Mountain Trail and West Evergreen Mountain Trail. Skip the top loop. **Ride C** – For the hard core compulsive/fanatic riders do it all including the top loop on Evergreen Mountain. **Directions:** Go to the signalized "T" intersection in downtown Evergreen, then south on Hwy 73 for ½ mile to another signal, turn right (west) on Buffalo Park Road for 2.2 miles and enter the upper parking lot behind the bright yellow house in the meadow. **Food:** Parking lot picnic. Bring lots of food and beverages plus chairs and tables. We really need tables to be high class and not eat food off the ground like animals.

Wednesday, October 14

FUN-H2-22-NW 10:00 AM Meet **Merri Bruntz** (303-517-9781) at Prospect Park (44th & Robb St) for a loop ride to Golden via the Clear Creek Trail and back to Sloans Lake through Wheat Ridge neighborhoods as well as the trail to the park.

"Roses" H2-15-SE 10:30 AM Meet **Judy Deist**, 303-841-4792/303-841-4792, Cell 303-906-4305/303-906-4305 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. Shorter, less hilly option available. Bring a snack and money for a restaurant lunch after the ride.

Thursday, October 15

MTB T1, P2, approx. 14 miles, Highlands Ranch Backcountry Trails. Meet **Steve Thomas** (303-419-2531) at 9:30am to explore the numerous trail options available at the far south end of Highlands Ranch, including a portion of the Douglas County East-West Trail. All of the trails are smooth single track with no rocky areas, just lots of twists and turns and a few short climbs. We will meet at Pronghorn Park in Highlands Ranch. Go south on Broadway to Wildcat Reserve Pkwy. Go right on Wildcat Reserve and take the first left, Wethersfield Way. Go south on Wethersfield a short distance to Pronghorn Park, which will be on the right.

Saturday, October 17

FUN-H2-22-SE 11:00 AM Meet **Dick Shelton** (720-934-9824) at Treads Bicycle Outfitters (16701 E Iliff Ave, Aurora 80018 - near the intersection of Iliff and Buckley) for a Fall Celebration ride around Cherry Creek State Park including a visit to the new trail underpass at Arapahoe Road. Note the start time is later than usual to accommodate post ride refreshments at Peak to Peak Taproom (receive \$1 off your first pint) and a slice of pizza courtesy of Treads.

MTB, P2-3, T2-3, 11:30 AM, Mule Deer trail - Golden Gate Canyon State Park Meet at the Visitor Center 92 Crawford Gulch Rd \$7 parking Fee. get your pass and then we can park above Kriley Pond - I'll have maps for everyone. Options - the mule deer trail is 7.4 miles (we will start from the pond and ride Blue Grouse to the start of Mule Deer so it a bit longer) and there are other trails if you want to extend the ride. Some tough spots but very doable- just gorgeous!!! Refreshment - lets picnic at the pond. Contact information - 720-644-7189 cpw.state.co.us/placestogo/parks/GoldenGateCanyon has directions and trail descriptions.

Sunday, October 18

FUN-H2-24-SW 10:00 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. We'll also ride up the hill at Chatfield. Optional lunch is afterward at Merle's Restaurant on Main Street, within 3 blocks of the starting location.

INT-H2-25+-NE 8:30 AM - NOTE TIME CHANGE Meet **Cyndy Klepinger** (303-725-1565) 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.

Wednesday, October 21

FUN/INT-H2-25-West 10:00 AM Meet **Patty Gaspar** (303-618-5069) behind Beau Jo's in Idaho Springs. We haven't ridden for Idaho Springs to Georgetown all summer. It needs to be at least 50 and nothing coming from the sky for this ride. If it's cold up there and warmer in the city then we will **ride** from Bear Valley – we'll figure it out then – watch yahoo and MeetUp for changes or just call or email ridecoordinator@dbtc.org to double check.

"Roses" H1-15-SE 10:30 AM Meet in the shopping center on the northeast corner of Parker Rd and Quincy Ave, Aurora; park away from the stores. We will ride trails and roads within Cherry Creek State Park, observing boats, birds and other bikers, avoiding the hills near the dam, total of about 15 miles. Bring a snack, and money for lunch, optional, at Emerald Isle. **Jean Stevenson**, H. [303-699-5135](tel:303-699-5135), c. [303-349-1596](tel:303-349-1596). Do not call after 9 PM or before 7 AM.

Saturday, October 24

FUN-H2-25-W 9:00 AM Meet **Pete Steel** 303 979 4634 at the Morrison exit from C470 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, P2-3, T2-4, 11:00 AM Hall Ranch, Lyons, CO Take a ride through a park hit hard by the September 2013 floods. The circular route will start from the Lyons town park, up Hwy 36 to find Apple Valley, then Antelope Trail, a tour of the park, and a descent through the treacherous rock gardens toward Hwy 7. Estimate about 7 miles on park trails, 4 or road. Stop for refreshing at the nearby Oscar Blue's brewpub afterward. **Jeff Baysinger** 303-969-9241

Sunday, October 25

FUN-H3-25-SE 9:00 AM South Cemeteries Meet **Gaar Potter** at the Eisenhower Park Recreation Center Parking lot (SE corner of Colorado Blvd and Dartmouth) to cap off your DBTC Funride season with a brisk ride to Littleton Cemetery to pay respects to Alferd Packer and to Chapel Hill Cemetery because....well....it's a Cemetery! I will try to have you home safe by Noon.

INT-H2-25+-NE 9:00 AM - NOTE TIME CHANGE Meet **Cyndy Klepinger** (303- 725-1565) 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.

Wednesday, October 28

FUN-H2/H3-25 SW 10:00 AM DBTC WILL BUY COFFEE – at the library. We'll end the season with a ride through some beautiful fall colors. Meet **Patty Gaspar** (303-618-5069) behind the McDonald's at Sheridan and Hampden. We'll head to the Tech Center on various trails. We have to climb some hills and there are sections on the Highline Canal (pea gravel), and then we'll have our morning latte and loop back to Bear Valley. It is a beautiful ride and we get have a wonderful downhill back to Bear Valley. Lunch is in Bear Valley. Over 50 and nothing fall from the sky for this ride to go.

"Roses" H1-15to20-SW 10:30 AM Meet **Melba Bouquet** 720-493-0564, CP 303-549-6156, at Carson Nature Center, for a ride on the Platte River Trail, (or a loop ride on Platte River Trail, Dry Creek Trail, Highline Canal, Lee Gulch) Carson Nature Center is west of Santa Fe and Mineral Carson Nature Center, turn L (north) onto Platte River Parkway, then L (west) onto Carson Dr opposite the entrance to Aspen Grove. Bring a snack and money for lunch at a nearby restaurant. Shall we try the new Breckenridge Brewery?

Saturday, October 31^s

FUN-H2-55-SW 9:00 AM OVERCONSUMPTION, OVERPOPULATION SPRAWL RIDE, aber mit wunderschönen Aussichten **Jeff Messerschmidt** (303-904-0573, leave message). Starting near the King Soopers pharmacy drive-through at Kipling and Belleview (9820 W Belleview Ave Littleton, CO 80123), we'll ride to Daniel's Park. Tired? Bad weather? Lonesome pets? No problemo, we can turn back at will.

FUN-H2-22-NW 10:00 AM Extra Scary Halloween Graveyard ride, meet **Jeff Krinsky** (720-373-9107) at Arvada park and ride, NW corner of Wadsworth Blvd and 55th. The ride will be extra scary this year as Halloween falls on the exact day of this tour of old Arvada graveyards. We will also look for the first and second largest pumpkins in Colorado like we discovered on the graveyard tour last year. Costumes are welcome but not required. There will be a ghoulish lunch afterwards for those who survive this haunting experience!

MTB, P3, T2-4, 10:45 AM Green Mtn and Zorro. We will start at Hayden Trailhead 13851 West Alameda Pkwy, Lakewood. We will do the Summit Loop then descend the Rooney Trail to the parking lot on Rooney Road. We will then make a climb up Zorro to the saddle on Dakota Ridge as an out and back. We will return to the Hayden Trailhead via the Mid Mountain trail. Lunch afterwards is at Talk of Thai. **Russ Peterson** 720 299 8269 A very scary adventure, not a morning for the faint hearted.

One Final Ride: Help celebrate Lin Hark's Birthday

Wednesday, November 4

Lin's Birthday Ride FUN-H1 0 or 18 or 20 or 25 up to 67 Central 8:00 AM or 10:00 AM or 1:00 PM Meet **Lin Hark** (303 578-9369) at the City of Cuernavaca Park OR at REI (Directions to Parking: exit I-25 at 23rd Ave., drive past REI and continue north on Platte St about 5 blocks, under the overpass, to the parking lot.)

STAGE 1 FUN-H1-18-Central 8:00 AM Meet Lin at City of Cuernavaca Park FUN/Leisure morning riders will meet at 7:45 AM for an 8:00 AM start for the morning 18 miles. Hardy riders can brave the morning chill for a short brisk ride out and back North on the Platte River Trail to arrive at REI for a quick break before stage 2 at 10:00 AM.

STAGE 2 FUN-H1-16-Central 10:00 AM Meet Lin at REI Flagship Store's sunny porch for the second stage of her birthday ride. Ride out on Cherry Creek Trail to Cook Park Rec Center and back to REI for lunch. Park at City of Cuernavaca Park and ride to REI to meet no later than 10 AM.

LUNCH CELEBRATION 12:00-1:00 PM Lunch at Starbucks Meet your DBTC friends at REI hopefully out on the deck in the sunshine, but if the sun is not shining we can go inside Starbucks to warm up. If you aren't riding anymore but just want to join the fun just come for lunch! Or do your own ride from home and meet at REI for lunch.

STAGE 3 FUN-H1-28-Central 1:00 PM Start with Lin from REI for the last leg going South on the Platte to Carson Nature Center and back. Riders who choose to do only the afternoon ride can come at 12 PM to join the group for lunch before riding the afternoon 28 miles (or turn around whenever you like). Bring layers of clothes, water, snacks, lunch to eat at REI at 12 PM (or you can buy a sandwich at Starbucks or Vitamin Cottage) a lock and money for lunch.

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

ON THE SNOW: WEEKDAY SKIING WITH DBTC!

Sue Frakes and Lin Hark will be skiing weekdays at Loveland this season. Join them the second Thursday of each month for Ski Hooky Days. Other ski days will be posted to the Colorado Bicyclist Yahoo Group and Meetup. To get notices, send an email to colorado bicyclist-subscribe@ yahoo groups.com.

Mark your calendars : **Thursday, December 10th - Downhill Ski Loveland with Sue Frakes and Lin Hark**. Meet Sue and Lin at 8 am inside the El Rancho McDonald's (I-70 exit #252, cross over the highway, turn left at the light and left into the Wal-Mart parking lot. Park at the west end of the Wal-Mart lot just outside the McDonald's lot).

Please RSVP to Sue (cell phone 303 910-8206 before 9 pm or after 4:30 am) or Lin (303 578-9369 cell) to let them know you will be coming and where you will meet the group.

They plan to break for lunch at 11:30 am in the upper level near the cafeteria if you want to join us.



WELCOME

Here are those who joined or renewed their DBTC membership during the month of August

New

Larry Bush
Polly Everhart
Mike Schuh
Dale Tremont

Renewals

Cheryl Ames
Andree Vetter
Jimmie & Nancy Pribble
Neil & Jan Scanlan
Sandra Soule
Alison Preble
Kurt Koerth
Susan Larson
Diane Minka
Stephen Ingraham
Luke (Andy) Glazar
Anne Gerleman
Lise Neer

ADVANCE PLANNING CALENDAR

October 3
Tour of the Moon
tourofthemoon.com
Grand Junction, CO

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

October 24
VeloSwap
veloswap.com
Denver, CO

A bicycle can't stand on its own because it is two-tired.



© grammarly

CLASSIFIEDS

Looking for Small Women's Jersey

Donna Brosh donnabrosh1@gmail.com is looking for a small women's jersey. If you are moving, got a new one or changed sizes she will be glad to make a deal.

Tandem For Sale

1991 Santana Arriva road tandem. Frame verticals are 62 and 56 centimeters. Current owner's heights are 5'9" and 6'1". The bike is in very good condition. It has fairly new, high quality, saddles and shock absorbing seat post for stoker. Tires are top quality Continentals. Shimano step-on pedals for each position. There are front and rear racks for panniers. Drum brake with separate control lever. Yakima tandem carrier bar for a roof rack included. Price \$600. Contact Lucy Michel, 850-529-8683 (cell) or lamichel14@comcast.net.



Bicycling Tip

Two easy (and most overlooked) ways to improve your bike's performance: Inflate the tires before every ride, and keep the chain lubed.

Jason Sumner, Bicycling: 1,100 Best All-Time Tips. Published by Rodale Press.

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?

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
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

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 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
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
3234 S WADSWORTH BLVD
LAKEWOOD CO 80227
303-781-1162
treads.com

