



Newsletter of the Denver Bicycle Touring Club

The Colorado Bicyclist

April 2011

STEAMBOAT MEMORIAL DAY TOUR

May 27-30, 2011

120-160 miles/3 days – Options for more mileage

Rating: Intermediate to Advanced Intermediate with shorter options

Cost \$175

Bicycle in the magnificent Steamboat Springs, Colorado valley and the surrounding mountains. Drive up on Friday then we'll ride over 20 Mile Road to Oak Creek on Saturday. For those who just have to have more exquisite riding, there is an option to add the Yellow Jacket Pass loop. This is a 55 - 60 mile day with some surprising elevation. We will do Rabbit Ears Pass on Sunday which can be anywhere from 35 – 65 miles. Some folks may want to do a shorter day and ride the Yellow Jacket Pass to Oak Creek route. It is not part of the scheduled tour, but the ride up to Gore Pass could be done on your own. Monday will be the Clark/Steamboat Lake ride. This is an out and back that will allow people to turn around as needed for their plans to return home. Trip can be moderate to advanced / moderate depending on the routes you choose. Maps will be provided for all noted routes. If there are weather considerations, we may switch routes.

On Saturday from 4:30 pm to 5:30 pm there will be a social hour at the Nordic Lodge. There are usually some snacks left over, so we will finish them off on Sunday. All other meals are on your own. This tour is not sag supported, so be sure you have all the tools you need for any tire or bike repair – and plenty of food, water and clothes for the weather conditions.

Tour Leader: Diane Short For more information contact Diane @ 303-763-9874 or email dianbike@eazy.net Please fill out the DBTC OTT Registration form and Medical form that is available online at www.dbtc.org and send with your check for \$175 made out to Diane Short (Not DBTC). If you are not yet a member of DBTC, please fill out membership forms and mail those with your dues to the DBTC treasurer.



Dale Trone won KQMT 99.5 FM "The Mountain's" Panera Catered Lunch Party contest!

...and has invited the Wednesday riders to join him on April 27th—see the schedule for ride details. Breaking bread has a way of bringing people closer together. And, when the food comes from Panera Bread, you can be sure it's as fresh and tasty as if you had made it yourself.



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Newsletter Mailing Group Carolyn Bauer cmb8030@comcast.net	303-740-8491
Photo Gallery Jeff Krinsky photogallery@dbtc.org	303-543-1320

Board Meeting

Any member wishing to attend a board meeting is welcome to attend. The next board meeting is Wednesday, April 6th at Perkins Restaurant, 1995 S. Colorado Blvd. If you wish to address the board, contact the secretary, Jeff Krinsky: secretary@dbtc.org or 303-543-1320 so that your topic can be placed on the agenda.

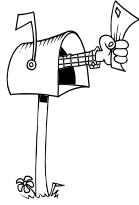
Fraser February Ski and Snowshoe Weekend

Thirteen lucky club members spent a fabulous weekend Nordic skiing and snow shoeing in the Fraser area the last weekend of February. We continued our streak of fabulous weather and snow conditions to everyone's delight.

Highlights of the trip included:

- a 10 mile ski in Snow Mountain Ranch on Friday with some nice downhill gliding and very few other skiers;
- wandering around the incredible Fraser Experimental Forest including lessons from our ski pro from Michigan on how to tuck on the downhill;
- great skiing at Devil's Thumb including the leader's incredible fall on (I'm not kidding) Death Falls;
- much great food and drink;
- and, most important, an interesting group of people.

This trip is a great one, and we're planning to do the fourth annual one in 2012!



NEWSLETTER VIA EMAIL...

The newsletter is available by email. If this works for you, send your email address to: webmaster@dbtc.org.

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 10th, but please send your articles earlier.

Fruita Spring Getaway, May 14-18, 2011

Wild trails in remote canyons

Jeff Baysinger

Yes, the winter was long enough! Yes, now is the time to start getting out. Now is the time to set a goal. A goal to do longer rides this year, as those longer day rides feel so worthwhile. So, now is the time for your planning. Here is an opportunity to meet that goal. A call for wild dirt trails beckons!

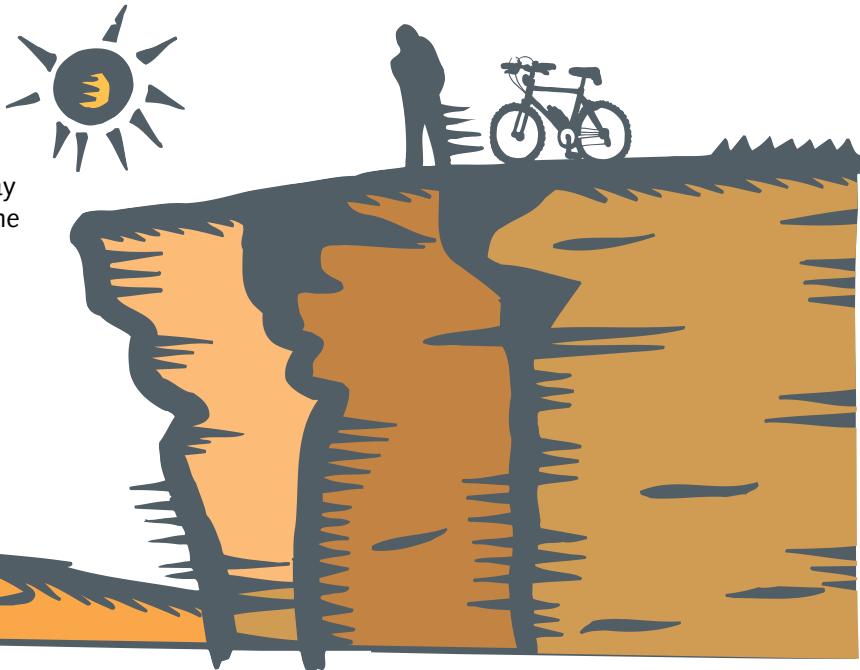
Once again, you can join your single track-riding comrades for a fun weekend near Fruita, Colorado. Trails will be explored in all four directions. Where you stay is your option, but many are expected to be camping in the Colorado National Monument.

Here are the ride details. Arrive to the Grand Junction vicinity by Saturday afternoon to meet the group.

- A first ride starting at 1:00 PM is at Tabeguache trails. The trailhead is about 1 mile from the east entrance to the monument. Join the campout that evening or find your own hotel.
- On Sunday, the group will find the Western Rim trail west of Fruita for a ride start about 9:45 Am. This is the fabled Rabbit Valley trails.
- On Monday, letting the weekend dust settle riders will do the Road 18 Area trails north of Fruita. This is a morning ride, allowing you to finish about noon and return home that afternoon.

But wait, there is more for the adventurous, if that meets your liking.

- Tuesday will find the few, the proud, and the strong riding the full Colorado National Monument Loop.



This thrilling road type ride is a must for everyone to do at least once in his or her life. This asphalt surface ride is about 34 miles long with 2800' of elevation gain.

With 4 solid days of riding under your belt, your plans for getting into summer condition are going to be realized. But wait, there is even more!

- If you can stay around one more day, Wednesday will find you doing a new trail exploration. This day you will be exploring the one, the only, the enticing Flight of Icarus trail. This trail is normally open until about June 1. The trailhead is off the Douglas Pass Road northwest of Fruita. A car shuttle will be set-up. Those exploring this trail will find themselves riding along 500' sheer Book Cliffs and then flying down knife-edges. This is dependent on spring weather, as this ride is higher in elevation. There is an alternative trail by Palisades. However, the day is so close to June 1 that our expectations are high.

So now, here is the reckoning. For the few, the proud, the dusty trail riders, if you can do all these 5 days, you are ready for long summer day rides. To verify attendance, contact Jeff Baysinger at 303-969-9241. Group camping plans must be made by May 10th. Hiking is always an option during the 5 days for those who want to explore "hike only trails" in the Colorado National Monument.

Enchanted Tour:

Saturday, June 4 – Sunday, June 12, 2011

Full, but names are being accepted for a waitlist. If you would like to join us on a trip through the Enchanted State of New Mexico, contact John Campbell at john@ondenverplace.com.

2011 DBTC Activity and Tour Calendar

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

May 13–16, 2011

Santa Fe Century

Trip Type: Road Biking
Lodging: Hotel
Location Details: Santa Fe, NM
Contact: Rich Olver,
richolver@comcast.net
Status Open

May 5–9, 2011

Moab Spring Tune-up

Trip Type: Road Biking, Mtn Biking
and/or Hiking
Lodging: Hotel
Location Details: Moab, Utah
Contact: Ellen Chilikas,
outdoorsdiva@yahoo.com
Status: Open

May 30 Memorial Day Picnic at Prospect Park

44th Ave & Robb St., Wheat Ridge, CO

May 27–30, 2011

Steamboat Springs

Trip Type: Intermediate Road Biking
Lodging: Hotel
Location Details: Steamboat Springs, CO
Contact: Diane Short, dianbike@eazy.net
Status: Planning

June 4–June 12, 2011

The Enchanted Tour

Trip Type: Road Biking
Lodging: Hotel
Location: Santa Fe, Los Alamos
& Taos, NM
Contacts: John Campbell, jwc@rmi.net
Ellen Chilikas,
outdoorsdiva@yahoo.com
Status: Open

July 16 Summer Picnic

Bear Creek Lake Park (Near Morrison)
Lakewood, CO

August 28–Sept 2, 2011

Saratoga Sojourn

Trip Type: Intermediate Road Biking
Lodging: Hotel
Location Details: Saratoga, WY
Contacts: John Campbell,
jwc@rmi.net and
Richard Gieseler,
rgizler@gmail.com
Status: Open

September 17 Front Range Metric Century at Golden Lions Park

November 12

DBTC Volunteer Recognition Dinner

Holiday Inn Select
Denver

December 31, 2011–Jan 3, 2012

3rd Annual New Year's Pajama Party

Trip Type: Ski, snowshoe
Lodging: Leadville Hostel
Location Details: Leadville, CO
Contact: Ellen Chilikas,
outdoorsdiva@yahoo.com
Status: Planning

Visit DBTC.org and click on "Tours" for updates on the trips.

SARATOGA SOJOURN

Sunday Aug. 28– Friday Sept. 2, 2011

Saratoga, Wyoming is located approximately 245 miles and about 3 ½ hours North of Denver surrounded by the Medicine Bow National Forest and home to the Snowy Range. We will be staying at the Saratoga Resort and Spa, which features private mineral Hot Springs.

The trip includes 5 nights lodging with double occupancy, continental breakfasts, several happy hours; a pre-trip get together and a farewell get together. All of this is affordably priced at \$375.00 per person. To join this trip, please send your deposit check in the amount of \$ 150.00 made out to Richard Gieseler, 232 West 4th. Avenue, Denver, Colorado 80223. Also, please include the Out Of Town forms (Liability Waiver, Registration and Medical) located on the DBTC web site at {www.dbtc.org/OTT-Index.aspx} The trip deposits are transferable but not refundable. If you have someone that you would like to room with, please indicate that on your form that you send in. Otherwise, we will work to find you a roommate.

All rooms are on a first come first served basis. Final payment will be due by June 15, 2011.

The trip will include 3 out and back rides. One will leave from our hotel and go to the town of Encampment and back 40 miles round trip with rolling hills. The second ride will begin at the town of Centennial on the East side of the Snowy Range with an altitude gain of approximately 2,500 feet and about 30 miles round trip. The third day will be a hike led by Richard in the Snowy Range or you can use it as a free day to explore the area on your own. The fourth day will be from the Brush Creek campground up the West side of the Snowy Range for approximately 32 miles round trip with an elevation gain of approximately 2,300 feet. Riders are expected to ride at an Intermediate pace. For more information you can contact John Campbell at jwc@rmi.net or 303-797-0250 or Richard Gieseler at rgizler@gmail.com or 303-722-1475

Santa Fe Century, May 13 to 16th

The Santa Fe Century has been the opening supported ride for many Denverites for many years. This year I'm organizing a carpooling trip, to Santa Fe, NM. The proposed details go like this: Leave Denver on Friday, May 13th, or Sat May 14th. (Up to you) Head south to Santa Fe (About 6 hours)

There are a couple options for lodging in Santa Fe. I like to stay at the nice hotels in the center of town. But they are a bit pricey. I also know of much cheaper condos located near the start of the ride. It's your decision as to where you stay, but please contact me before you make your own reservations. As trip leader, I'll try to match roomies and car poolers.

Sunday is the ride. There are 25, 50, or 75 mile rides, in addition to the Century. The ride is mostly flat, as it all takes place on the plains south of town. (in fact, wind is always a larger concern than the climbs. Except for Heartbreak hill. The steepest 1/4 mile that you'll ever ride up) SFC is also one of the most inexpensive rides around. Century: \$21 25 mile ride: \$13.

And they don't sell out, so you can register the morning of the ride, if necessary.

Friday and/or Sat, we can sight-see around Santa Fe. If this is your first time, that's not enough time, but you can make a dent in it. Don't bring lots of cash if you're

a compulsive art buyer. If you have landscaping projects this year, then Jackalope is a must visit. After the ride on Sunday, we'll head north to Ojo Caliente Hot Springs. Ojo Caliente is a resort and spa. The original Mission Hotel is on the National Registry of Historic Places. The other rooms are in newer Pueblo style buildings. If you looked up 'rustic Southwest Hot Springs' in the dictionary, there would be a picture of Ojo Caliente. It's impressive. After a long day in the saddle, soaking in the outdoor pools will be heaven. Since it's a spa, massages, etc. will be available.

Monday morning we'll get up, leisurely take another dip in the pools, then travel over to Taos for lunch and shopping opportunities. When too much fun has been had by all, we'll head back to Denver.

Web sites are www.santafecentury.com; ojospa.com

The above is what the trip leader has planned. Not everyone can take off Friday and/or Monday.

If you contact me, then we should be able to make arrangements to meet for part of the trip. Perhaps you wish to drive to Santa Fe on Sat morning, and return with us through Ojo Caliente. Contact me and we'll see if we can't make it work.

Rich Olver: 303-888-6118 (no texts-it won't work)
richolver@comcast.net

DBTC SPONSORING SHOPS

DBTC members receive a 10% discount off purchases (excluding bicycles and sale items) at these sponsoring retailers.

ARAPAHOE CYCLERY
6905 S BROADWAY UNIT 169
LITTLETON, CO 80122
303-797-1858
arapahoecyclery.com

ARVADA BIKE COMPANY
6595 WADSWORTH BLVD
ARVADA, CO 80003
303-420-3854

BICYCLE PEDAL'R
2030 E. COUNTY LINE ROAD
LITTLETON, CO 80126
303-730-8038
BicyclePedalr.com

BIG KAHUNA BICYCLES
8246 W BOWLES AVE
UNIT 2
LITTLETON, CO 80128
720-981-5199
bigkahunabicycles.com

Includes 10% discount on bikes!

BIKE SOURCE
*2690 E COUNTY LINE RD
LITTLETON, CO 80126
303-221-4840

*2665 S. COLORADO BLVD
DENVER, CO 80222
303-759-5099
bikesourceonline.com

CAMPUS CYCLES
2102 SO. WASHINGTON ST.
DENVER, CO 80210
campuscycles.com

CYCLE ANALYST
722 S. PEARL St.
DENVER, CO 80209
cycleanalystinc.com

DERBY BICYCLE CENTER
410 EAST 104TH AVE
THORNTON, CO 80233
303-288-4100
derbybicyclecenter.com

ECHELON SPOKES & SLOPES
297 N. Hwy 287, Ste 110
Lafayette, CO. 80026
303-604-1825
echelonspokesandslopes.com

FOOTHILLS CYCLING
11651 W. 64th AVE.
ARVADA, CO 80004
303-420-0815
foothillscycling.net

GOLDEN BEAR BIKES
290 NICKEL STREET
BROOMFIELD, CO 80020
303-469-7273
goldenbearbikes.com

GREEN MOUNTAIN SPORTS
2950 S BEAR CREEK BLVD
LAKEWOOD, CO 80228
303-987-8758
greenmountainsports.com

LITTLETON CYCLERY
2640 W BELLEVUE AVE
UNIT F SUITE 100
LITTLETON, CO 80123
303-798-5033
littletoncyclery.com

PEAK CYCLES
801 14TH ST, SUITE B
GOLDEN, CO 80401
303-216-1616
BikeParts.com

SCHWAB CYCLES
1565 PIERCE ST
LAKEWOOD, CO 80214
303-238-0243
schwabcycles.com

Restrictions: No discount on Shimano and Campagnolo

SPORTS PLUS
1055 S GAYLORD ST.
DENVER, CO 80209
303-777-6613
sportsplusdenver.com

CHERRY CREEK VELO
1435 S. Holly
DENVER, CO 80222
303-691-5650
25% off Sampson Pedals
10% off bikes and parts

THE GOLDEN BIKE SHOP
722 WASHINGTON AVE
GOLDEN, CO
303-278-6545

TREADS BICYCLE
OUTFITTERS (3 locations)
*10831 S. CROSSROADS DR.
PARKER, CO 80134
303-690-2900

*16701 E ILLI AVE
AURORA, CO 80013
303-750-1671
*3234 S. WADSWORTH BLVD
LAKEWOOD, CO 80227
303-781-1162

WESTSIDE CYCLING
& MULTI SPORT
7310 W COLFAX
LAKEWOOD, CO 80214
303-237-1115

2011 Advance Planning Calendar

April 28 – May 1 Fruita Fat Tire Festival emgcolorado.com Fruita, CO	June 11-12 The Denver Century Ride denvercenturyride.com Denver, CO	July 17-22 Tour de Wyoming cyclewyoming.org Worland, WY	August 13 Stonewall Century Ride spcycling.org La Veta, CO
April 30 Fort Collins Cycling Club Spring Warmup Ride fccycleclub.org Fort Collins, CO	June 11-17 Ride the Rockies ridetherockies.com Crested Butte – Georgetown	July 23 Colorado-Eagle River Ride vailvelo.com Beaver Creek, CO	August 20 Circle the Summit (aka Bob Guthrie Memorial Ride) Circlethesummit.com Frisco, CO
May 14 Tour de Cure diabetes.org Woodland Park, CO	June 18 Sunrise Century bikerelli.com/ Sunrise_Century Boulder, CO	July 23-30 RAGBRAI ragbrai.org Glenwood, IA	August 20 Tour de Cure diabetes.org Boulder County Fairgrounds
May 15 Community Classic Bike Tour McKeefoundation.com Loveland, CO	June 19-25 Bicycle Tour of Colorado bicycletourcolorado.com Central City-Steamboat Springs Loop	July 24 (Tentative) Durango Century durango100.com Durango, CO	August Blue River Century & Metric Century bluerivercentury.com Summit Co, CO
May 15 Santa Fe Century santafecentury.com Santa Fe, NM	June 22 Bike to Work Day drcog.org Denver Metro area	July The Colorado Peace Ride ThePeaceRide.com Durango, CO	August 21 Deer Creek Challenge deercreekchallenge.com Wadsworth @ Deer Creek Canyon Rd, CO
May 21 Buena Vista Bike Fest bvbff.org Buena Vista, CO	June 25 Tour de Prairie cheyennecity.org/Document View.aspx?DID=3562 Cheyenne, WY	July 23-25 Courage Classic couragetours.com Copper Mountain, CO	August 28 Venus de Miles venusdemiles.com Longmont, CO
May 28-30 Iron Horse Bicycle Classic ironhorsebicycleclassic.com Durango, CO	June 25-26 MS 150 Bike Tour nationalmssociety.org/ chapters/COC/index.aspx Westminster – Fort Collins	August 6 Copper Triangle Alpine Classic coppertriangle.com Copper Mountain, CO	September 11 Buffalo Bicycle Classic buffalobicycleclassic.com Boulder, CO
June 5 Elephant Rock Ride elephantrockride.com Castle Rock, CO	July 9-10 Triple Bypass teamevergreen.org Evergreen, CO	August 6-13 CANDISC - Cycling Around North Dakota In Sakakawea Country ndparks.com/recreation/activities/candisc.htm Fort Stevenson to Washburn, ND	September 16-18 Moab Century Tour skinnytirefestival.com Moab, UT
June 11 Starlight Spectacular starlightspectacular.org Colorado Springs, CO	July 16 Tour De Steamboat rockypeakproductions.com Steamboat Springs, CO	August 7-13 Colorado Rocky Mountain Bike Tour crmbt.com Grand Junction – Buena Vista Loop	September 16-18 Mickelson Trail Trek MickelsonTrail.com Custer, SD
June Greenwood Goosechase goosechase.org Greenwood Village, CO	July 16 Moonlight Classic moonlight-classic.com Denver, CO		September 18 Tour of the Vineyards Coloradowinefest.com Palisade, CO

For additional cycling event listings, visit the following Website: bcn.boulder.co.us/transportation/bike.d/bike.cal.html

DBTC Members Joined since 2/17/2011

VICTORIA
DZIEZAWIEC
BOB EDMONDSON

WILLARD GABEL
JEAN & DUANE
GALL

MARC GENTY
BOB KINNEY
BETH LINDROOS

CRAIG SEAMAN
LORRY STAUFER
SUSAN WATZ

Guide to Reading the Ride Schedule

By Patty Gaspar

Each leader determines the rating and mileage for the ride. They try to be accurate, but their idea of hills might differ from yours! Some leaders are more supportive than others. Some leaders are way out front; others lead from the middle of the pack. Please be flexible. Much of the fun of riding with the club is exploring new trails with different people. Ride leaders and/or the riders reserve the right to modify the route selection due to rider attendance, skill levels, weather conditions or the whining of other riders. Keep the leader informed if you decide not to ride with the group.

Pace of Ride	Difficulty of Terrain	Mileage	Quadrant of City	Departure Time
Roses – Leisure	H1 – Flat	This is an estimate – options may be offered	NW	Arrive early enough to unload your bike and be ready to leave.
Fun – Comfortable	H2 – Some Hills		NE	
Int. – Brisk	H3 – Hilly		SE	
Road – Fast	H4 – Serious climbs		SW	
ATB – Unpaved Roads	Two ratings: Technical skill T1 to T4 and Physical exertion P1 to P4		W	
MTB – Mountain Bikes				

Pace of Ride:

This is an average pace, not a maximum speed. Pace will vary with terrain.

"ROSES" OR LEISURE 8-10 mph. Leisurely pace, frequent stops, good place to start

FUN 9-12 mph. Moderate pace, frequent stops, focuses on group ride.

INT 12-15 mph. Intermediate, steady pace with fewer stops for more advanced riders.

ROAD 15+ mph. Vigorous pace with only occasional stops for advanced riders.

MTB or ATB Mountain bike ride – terrain determines pace.

Difficulty of Terrain

H1 Mostly flat to rolling with an occasional hill

H2 Mostly flat or rolling with moderate hills

H3 Quite hilly or some long and/or steep hills

H4 Serious climbs – remember we are in the Rocky Mountains

ATB Terrain Rating – Mountain or Hybrid Bikes

H1 Non-technical trails, gentle climbs, gravel or dirt roads/trails, few obstacles.

MTB Technical Rating and Physical Exertion Rating—Mountain Bikes Only

T1 Easy technical ride. Flat, moderate single track or trails—suitable for beginners.

T2 Moderate technical ride. Single track, some bumps, maybe a sharp turn or two—expect to break a sweat.

T3 Very technical, single track, ruts, rocks and obstacles. Might fall off bike—expect your legs to burn.

T4 Extremely technical with tight, difficult single track, large obstacles, ruts, logs, rocks. You'll wonder why you picked up this crazy sport!

P1 Not too difficult to P4 Demands excellent physical condition—a trail might not be technically difficult, but it might be physically challenging.

Estimated Distance

This is the estimated distance in miles (MTB rides may not have a mileage designation) but actual ride distance can vary.

Quadrant of City - SW, NW, NE, SE, W

Note the quadrant of the metro area for the meeting place. The North/South dividing line is Colfax. The East/West is Broadway. W indicates in the foothills or mountains. This is simply to help you locate the starting point on your DBTC map. We try to spread the rides throughout the metro area. You can go to www.DBTC.org for the most common starting locations and print a map from your home to the starting point.

Examples

FUN-H2-25-NW Fun ride from Olde Town Arvada out the Ralston Creek Trail and back.

Expect to ride about 10-12 miles per hour with some climbing. A pleasant ride and they will probably have lunch afterwards.

ROAD-H1-55-NE Road ride from Denver to Fort Lupton and back.

Expect to ride 20 MPH or more on flat road. No beginners on this ride.

FUN-H4-20-NW Fun ride from Prospect Park up Lookout Mountain.

Expect to do some serious climbing. Lookout Mountain is a steep, narrow road, but the pace will be slow with frequent stops for the slower riders to catch up.

- If this ride is rated INT-H4-20-NW expect fewer stops on the ride up and the group may meet you on the way down if you fall too far behind.

- If this is rated ROAD-H4-20-NW expect the riders to meet in the parking lot and go straight up the hill.

MTB-T3-P3-NW MTB ride at White Ranch.

Expect to climb up a trail. This is not a ride for your first outing. Mountain bikes only.

INT-H2-35-SE Intermediate ride from South High School to Cherry Creek Reservoir.

Expect to ride at a steady pace without a lot of breaks. There are some climbs on this route, but nothing like Lookout Mountain.

The rating system is just to give you an idea of what to expect. ROSES, LEISURE and FUN rides are very supportive with frequent breaks to re-group. A FUN-H1 ride would be at a leisurely pace along one of the flat bike trails. A FUN-H3 would be much more challenging. Please read the ride description, because one person might label a ride a FUN ride that someone else would consider an INT ride. For a FUN ride you can use a road bike, a hybrid or even a mountain bike.

There is a fine line between a long fun ride and an intermediate ride. If the riders who show up for a FUN ride are ALL faster riders, the pace may be the INT speed. If it is a large group, some of the riders may be riding at a faster pace. FUN rides incorporate stops to regroup. If you don't plan on completing the entire ride, be sure to let the ride leader know so the group doesn't wait for you.

INT or Intermediate rides are intended to be at a faster pace or on more difficult terrain than FUN rides. Many riders cannot keep the pace on a mountain bike. Intermediate rides will be more supportive than ROAD rides, but you are expected to able to keep up with the group.

ROAD rides are fast-paced rides intended for riders in good physical condition. It is assumed that riders will be able to read a map if offered, comfortable to proceed at their own pace, be

Rides are cancelled if the temperature is below 40 degrees, it is raining, snowing or a thunderstorm is in the area.

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 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.

DBTC Message Board is the DBTC General E-Mail List

To join, send an e-mail to:

ColoradoBicyclist-subscribe@yahoogroups.com. 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.

DBTC Mountain Biking E-Mail List

To join, send an e-mail to:

COmtnbikers-subscribe@yahoogroups.com

You can join both groups. After you send the e-mail requesting to join, you will be contacted via e-mail with a confirmation. If

competent to fix flats, and can do their own mechanical work if necessary. Those who ride at a slower pace are welcome. However, they may be riding alone sometimes and are urged to attend with a friend who rides at a similar speed. Road riders at times do not ride as a group and sometimes split off the agreed-upon route.

Some of the INT or ROAD rides feature a lot of altitude gain so the pace will be slower.

Some rides will have a dual designation FUN/INT or INT/ROAD. There might even be mileage options. When you read the text you'll find that there might be two leaders for this ride and they expect the group to split between faster and slower riders. Other times the leader wants to warn you that even though it's not quite an INT ride it is not suitable for a beginner. An INT/ROAD welcomes people who want to ride faster or climb harder, but aren't necessarily roadies. If in doubt, contact the ride leader and ask.

MTB or Mountain biking is becoming more popular every year. We have two classes of Mountain Biking - ATB means a hybrid or cross bike with tires suitable for gravel roads and paths would be an option and MTB refers to your suspension mountain bike. MTB rides require a mountain bike. Technical rating and physical exertion are a matter of opinion and depend highly on route conditions. Please pay attention to the rating. Many of the rides will be listed with multiple ratings - they may have a T1, P1 for an easy ride option and a T3, P4 for the GONZO option. The riders can do either option. Watch for MTB clinics so that you can improve your technical skills to ride more difficult trails.

Most of all - HAPPY PEDALING!!

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.

Please Note:

- Joining either of these Yahoo Groups 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.

Be Ready To Ride: DBTC Ride Leaders and members are NOT bike mechanics. Before showing up for a ride, check your tubes and tires. Fix flats in advance of start time. Check your brakes and shifters, and, if any part of your bike needs maintenance, take it to an authorized mechanic. A complete tune up once a year is recommended. Your ride is only as safe and enjoyable as the condition of your bike.

DBTC Facebook

Check out the DBTC page on Facebook to discover more about events and happenings in the club and other bicycling-related stories. Search "Denver Bicycle Touring Club" within Facebook to find us. <http://www.facebook.com/pages/Denver-Bicycle-Touring-Club/122447584186>

DBTC SPRING 2011

Spring has Sprung. Early season rides get us back into the swing of things and give us a chance to reconnect. Contact your ride coordinator about getting your rides on the schedule for this summer. We are always looking for something new and different. The coordinators will be glad to help you with the details.

2011 DBTC Spring Road Ride Training

Continuing through April, it's the time to train for the road cycling season. These Spring Training Rides are set up for road riders wishing to improve their overall cycling fitness.

Training rides will be posted on the Yahoo group site on or after Wednesday each week until the end of April. This will allow time to see if the weather is good for Saturday or Sunday ride. Cancellation of the ride can occur if below 30 F and/or roads are wet. Check the group site one hour before each morning ride at the following link.

<http://groups.yahoo.com/group/ColoradoBicyclist>

All training rides will start at west side of Mercedes Mexican Restaurant, 10151 W. 26 Ave & Kipling, Wheat Ridge, CO 80215. www.mapquest.com/mq/7-0_67

This location is just across Kipling St. from Crown Hill Park. Please park your car on the far northwest corner of the parking lot.

Mileage is from 20 miles to 35 miles. The routes have been used before and are not too hilly. There will also be options that will improve climbing.

Spring training rides pace will be 15 + MPH with regrouping. Pace-lines are encouraged but not required. Those who want to do the ride at their own pace are also welcome. These rides are listed on the clubs route map library as "Crown Hill-Quaker-Golden Loop" & "Crown Hill-Morrison - Golden Loop" on the dbtc.org website. Copy of the route will be available at the start. Start time will be 11:00AM. Please arrive 15 min. early so to be ready to ride on time.

Please reply to this email if you have any questions. Hope to see you there!

Donald roadrider80226@yahoo.com

Saturday,
April 2

FUN- H2-15-NW 10:00 AM Meet Steve Stevens (720-497-1100) at the Golden Oldy Cyclery, 17224 W 17th Place in Golden. Steve will start off the season with a slow paced loop around South Table Mountain. We will get to ride past Howard and Janet's house!

INT-H2-29-SW 10:00 AM Meet John Mues (303-795-6167 [home]) in the parking lot outside Littleton Cyclery, which is located in the Riverside Downs Shopping Center at 2640 W. Bellevue Ave. just west of Santa Fe Dr. We'll go south on the Platte River Trail into Chatfield State Park. This is an out-and-back ride as far as Titan Rd. Lunch after the ride at one of the nearby eateries.

Sunday,
April 3

FUN-H2-18-NW-10:00 AM Meet Steve Stevens (720-497-1100) at the Golden Oldy Cyclery, 17224 W 17th Place in Golden. Steve will take us on a slow paced loop around North and South Table Mountains.

MTB P2, T1 10:00 AM Meet Dick Plastino (303-988-5359) at Moe's Barbecue in the shoppette at the NE corner of Morrison Road and Kipling Parkway. Park on east side of lot. Ride undiscovered hills and dirt trails in Bear Creek Lake Park for 15 miles. Heavenly meal after at Moe's.

Tuesday,
April 5

MTB P2, T1 Night Ride Bear Creek Park : 6:00 PM Meet Russ Peterson (720-299-8269) at Morrison Park and Ride lot across from Conoco Station at the corner of Morrison Road and Rooney Road. Night lights mandatory. Discover the darker side of hills and dirt trails in Bear Creek Lake Park for 10 miles. Thaw out at Red Rocks Grill.

Wednesday,
April 6

Fun/Int-H1/H2-19-NW 9:59 AM Meet Steve Stevens,(720-497-1100) at Golden Oldy Cyclery (17224 West 17th PL, Golden, 80401) to ride around South and North table mountains. Please come early for a 10:00 A.M. departure.

"Roses"- H2-20-SW 10:00 AM starting at East Park in Parker. It is about 1 1/2 miles south of Mainstreet on Parker Road, and is the first right turn past Hilltop (or 20 Mile Road on the west side) into the park on S. Pine Drive on the east, (Indian Pipe on the west). It will be out and back south past the Pinery toward Franktown total about 20 miles. There are parts that are dirt roads, about 1 1/2 miles, but most are paved paths. Bring a snack and money for lunch.
Judy Deist home phone 303-841-4792; cell 303-906-4306

Thursday,
April 7

MTB P2, T1 Night Ride Green Mountain: 6:00 PM Show and go. No designated leader. Meet at the Florida Trailhead, at the top of Alameda Blvd (intersection of West Florida Drive and Alameda, Lakewood)

Saturday,
April 9

FUN- H2-20-NW-10:30 AM Meet Bill Kunzman (303-278-3059) at Bear Valley shopping center near McDonalds parking lot. Bill will lead a ride to Morrison via bike paths. Lunch will be in Morrison at a restaurant. Return to Bear Valley via a slightly different route.

- ROAD-H2-40-SW 9:00 AM** Meet Diane Short (303-763-9874) at the dirt parking lot at the Morrison Road and Rooney Road intersection for a ride through Bear Creek Park, south on the C-470 trail, south on Wadsworth, then via Rampart Range Rd to the Roxborough neighborhoods.
- Sunday, April 10** **FUN-H2-55-SW 10:00 AM OVERCONSUMPTION, OVERPOPULATION SPRAWL RIDE** (aber mit wunderschoenen Aussichten) Jeff Messerschmidt (303-904-0573, leave message). Starting from the King Soopers recycle dumpsters at Kipling and Bellevue; we'll ride to Daniel's Park. Tired? Bad weather? Lonesome pets? No problemo, we can turn back at will.
- INT-H2 21 NW 10:00 AM** Meet Bruce Kohl (303-458-7322) at Hilario's Restaurant (4835 W 38th Ave.) east of Sheridan for a small loop around NW Denver. The ride is a combo of streets and bike paths.
- MTB P2, T2 10:00 AM** Newly improved North Table Mountain ride led by Keith "too fast" Lawson (303-512-3455). The parking lot is on the east side of Hwy 93 at the north end of Golden, 2 miles north of the intersection of Hwy6/58/93, just past Pine Ridge Road. Lunch in Golden.
- Tuesday, April 12** **MTB P2, T1 Night Ride Green Mountain : 6:00 PM** Meet Russ Peterson (720-299-8269) MTB P1-2, T1-2 6:00 PM Meet at the Florida Trailhead, at the top of Alameda Blvd (intersection of West Florida Drive and Alameda, Lakewood). Night lights mandatory. We will ride the Hayden Trail to the top and do a quick summit loop and return via the Rooney Valley trail. We will decide on a dinner venue after the ride.
- Wednesday, April 13** **"Roses" H1-20-SW 10:00 AM** Meet Melba Bouquet, 720-493-0564, (cell 303-549-6156) in the extreme north of the the parking lot of Goodson Rec Ctr, off University between Arapahoe and Orchard in Centennial. for a ride on the Highline Canal trail. Bring a snack and money for lunch at a favorite restaurant after the ride. Trail is packed gravel.
- FUN/INT-H1-21/29-SE 10:00 AM** Meet John Mues (303-795-6167 [home]) at the Cottonwood Trailhead in Parker. The trail-head is located on Cottonwood Dr. between Jordan Rd. & Parker Rd. We'll ride on the Cherry Creek trail with an optional spur on the Sulfur Gulch trail. Lunch is optional after the ride.
- Thursday, April 14** **MTB P2, T1 Green Mountain: 6:00 PM** Show and go. No designated leader. Meet at the Florida Trailhead, at the top of Alameda Blvd (intersection of West Florida Drive and Alameda, Lakewood).
- Saturday, April 16** **LEISURE-H1-14 or 18-NW 9:30 AM** Meet Nadean Kruse (303-988-8186) at the north end of the Wheatridge Recreation Center (4005 Kipling St) parking lot. We'll ride east on the Clear Creek Trail about 7 miles to the pond, and some may want to ride a bit farther to the Twin Lakes (making it 9 miles each way)--- and return the same way. Nice easy flat route for those who need to dust off their bikes after the winter storage. Lunch is at Taco Bell.
- FUN-H2-26-SE 10:00 AM** Meet Guy James (303-321-4607) at the Four Mile House at 715 S. Forest Denver for a ride east along the Cherry Creek Bike path and out and around Cherry Creek Reservoir. Then back to the Four-Mile House. Lunch afterwards at the Bull & Bush !
- MTB P2, T1 10:00 AM** South Valley Park at south trailhead off Deer Creek Canyon Road. Meet Cathy Perkins (303-980-6738). Bring dark glasses or be blinded by the reflection from her new candy apple red bike. Lunch at Rib City.
- Sunday, April 17** **FUN-H2-28-SE 9:30 AM** Meet Bob Shedd (720-290-6014) at the South High School (Louisiana & S. Franklin) parking lot. Ride on easy streets through East Denver to Stapleton. Bob has updated his time-honored route to include a stop at the new Great Lawn at Lowry. Return by way of City Park. Lunch is optional afterwards.
- FUN-H2-20-NW 10:00 AM.** Meet Jake Jacobi, (303.475.0374), (jakhok62@yahoo.com) at Twin Lakes, near Broadway and 70th Ave. We will ride along Clear Creek and the Platte River to REI, and return along the same route.
- INT-H1-25-NW 9:59 AM** Meet Steve Stevens for an out and back tour down the Clear Creek bike trail Leave 9:59 AM from Golden Oldy Cyclery - 17224 West 17th Place in Golden. Pace will be moderately gentle. Museum tour option will be available afterward.
- ROAD/INT-H2-53-SE 1: 00 PM** Meet Rich Olver (303-888-6118) at REI at Confluence Park - Under the Alpe D'Huez clock. We'll ride south on the Platte River Trail to Chatfield Dam, east on the C-470 Trail to Jordan Road, NW back to REI on the Cherry Creek Trail. We'll set an intermediate pace. We'll regroup many times on the ride, but we won't wait over 10 minutes at each stop. (Not even for the ride leader) The route can be found at <http://www.mapmyride.com/routes/view/24641342>
- Tuesday, April 19** **MTB P2, T1 Bear Creek Park : 6:00 PM** Meet Russ Peterson (720-299-8269) at Morrison Park and Ride lot across from Conoco Station at the corner of Morrison Road and Rooney Road. Sunset at 7:42, so bring lights if you want to extend the ride. Check out the hills and dirt trails at dusk in Bear Creek Lake Park for 10 - 12 miles. Dinner is at Red Rocks Grill.
- Wednesday, April 20** **Fun/Int-H1/H2-20-NW 9:59 AM** Meet Steve Stevens (720-497-1100) at Golden Oldy Cyclery (17224 West 17th PL, Golden, 80401)We will follow Clear Creek to Anderson Park and back. Please come early for a 10:00 A.M. departure.
- "Roses" H1-15to18-SE 10:00 AM** Meet Anne Layshock, 303-771-6353, at Cherry Creek Mall at the furthest southeast parking lot (just south of the Safeway lot). Ride east on the Cherry Creek Trail to Highline Canal; west on Highline to Bible Park; return to CC Trail by way of Hampden Heights Park; west on CC Trail back to mall. Bring a snack, and money for optional lunch after the ride at Johnny Rockets at the mall.
- Thursday, April 21** **MTB P2, T1 Green Mountain: 6:00 PM** Show and go. No designated leader. Meet at the Florida Trailhead, at the top of Alameda Blvd (intersection of West Florida Drive and Alameda, Lakewood).

Saturday, April 23	FUN-H1-18+12-SW 9:00 AM Preliminary to the Real "OLD FARTS" Ride Meet <i>Lin Hark</i> (303-507-3502) and Sue Frakes at the Mineral Park n Ride just south of Paneras Bread. This ride will be at a FUN pace (10-12mph) to Frontier Park where we will meet up with the "OLD FARTS"! Then the group will ride at a leisure pace (8-10 mph ? ? ?) to REI to enjoy a snack and return. (See Roses/Leisure ride)
	ROSES/Leisure-H1-12-SW 10:00 AM "4th Annual Old Farts Ride" Meet <i>Lin Hark</i> (303-507-3502) and Sue Frakes at Frontier Park (just south of Evans & Huron, east of there Platte River) for a fun, easy ride with some of the old farts from the good ole days of the DBTC. We always had so much fun on our old Wednesday FUN rides with the old farts like "THE COG". We will ride on the flat bike path to REI and back. No one gets left behind. We will ride at the slowest person's speed, regroup often and just have fun. We will take a break for snacks and camaraderie on the deck at REI; then head back to Frontier Park. If you are an old fart---can't ride anymore---just join us at REI for the break around 11:00-11:15 AM.
	INT-H2-35-NW-9:45 AM CARTER LAKE - Meet <i>Gaar Potter</i> (303-691-0938) at Tom Watson Park (Take Foothills Parkway exit from Boulder Turnpike, proceed North until Foothills feeds into Diagonal Highway. Take Diagonal North to 63rd, turn left, and Tom Watson Park is on your right in about 1/2 mile. It is across 63rd from Boulder Reservoir). We will go North to Carter Lake. This is a joint ride with Heartcycle.
Sunday, April 24	FUN-H2-30-SE 9:30 AM Twenty Parks Tour SW. Meet <i>Gaar Potter</i> (303-691-0938) at Eisenhower Park (Colorado Blvd. at Dartmouth). We will go to Belmar, mostly on streets. Lotsa lakes in this ride.
	FUN-H2-20-NW 10:00 AM Meet <i>Cindy Ferry</i> at the Arvada park-n-ride. (303-274-9454) Cindy will leave the Park-n-Ride, travel streets to the Clear Creek Bike path near Anderson Park. Ride west to Golden. Ride bike paths in Golden, returning on Clear Creek Path. Exit path at Easley Road, to 64th, East to Quaker and join the Ralston Path. East on Ralston Path to Arvada Post Office, take streets back to the Park-n-Ride.
	ROAD-H2-42-NW 9:00AM Meet <i>Bruce Kohl</i> (303-458-7322) at Hilario's Restaurant (4835 W 38th Ave.) east of Sheridan. The ride is a large loop around NW Denver, Lakewood & Wheat Ridge. The ride is a combo of streets and bike paths.
	MTB P2, T2 10:00 AM See the spring flowers at Marshall Mesa south of Boulder. Meet <i>Laurie Armijo</i> (303-717-7676) at the SE corner of Hwy 93 and Marshall Drive (road 170). This is also known as the Eldorado Springs intersection. At this traffic light turn right (east) and take an immediate right into the parking lot. There is also an overflow lot on the NE corner. Lunch in Boulder. Carpool meets at 9:15 am at Sofa Mart on the NW corner of Kipling and Hwy 6. Access Sofa Mart on frontage road. Park on East Side of lot.
Tuesday, April 26	MTB P1-2, T1-2 South Table Mtn 6:00 PM Meet <i>Russ Peterson</i> (720-299-8269) Directions: Take the Denver West Blvd to the north off I-70. Go about a block north to find Denver West Blvd. Turn left and go about 4 blocks to meet in the parking lot outside the National Renewable Energy Labs (NREL). About a 10-mile loop, 900 feet of elevation gain. Dinner afterwards is at nearby venue.
Wednesday, April 27	Fun/Int-H2-20-SW 9:30 AM Meet <i>Joyce Terlaje</i> (303-987-9290) at the Safeway Parking Lot at the far end by the southwest corner of Kipling and Jewell. This will be a surprise route. After the ride, we will be heading over to Dale Trone's house for a free catered lunch from Panera Bread Co. – he won it through a radio station for 20 of his co-workers and that's us.
	"Roses" H1-20-SW 10:00 AM Meet <i>Dave Grimes</i> , 303-986-7666, at the Stone House, in the park on the east side of S Estes, a little south of Yale. (South of Jewell, Garrison becomes Estes) for a ride on Bear Creek Trail. After the ride, we will join the fun group for a free lunch at the home of Dale Trone, courtesy of Panera. 8803 W Warren Dr, Lakewood, 303-981-0161. In case the ride is cancelled due to rain, lunch will still be at Dale's at 12 noon.
Thursday, April 28	MTB P2, T1 Green Mountain: 6:00 PM Show and go. No designated leader. Meet at the Florida Trailhead, at the top of Alameda Blvd (intersection of West Florida Drive and Alameda, Lakewood).
Saturday, April 30	FUN-H0-20to25-SE 10:00 AM Meet <i>Susan Gregory</i> (303-477-9233) at South High School (Louisiana & Franklin) to ride laps around Washington Park. Lunch to follow at a nearby restaurant.
	FUN-H1-20-NW 10:30 AM Meet <i>Howard Bagdad</i> (303-278-0541) at Prospect Park for an easy ride down the Clear Creek Trail to Twin Lakes Park and back. Lunch afterwards at Subway.
	INT-H2-30to35-SE 9:30 AM – Meet <i>Ellen Chilikas</i> (h: 303-750-5099, c: 720-670-0296) at Village Greens Park at Union and Dayton caddy corner from Cherry Creek High School. This is a training ride for the Spring Moab trip but is open to all club members. We'll ride through the reservoir; go out the south end via the bike path and wind our way southeast along low-traffic roads and end up in Parker. There are some fun hills on the first half of the ride and there's not a bathroom stop until mile 18. We'll return mostly along bike paths. Lunch afterwards is at Tokyo Joe's at Bellevue and Yosemite.
	ROAD-H2-42-NE 9:00AM Meet <i>John Mues</i> (303-795-6167 [home]) at the Super Target in Brighton (I-76 NE to Exit 21/144th Ave, West to Prairie Center Shopping Center, park in NE part of Target lot behind Taco Bell) for a loop on country roads to Hudson and Keenesburg. Lunch is optional after the ride at one of the nearby eateries.

Never leave your wallet, purse, or valuables in your vehicle. There have been vehicle break-ins at many parking lots. Carry a small coin purse to hold your driver's license, medical insurance card, money, and car key. Do not leave an empty purse in view.