

Newsletter of the Denver Bicycle Touring Club

# The Colorado Bicyclist

June 2011

## SAFETY REMINDERS

### 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 wish her a quick recovery.

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.

### Ride Leaders Needed

#### Help Wanted:

People who enjoy riding their bike  
People who want somewhere to go on weekends or Wednesdays

#### Requirements:

A bike and helmet  
A favorite ride  
An email to one of the ride coordinators

We need your help to keep the schedule full of interesting rides. Some of our most frequent ride leaders are not able to lead for awhile this year so we need you to step forward.

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### Two More Picnics This Summer – Mark Your Calendar

**Saturday, July 16th is the Summer Picnic.**

The picnic will be at Bear Creek State Park. Beautiful picnic spot and a different assortment of rides.

**Saturday, September 17th is the Front Range Metric at Lion's Park in Golden.**



### Bike to Work Day Wednesday, June 22nd

Registration for 2011 Bike to Work Day is OPEN! This is a great chance to help promote bike commuting, or give it a try by going to [www.Biketo-Work2011.com](http://www.Biketo-Work2011.com) to register today. Visit them on Facebook at [www.facebook.com/RideArrangers](http://www.facebook.com/RideArrangers): like them, post questions/comments, and share Bike to Work Day information with fellow employees and friends. There will be breakfast and ride home stations throughout the city.

### Wear your DBTC jersey on your ride to work

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

## DBTC's Officers

### President

John Campbell 303-797-0250  
President@dbtc.org

### Vice President

Tom Casadevall 303-984-2402  
Vicepresident@dbtc.org

### Secretary

Jeff Krinsky 303-543-1320  
secretary@dbtc.org

### Treasurer

Karen Kirby 303-237-1229  
treasurer@dbtc.org

### Board Members at Large

Curtis Pellegrin 303-234-9998  
curtisPELL@aol.com;  
Doug Schuler 303-829-5861  
dougschuler@comcast.net  
Guy James 303-321-4607  
jjames740@aol.com

## Directors and Staff

### Director of Ride Activities

Patty Gaspar 303-989-8268  
RideCoordinator@dbtc.org

### Out of Town Tour Director

Position open  
outoftowntours@dbtc.org

### Fun MTB Coordinator

Dick Plastino 303-988-5359  
FunMTB@dbtc.org

### Weekday MTB Coordinator

Russ Peterson 720-299-8269  
russell.peterson@comcast.net

### Fun Ride Coordinator North

Howard Bagdad 303-278-0541  
FunRideNorth@dbtc.org

### Fun Ride Coordinator South

Lois Kahn 303-758-0092  
FunRideSouth@dbtc.org

### Road Ride Coordinator

Steve Ingraham 303-756-7847  
roadrides@dbtc.org

### Intermediate Ride Coordinator

Dale Trone 303-981-9161  
intermediaterides@dbtc.org

### Wednesday Fun Ride Coordinator

Joyce Terlaje 303-986-2011  
wedfunrides@dbtc.org

### "Roses" Ride Coordinator

Melba Bouquet 720-493-0564  
melbabo9@q.com

### Historian

Sid Russak 303-773-3434  
Historian@dbtc.org

### Membership Database/Webmaster

Dave Grimes 303-986-7666  
webmaster@dbtc.org

### Map Sales (wholesale)

Doug Schuler 303-829-5861  
Mapsales@dbtc.org

### Newsletter Mailing Group

Carolyn Bauer 303-740-8491  
cmb8030@comcast.net

### Photo Gallery

Jeff Krinsky 303-543-1320  
photogallery@dbtc.org

### Board Meeting

Any member wishing to attend a board meeting is welcome to attend. The next board meeting is Wednesday, June 1st 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.

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## 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 3 to 5 years – check with your bike shop.

## REMINDERS WHEN RIDING

1 Always carry identification and medical insurance card. ICE – in your cell phone enter ICE for In Case of Emergency and put emergency contact numbers for use by emergency personnel.

- 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".
- 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 close to the rider in front of you. Leave adequate space for unexpected situations and quick 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. (continued on page 3)

**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.

No rider can plan for 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.

## UNDERPASSES, CURVES, BRIDGES, RAILROAD TRACKS, and STANDING WATER

What do these 5 have in common? They all present a potentially hazardous situation to cyclists. What should you do when approaching one? SLOW DOWN.

Underpasses flood. They often have poor visibility, debris, mud and water. Many are curved – you enter going down at a blind spot and exit going up at a blind spot.

Paths have curves, multiple S curves, and hairpin curves. For whatever reason, people seem to cross over the centerline and come around on your side.

Bridges can be slippery when wet, especially the connector plate between the path and bridge itself. Some bridges have a post in the middle of the entrance. Catching a pedal or handlebar can cause a fall. Be careful on narrow bridges and watch that railing. Entering and exiting a bridge is often a sharp tight turn.

Beware of standing water or an area of continually running water. Avoid puddles; you never know the depth or what is hidden in it. Underneath can be algae or slime. You may not be able to maintain control and skid and flip your bike.

### More Road Hazards:

Sand and Gravel: can cause loss of control.

Glass and Debris: cause a flat tire and/or loss of control.

Sewer Grates: your wheel can get caught in them.

Parked Cars: Stay a door's width away from parallel-parked cars. A suddenly opened door can cause an accident.

Lightning: Cyclists make good lightning rods. Seek shelter. Do not stand under a tree. Find a ditch or depression to crouch in while remaining on your feet – do not sit or lie down.

Irate Motorists: When you encounter motorists having a bad day or a bad attitude, be cordial even if they are in error. This can defuse a potentially hostile situation and prevent motorists from finding a reason to run you or the next cyclist down. Under no circumstances is the use of an obscene gesture appropriate or safe. Besides, you don't want to give them the satisfaction of knowing they irritated you.

### IDENTIFY ROAD HAZARDS

Alert the rider behind you of a road hazard. Hold your arm straight down with finger pointing to the hazard. When encountering a large area of debris, such as broken glass, sweep



your hand behind your saddle with outstretched, wiggling fingers – the international signal for, "There are lots of little bad things ahead".

### CROSSING RAILROAD TRACKS

Two ways of crossing are: dismount and walk across, or slow down and ride across tracks perpendicular to the rails (straight on). First look in both directions for a train. Then look behind to ensure you are not in front of a vehicle. If the tracks are wet, walk. There have been numerous crashes at the crossing at 44th and McIntyre. The tracks cross the road at a 45-degree angle. There is a bypass. It is well worth the slight detour to avoid a serious injury. Be sure your back wheel clears the track before straightening out. Otherwise, the wheel will drop into the rail groove.

### BE PREPARED

Items you should always carry on a ride: water and snacks, tools to change a flat tire, patch kit, spare tube, pump, tweezers to take out those thorns, sun screen, clothes appropriate for weather and climate, rain jacket, first aid supplies, identification, money, and cell phone. Cycling will be much more enjoyable if you are confident that you can handle unexpected situations.

### Rules of the Road

Ride in the right lane with the flow of traffic.

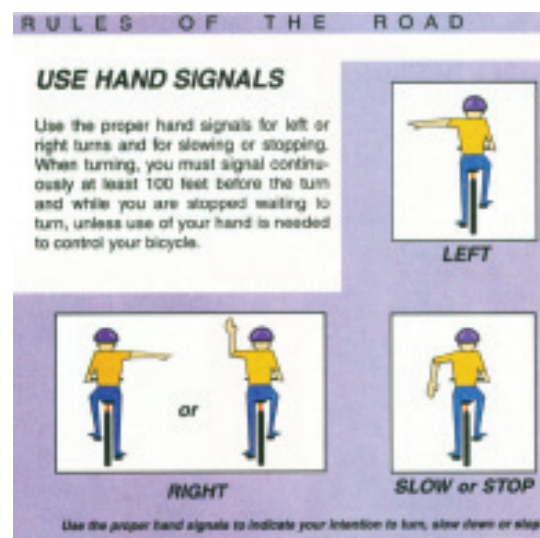
Ride in a straight line. Do not weave in and out of parked cars.

At intersections, stay on the road. Don't ride in the crosswalk and suddenly reappear on the road again.

Never ride against traffic. It is illegal and dangerous.

Don't pass on the right.

Obey traffic signs and signals.



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### Follow lane markings.

Make eye contact with drivers. Assume motorists do not see you. Watch out for cars pulling out from driveways and at intersections.

Scan the Road Behind You. Using a mirror is recommended. Regularly check behind you for oncoming traffic.

Cycling should be a pleasant, fun, social, and healthy experience. It is not a race. We have all heard the stories of cyclist's accidents, and have seen the bruises and scabs, bandages and casts. When riding with a group: do not follow too close to the person in front of you; be prepared for the unexpected; always be able to stop.

### 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)

## RIDE LEADERS and VOLUNTEERS

Dave Grimes, the database manager, keeps the official record of club member ride leaders and volunteers. The data is used for the Volunteer Recognition Dinner in the fall. The number of rides credited to a ride leader is taken from the Newsletter. If you lead a ride due to a substitution, you must notify Dave to be credited. The chairman of the dinners and picnics and other major or ongoing events sends a list of names of the volunteers for each event. If you volunteered, check with the chairman to see if your name was included. Or, email: [webmaster@dbtc.org](mailto:webmaster@dbtc.org) with necessary information

If you have led a ride that was posted only on one of the Yahoo Group sites and not in the Newsletter, contact Steve Ingraham. Steve compiles a list of qualifying Yahoo Group rides. You will be credited for qualifying rides. Steve Ingraham: [singraham046@aol.com](mailto:singraham046@aol.com)



## June Shop of the Month

I got a request from one of our members to feature Westside Cycling as the June shop of the month. Westside is one of the older bike stores in the metro area. It was founded in 1955 by Palmer "Chap" Bowen at 9421 W. Colfax Avenue as one of Schwinn's earliest concept stores. He named it Chap's Bicycles.

In 1979, Doug Stiverson, purchased and grew the business re-naming it Westside Cycling. In 1989 he moved the store to 7310 W. Colfax Avenue to accommodate Westside's growth. Today, Westside Cycling is one of Colorado's best known and longest-running bike shops with a simple motto: "Great bikes, great service!"

Westside Cycling has one of the finest repair and maintenance departments in Colorado. They have the knowledge, tools and parts to keep your bike in perfect shape. Their mechanics are just as comfortable working on your 1953 Schwinn Black Phantom as they are working on your new 2010 Specialized S-Works Epic. They have the patience and know-how to get the job done correctly the first time. Just ask Club Treasurer Karen Kirby who has her bike serviced here.

Whatever your cycling interest or budget, they have exactly the right bike, apparel and accessories for your next cycling adventure. In addition to sales and service they sponsor Sunday group rides, have a professional training center, do custom bike fitting and have a finance program.

# 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.

**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: **NEEDED: ONE MORE FEMALE RIDER. CONTACT JOHN CAMPBELL**

## 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

**January 19 – 23, 2012**

## 4th Annual Fraser Ski and Snowshoe Weekend

Trip Type: Ski, Snowshoe

Lodging: Hostel

Location Details: Leadville, CO

Contact: Ellen Chilikas –  
outdoorsdiva@yahoo.com

Status: Planning

**February 9 – 13, 2012**

## Crested Butte Ski Weekend

Trip Type: Ski

Lodging: Hotel

Location Details: Crested Butte, CO

Contact: Ellen Chilikas –  
outdoorsdiva@yahoo.com

Status: Planning

Visit [DBTC.org](http://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 3½ 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](http://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](mailto:jwc@rmi.net) or 303-797-0250 or Richard Gieseler at [rgizler@gmail.com](mailto:rgizler@gmail.com) or 303-722-1475

## 2011 Advance Planning Calendar

June 5

**Elephant Rock Ride**  
elephantrockride.com  
Castle Rock, CO

June 11

**Starlight Spectacular**  
starlightspectacular.org  
Colorado Springs, CO

June 18

**Greenwood Goosechase**  
goosechase.org  
Greenwood Village, CO

June 11-12

**The Denver Century Ride**  
denvercenturyride.com  
Denver, CO

June 11-17

**Ride the Rockies**  
ridetherockies.com  
Crested Butte – Georgetown

June 18

**Sunrise Century**  
bikerpelli.com/  
Sunrise\_Century  
Boulder, CO

June 19-25

**Bicycle Tour of Colorado**  
bicycletourcolorado.com  
Central City-Steamboat  
Springs Loop

June 22

**Bike to Work Day**  
drcog.org  
Denver Metro area

June 25

**Tour de Prairie**  
cheyennecity.org/Document  
View.aspx?DID=3562  
Cheyenne, WY

June 25-26

**MS 150 Bike Tour**  
nationalmssociety.org/  
chapters/COC/index.aspx  
Westminster – Fort Collins

July 9-10

**Triple Bypass**  
teamevergreen.org  
Evergreen, CO

July 16

**Tour De Steamboat**  
rockypeakproductions.com  
Steamboat Springs, CO

July 16

**Moonlight Classic**  
moonlight-classic.com  
Denver, CO

July 17-22

**Tour de Wyoming**  
cyclewyoming.org  
Worland, WY

July 23

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

July 23-30

**RAGBRAI**  
ragbrai.org  
Glenwood, IA

July 24 (Tentative)

**Durango Century**  
durango100.com  
Durango, CO

July 23-25

**Courage Classic**  
couragetours.com  
Copper Mountain, CO

August 6

**Copper Triangle  
Alpine Classic**  
coppertriangle.com  
Copper Mountain, CO

August 6-13

**CANDISC - Cycling Around  
North Dakota In Sakakawea  
Country** ndparks.com/recre-  
ation/activities/candisc.htm  
Fort Stevenson to Washburn,  
ND

August 7-13

**Colorado Rocky Mountain  
Bike Tour**  
crmbt.com  
Grand Junction – Buena  
Vista Loop

August 13

**Stonewall Century Ride**  
spcycling.org  
La Veta, CO

August 20

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

August 20

**Tour de Cure**  
diabetes.org  
Boulder County Fairgrounds  
August 21

**Deer Creek Challenge**  
deercreekchallenge.com  
Wadsworth @ Deer Creek  
Canyon Rd, CO

August 28

**Venus de Miles**  
venusdemiles.com  
Longmont, CO

September 11

**Buffalo Bicycle Classic**  
buffalobicycleclassic.com  
Boulder, CO

September 16-18

**Moab Century Tour**  
skinnytirefestival.com  
Moab, UT

September 16-18

**Mickelson Trail Trek**  
MickelsonTrail.com  
Custer, SD

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](http://bcn.boulder.co.us/transportation/bike.d/bike.cal.html)



### NEWSLETTER VIA EMAIL...

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

### DBTC Members Joined since 4/19/2011

SHERRI DURMAN  
KEN & AUDEEN  
FALLER

THIERRY GODETTE  
JOAN HUSTON  
BABBIE VAN DYK

# DBTC SPRING 2011

Spring is almost over and the summer season is starting. 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.

Pace of Ride	Difficulty of Terrain	Mileage	Quadrant of City	Departure Time
Roses – Leisure Fun – Comfortable Int. – Brisk Road – Fast 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.

**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](http://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](mailto:ridecoordinator@dbtc.org) by the 10th for the following newsletter or contact **Patty** at **303-989-8268**.

#### DBTC's E-Mailing Lists

Get late breaking news, last minute ride updates, and short-notice of weekday rides, all e-mailed directly to you as soon as the information is posted.

#### DBTC Message Board is the DBTC General E-Mail List

To join, send an e-mail to:

[ColoradoBicyclist-subscribe@yahoogroups.com](mailto:ColoradoBicyclist-subscribe@yahoogroups.com). 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](mailto: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 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](mailto: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>

## JUNE RIDE SCHEDULE

**Wednesday, "Roses" ATB-H1-16 or 24 or MTB P1-T1 9:00 AM** or earlier to carpool see details below Meet *Lin Hark* (303-507-3502) at 9am at the trailhead, or 8:45am at the Conifer Staples to carpool to Foxton Rd and the South Platte River. Or meet Melba Bouquet at 8:15 in the parking lot of The Fort Restaurant (Highway 8, just off 285 in Morrison) to carpool. This will be a fun ride on a well graded dirt road. We will see the beautiful canyon, the old Hotel in South Platte, the Two Forks Confluence, Strontia Springs Reservoir, AOUW historic railroad marker, the old town of Foxton, the most beautiful section of the South Platte River, an old resort, the historic Buffalo Creek General Store. Lunch after at the historic Bucksnot Saloon in Sphinx Park near Pine. Contact Lin or check CoBicyclist updates for directions and more details.

**FUN/INT-H2-30 NW 9:30 A.M.** Meet *Joyce Terlaje* (303-987-9290) at 807 S. Owens Ct, Lakewood, CO 80226. From residence, we will do her favorite loop. We will head over to Garrison then to Bear Creek Trail, Platte River Trail to REI (Break at REI to refuel body) then on to Crown Hill Park, Garrison back to her Residence. There will be some snacks & goodies after the ride.

**Friday, Indian Creek Campground MTB, P3, T3, 2:00 PM Indian Creek.** Meet *Darrell Deering* (303-697-6126) for a warmup ride and then camp out at the Indian Creek campground. Camping is limited with no reservations, so arriving Friday afternoon is recommended. Take Santa Fe south of Denver to Sedalia. Turn right (west) drive through the little town and continue west on Hwy 67 for about 12 plus miles. Just past Rampart Range Road on the left, the parking lot is on the right and the campground is up the hill from the parking lot.

**Saturday, FUN-2-20-NW 9:00AM** Meet **Bill Orchard** (303-929-5788) at the Majestic View Nature Center north parking lot (north on Wadsworth to W 72nd Ave, west on 72nd , just past Carr on the south side) for the 10th Annual "Arvada Trails Day" bike ride for National Trails Day. The ride will be west on Ridge Road and Van Bibber Creek Trail, north on the new Blunn Trail and then back on the Ralston Creek Trail. The ride is free, includes the map, snack stop, Kodak moment, sunshine, expert guide, porta-potties, free lunch at the event site, great scenery, surprise gift, a sweep and a couple well placed changes in elevation. See the ride schedule at [www.dbtc.org](http://www.dbtc.org) for the map and brochure.

**FUN-H2-19-SW 9:00 AM "Triple Bike Path"** Join *Gary Goins* (303-433-4398) at Writer's Vista Park. This ride will follow the Highline Canal Trail, the Platte River Trail and the Lee Gulch Trail. It requires fat tires. Intermediate riders are welcome. Be sure to bring water, air and a spare!

**INT/ROAD H2 38 S 9:00 AM** *Denny Martin* (303-793-0395), Meet at the 2nd set of railroad tracks on the west edge of Sedalia (15 minutes south of C-470) on Santa Fe Drive (Hwy. 85). This is a scenic valley pedal on Hwy 105 to Larkspur. Break at the quaint convenience store in Larkspur and return for 38 miles. Extra credit continues south eight miles to Palmer Lake for 54 mile option. Post ride Mexican lunch option.

**Saturday, MTB P3, T3 10:00 AM** Indian Creek. Meet *Darrell Deering* (303-697-6126) for a ride on the 800 loop. Take Santa Fe south of Denver to Sedalia. Turn right (west) drive through the little town and continue west on Hwy 67 for about 12 plus miles. Just past Rampart Range Road on the left, the campground parking lot is on the right with a \$4-\$5 charge. Bring snacks and drinks for afterward.



- Sunday, June 5th** **FUN-H2-20-NW 9:30 AM** Meet *Howard Bagdad* (303-278-0541) at Prospect Park. Howard will lead an easy ride down the Clear Creek trail to Twin Lakes and return. Lunch afterwards is at Subway.
- Monday, June 6th** **FUN-H2-20-SW 9:00 AM** Meet *Wayne Tomasello* (720-344-8932) 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 Chatfield Reservoir to Platte Canyon back to Clement Park. Most of this ride is on paved bike trails with some paved and dirt street riding. Lunch after the ride is at Sweet Tomatoes.
- Tuesday, June 7th** **MTB P3, T2 White Ranch : 6:00 PM** Meet *Russ Peterson* (720-299-8269) at Park East -- take Colorado Highway 93 north from Golden 1.7 miles to west 56th Avenue. Turn left (west) on Pine Ridge Road and travel about 1 mile to the east parking. We will ride up the Belcher Hill Trail as an out and back, 4.4 mi +1740' / -440' Long, rocky & very steep trail. Great views. We will cool off afterwards at a venue in Golden.
- Wednesday, June 8th** **FUN/INT-H2/H3-20-NW 9:00 AM** Meet *Steve Stevens* (720-497-1100) at Golden Oldy Cyclery (17224 West 17th PL, Golden, 80401) Gentle rolling hills around Golden. Please come early to leave at 9:00 A.M.
- "Roses" H1-20-SW 9:00 AM** Meet *Peggy Ochiato* 303-850-9731 at Bear Valley McDonald's (Dartmouth west of Sheridan) for a ride along Bear Creek and the Platte River. Bring a snack and money for lunch at a favorite restaurant.
- Thursday, June 9th** **MTB P2, T1 Lair of the Bear Show and go.** No designated leader.
- Saturday, June 11th** **FUN-H2-20-W 9:30 AM** Meet *Peggy Occhiato* (303-850-9731) at McDonalds at Dartmouth & Sheridan. We will ride 10 miles west into Morrison. Let's have breakfast at the Morrison Inn! We'll return via the same route
- FAMILY LEISURE RIDE-H1-2-C 9:00 AM** Meet *Richard Giesler* (303.722.1475) My neighborhood yard sale starts at 9 am at Acoma and 2nd Avenue in zip 80223. Just off the Broadway bus line you can ride over, bus over, walk over or light rail to the Baker Bargain Bonanza Neighborhood Yard Sale. I'm the chief guide and cheerleader so sign up with me at the church parking lot at Acoma and 2nd Ave, get a yard sale map, ready your panniers, clutch your small bills and ready yourself for more shopping thrills than you can imagine. A couple miles unless you want to ride to Chatfield and back by yourself on the Platte Bikeway easily accessed from the yard sale. You can cruise, fill your panniers with bargains, have homemade burritos and indoor farmers' market goodies and be home by one pm ready for gardening. I can tell you stories...
- INT H2-H3-38-SW 9:00 AM** Meet *Denny Martin* (303-793-0395) at the Park 'N Ride Behind Panera Bread (Aspen Grove Shopping Center) at Mineral & Santa Fe in Littleton. We will pedal west on Mineral and Chatfield Aves. to loop thru Ken Caryl Ranch, back down Deer Creek Canyon, break at C store at Waterton Rd. & Rampart Range, south toward Arrow Head Golf Course, return thru south end of Chatfield State Park. Shortcuts are available if you desire to reduce mileage. Lunch after at Panera Bread.

**Sunday, June 12th** **FUN-H1-20-SE 12:00 noon** *Robin McDougal* (303-388-6590) would like you to meet her at her home: 659 High St. This ride will include Lowry, Fairmount Cemetery, the Cherry Creek bike path, Washington park and back through Cheesman Park.

**INT-H2-27-SW-9:00 AM** *Jeff Krinsky* (720-373-9107) The adventure begins at the Lakewood Heritage Center at Belmar Park at Ohio Street & Yarrow (801 S Yarrow St) on the west side of Wadsworth, north of Mississippi and South of Alameda. We will tour the park then head west to Dinosaur Ridge and Red Rocks where we will stop for a break. Then we will continue on down through Morrison and Bear Creek Trail and return north to Belmar Park. Lunch will be at the Belmar Farmers Market.

**MTB P2, T2, 10:00 AM Centennial Cone.** Meet *Justin Balog* (303-984-1069). We park at the north lot since the south lot is too small. Directions to the north lot will be given by email a few days before the ride. The gravel road portion of the loop is closed so we'll do an out and back through the interesting parts of the park. Carpool from Sofa Mart on the north frontage road at the NW corner of Kipling and Hwy 6 at 9:15 AM. Lunch afterward in Golden

**Monday, June 13th** **FUN-H2-22-NM 9:00 AM** Meet *Wayne Tomasello* (720-344-8932) at Cinzzetti'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 Cinzzetti's.

**Tuesday, June 14th** **MTB P3, T1 Chimney Gulch : 6:00 PM** Meet *Russ Peterson* (720-299-8269) Meet at the 19th street parking lot, circa ¼ mile West of 6th Avenue. We will ride the 2.3 miles and climb circa 1300' to the Nature Center and then decide if Apex is an option. Dinner afterwards is in downtown Golden.

**Wednesday, June 15th** **"Roses" H2-20 SE 9:00 AM** Meet *Judy Deist*, 303-841-4792, at Challenger Park (North side of Lincoln, between Jordan Rd. and Parker Rd.) for a ride along Cherry Creek and up Sulphur Gulch. Bring a snack, and money for lunch at a favorite restaurant.

**FUN-H2-27-SW 9:00 A.M.** Meet *Ray Berlin* (303-789-3119) at Belleview Park, 5001 So. Inca Drive, Englewood. The ride will go west to Clement Park to Kipling Parkway, south to Deer Creek Road, east through Chatfield to Platte Trail. Stop for lunch at Panera Bread, then continue on Platte Trail to Belleview Park.

**Thursday, June 16th** **MTB P2, T1 Lair of the Bear Show and go.** No designated leader.

**Saturday, June 18th** **FUN-H1-25-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 quiet, shady streets and beautiful old houses. Then we sneak into Globeville and Swansea and return through Park Hill.

**FUN-H1-30-NW 9:00 AM** Meet *Jake Jacobi* (303.475.0374) at Safeway, NE corner of 80th & Wadsworth - Directions: from I-70, go north on Wadsworth to 80th Ave. Fun pace, out & back along Little Dry Creek, Clear Creek and the Platte River to 104th Ave. Bring lots of water.

**ROAD-H3-36-SW 9:00 AM** Meet *Steve Ingraham* (303-756-7847) at the dirt parking lot (along the second set of railroad tracks) in Sedalia for an out-and-back ride to Larkspur. Sedalia is 8 miles south of the Santa Fe Drive exit from C-470 on Santa Fe Drive. The group will do lunch afterwards.

**MTB, P1.5, T1, 10:00 AM Dawson Butte.** Meet *Mary Sue Dickerson* (303-771-0706) for a sweet ride through the trees. Both beginner and intermediate riders love this park for the mellow trails and cruising. Travel south on I-25 to Plum Creek Parkway, exit west and head south 5 miles on the frontage road, turn right (west) at Tomah Road, go 1.5 miles to the Dawson Butte Ranch entrance on the right. Lunch afterward is in the area.

**Sunday,  
June 19th**

**FUN-H2-20-NW 9:00 AM** Meet *Bill Orchard* (303-929-5788) at 9:00 am at the Olde Town Arvada Park-N-Ride at 55th and Wadsworth for his 12th Annual Father's Day Ride. It will be a 20 mile fun ride on Van Bibber and Ralston Creek Trails as well as on the newer Interurban and Blunn Trails in Arvada. The ride is free and includes the map, expert guide, sunshine, snack stop, sweep, great scenery and an historic rendition. Come and enjoy, look for a few surprises. Optional lunch is in Olde Town after the ride. See the ride schedule at [www.dbtc.org](http://www.dbtc.org) for the map.

**FUN-H1-25-SE 9:30 AM** How about meeting *Cindy Ferry* (303-274-9454) at REI? She'll take you along the Cherry Creek bike path out east to the top of the Cherry Creek Reservoir and then return via the same route. See you there!

**INT/ROAD-H4-30-W 9:30 AM** Meet *Gaar Potter* (303-691-0938) at Bergen Park Park-n-Ride (See [DBTC.ORG](http://DBTC.ORG) for directions). Time to drag my sorry butt up Squaw Pass! Perfect ride for fast climbers. No waiting, up and back (wave at me on your way back down!).

**Monday,  
June 20th**

**FUN-30-SE 9:00 AM** Meet *Wayne Tomasello* (720-344-8932) 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 is on paved bike trails with some dirt bike path riding. Lunch after the ride is at Mark Pi's Wok n' Grill.

**Tuesday,  
June 21st**

**MTB P3, T2 Bergen Peak / Elk Meadows 6:00 PM** Meet *Russ Peterson* (720-299-8269) at Bergen Peak Parking lot. At highway 74 and Stagecoach Boulevard, turn west on Stagecoach and proceed 1.25 miles to the south parking lot Bergen Peak Trail junction w/ Meadow View 3.7 mi +1730. Dinner afterwards is at a local venue.

**Wednesday,  
June 22nd**

**"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-an-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-H2/H3-20 NW 9:00 AM** Meet *Steve Stevens* (720-497-1100) at Golden Oldy Cyclery (17224 West 17th PL, Golden, 80401) Gentle rolling hills around Golden. Please come early to leave at 9:00 A.M.

**FUN/INT-H2-30-SE 9:30 AM** Meet *Russ Tempelman* (303)-617-0260) at the Piney Creek Trailhead for a ride to the Aurora Reservoir which has a wonderful paved trail going around it (about 8 miles) with a marina, beach and snack bar. We'll go via the Piney Creek Trail part of the way and then various streets. The Piney Creek Trailhead is located at Parker Road and Orchard. Turn East on Orchard Road to the first stop light, then turn Right into the parking lot. Lunch is optional after the ride.

**Thursday,  
June 23rd**

**MTB P2, T1 Lair of the Bear Show and go.** No designated leader.

**Saturday,  
June 25th**

**FUN-H3-25-W 9:00 AM** *Susan Gregory* (303-477-9233) would like you to meet her in the Idaho Springs public parking lot behind Beau Jo's to ride to Georgetown. We will gather briefly at the Georgetown Visitor's Center and return to Idaho Springs before the wind starts blowing up the canyon. Lunch is in Idaho Springs.

**FUN/INT-H2.5-25 NW 9:30 AM.** Meet *Jeff Krinsky* (720-373-9107) for another FREE BEER and juggling excursion! The Tour De Boulder ride does include free beer and snacks during the juggling presentation. The ride will concentrate on the Boulder Creek, Skunk Creek and Bear Creek paths that are pretty flat but we will try to 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. Be there or be elliptical!

**MTB T2 P3 9:00 AM** Meet *Richard Gieseler* (303.722.1475) at Sofa Mart parking lot at the NW corner of W. 6th Ave. freeway and Kipling St. at 9 am for a carpool to Nevadaville for a five mile interval training ride. We will have a mile or so of 10-12% grades on public largely dirt low traffic roads. Loads of history from Colorado mining days. Nobody gets left behind!! Moderate slope exposure and plenty of fast downhill. Lunch afterwards is at a casino lunch bar.

**Sunday,  
June 26th**

**FUN-H2-20-NW 9:00 AM** Meet *Cindy Ferry* 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.

**FUN-H1-25-NW 10:00 AM Bike to Biker Jim's.** Join *Stuart Black* (303-344-9041) for a ride to Biker Jim's. (<http://www.bikerjimdogs.com/index.php>) from City of Cuernavaca Park (at 20th Street & Platte Street, north of REI Flagship store). Biker Jim isn't our kind of bicyclist but he makes a mean, delicious and unique hot dog. I'm sure he won't mind serving our kind of biker. In order to work up an appetite, we'll ride a circle around Downtown on the Platte and Sand Creek Trails, wander through Lowry and tour some of Denver's historic Five Point's neighborhood. So as not to cause too much gastric distress, we'll only have a short ride back to the cars. Bring money, a lock and an adventurous epicurean spirit.

**ROAD-H4-75-W-9:00 AM** Meet *Donald Schmertz* ([roadrider80226@yahoo.com](mailto:roadrider80226@yahoo.com)) at Parfet Park in Golden (Washington St. at 10th Ave) for a ride called "Training for Triple", The "menu" for the ride includes: Lookout Mountain for "breakfast", Squaw/Juniper Pass for "lunch", through Idaho Springs, then Floyd Hill for "dinner", and descending from Genesee to Golden for "dessert". Great scenery and a whole lotta hills. We will be climbing Squaw/Juniper pass which is over 11,000 ft in elevation so be prepared for changing weather conditions.

**MTB P4, T3, 10:00 AM Walker Ranch.** This is a P4 only because you have to carry your bike up about 50 rock steps to get out of a box canyon. Join *Jeff Baysinger* (303-969-9241) for a ride through an old forest burn area, a cool creek basin, hike a bike up the giant rock stairs and finish in an open meadow cruise. Meet at the Crescent Meadow parking lot. Detailed directions to this lot will be provided by email a few days prior to the ride. Carpool at 9:15 AM from Sofa Mart on the north frontage road at the NW corner of Kipling St. and Hwy 6. Lunch is afterward.

**Monday,  
June 27th**

**FUN-H1-22-SE 9:00 AM** Meet *Wayne Tomasello* (720-344-8932) at DeKoevend Park on University Blvd for a ride on the Highline Canal through Greenwood Village and Cherry Hills Village. The ride is on a gravel bike path. An optional lunch after the ride is at the Fox and Hound on Arapahoe road.

**Tuesday,  
June 28th**

**MTB P2, T1 Three Sisters 6:00 PM** Meet *Russ Peterson* (720-299-8269) at East Parking lot. Colorado on Highway 73. Turn west on Buffalo Park Road, approximately 1 mile to the east parking lot. We will ride Evergreen Mtn trail 1.8 mi 835' / -215' Gradual climb with view of the town of Evergreen. Dinner afterwards is at local venue.



**Wednesday, "Roses" H2-20-SE 9:00 AM** Meet *Anne Layshock*, 303-771-6353, on the SE corner of Quincy and Parker Rd.

**June 29th** Park near Quincy, for a ride including Tollgate, the spillway, and the power lines. Bring a snack, and money for lunch at a favorite restaurant.

**FUN-H2/H3-25 or 35 SW 9:00 AM** Meet *Patty Gaspar* (303-989-8268) 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. If interested, you can add a loop around Cherry Creek Reservoir. It is a beautiful ride and we get have a wonderful downhill back to Bear Valley. Lunch is in Bear Valley.

**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.**

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

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DENVER, CO 80210  
campuscycles.com

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