

Kick Off Party

Renew old friendships, make some new ones, get ready for the season

When: Saturday, April 3rd

Where: Cottage Social Club 3315 W. 72nd Ave, Westminster

Time: 6:00 to 6:30 Social Time - 6:30 Dinner Program

Potluck Dinner - bring appetizer, salad or desert to share

Steve Stevens will discuss bicycle history

Plans for 2004

See your March newsletter for details.

Is it a Stroke?

This might be a lifesaver if we can remember the three questions! Is It a Stroke?

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say any bystander can recognize a stroke asking three simple questions: *ask the individual to smile, ask him or her to raise both arms, ask the person to speak a simple sentence." If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher. After discovering that a group of nonmedical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of

this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage."



Membership Contest

Win riches beyond your wildest dreams! Okay, win a gift certificate for bringing three new members into the club during the month of April. It's spring and time to focus on increasing club membership. As with any organization, it is important to keep bringing in new people. Sometimes people move. For reasons beyond our comprehension, some even give up bike riding. To focus attention on new members we will award a prize to the person who brings in the most new members during the month of April. The minimum is 3 (a family membership counts as 2) to qualify. If there is a tie, we will have a drawing. Simply have them write "REFERRED BY YOUR NAME" on their application.

Philosophy to Bike By

Stuart Black shared his philosophy of biking on CycleNet and I think it's well worth incorporating into our lives as we plan our summer ride schedule: Any ride worth doing should always end on a downhill. That is my number one rule. I stick to it like glue. I would never, ever, end a ride at the top of a hill! That's just dumb! Even if I have to turn around and ride downhill for a couple of yards, I don't end a ride on an uphill.



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Astrid's
Scenic Road
Ride Up
Lookout Mtn.

Pictured are
Gary Bohn,
Astrid
Thumau,
Bruce Kohl,
Jerry Baer,
Mary,
Hanna,
Tony



Help Wanted - Bookkeeper

We need someone to take over as the bookkeeper for the DBTC. The job takes 3 to 4 hours a month. The bookkeeper duties are a) depositing the numerous membership and map sales checks, b) reconciling the bank statements to checks written and deposits made, c) updating the monthly and annual Profit and Loss and Balance sheets on Quickbooks with club income and club expenses, maintaining

and filing club financial documents and updating the map accounts receivables reports with information from the map sales person. This is not a board position so you are not required to attend the monthly board meetings. Call Darlene at 303-986-7666 or darlene@comcast.net for more information. This is one job you can do at night when you can't ride your bike anyway!

Board Meeting

Any member wishing to attend a board meeting is welcome. April's meeting is Wednesday, April 7, 2004 at the home of Tom Hurja, 1608 So. Raleigh St., Denver at 6:30 P.M. Per the by-laws, you must provide written notice to the Secretary of the Board, Darlene Deitzer at secretary@dbtc.org or call her at 303-986-7666 for her mailing address, of your topic to allow the Board to be prepared to address your issue. If you just wish to attend a Board meeting, you are welcome and will be given an opportunity to speak if there is time. Contact secretary@dbtc.org for directions to the meeting place.

Welcome New Members

FRED BOTFIELD	DANA JACOBSEN
DIANE BROWN	JEFFREY K JUNE
MARY ANNE DAVITT	JULIE MONTGOMERY
DAVID & SHERRI GIGER	MICHAEL SCALIA
LORI HOLLAND	GAIL SCHNECK



Pictures and Articles for the Newsletter

This newsletter belongs to the members. If you have digital pictures of a club ride or activity or an article that you would like to share, please email your article and or digital pictures 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, notify the Ride Coordinator and she will give you the address. Remember that if we publish something that someone else wrote, we must give credit. If you are a writer with an article of interest that you want to share, we may make you a published author! The deadline for publishing is always the 10th, but please send your articles earlier.

Advance Planning Calendar

Women's Weekend Mountain Bike Camp www.vailmountainbike.com Moab, Utah	April 24-25	Bicycle Tour of Colorado www.bicycletourcolo.com Ft. Collins	June 26-July 2
Fruita Fat Tire Festival www.fruitamountainbike.com Fruita, CO	April 29-May 2	Cycle America's Coast-to-Coast Tour www.cycleamerica.com Wyoming	July 5-11
Community Classic Bike Tour www.tccbt.com Loveland, CO info@tccbt.com	May 16	Triple Bypass www.teamevergreen.org Bergen Park, CO	July 10
Santa Fe Century www.santafecentury.com Santa Fe, NM	May 16	Great West MS 150 Bike Tour www.fightmscolorado.org Denver	July 10-11
Buena Vista Bike Festival www.bikesprings.org Buena Vista, CO	May 22	Courage Classic www.couragetours.com	July 17-19
DBTC Memorial Day Picnic www.dbtc.org Prospect Park, Wheatridge	May 31	Bob Cook Memorial Mt. Evans Hill Climb bethwrenestes@quest.net Idaho Springs, CO	July 24
Elephant Rock Century www.elephantrockride.com Castle Rock, CO	June 6	Moonlight Classic www.moonlight-classic.com Denver	August 14
Tour de Cure www.diabetes.org Loveland, CO	June 12	Vail to Santa Fe 4-day Ride info@bordertoborderusa.org	August 20-23
Ride the Rockies www.ridetherockies.com	June 20-25	Park to Park Bicycle Tour parktopark@bicyclecolo.org Cherry Creek State Park	September 11
Recumbent Rally and Bike Fair www.bestofbents.com Arvada, CO 303-463-4984	June 12-13	Buffalo Bicycle Classic www.buffalobicycleclassic.com Boulder, CO	September 12
Fat Tire Classic www.redcross.org Winter Park, CO	June 26-27	Tour of the Vineyards www.emgcolorado.com Palisade, CO	September 18
Red Canyon Century www.redcanyoncentury.com Canon City, CO	June 26	Moab Century Tour www.skinnytirefestival.com Moab, Utah	October 1-3

For additional non-DBTC rides or more detail about any of these rides go to: <http://bcn.boulder.co.us/transportation/bike.d/bike.cal.html>

Note: the above information is tentative, incomplete and subject to change.

For additional information on the Internet, go to [dbtc.org](http://www.dbtc.org), click on "Selected 2003 Events" Events in italics have been changed.

Summer Rides

We're working on the summer ride schedule and planning the events for the coming season. As always we will have our Memorial Day picnic at Prospect Park. There will be a wide variety of rides and great food. The 4th of July is tentatively scheduled. The South Enders will host us on July 24th at Dekoveland Park. August 21st we'll be in the mountains for a picnic and various rides. If there is interest, a weekend trip. In order to get the final plans in place, we'll need sponsors for the events. The club has coolers, utensils and "stuff", we need people to do the shopping and organize the cooking. The pic-

nic can be as simple or as elaborate as the cooks desire. There's no correct way - you can make a Costco trip and buy everything prepared or you can make your special potato salad or forget the BBQ and put out a Taco Bar. It's more fun if 3 or 4 people work together so no one has to work very hard. Give it some thought and contact Patty Gaspar at 303-989-8268 or ridecoordinator@dbtc.org if you will help. It's a great way to help the club and have fun at the same time. If you'd like to organize a different picnic, trip or activity, let Patty know. The schedule is flexible.

Spring Cleaning

We've been cleaning out the DBTC storage area and found some Front Range Century signs that need a good home. Do you belong to a group that could use sign boards? They can be repainted for a different event. Do you hope to resurrect the Front Range Century? If so, we'll let you store the signs. Need shelving and brackets? We'll be selling some cheap, call Darlene at 303-986-7666 for details - or we'll have information at the Kick Off Party. Anyone need a bunch of white buckets (5 gallon paint size) for free? At the Kick Off Party we'll be selling some neat patches from prior club events, century rides, club emblems and other stuff that we know some of you would love to own. P.S. The Front Range Century was an event sponsored by DBTC for a number of years.

Ride Descriptions

Pace of Ride

Roses Under 10 mph Roses, leisurely pace, frequent stops, most are on Wednesday morning

FUN 9-12 mph Fun, moderate pace, frequent stops, focus on group ride

INT 12-15 mph Intermediate, steady pace, stops about every hour

ROAD 15+ mph Difficult, vigorous pace, occasional stops

MTB or ATB Mountain bike ride - terrain determines pace

Difficulty of Terrain

- 1 Mostly flat to rolling with an occasional hill
- 2 Mostly flat or rolling with moderate hills
- 3 Some long and/or steep hills
- 4 Serious climbs - remember we are in the Rocky Mountains

ATB Terrain Rating - Mountain or Hybrid

Bikes

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

MTB Technical 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 damn sport!

Estimated Distance

Distance in miles (some MTB rides may not have a mileage designation)

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-2-25-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-1-55-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-4-20-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-4-20 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-4-20 expect the riders to meet in the parking lot and go straight up the hill.

MTB-T3-15-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-2-35-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 what to expect. ROSES and FUN rides are very supportive. They have frequent breaks and the riders tend to be very social. A FUN-1 ride would be at a leisurely pace along one of the flat bike trails. A FUN-4 would be much more challenging. 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 at 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 re-group. 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 be able to keep up with the group.

ROAD rides are fast-paced rides intended for riders who want to condition for century rides or longer tours. It is assumed that riders will be able to read a map if offered, comfortable to proceed at their own pace, be competent to fix flats and do their own mechanical work if necessary. Those who ride at a slower pace are welcome and urged to attend with a friend who rides at a similar speed or to enjoy riding by themselves sometimes. Road riders many times do not ride as a group and frequently split off the agreed-upon route. **HAPPY PEDALING!!**

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

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 **1** for an easy ride option and a **3** 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.

Each leader determines the rating and mileage for the ride. 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 and the whining of other riders.**

April Ride Schedule

Sunday INT/ROAD Rides

Continuation of the INT/ROAD training rides every Sunday that started in March. These rides are intended for people who can easily spin 30-40 miles, have average climbing skills (Lookout Mountain at 6-8 mph), and would like to bump their riding up to the next level.

Focus is on group riding in a pace line. The pack is stronger than the individual due to sharing the effort of fighting wind resistance. March focus was group riding on flat ground and rollers. April focus will be to refine group riding and work on climbing strength.

Rides are being coordinated out of Littleton Cyclery and Fitness. Contact Blake Nelson (303) 798-5033 or Rick Russon (303) 281-9430 for further information.

Weekday Evening rides again by popular demand

The weekday evening rides in Boulder will be starting up again this year. More details later on this popular series of rides will be given soon. MTB evening rides are weather permitting and will be updated near the ride day at CoMtnBikers@yahoo.com."

Century Rides this year.

At least 2 century rides will be offered this year to help people achieve their goal of 100 miles. A number of training rides will be offered to help people get into shape for the events.

Wednesday "Roses" and Fun Groups

Subscribe to ColoradoBicyclist-subscribe@yahoo.com or go to: <http://groups.yahoo.com/group/ColoradoBicyclist> for the latest updates on the Wednesday groups. Spring weather is unpredictable and this will give you the latest information.

Pace of Ride	Difficulty of Terrain	Mileage	Quadrant of City	Departure Time
Roses-Leisurely Fun-Comfortable Int-Faster Road-Fast ATB-Unpaved Roads MTB-Mountain Bikes	1-Flat 2-Some Hills 3-Hilly 4-Serious Climbs T1 Beginner to T4 highly skilled riders	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.

April Rides

Saturday, April 3 Kick Off Party tonight at 6:00 PM

Annual Kick Off Party is tonight at 3315 W. 72nd Ave. It's a potluck so bring an appetizer, salad or desert to share. The club will provide the main dish and drinks. If you want an alcoholic beverage, bring your own (but no red wine). See your March newsletter for details.

FUN-2-20-NW-10:00 A.M. Join Marti Krusko and Curt Pellegrin (303-234-9998) on their season kickoff as the North Fun Ride Coordinators. Meet at the entrance to Prospect Park (44th and Robb St.), and the journey will take us north to 72nd Ave, west to Quaker, south via Easley Road and back to the park via 44th and the Clear Creek path. Lunch afterwards is optional.

FUN-2-25-SE-11:00 A.M. Spring Kick Off Party Ride. Meet Jim McClain (303-715-9335) at Eisenhower Park, 4300 E. Dartmouth. Parking and restrooms at the Rec. Center. Ride time, approx. 2.5 hrs. Lunch at Chipotle's, Colorado Blvd. and Yale.

FUN SE 1- 26, 11:00 AM Meet Bonnie Urban (303-475-6302) at the Village Green parking lot (Union & Dayton) for a fun pre Kick-Off ride up to REI and back. We'll stop at REI for refreshments. We'll ride as long as there is no snow and the temperature is over 45 degrees.

Road 2-(30/40)-N 10:30 A.M. Meet Stuart Black (303-433-9041) at the Superior PNR lot off route 36 at McCaslin rd. We will start out on this loop ride on Cherryvale Rd going to Erie (via boulder) and back.

MTB P2-3, T2 10:00 AM The beginning MTB regular ride schedule!! Hook up with Jack Liechty (303- 210-5220) at South Valley Park (north side Deer Creek Canyon road). Join Jack for a pleasant 12 mile tour of this valley on the SW side of the metro area.

Sunday, April 4

FUN-2-25-NW-10:00 A.M. Meet Bruce Kohl (303-458-7322) at the Homei Café (\$1 Scoop) at 5350 N Sheridan Blvd. Bruce's ride will go north a few blocks to the New Bridge and then traverse the entire length of the Ralston Creek Trail from Sheridan to the Arvada Reservoir. He will return via another route for a 25 mile ride with only one real hill. Lunch afterwards at the "dollar scoops" restaurant.

INT/ROAD/TRAIN 3-36-SW 10:00 A.M. - Meet at Park & Ride across from the Conoco station at Morrison Road and C470. We will take Rooney Road to Golden, 6th Ave to Lariat Loop Rd, climb Lookout Mountain to Buffalo Bill's Grave, around Lookout Mtn Rd, descend Hwy 40 to Hwy 26, down to Red Rocks Park, climb to Trading Post, descend to Morrison, and return to Park & Ride.

ROAD 4-18-NW 10:00 A.M. Meet Curt Pellegrin (303-234-9998) at Parfet Park in Golden (Between Ford and Washington on 10th St.). The route is up Lookout Mountain with sustained climbing on a narrow road to the top of the mountain.

April Ride Schedule *continued*

Sunday, April 4
continued

We will stop at Buffalo Bill's grave at the top. The return is via U.S. 40 to the starting point. Lunch is optional afterwards.
MTB P2, T1 10:00 AM Beginners or those not riding over winter, renew your single track cruising with Richard Gieseler (303-722-1475) at Bear Creek Park. Meet at C-470 and Morrison Rd, across from Conoco. Wind through a myriad of trails in the park.

Wednesday, April 7

"Roses" 2-22 SW 10:00 AM Meet Dianne Spiller (303/797-2773) at Carson Nature Center, 7301 S Platte River Parkway, for a ride out C-470 to Ken Caryl, long downhill on South Park, into Chatfield State Park. Bring a snack, money for lunch at a favorite restaurant after the ride.

FUN SW 2, 25-30 11:00 AM Meet Bonnie Urban (303-475-6302) at Village Green parking lot (Union & Dayton) for a scenic ride into downtown Parker. We'll ride through Cherry Creek park, cross over Arapahoe and follow Potomac to the bike trail where we may see horses. Then we'll ride back to Cherry Creek reservoir.

MTB P3, T2-3 6:00 PM The usual evening ride series begins. Meet at the main Green Mountain (Hayden) Trailhead off west Alameda Ave. Look for the DBTC crew. Evening MTB rides are weather permitting and will be updated near the ride day at CoMtnBikers@yahoo.com.

Saturday, April 10

FUN-2-23-NW-10:00 A.M. Meet Joi Bowen (303-455-8207) at Hilario's at 4835 W 38th Ave (just east of Sheridan). She will take you for a "Joi Ride" to Applewood. After circumnavigating Sloan's Lake, she will head west on 10th and 20th, miss Denver West, visit Crown Hill, catch the Clear Creek Trail, pass Willis Case and then return. Enjoy lunch after the ride at Joi's favorite restaurant...Hilario's of course

ROAD 2-36-S 9:30 A.M. - Meet Denny Martin (303-793-0395) in Sedalia (south on S. Santa Fe Ave. about 15 minutes south of C-470) at the 2nd set of railroad tracks on the west side of town). Route is an out and back to Larkspur with a "brake for a break" at the quaint convenience store/bakery and comfortable outside sitting area. Option south to Palmer Lake will add 16 miles.

MTB P2-3, T2 10:00 AM South Table Mountain. Meet Don Pearson (303-274-6955) at Prospect Park, 11300 West 44th Ave by Routt St, Wheatridge. This is one of the old favorite in-town rides. Don will have maps for many route variations.

Sunday, April 11
Easter Sunday

No fun ride scheduled for Easter Sunday.

INT/ROAD/TRAIN 3-30-SW 10:00 A.M. - Meet at Centennial Golf and Tennis dome at Bowles and Federal. South Platte to Chatfield, around reservoir, then turn around at Titan Road and return.

ROAD/TRAINING 3-43-N 10:00 A.M. Meet Gary Bohn (303-650-5082) at the bus stop parking lot in Boulder. It is located off Route 36 at the junction of Route 7 (its on the right). We will be traveling up Lefthand Canyon to Jamestown and then on to the town of Niwot and back to Boulder. Lefthand canyon is a good gentle training climb if your not yet ready for either deer creek canyon or licking your kneecaps on Squaw Pass.

Wednesday, April 14

FUN 2-25-WS (Way South) at 9:30 AM . Stan Hill's Soup Ride in Colorado Springs. Meet at Stan's house to ride a loop around Colorado Springs (maps issued at the ride). Stan will provide some crockpots with soup base and infamous braided bread with honey butter. Everyone else can bring one handful (and ONLY ONE handful) of something that will go nicely in soup (rice, barley, potatoes, vegetables, mushrooms, etc.). Please bring it already cut up, measured, and ready to put in the pot so it doesn't take time away from starting the ride--it'll cook in the pot while we ride. Stan's address is 3612 Windsor Avenue, Colorado Springs, CO 80907. To get there, go south on I-25 to exit 148 (Nevada Avenue), which is just after Woodmand Rd. (Be prepared, this is one of the odd exits that goes off from the left lane.) Go south on Nevada Avenue and turn left at the 2nd light onto Mountview Lane. After a half mile or so, Mountview Lane jogs right and becomes Acacia Drive - keep going on Acacia Drive. Windsor Avenue will be the 3rd right after going past the first stop sign. (If you miss the turn and come to a 2nd stop sign, you will have to turn right on Union Boulevard and will be lost forever--you might not even get home again. If this happens, call Stan Hill, (719-598-8943 or (719) 229-3754 and he'll try to arrange for directions, search & rescue -- or notification of next of kin.) If you want to carpool, Stan will keep a list. E-e-mail him at StanBike@msn.com or <mailto:StanBike@msn.com> or call one of the numbers.

"Roses" SE 1-20 10:00 AM Meet Connie Engelbert (303-904-9288) at South High School Parking Lot E, corner Louisiana & S Franklin, for a ride on Cherry Creek Trail. Bring a snack, and money for a restaurant lunch after the ride.

MTB P3, T2 6:00 PM Green Mountain (Hayden) Trailhead off west Alameda Ave.

April Ride Schedule *continued*

Saturday, April 17

FUN-2-24-NW-10:00 A.M. Meet John Flickinger (303-466-5385) at the Trailhead on 128th Ave, just west of Huron. Plan on riding the Big Dry Creek Trail where John will take the group southwest on pea gravel all the way to Standley Lake and completing the loop by returning along another route. Lunch afterwards at the Refectory along 120th.

ROAD 2-36-SW 9:00 A.M. Meet Don Swett (303-791-5863) at the PNR at Santa Fe and Mineral. Ride down to Chatfield park, up deer creek canyon, and then through Ken Carl. This is a good ride for people that are moving from fun rides up to intermediate and road rides.

MTB P3, T3 10:00 AM After two weeks of warming up, now gear up for some advanced riding. Look for Darrell Deering (303-697-6126) at C-470 and Morrison Road, across from Conoco. The route will be to Rooney Road, around south Green Mtn, over the top, with an option for the Zorro Trail returning via Hwy 26. Either 13 miles or 17 miles with the option.

Sunday, April 18

FUN-2-20-NW-10:00 A.M. Meet Curt Pellegrin (303-234-9998) at the northeast corner of WalMart parking lot in the Applewood Shopping Center (38th and Youngfield). The route will take us to Crown Hill Lake, Edgewater, Sloan Lake, and on to REI. After a brief stop at REI, we will take the journey back to the WalMart parking lot via 26th Ave. Lunch afterwards will be at Chipotle.

INT/ROAD/TRAIN 3-40-SW 10:00 A.M. - Meet at Centennial Golf and Tennis dome at Bowles and Federal. Reverse Willow Springs Loop. South Platte Trail, through Chatfield Park, over dam, up Deer Creek Canyon, through Ken Caryl, through Willow Springs Subdivision, under Hwy 285, down Hwy 8, through Morrison, Morrison Road to Old Kipling, return via Bear Creek Trail and South Platte.

ROAD 1-50-NE 9:00 A.M. Meet Eric Larsen (303-322-2721) at the DOT parking lot at the SE corner of Colfax and Tower Rd for 9 AM departure. Ride to out and back to Strasburg; a flat 50 miles round trip. (Return trip sometimes made more difficult by headwinds.)

Wednesday, April 21

"Roses" NW 1-20 10:00 AM Meet Wally White (303/420-6409) in Prospect Park (W 44th at Robb St.) for a ride along Clear Creek. Bring a snack, and money for a restaurant lunch after the ride.

FUN-2-23-N-10:00 AM Meet Bonnie Urban (303-475-6302) at the McCaslin Park'n'Ride off of Rte 36 in Superior. We'll take a scenic route west and go into Louisville for an Italian lunch and then return to the Park "n" Ride.

MTB P3, T2 6:00 PM Green Mountain (Hayden) Trailhead off west Alameda Ave.

Saturday, April 24

FUN-2-25-NW-10:00 A.M. Meet Cindy Ferry (303-425-9454) at the entrance to Prospect Park (44th and Robb St.). She will take her group on an exploration of portions of the area Creek Trails which will include Van Bibber, Ralston, Little Dry and Clear Creek. Look for a great spring ride along some wonderful greenbelt areas. Lunch afterwards at a local Applewood establishment

FUN-2-25-SE-10:30 A.M. Meet Jim McClain (303-715-9335) at Cook Park, 7100 East Cherry Creek South Drive. Parking and restrooms at Rec.Center. This ride will take us on the Cherry Creek and Highline canal bike paths, thru Lowry, Stapleton, City Park and Crestmoor Park. Ride time, approx. 3 hrs. Lunch at Gunther Toody's Diner, 4500 E. Alameda. See you there!!!.

ROAD 3-40-N 9:00 A.M. Meet Joy Burris (303-423-9021) at the Superior PNR lot off route 36 at McCaslin rd. This 40-mile loop ride will take us into north Boulder for a short, but fairly steep climb up Lee Hill/Old Stage Road. The route continues east along the rural roads of Boulder County before heading south back into Louisville. Optional lunch at Old Chicago after the ride.

MTB P3, T3 10:00 AM Green Mtn and the Zorro Trail, with a further extended option from last week. Meet Jeff Baysinger (303-969-9241) at C-470 and Morrison Road, across from Conoco. The route will be a similar Green Mtn loop, over the hogback via the Zorro Trail, followed now by Matthew Winters/ Red Rocks option. Either 17 miles or 19 miles with this new option.

Sunday, April 25

FUN-2-25-30-NW-10:00 A.M. Meet Terry Huston (303-986-2603) at the parking lot Southeast of 88th Ave and Colorado Blvd. The route is north along Riverdale Road to Highway 7 and east to Brighton. The return from Brighton is along Brighton road to 104th connecting with the bike trail, and from there to the start. There will be a refreshment break in Brighton, and lunch afterwards is optional.

INT/ROAD/TRAIN 3-36-SW 10:00 A.M. - Meet at Redstone Park in Highlands Ranch - Corner of Santa Fe and Town Center Drive. Highlands Ranch Parkway east to Lincoln Ave. Turn around at Jordan Road. Optional Meridian Loop.

April Ride Schedule *continued*

Sunday, April 25 **ROAD 3-40-W 9:00AM.** Meet Donald Schmertz (303-233-0840) at O'Kane Park in Lakewood. It is east of the intersection of Wadsworth and 1st Ave (at teller). We will first go to Morrison then climb up to Buffalo Bill's grave. We will return by going past Golden.

Wednesday, April 28 **FUN 2 24 Central 10 AM** Meet Lin Hark (507-3502) at REI downtown for a ride north on the Platte and out Sand Creek with a loop back through town. The Sand Creek path is gravel in spots so a hybrid or mountain bike would be best. Meet in the parking area across the street to the west of REI. Bring lunch and snacks.

"Roses" NE 1-20 10:00 AM Meet Sue Bickel (303/777-6576) at the west REI parking lot (Platte St. near 15th) for a ride north along the Platte River Trail. Bring a snack and money for a restaurant lunch after the ride.

MTB P3, T2 6:00 PM Green Mountain (Hayden) Trailhead off west Alameda Ave.

Companions Wanted

Oklahoma Tour

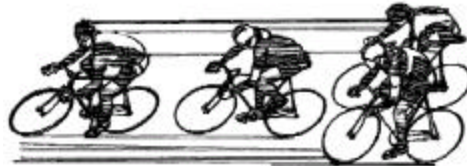
Marilyn Olen 303-394-4049 cas-tleolen@yahoo.com is looking for companions to join her for the Oklahoma Week Long Bike Tour beginning Saturday, June 12th, registration cost \$80. Contact Marilyn for details.

Fruita Fat Tire Festival

As spring is getting here, it is time for the 9th Annual Fruita Fat Tire Festival. The festival begins on Thursday, April 29th and goes through Sunday May 2nd. Fruita is well known for its special mountain biking trails, and the festival is one of the premier mountain biking events in the country. There are two distinct riding areas with several trails in Fruita. The Road 18 area to the north of Fruita consists of narrow buttery smooth single track that reminds one of a roller coaster. The Kokepelli area hosts trails that

overlook the Colorado River and are maybe the most scenic in Colorado. These trails consist of all types of surfaces from sand to slick-rock. The climbing is minimal, so being out of shape is not an excuse to come and enjoy these trails. At both areas, there are plenty of rides for all abilities and levels. After a good day of riding, there is always something happening in the Civic Center. Last year, there was a great reggae band, as well as a bike expo (they even give you stuff to test ride the bikes!) Finding accommodations is not a problem; there are a couple of hotels in the area. For those wanting to sleep under the stars, camping is also close and available. I will be

camping at the Fruita RV Park. For those interested, I will lead a ride on Friday, April 30, at 8:00 am. We will meet at the Civic Center Park in Downtown and car pool out to the Road 18 area. Or you can meet us at the Road 18 area at 8:30 am. We will climb up the Prime Cut trail and return on Joe's Ridge. To avoid the race crowd, on Saturday, May 1, we will meet at the Civic Center Park at 8:00 a.m. to car pool to the Kokopelli area and ride Mary's loop and Horsethief Bench trails. Both of the rides will be at a fun pace and we will not leave any riders behind. Please contact Tom Hall @ halltom@ems.att.com or 303-749-1590 if you are planning to attend the festival and would like to ride with the group. For those that want more information, please visit the following site: <http://www.fruitamountainbike.com/events/>



DBTC Sponsoring Retailers

Discounts for DBTC members is 10% off all purchases (except bicycles and sale items) at the following retailers. Members need to show their current issue of "The Colorado Bicyclist", with mailing label as proof of membership.

**indicates 15% discount.

A Racers Edge
114 N. Main St.
Breckenridge, CO
800-451-5363
are@colorado.net

Arapahoe Cyclery
6905 S. Broadway
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303-797-1858

Arvada Bicycle Company
6595 Wadsworth Blvd.
Arvada, CO
303-420-3854

Bicycle Werx
6336 Leetsdale Dr.
Denver, CO
303-399-2453

Bike Source **
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Highlands Ranch, CO
303-221-4840
www.bikesourceonline.com

Campus Cycles
2102 S. Washington
Denver, CO
303-698-2811
www.campuscycles.com

Cycle Analyst
722 S. Pearl St.
Denver, CO 80209
303-722-3004

Denver Spoke
1715 E. Evans
Denver, CO
303-777-1720

Littleton Cyclery & Fitness
(Blake and Amy Nelson)
1500 W Littleton Blvd
Littleton, CO 80120
(303) 798-5033
www.littletoncyclery.com

Northglenn Bicycle Shop
842 E. 120th Ave.
Northglenn, CO
303-451-7733

REI - 4 area stores to
serve you - no discount
www.rei.com

Sampson Sports
2890 S. Colorado Blvd.
(303) 691-5650
www.sampsonsports.com

Tandem Cycle Works
1084 S. Gaylord
Denver, CO
303-715-9690
www.tandemcycleworks.com

Treads Bicycle Outfitters
16981 E. Illif Ave.
Aurora, CO
303-750-1671
www.treads.com/index.htm

Westside Cycling
7310 W. Colfax Ave.
Lakewood, CO
303-237-1115

Wheat Ridge Cyclery
7085 W. 38th Ave.
Wheat Ridge, CO
303-424-3221
www.ridewrc.com

Pasta's **
9126 W. Bowles Ave.
Littleton, CO
303-933-2829
Open for lunch and dinner
seven days a week. Not
valid on major holidays or
with other promotions.

Runners Roost
1-800-957-6678
www.runnerroost.com

Team Managers-Ski,
Bicycle, & Rowing Co. **
1121 N. Summit Blvd.
(Across from Holiday Inn)
Frisco, CO
303-534-9046/970-668-3748

The Amazing "Roses"

By Patty Gaspar

As I looked out my office window on a cold and messy January morning, up popped a message from Colorado Cyclist informing me that the weather report was good and it would be warm enough to ride on Wednesday. Now many of our members ride through the winter, but this message was from Melba Bouquet who organizes the "Roses" rides. As Melba is quick to inform you, "Roses" rides are not just

short Fun rides, they are *s l o w e r*. The rule for "Roses" rides is that the last person to arrive at a rest stop is the one who determines when it is time to start again. You would expect that "Roses" riders would be fair weather riders. Not so, they may be slow, but they ride all winter long. Most of their rides are on Wednesday mornings, so they attract many retired people. However, younger riders are part of the group

because they have so much fun. Melba and Gerrie started the "Roses" group to meet their needs and they've found many other people who share their vision of bike riding. The "Roses" riders will never join the Sunday road training rides, but they have definitely earned the title of "Cyclist" and are not just bicycle owners. Here are Melba and Gerrie's stories:



Melba and Gerrie with some of the Roses riders at the 2003 Banquet
Julie Brown
Gerrie Garnett
Dave Grimes
Connie Engelbert
Melba Bouquet
Dianne Spiller
Darlene Dietzler

patience teaching her to shift those gears. Ride the Rockies came along again in 1997 and a great San Juan Islands tour with Timberline in 1998. Other tours included a 4000 mile (yes, that's 4000 miles) Cross Country with Woman Tours followed by Canyonlands of the Southwest in the year 2000. Canada beckoned and Gerrie pedaled the Lighthouse Tour and the Moose Tour in 2001 with Can-Am Wheelers. And, 2002 Wheeling Hawaii with Tim Kneeland found Gerrie and other DBTC friends having a fantastic trip.

Gerrie grew up on a farm in Iowa. She transferred from Drake University to the University of Colorado for her junior year. Colorado's magnificent scenery and climate with lots of sunshine kept her here.

Three grown children and six grandchildren keep her very busy. The grandchildren live in Connecticut so much time is spent traveling. Her exuberance for bicycling found family members joining her for the 1997 Ride the Rockies and two summer trips to Cape Cod to ride the Rail Trails.

Bicycling, hiking, snow shoeing, camping, traveling, movies and luncheons are her favorite activities. She's not a lady to sit in one place for very long!

Gerrie joined DBTC three years ago. When asked what she likes about DBTC: "She enjoys the interaction of the

wonderfully, unique personalities of the members. She has fun on the many club rides, trips and parties. In a couple of years she will be joining the AMAZING over 75 group."



Meet Melba Bouquet:

Melba arrived in the Denver area from SoCal 3 1/2 years ago to be near her daughter and family, including Michael and Christine, now 7 and 9 years old. She enjoys biking with them. She bought the bike map right away, and attended the DBTC picnic about 2 weeks later. A native Californian she was active in Sierra Club, Angeles Chapter, and co-led 5 weekend trips a year for about 12 years, including one annual bike ride on the Central Coast.

She has 3 grown children. Her oldest son, Tim, a serious bicyclist, was instrumental in getting her to ride as an adult. He was working in a bike shop, and came home one day with the news that a bike (Gitane) had finally come in that was her size, and she should buy it. She did, and has ridden on easy day rides, Eastern Tandem Rallies with Tim, a Sierra Club tour of Provence, a Backroads Tour in the Gulf Islands, and a tandem tour in England with Tim. She's looking forward to membership in the elite "over 75" group of club riders at the next Awards Banquet.

She has never liked hills, and after many

Fun rides with DBTC, with the group having to wait for her, "huffing and puffing" trying to keep up, she finally teamed up with Gerrie Garnett to start the "Roses" group of slower, shorter rides. She also enjoys canoeing and x-country skiing.

She is a Marriage and Family therapist, and still practices out of her home as well as volunteering as a Red Cross Disaster Mental Health worker. "Work, family, friends, and DBTC are current joys of my life."

Meet Gerrie Garnett:

In September, 1992, Gerrie retired from the Denver Public Schools after 35 years of service as an elementary music teacher. October was spent walking and viewing the fall colors in Connecticut and wondering what she would do with the rest of her retirement. When she returned home a purple Cannondale mountain bicycle was sitting in her living room complements of her son. When she found out how much it cost, she knew that she would have to learn to ride.

The ability to shift was not taken seriously until she and her friends rode the Ride the Rockies in 1996. A very dear friend spent much time and