

Join Lin's Challenge

June is Bike To Work Month so to honor this Lin Hark will give up her car for the month and use only her Bike, RTD, and her motorcycle to get around. This is a bigger challenge for Lin since she lives in Evergreen but maybe a bit easier since she has a motorcycle as well as a bike. She still hasn't figured out how to carry her bike on her motorcycle and is scheming to keep a bike somewhere in town near a bus stop so she can avoid the big climb back home to Evergreen each trip. Join Lin for her challenge and give up your car for the month of June!



Upcoming Picnics

Mark your calendars - Summer picnic season is here July 24 - The South end is having a bash at DeKoveland Park. Our South Ride Coordinator, Lois Kahn, will be our hostess. She just retired from United Airlines so she is a professional! Look for details in the July newsletter. She could use a couple of people to help her - call her at 303-758-0092 or email KALO284@aol.com. The weekend of August 27, 28 and 29 will find a contingent at Wild Bill's in Leadville. We'll have a picnic on Saturday for the day trippers. Richard Gieseler and Jeff Baysinger are working on details and some new ride routes. There will be a variety of ride options in a very pretty place. There are many options from Wild Bill's Hostel to the charming Delaware Hotel and many B&Bs.

My Cycling Journey

(DBTC Paceline Rides)
By Jessica Stearns

I never imagined myself cycling long distances on a road bike, using energy gels and being able to keep up with a group of guys. I had been an avid runner since the age of twelve and did not realize that my entire exercise routine could change.

I will start were the journey began. Last summer, I decided to restore an Italian made Bianche road bike that had been collecting dust in corner of my mom's house. It had been a gift from my brother Travis ten years ago and had no really been used. The first time I got on the bike, I felt a little unstable. It was so different from riding a mountain bike. I enjoyed riding faster and at the time, did not realize how important it would become to me.

Then in March of this year, I took a trip

to Bellingham, Washington to visit Travis his wife Nancy. Travis had decided that he wanted me to start using clipless pedals. He loaned me a pair of Nancy's shoes and took me out for a ride. I caught on quickly and even mentioned how easy it was. Then I fell and we laughed. A few days later, Travis and Nancy asked me to join

the "Donut Ride." They said it would be a 60-mile ride, but assured me that we could turn around early. I had never drafted or cycled in a paceline, but was eager to learn. The morning of the ride, Travis said I should probably eat breakfast. This was a new concept since I could never eat before a run. For the first part of the ride, I was so excited about the new experience that I told my brother I did not want to turn around early. That was probably a mistake. After about 30 miles, my legs started getting tired and I could not keep up with the group. One of the experienced riders cycled next to me and gently pushed me along. I was incredibly thankful for the help. By the end of the ride, I was completely exhausted but appreciated the distance we traveled and was intrigued by all of the techniques involved in the ride. The next day, Travis and I found the Denver Bicycle Touring Club website and a description of the first ride in March. The rides were described as intermediate with a focus on practicing riding in a group and pace lining. It sounded like an interesting experience. I went home, looking forward to the first group ride.

When I returned to Colorado, I had a few more days to practice riding with clipless pedals. On the morning of the first DBTC ride, I arrived at the Littleton Cyclery early to get a few minor adjustments to my bike. Rick, the ride leader, discussed the distance of the ride and the techniques we were going to practice. I

Training Group in front of Littleton Cyclery



See My Cycling Journey, page 2

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Board Meeting

Any member wishing to attend a board meeting is welcome. June's meeting is Wednesday June 2 at Perkins Family Restaurant, 1995 So. Colorado Blvd. at 6:00 p.m. If you wish to address the board, please contact the secretary Darlene Dietzler 303-986-7666, so that your topic can be placed on the agenda.

My Cycling Journey, continued from page 1

was a little nervous, but excited about riding with other people and learning more about cycling techniques. I remember enjoying the energy of cycling with a group and found it motivating. Toward the middle of the ride, I started feeling a little fatigued. Rick mentioned how important it was to drink fluids and how beneficial energy gels are with sustaining energy. He gave other cycling suggestions and seemed very patient with the group. At the end of the ride, I was very hungry and tired. I ate a big lunch and took a long nap that afternoon.

I have started cycling with this DBTC group on a regular basis. I have been slowly learning other rider's names and feeling more comfortable with the cycling techniques. Each ride has been different and I am always surprised at how far I can travel on a bike. I truly appreciate the benefit of drafting especially on a windy day and enjoy practicing the paceline. I have also discovered the benefits of energy gels. I tried a gel on one of our hill rides. It made a huge difference in my energy level and gave me the edge I needed to stay with the group. I have also started using sport drinks to help keep hydrated and generally bring a sports bar on the long rides. I admit that I have fallen a few times, but feel I am making progress. I plan on cycling with the DBTC group this summer and building on my endurance and skills.

I hope I have inspired a few men and women to join our DBTC paceline rides. It is a fantastic way to meet other cyclists, improve on skills and benefit from riding in a group. I know it is changing my life and my focus. I now spend time thinking

July - Newsletter via Email

The Colorado Bicyclist, newsletter of DBTC, will be available via email starting with the July issue. The club sent an email message to all members with an address in the data base. A substantial number came back as undeliverable. If you wish to receive by email, and did not receive a test message, please send current email address to webmaster@dbtc.org. The June issue will be sent at the end of May by postal mail and email..You will receive both. That will give us a month to iron out problems, and also allow you the opportunity to opt out. With the July issue, you will receive only one, either by postal mail or email, but not both. The more members who receive their newsletters via email, the fewer we print and mail.

about gear, nutrition and preparing for the next ride. --
Jessica

IMPORTANT NOTE: While I don't want to discourage or intimidate anyone from coming out to ride with us I would like to set the proper expectations for these rides:

- these ARE NOT casual "fun rides" - you must commit to learning advanced cycling skills and nutrition
- you should be able to ride comfortably for 2-3 hours at 16-18 mph on flat ground
- rides are anywhere from 35-60 miles in length - routes may change before or during ride
- we may stop only once or twice during the entire ride
- you will, at some time(s), have a bad ride because you will be training at the edge of your abilities
- this is bicycle race training without the racing

The #1 requirement is a serious desire to get better at cycling - as long as you are willing to keep trying we will do anything to help you. -- Rick Russon (303) 229-5883 **Go to www.redocher.com/paceline.htm for schedules and more info.**

Welcome New Memebers

CAROLYN BAUER
ASA BECK
EILEEN BROWN
LINDA BUTTS
JANE CARLSTROM
KEN CILENO
SUSAN EVERETT
JUDY FETTER
JENNIFER GARFEIN
ED GREIVEL
BECKY JACKSON
PATRICIA JACKSON
STEVE & PAT LARSON

CAROLYN LINVILLE
PATRICK MCHUGH
DJ & CINDY MOLNY
RICHARD MUIR
GREG & SUSAN ROOT
MARI RUDDY
SARAH KLAUS & SHAWN RYAN
DOUG SMITH
BRENDA URBAS
LISA CARRILLO & GEOFF WARNER
HILDA YOUNT

ARVADA GOLD STRIKE FESTIVAL

The Arvada Gold Strike Festival is June 12 & 13. Bob Bennish will be holding the Recumbent Rally and Bike Fair at McIlvoy Park, 5750 Upham St., with 2 rides on Saturday and 2 rides on Sunday. For info www.bestofbents.com. DBTC will be hosting a booth at the park. Club members are invited and needed to man the booth both days. Please give an hour or 2 while enjoying the festivities. Contact Darlene 303-986-7666 or Darlenegri@comcast.net. Entertainment: Saturday - DOTSERO at 6:00 p.m.; Sunday - JOHN McEUEEN (the String Wizard) of the Nitty Gritty Dirt Band at 12:30 and HAZEL MILLER at 4:30. This should be lots of fun. Historic Olde Town Arvada -- 1 mile north of 1-70 at Grand-view & Old Wadsworth. www.historicarvada.org.

Pictures and Articles for the Newsletter

This newsletter belongs to the members. If you have digital pictures or an article you would like 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 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

Elephant Rock Century www.elephantrockride.com Castle Rock, CO	June 6	Great West MS 150 Bike Tour www.fightmscolorado.org Denver	July 10-11
Tour de Cure www.diabetes.org Loveland, CO	June 12	Courage Classic www.couragetours.com	July 17-19
Ride the Rockies www.ridetherockies.com	June 20-25	Bob Cook Mem. Mt. Evans Hill bethwrenestes@quest.net Idaho Springs, CO	July 24
Recumbent Rally and Bike Fair www.bestofbents.com Arvada, CO	June 12-13	Moonlight Classic www.moonlight-classic.com Denver	Aug. 14
Fat Tire Classic www.redcross.org Winter Park, CO	June 26-27	Vail to Santa Fe 4-day Ride info@bordertoborderusa.org	Aug. 20-23
Red Canyon Century www.redcanyoncentury.com Canon City, CO	June 26	Park to Park Bicycle Tour parktopark@bicyclecolo.org Cherry Creek State Park	Sept. 11
Bicycle Tour of Colorado www.bicycletourcolo.com Ft. Collins	June 26- July 2	Buffalo Bicycle Classic www.buffalobicycleclassic.com Boulder, CO	Sept. 12
Cycle America's Coast-to-Coast Tour www.cycleamerica.com Wyoming	July 5-11	Tour of the Vineyards www.emgcolorado.com Palisade, CO	Sept. 18
Triple Bypass www.teamevergreen.org Bergen Park, CO	July 10	Moab Century Tour www.skinnytirefestival.com Moab, Utah	Oct. 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, click on "Selected 2004 Events"

Leisure Rides

Many people have requested slower fun rides on the weekends. We are adding a LEISURE class to the ride list. They will be like the "Roses" rides on Wednesdays - slower paced, more waiting, less distance and more supportive. Contact either of the FUN ride coordinators and they will be happy to list your LEISURE ride. The purpose of the ride labels is to let the riders know what to expect. Let the FUN ride coordinator know that your idea of a FUN ride is slower paced and they will be glad to label it LEISURE. Or, if you prefer to ride faster than the usual FUN, it can be FUN/INT to let people know that it will be a fast fun ride. There will still be our standby FUN ride. A FUN ride should average 10-12 miles per hour with re-grouping points so that slower riders can keep up. An interesting route, good cycling companions and comradery after the ride are the hallmarks of a successful ride. We know it gets confusing. There are many different riding styles and some of us chose a ride based on location or what the lunch plans are or because we like the ride leader even though the ride is above

or below our usual riding ability. The actual pace is determined by the leader and the riders that day. Want to help welcome new members? We're looking for someone to lead a monthly Saturday LEISURE ride. Contact Patty Gaspar at ridecoordinator@dbtc.org or 303-989-8268.

Hall Valley Camping Trip June 18-20

Join Lin Hark and Cathy Perkins for a weekend camping trip in Hall Valley. Bring hiking gear, mountain bike, and camp with us in a beautiful valley beneath the Continental Divide not too far from Denver. Saturday we plan to hike up to Gibson Lake and Whale Peak and onto the Continental Divide Trail. Call Lin (303 507-3502) or Cathy (303 980-6738) for details and to sign up for a fun weekend with DBTC friends. We plan to have a pot luck and campfire Saturday night so even if you don't want to camp come join us for the day, do the hike in the morning, some biking in the afternoon and join us for dinner and a campfire afterward. Let's hope the fire season will allow a campfire. Hall Valley is near Webster before Kenosha Pass off Hwy 285, so it is not far.

Thursday Evening Mountain Bike

Rides NEW Thursday Night Fun, Easier MTB Ride FUN/MTB P1-2, T2 6:00 PM A new Thursday evening COGG (Crazy Ol' Guys and Gals) ride series begins. Some of us can't always keep up with the tough guys, or we just can't do miles and miles of climbing. But... We love to get out in the dirt. You might be a COGG if...You worry about keeping up with the gonzo...You just want to get together with other fun people and play in the dirt without a sense of competition...You are new to mountain biking, yet are fit, agile and have a great enthusiasm to learn mountain biking...You used to mountain bike and need an excuse to get off the couch and do something...You love to mountain bike but can't keep up with your boyfriend and his friends...You just want to check out the girls then go ahead on your own...You just want to check out the girls and then go home and sit on the couch...You encourage others to come who worry about keeping up with the real mountain bikers...You enjoy helping others with tips on how to ride the technical spots like "watch me and just walk this time"...You would like to get better and don't mind if others help you with a few tips on the technical stuff...You aren't embarrassed to

walk when it gets a little steep or technical...You don't mind waiting for those who are excruciatingly slow or have no clue what "get your butt back" means...You love to see the COGGs do the technical stuff in a winning way...You love to ride with the COG! Is that the "Crazy Old Goat" or the "Cool Old Guy"?...You love to join other mtbers after a ride to eat and laugh at a nearby mountain restaurant...You can't quite identify with gonzo mtbers but often dream of flying over dirt...You love to soak up the scenery and have a spiritual moment in the woods...You feel like you need a sign on the back of your mountain bike that says "this end up" with an arrow pointing to the sky...You stand by the trail-side and watch the young studs go by and think "ohhhh, to be young again!" or "did I used to have that much testosterone?"...You are always making excuses about why you won't ride some technical stuff like "I don't have health insurance"...You are older than dirt...You are just plain bad at mountain biking but want to learn..You are young and sedentary and need an excuse to get a good workout on your bike...You have a need for a regular weekly workout on your bike but it needs to be fun...You think it was a good ride if you drew a little blood...You want to meet other pentagenarian plus mtbers.



Presents:

Goose Chase 2004



Saturday June 19th

Greenwood Village City Hall • William McKinley Carson Park
6060 S. Quebec St., Greenwood Village

15, 30, 42 mile cycling routes for all skill levels • 5K and 10K walk/run
\$27 Adults (\$32 Event Day), \$10 Children 6-12 (Children 5 & under free)

Presented by:



To Benefit:

- Sungate Children's Advocacy & Family Resource Center (working with abused children)
- Sidekicks for Sight (raises guide dogs for the blind)
- Greenwood Village Chamber of Commerce

Fee includes GooseChase 2004 T-shirt, lunch, prizes, family entertainment, goody bags & more

Call the GooseChase Hotline: (303) 486-1555 or the Chamber at (303) 290-9922

You can also e-mail for more information at info@gvchamber.com

Register on-line at www.active.com (through 6/18/03 noon - 5% service charge for on-line registration)

Register at:

Bank One:

Greenwood Village - 4968 S.
Yosemite St. (Bank hours)

Bicycle Pedal'r:

Highlands Ranch - 2030 Highlands Ranch -
2229 Wildcat Reserve Parkway

Bicycle Village:

Boulder - 2100 28th St.
Aurora - 2802 S. Havana St.
Southwest Plaza - 9116 W. Bowles

Bike Source:

Littleton - 2690 E. County Line Rd.

Boulder Running Company:

Littleton - 8116 West Bowles Avenue,
Unit C

Galyan's - Sports & Outdoor

Adventure:
Broomfield - Flatiron Crossing
Shopping Center
Littleton - Park Meadows

New Balance:

Englewood - 3139 S. Broadway

The Denver Spoke:

Denver - 1715 E. Evans

Rack Attack:

Denver - 4975 Leetsdale Drive

Runners Roost:

Denver - 1685 S. Colorado Blvd
Denver - 1970 E. County Line Rd.
Denver - 6554 S. Parker Rd.

Runners Choice:

Boulder - 2460 Canyon Blvd.

Treads Bicycle Outfitters:

Aurora - 16701 E. Iliff Avenue
Englewood - 3536 S. Logan St.
Parker - 17030 Cottonwood Dr.

Greenwood Village**Chamber of Commerce**

5600 S. Quebec Street,
Suite 265C - 9a.m. to 3p.m.

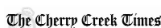
City Hall -**City of Greenwood Village**

6060 South Quebec Street
June 14-18: 9a.m. to 5p.m. ONLY

William McKinley Carson Park**(Event Day Only)**

6060 South Quebec
Inside the Greenwood Village City Hall

Event will be held rain or shine. Entry fees are non-refundable. ALL PARTICIPANTS MUST SIGN AN INSURANCE WAIVER.



June Ride Schedule

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.

Sunday Training Rides

The Sunday training rides are online now so the details can be updated. Contact Blake Nelson (303) 798-5033 or Rick Russon (303) 281-9430 for further information. These are for people interested in transition from Intermediate to Road riders. Not sure you're ready? Give it a try!
The goal is at least 2 century rides will be offered this year at help people achieve their goal of 100 miles.

Weekday Evening Rides are Back

The Thursday evening rides in Boulder will be every week. MTB evening rides are weather permitting and will be updated near the ride day at CoMtnBikers@yahoo.com. Tuesday and Thursday evening rides in the Denver area will be announced through ColoradoBicyclist-subscribe@yahoo.com or go to: <http://groups.yahoo.com/group/ColoradoBicyclist> since weather and work demands make it difficult to plan. You are welcome to go there and

post the ride weekday ride you'd like to lead. If you would like to schedule regular weekly rides please contact ridecoordinator@dbtc.org or call Patty at 303-989-8268.

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. This will give you the latest information.

June Rides

- Wed., June 2** **"Roses" ride 1-20, SE 8:30 AM.** Meet Anne Layshock at South High school parking lot, corner of Louisiana & S. Franklin for a ride to REI on the S. Platte and Cherry Creek trails. We will finish up at the beautiful gardens of Washington Park. Bring a snack and money for lunch. Please arrive early. We will be leaving at the designated time. Info: call Anne Layshock 303/771-6353
FUN 2-25-Central 9:30 AM Flower Gardens Ride from downtown REI. Meet Lin Hark (303 507-3502) at the west lot of REI downtown to ride around the downtown area and the Denver city parks. Lin will stop at all the flower gardens to enjoy the colors and greenery of Denver. The route includes parts of City Park, Cheeseman Park, Congress Park, Washington Park, Confluence Park, Elitches, Centennial Gardens and more.
MTB P2, T2 6:00 PM, Evening ride. Meet at the main Green Mountain (Hayden) Trailhead off west Alameda Ave. Look for the DBTC crew.
- Thursday, June 3** **MTB P1-2, T2 6:00 PM,** Thursday night COGG ride. Meet Lin Hark (303-507-3502) at Matthews/Winters Park -- just south of I-70, exit 259, across from Stegosaurus PNR Lot -- for a fun easy paced MTB ride. Lin is a very slow rider so if you are a beginner or not in tip top shape you can probably keep up with her. More advanced riders are welcome to come, meet us, and make their own Gonzo group. What is a COGG (Crazy Ol' Guys and Gals) ride? See separate article.
- Saturday, June 5** **FUN-2-22-NW-9:00AM** Meet Gordon Valentine (303-333-8605) and Jim McClain (303-715-9335) and many Arvada Citizens at the King Soopers parking lot at 80th & Wadsworth Blvd. This will be the 3rd Annual "Arvada Celebrates Its Trails" ride for National Trails Day. They will take Little Dry Creek Trail and 80th Ave all the way to the Town of Leyden, then out and around the Arvada Reservoir pausing to visit with the Rangers. They will return back along the Ralston Creek Trail with a stop at Majestic View Nature Center and Two Ponds National Wildlife Refuge for National Trails Day food, fun and festivities before returning to the start. 10, 12 and 17 mile options also available.
Road 3-31-N 8:30 A.M. Meet Sandi Bianchi(303-425-1214) at the Park 'N Ride in Broomfield at the S.E. corner of Hwy. 36 and Wadsworth. This scenic loop route travels through Louisville to Eldorado Springs and returns back through Superior. Optional lunch afterwards.
MTB P3-4, T3 9:00 AM, Waterton Canyon to South Platte overlook, 28 miles out /back, 2,500' elevation. Eat your wheaties and carry your power bars for this trip. Instead of the usual loop from Lenny's bench, Darrell will lead the troopers about 7 miles further west along the Colorado Trail. Option for others to turn around there or do the Roxborough loop. The continuing ride will turn around at the overlook dropping down to the road and South Platte hotel site. Darrell Deering, 303-697-6126
- Sunday, June 6** **FUN/INT-3-27-NW-8:30AM** Meet Peggy Vanallen (303-410-1986) at the Broomfield PNR at Wadsworth and US 36. Peggy will

June Ride Schedule *continued*

**Sunday, June 6
continued**

follow a perimeter route that circles around the city of Superior that will include Boulder, Jefferson and Broomfield counties. Look for some hills but a well paced ride on shouldered streets, up country lanes and through quiet towns. Lunch will be afterwards in downtown Broomfield.

FUN-2-20-SW-9:30A.M. Meet Bill Kunzman(720-870-0937) at Wadsworth and Deer Creek Road. We will ride through Chatfield Recreation area and exit the south entrance to the park. Then follow roads south to scenic Arrowhead Golf Course. Plan on lunch with beautiful view at Golf Club restaurant. Return via Waterton Road and Wadsworth Blvd. or take optional gravel path through park back to starting point. Come along!!!

Road 3-40-W 9:00A.M. 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.

Training: See the web address for details <http://www.redocher.com/paceline.htm>

Wed., June 9

"Roses" ride 1-14, SW 8:30 AM. Waterton Canyon - Meet Art Castro at the lot closest to the trailhead. Directions: South on Wadsworth past Chatfield Park, turn left onto Waterton road to the trailhead lot. This is a beautiful ride up the S. Platte river canyon where you may see wildlife including big horn sheep. Hybrid or mountain bike recommended. Packed, pea-gravel road. We encourage you to bring a camera for this picturesque ride. Bring a snack and a picnic lunch. Please arrive early. We will be leaving at the designated time. Info: call Art at 303/386-3295 or write to: ArtCastro@alum.rpi.edu.

FUN 1-20 - SE 9AM Meet Cathy Perkins (303-980-6738) at the STONE HOUSE for a smooth ride up to REI and back.

We'll stop at REI for a light refreshment so bring a little cash in your saddle pack!

MTB P2-3, T2 6:00 PM Alderfer/ Three Sisters Meet in the upper parking lot. Look for DBTC and Team Evergreen. Our mountain friends will be hosting the first of a few evening rides this summer in their neck of the woods.

Thursday, June 10

INT/Road 2-(20/25)-NW 6 P.M. Meet Reg Gupton (303.544.0340) or Jim Pollock (303.415.9200) at 6 PM at Scott Carpenter Park (Arapahoe at 30th) at 6:00pm EVERY THURSDAY for a 20-25 mile intermediate paced ride (13-15 mph average) on the many different trails 'n routes in and around Boulder.

Saturday, June 12

FUN-2-20-NW-9:00AM Meet Diana Kendrick (303-986-3285) at Van Bibber Park on the west side of Ward Rd. between 52nd and 58th Ave. **First time as ride leader.** Ride the Van Bibber path to Indiana, and on to Arvada Reservoir and Tucker Lake. Take the Ralston Creek Trail back to Van Bibber Park. Lunch is the leader's choice.

FUN-2-25-SE-10:30 A.M. Meet Jim McClain(303-715-9335) at Eisenhower Park, 4300 E.Dartmouth. Parking and restrooms at the rec. center. The ride will take us through the beautiful residential area of S.E.Denver, along the South Platte River trail, returning through the University of Denver campus. Ride time approx. 2.5 hrs. Lunch at Chipolte's, Colo. Blvd & Yale.

INT-2-30-SW 9:00AM. Meet Darrell and Jean Deering (303-697-6126) at the South Valley open pace parking lot for a ride through Ken Caryl, Willow Springs to Morrison and back along the C470 trail. To get to South Valley parking lot, go west on Ken Caryl Rd. on C470, turn left at the first stop light and go about 1 mile on South Valley Rd.

Road 2-44-Halfway "Way S" 9 A.M. Meet Gordon Valentine (303-333-8605). Checkout Elizabeth's very attractive backside with Gordon! Meet at SuzyQ's Café in Franktown, west of the post office, access by first left turn off SH86 east, park on the south side of the parking lot (come early for coffee, ride leaves at 9:00!). We will head east in the scenic roundabout roller coaster ride on rolling rural roads to Elizabeth. There will be an option of a 30 mile total from here. The main ride will continue through Elizabeth and points south, revealing the charms of Elizabeth's backside. The return to Franktown will be by a different rout of some interest. **Please RSVP with Gordon by 10:30PM on June 11th if you plan on doing the ride.** The ride is a no-go if fewer than 5 people RSVP or bad weather. Bad weather call will be made by 7AM on the day of the ride.

MTB P3, T3 9:00 AM, White Ranch park , meet at the lower lot west of Hwy 93, north of Golden. Info, call 303-969-9241

Sunday, June 13

FUN-2-21-NW-9:00AM Meet Hugo Mansilla (303-422-8631) **FIRST TIME AS RIDE LEADER.** Meet Hugo at Prospect Park (44th & Robb St) in back of park by picnic tables. 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 is optional.

FUN/INT-2-14-SW-10:30A.M. Join Gary Goins (303-433-4398) at the Waterton Canyon parking lot for the only circular ride in the High Line Canal series. We will ride on a mixture of paved roads and dirt trails with stretches of lose sand. Wide tires are necessary. Bring lots of water and money for lunch!!

Training: See the web address for details <http://www.redocher.com/paceline.htm>

MTB P2-3, T2 9:00 AM, Waldorf Road above Georgetown. Meet Richard Gieseler (303-722-1475) at the 4th and Union PNR

June Ride Schedule *continued*

- Sunday, June 13 continued** for a ride on this old railroad grade ride, perhaps venturing as far as Argentine Peak to get a look down at the Montezuma area.
- Wed., June 16** **"Roses" ride 1-20 SE 8:30 AM.** Meet Julie Brown, 303-751-2811 at the Parking lot in Bible Park. (From Yale and Monaco, go east and turn south into the parking lot.) This is a loop along neighborhood trails and the Highline Canal. We will travel through Fairmont Cemetery to view some of the 59 varieties of heritage roses. Bring a snack, and money for lunch after the ride. Please arrive early. We will be leaving at the designated time.
FUN 1-20 - NW 10 AM Meet Bonnie Urban(303-926-1201) at the Dry Creek Trail Head on Baseline Road just east of I36 for a nice scenic ride west & back on the Boulder Creek Trail. We will stay on paved trails except for a few side trips on roads. Bring a "picnic" lunch for when we return to the Dry Creek Trailhead.
MTB P2-3, T2 6:00 PM Elk Meadow (Hwy 74 parking lot) Look for DBTC and our mountain host friends.
- Thursday, June 17** **MTB P1-2, T2 6:00 PM** Thursday night COGG Ride. Meet Lin Hark (or one of the other COGGs) (303 507-3502) at the main entrance to Lair O The Bear about 5 miles up Hwy 74 from Morrison on the left side and look for a lot of COGGs (Crazy Ol' Guys and Gals). This ride may be updated near the ride day at "COMtnbikers@yahoo.com".
INT/Road 2-(20/25)-NW 6 P.M. Meet Reg Gupton (303.544.0340) or Jim Pollock (303.415.9200) at 6 PM at Scott Carpenter Park (Arapahoe at 30th) at 6:00pm EVERY THURSDAY for a 20-25 mile intermediate paced ride (13-15 mph average) on the many different trails 'n routes in and around Boulder.
Hall Valley Camping Trip June 18-20 - Join Lin Hark for a great weekend trip. See the article for details.
- Saturday, June 19** **FUN-2-20/28-SW-8:00A.M.** Meet Tom Hall(303-973-8995) at Big Kahuna Bicycles, 9032 West Ken Caryl Road,(www.bigkahunabicycles.com for a map) for a ride that will keep both the fat and skinny tire groups happy. We will see some great sites and have a nice cruise through Chatfield State Park. There are many options to lengthen or shorten the ride, so this should be an enjoyable ride for all. The group will decide on lunch plans after the ride
FUN-2-(20/25)-9:00AM Meet Cindy Ferry (303-425-9454) at Crown Hill Park (26th Ave & Garland). Ride will take Clear Creek Trail (including new section of trail) to downtown Golden. Cindy will take the group for several miles around Golden returning via 32nd. Ave. Lunch afterwards.
Road 3-50-SE 8 A.M. Put your climbing legs on, join "old ride leader" Randy Rahl (303-755-7359) at the small parking lot at the bottom of Deer Creek Canyon for a day of knee lickin' good climbing. We'll climb Deer Creek to High Grade, through Conifer, down the back way into Evergreen, over Indian Hills, past Tiny Town and back down Deer Creek. Distance about 50 miles, although who really cares. The Gumby dance having not yet been revealed, now may be your only chance. Call Randy for info. BYCL.
- Sunday, June 20** **FUN-2-25-NW-9:00AM** Meet Bill Orchard (303-422-9468) at the Olde Town Arvada Park N Ride at 55th and Wadsworth (56th Pl & Vance) for his Fifth Annual Father's Day Ride. Bill will lead the group to the new airport, not DIA but the *Arvada Associated Modelers Airpark* above Leyden Canyon and Partridge Park. He will follow the Ralston Creek Trail to the airpark and stop for a break while watching the model airplanes do their thing. The return trip will be on the 80th and 72nd Ave corridor back to Olde Town. Lunch after the ride in Olde Town. Fathers ride free!
FUN-2-12-SW-10:30A.M. Meet Gary Goins(303-433-4398) at Writer's Vista Park (at S.Sante Fe Drive and Mineral, turn east and go approx. 1 mile. Turn south into parking lot and meet by the trail.) We will have a leisurely ride along this scenic portion of the High Line Canal Trail. The trail is a mixtrue of packed dirt with stretches of sand, wide tires are recommended.
INT-3-28-NW 9:00AM. Meet Jerry Bucher (303-926-1201) at the infamous "Buss Stop" Bar parking lot at the north end of Boulder at the juncture of Hwy 36 and Broadway for a ride to Jamestown. The route will include 5 miles of rollers then up Left Hand Canyon and an 8 mile gentle climb to the bicycle friendly town of Jamestown. Optional stop for coffee or lunch in Jamestown.
Road 3-35-S 8 A.M. Meet Row Hellman (303-470-6275) at the RR Tracks in Salida. Ride from Salida to Larkspur. This ride has an option of an out-and-back or a loop ride to larkspur. Possible lunch option afterwards.
Training: See the web address for details <http://www.redocher.com/paceline.htm>
MTB P3, T2 9:15 AM, Pine Valley Ranch. Hookup with Sandy Shapiro (303-722-6582) for a rolling trail ride among the meadows, flowers, and trees. Car pool meet at the PNR lot off Hwy 8 by the Fort rest., or meet at the Pine Valley lot 10:15 AM.
- Tuesday, June 22** MTB P2, T2 6:00 PM, Evening ride. Meet at the main Green Mountain (Hayden) Trailhead off west Alameda Ave. Look for the DBTC crew.

June Ride Schedule *continued*

Wed., June 23

Bike to Work Day.

FUN 2-20+Central 6:45 AM Join Lin Hark (303 507-3502) to ride downtown to the Bike to Work Day Celebration at Civic Center Park. There will be lots of free handouts, coffee and goodies to eat. We will take the short route into downtown and loop around for a longer route back to Sloan's Lake.

"Roses" ride 1-20 SW 8:30 AM. Meet Gerrie Garnett at Clement Park at Pavillion "G" at the corner of Bowles and Pierce. We will ride through neighborhoods to the Platte canyon trail and into Chatfield. We will return via Pierce to Clement Park. Bring a snack and money for lunch at "Sweet Tomato's". Please arrive early. We will be leaving at the designated time. Info: Gerrie Garnett 303/972-9584

Thursday, June 24

INT/Road 2-(20/25)-NW 6 P.M. Meet Reg Gupton (303.544.0340) or Jim Pollock (303.415.9200) at 6 PM at Scott Carpenter Park (Arapahoe at 30th) at 6:00pm EVERY THURSDAY for a 20-25 mile intermediate paced ride (13-15 mph average) on the many different trails 'n routes in and around Boulder.

Saturday, June 26

Leisure/FUN-2-18-SW-9:00A.M. 2nd Annual Alferd Packer Ride!!! Meet Don and Marilyn Swett (303-791-5863) at Centennial Golf Course, deflated bubble parking lot (Bowles and Federal). Plan a leisurely ride with a stop at the Littleton Cemetery to say a few words over Alferd!!!!

FUN/INT-2-32-SE-8:30A.M. Cherry Creek Mall ride-Meet at Treads Bicycle Outfitters, northside parking lot, 16711 E. Iliff, (N.E. corner of Iliff and Buckley) for a springtime ride to Cherry Creek Mall and return via the Cherry Creek trail, High Line Canal and Tollgate Creek.

FUN-2-22-9:30AM Meet Bob Jarrett (303-933-1699) and Sue Frakes (303-978-0368) Meet Bob and Sue in Idaho Springs at the public parking lot behind Beau Jo's Pizza. Drive I70 West to Exit 240. They will ride on frontage and back roads from Idaho Springs to Georgetown, take a short break, and return for a total of 22 miles. Look for a scenic ride on a beautiful summer day in the mountains. Lunch afterwards is optional.

Road 2-40-SE 9A.M. Meet Gordon Valentine (303-333-8605) at the North end of Village Greens Park (Union and Dayton) for a ride to Parker and return by a different route. (Some of the roads aren't on the maps yet). Gordon is allergic to carbon monoxide so he has chosen mostly tranquil scenic route with the least possible traffic. He also gets grumpy if he doesn't eat something at lunchtime, so there will be an optional rest/snack/lunch stop afterwards.

MTB P3-4, T3 9:00 AM, Chimney Gulch/ Apex Meet at the upper Heritage Square parking lot (on US 40, about 1 mile N of I-70). The upper lot is above the gambler's parking lot. From there ride 2 miles to Golden, then start the climb to Lookout Mtn. From Lookout, connect to the Apex trail down to Heritage Square. 10.2 miles, 1,600' Or take the road down to US 40 for a fast cruise!

Sunday, June 27

FUN-2-31-7:30A.M. Meet Darlene Dietzler (303-986-7666) at Centennial Tennis & Golf, 5800 S. Federal Blvd. behind the tennis bubble. Ride to Soda Lake Beach over Bear Creek Lake Dam. Breakfast at I-Hop in Bear Valley on return. Bring your lock and money.

FUN-2-21-NW-9:00AM Meet Howard Bagdad (303-278-0541) at the Golden Visitor Center. The ride will begin with an optional short steep loop to North Golden. Those not wishing to take the loop can proceed to the intersection of Tucker Gulch and 44th ave to wait for the other riders who take the loop. The remainder of the ride will go to Leyden and out 82nd Ave. Lunch at Woodys in Golden after the ride

INT-2-33-NW 9:00AM. Meet Jerry Bucher (303-926-1201) at the infamous "Buss Stop" Bar parking lot at the north end of Boulder at the juncture of hwy 36 and Broadway for a ride to Lyons. The route follows the Foothills hwy. (US-36) to Lyons and a short ride up the canyon. The return route will take us through Hygiene then back to Boulder.

Training: See the web address for details <http://www.redocher.com/paceline.htm>

Wed., June 30

"Roses" ride 2-22, SW 8:30 AM. Meet Dianne Spiller, at Carson Nature Center, 7301 S. Platte river parkway, for a ride out C-470 to Ken Caryl for a long downhill on South Park into Chatfield St. Park. Bring a snack and money for lunch at a favorite restaurant after the ride. Info: Dianne 303/797-2773 or Gerrie Garnett 303/972-9584.

FUN/INT 2-25 9:30 AM Meet Bonnie Urban (303-926-1201) at her home in Louisville (299 Dahlia Drive) for a ride out to Boulder on South Boulder Road (a GREAT downhill), north on Cherryvale to Baseline Road, south on Courtesy Road back to Louisville. We'll have lunch at the house so bring a salad or dessert to share!

Good-By Storage Locker

The storage locker that the club has had since January 1985 is now history. We moved to a smaller unit in March to gain more time to find a new home for all of our "stuff". It is now officially closed. Tom Hurja found a place in his home for the bike cases. All the picnic supplies, ice chests, water jugs, car racks, and tents can be found in the basement of David Grimes and Darlene Dietzler. These items are available for club members use. Bob Bennish rescued the Front Range Century signs from being trashed. Some shelving was put to good use in the work shed at St Vincent Home.

MAPS

Several years ago, the club gave free bike route maps to members. The current Board of Directors voted to discontinue this practice. Club members are encouraged to visit and support their local bike and sporting goods stores. Retailers purchase their maps from the club.

Ride Description Error

We put the wrong time in the May newsletter for the May 22nd Fairmont Cemetery Ride. Our apologies to Tom Tobiassen, the ride leader, and to any riders who arrived late because of our error. We made the correction on the DBTC website and send a message through the yahoo group when we discovered the error.

June is Colorado Bike Month

BIKE TO WORK DAY Wednesday, June 23, 2004 The Colorado Department of Transportation Bicycle/Pedestrian Program announces that once again, the month of June is Colorado Bike Month. It's part of a nationwide celebration of bicycling that encourages cycling novices and enthusiasts to ride their bikes for fun, transportation and health during the month long series of festivities. Bike Month's mission is to promote bicycling as an alternative form of transportation and increase safety awareness. While there will be many events around the state throughout the month, the highlight of the month is Bike to Work Day when employees leave their cars at home and enjoy bicycling to work. The number of Bike to Work Day participants has risen steadily since 1995, and due to the popularity of bicycling in Colorado that trend is expected to continue this year. There is a celebration at downtown's Civic Center Park for participants in the early morning. There will be many booths and displays and free handouts in-

FOR SALE

4 25lb. bags of charcoal. \$4.00 each or best offer. Call Darlene at 303-986-7666.

WHO HAS THE CLUB BANNER ?!?!?

Last seen at last year's Memorial Day picnic. If you know its whereabouts, contact any board member.

MEET AND GREET

We are looking for a person, or persons, who could give the club a few hours a month calling and welcoming new members. No experience required. A smile, a friendly voice, and the ability to dial a phone, is all that is needed. That pretty much describes you. Call Darlene 303-986-7666 or Darlenegri@comcast.net and we'll be happy to send you the monthly list of new members.

AD

cluding coffee and goodies. Besides the personal health benefits of bicycling, there are considerable environmental benefits as well. In fact, using a bicycle for one ten-mile trip results in the following savings: ½ gallon of gasoline \$1.00 saved on gasoline costing \$2.00 per gallon .328 pounds of carbon monoxide are not produced .044 pounds of nitrous oxides are not produced .039 pounds of hydrocarbons are not produced While these numbers may seem small when broken down into one ten-mile trip, they are significant when viewed statewide. For instance, Colorado's population is 4.4 million, and if one million people (approx. one quarter of our population) replaced just one ten-mile motor vehicle trip per year with one bicycle trip it would result in the following savings: 500,000 gallons of gasoline \$750,000 would be saved on gasoline costing \$1.50 per gallon 328,000

pounds of carbon monoxide would not be produced 43,000 pounds of nitrous oxides would not be produced 39,000 pounds of hydrocarbons would not be produced For information about Colorado Bike Month events in Colorado visit the Bicycle Colorado web site at www.bicyclecolo.org <<http://www.bicyclecolo.org/>>. If you would like your Bike Month events listed on the statewide calendar contact dan@bicyclecolo.org <<mailto:dan@bicyclecolo.org>>. Employers or employees interested in promoting Bike to Work Day at your business or for more information about bicycling and walking in Colorado please contact: CDOT Bicycle/Pedestrian Program 4201 E. Arkansas Ave. DTD Denver, CO 80222 303-757-9982 bicycleinfo@dot.state.co.us <<mailto:bicycleinfo@dot.state.co.us>>