



# The Colorado Bicyclist

July 2004



## July Picnic

Come join us for Biking, Beer and Brats  
 NEW DATE JULY 10th  
 We have moved the July Picnic to the 10th.  
 Meet us at DeKoevand Park Shelter A for our Sausage Fest!  
 Flying Dog Brewery will provide free beer samples!  
 Brats, Chicken with Pesto, Vegetarian  
 and a wide variety of exotic combinations.  
 High Fat, Low Fat, No Fat - we'll have them all.  
 DeKoevand Park is near S. University Blvd. & Arapahoe Road  
 (Mapquest: 6315 S University Blvd, Centennial 80121)  
 Cost for food: Members \$6 Nonmembers \$10



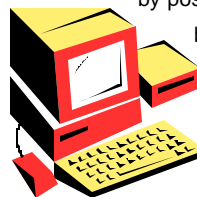
[www.flyingdogales.com](http://www.flyingdogales.com)

## MEMBERSHIP CONTEST

The winner of the membership contest was announced at the Memorial Day picnic.  
 Congratulations to Jim McClain. And lots of Thanks to the following who also brought in new members: Jerry Baer, Howard Bagdad, Jeff Baysinger, Jim Custis, Connie Engelbert, Anita Garfein, Ann Nordstrom, Dianne Spiller, Sherry Livingston, and Arvada Bicycle Co., Bicycle Colorado, and REI.

## Newsletter via Email

The monthly newsletter is available by email. If you wish to receive your copy by email, please send current email address to [webmaster@dbtc.org](mailto:webmaster@dbtc.org). You will receive only one - either by postal mail or email - but not both. The more members who receive their newsletter via email, the fewer the club prints and mails.

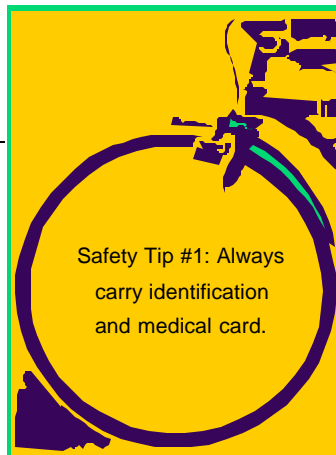


## VOLUNTEERS WANTED

The club is looking for members to visit retail sporting goods and bike stores. The purpose is to promote DBTC and gather information as to whether the stores are agreeable to receiving and displaying the club newsletter, membership application forms, and are they selling the bike route maps, interested in advertising in the newsletter, and becoming a sponsoring bike shop. The stores are grouped by location. Eight to ten people could complete the list in 1 or 2 days. A check list and all information will be provided. Please contact Darlene Dietzler at 303-986-7666 or [Darlenegri@comcast.net](mailto:Darlenegri@comcast.net). Thank You. We need you.

## Welcome New Members

- |                       |                      |
|-----------------------|----------------------|
| HENRY BIELINSKI       | PAT & ADAIRE MASON   |
| KEITH BLODORN         | KEITH MOSLCOWITZ     |
| RENA BRUNNER          | SUSAN PECK           |
| RICK CLAUDER          | RUSSELL PETERSON     |
| MARGE & BILL DAVIDSON | DOROTHY REID         |
| PAUL & BECKY EPPERSON | JOHN MALENSEK & MONA |
| MARY GERMANY          | RENTSCHLER           |
| JASON GRUNDHAUSER     | TENA & TOM RUDDY     |
| LAURA HANCHEY         | KEN STICH            |
| BILL HART             | LOUISE TURILLI       |
| GUY JAMES             | HOLLY WILLIAMS       |
| WINNIE JOHNSON        | STEVE WOODS          |
| KEITH LAWSON          | CAROLINE WRITER      |
| JON-SIMON MARQUEZ     |                      |



## News Flash

Segmented century rides will be offered soon. For those of you wanting to do a century ride, I will be offering some 100-mile rides in the next few months. They are specifically scheduled towards the end of the season so people have as many base miles to accomplish this as possible. They will be segmented (as in 3-33 mile rides chained together) so other riders that are not doing to century can ride with us (and therefore increase the group size).

## DBTC's Officers

### President

Bonnie Urban.....303-926-1201  
bikegirl19@msn.com

### Vice President

Tom Hurja.....303-935-6194  
VicePresident@dbtc.org

### Secretary

Darlene Dietzler.....303-986-7666  
Secretary@dbtc.org

### Treasurer

Sherry Livingston.....303-841-8404  
Treasurer@dbtc.org

### Board Members at Large

Howard Bagdad.....303-278-0541  
HBAGDAD@aol.com  
Jim McClain.....303-715-9335  
BikeMcClain@aol.com  
Suzette Bowles.....303-694-6515  
bsbowles@earthlink.net  
John Manzione.....303-730-3091  
Halfdomehiker@cs.com  
Patty Gaspar.....303-989-8268  
Ridecoordinator@dbtc.org

## DBTC's Volunteers

### Ride Coordinator

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

### Fun Rides-South

Lois Kahn.....303-758-0092  
kalo284@aol.com

### Fun Rides-North

Marti Krusko.....303-234-9998  
mkrusko@peoplepc.com

### Intermediate Rides

Jerry Bucher.....303-926-1201  
bmwcrazy@msn.com

### Road Rides

Gary Bohn.....303-650-5082  
gary.bohn@comcast.net

### Fun MTB

Jeff Baysinger.....303-969-9241  
jbaysinger@do.usbr.gov

### Out of Town Tours

Ann Nordstrom.....303-366-2716  
OutofTownTours@dbtc.org

### Hotline Director

Charmian Choate.....303-791-3676  
PhoneHotline@dbtc.org

### Map Sales Coordinator

Bob Bennis.....303-463-8775  
bob@bestofbents.com

### DBTC Historian

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

### Membership Database/Webmaster

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

Hotline.....303-756-7240

WebSite.....http://www.dbtc.org

## Board Meeting

Any member wishing to attend a board meeting is welcome. July's meeting is Wednesday July 7 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 at DarleneGri@comcast.net., so that your topic can be placed on the agenda.

## Memorial Day Picnic

The summer season got off to a great start, when about 135 fellow bikers and friends, ignored the winds and typical questionable Colorado weather.

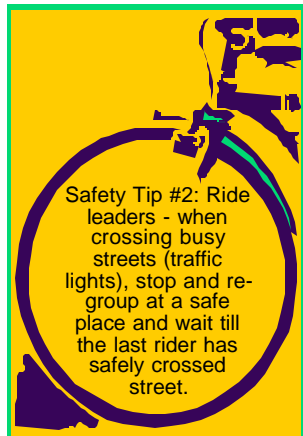
Ride leaders Curt Pelligrin, Marti Krusko, Neil Koster, Melba Bouquet, and Gary Bohn put together a ride schedule that had something for everyone. The picnic crew led by Darlene Dietzler and Elly Baldwin, and their terrific helpers – Dan Kullas, Tom Hurja, Jean

Morgan, Burt Wagner, Julie Brown, Becky Jackson and Dave Grimes,- provided plenty of food for everyone. A highlight of the day was watching our strong road warriors, armed with duck tape, tackle and conquer the wind and plastic table cloths. Thanks to all our DBTC members and friends for continuing to support and make our events so much fun.



Pat and Adaire Mason are new members of DBTC. Here is a picture of Pat with the new bicycle he purchased from Wheat Ridge Cyclery to use to ride on DBTC rides. Wheat Ridge gave him a 10% discount on the bike accessories when Pat mentioned he was joining DBTC. Our sponsoring member shops have agreed to provide a discount to club members. They help support the club, we appreciate your help sup-

porting them. Ask your favorite shop if they are a member and if not have them call Patty Gaspar at 303-740-9404x128 or ridecoordinator@dbtc.org for information. The Supporting Bicycle Shops section is being redone watch for it next month. Pat and Adaire are going to receive their monthly newsletters in living color over the Internet. Contact webmaster@dbtc.org if you aren't already signed up for electronic newsletters.



## Travel Cases

Going on a trip with your bike? The club has travel cases available to members at no cost. Contact Tom Hurja - vicepresident@dbtc.org or 303-935-6194.



## 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

Bicycle Tour of Colorado www.bicycletourcolo.com Ft. Collins	June 26- July 2	Moonlight Classic www.moonlight-classic.com Denver	Aug. 14
Cycle America's Coast-to-Coast Tour www.cycleamerica.com Wyoming	July 5-11	Vail to Santa Fe 4-day Ride info@bordertoborderusa.org	Aug. 20-23
Triple Bypass www.teamevergreen.org Bergen Park, CO	July 10	Park to Park Bicycle Tour parktopark@bicyclecolo.org Cherry Creek State Park	Sept. 11
Great West MS 150 Bike Tour www.fightmscolorado.org Denver	July 10-11	Buffalo Bicycle Classic www.buffalobicycleclassic.com Boulder, CO	Sept. 12
Courage Classic www.courage tours.com	July 17-19	Tour of the Vineyards www.emgcolorado.com Palisade, CO	Sept. 18
Bob Cook Mem. Mt. Evans Hill bethwrenestes@quest.net Idaho Springs, CO	July 24	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](http://dbtc.org), click on "Selected 2004 Events"



## Tips for Crossing Railroad Tracks

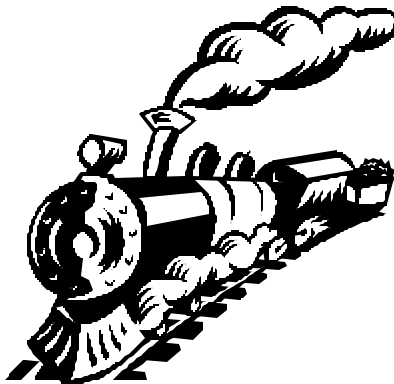
Recently there was another serious accident at the 44th Ave railroad crossing (Malfunction Junction - this intersection is correctly named!). It was not on a DBTC ride, but it highlights the importance of using caution crossing railroad tracks. There is a bypass at this particular crossing that is only a little out of the way. It is well worth the slight detour to avoid a serious accident. As I understand, this woman broke her helmet (rather than her head), and injured her hip. The Fire Marshall stated that these tracks, which cross the road at about a 45 degree angle, cause a lot of bicycle accidents and they end up calling in an ambulance approximately once a week or so.

Tips for Crossing Railroad Tracks - The biker should give the slowing down (left arm bent down at elbow) signal. Two ways of crossing a railroad track are: dismount from the bike and walk across tracks or slow down and ride bike across tracks at a 90-degree angle to the rails (see below). Unclip your right foot if you are clipped into your pedals in case you start to fall

you will be heading away from traffic.

The biker must look both directions for a train prior to crossing the railroad track. The biker also should look behind, prior to crossing the tracks, to ensure the biker does not weave in front of a motor vehicle while crossing.

If the tracks are wet, walk.



## Join us in Moab this Fall

How does a pleasantly warm fall weekend for camping sound to you? Are you interested in riding the single track mountain bike trails around Moab, UT in October? Then set aside the weekend of Oct 9-11 for this trip. Look for a ride Saturday afternoon, Sunday, and Monday morning. All rides will be about intermediate level. Accommodations and meal arrangements are optional, but consider camping out with your DBTC mates. (Hopefully Stan will come and share his special campfire recipe treats.) Contact Jeff Baysinger, 303-969-9241 for details.

## ARVADA TRAILS UPDATE

Funding has been approved to build an underpass at the Ward Road crossing of Van Bibber Creek Trail. This is a very hazardous crossing as there are no traffic lights and its below the crest of a hill. Future plans also call for extending Van Bibber Creek Trail to Ralston Creek Trail on the east and all the way to White Ranch Park on the west. A parking lot and trail head have been completed for Pattridge Park in Leyden Canyon. The location is on Leyden Road (W 80th Ave) halfway between Indiana Street and RT 93. From the trail head there are many new trails open to hikers, bikers and horsemen.

## Bike Etiquette: Wheel Tips for Wheel People



I saw this article by Marilyn Preston in *The Denver Post* last year. We've all had encounters with rude drivers, and we've probably all had lapses of etiquette while driving and been the rude driver ourselves. However, it's not only the driver who can be obnoxious. Bike riders sometimes assume that they are a special class subject to neither the rules of the road nor the rules of common courtesy.

### ✓ Cars are Bigger

Always treat drivers with respect. At intersections, try to make eye contact with drivers and smile. Nod vigorously in the direction you plan to pedal and then look back at the driver and nod again. Let motorists know what you plan to do. Use proper hand signals, the ones you learned in driver's ed.

### ✓ Courtesy Counts

When peddling in the boonies on long stretches of country roads, don't hesitate to

beckon drivers to pass you at 60 mph if the coast is clear.

By the same token, as you enter a curve or crest a hill and see another automobile approaching that an overtaking driver can't, don't hesitate to motion with a flat-palmed, backward 'slow down!' wave. In either case it's a courtesy that doesn't take much time and might help avoid an accident.

### ✓ Announce Yourself

When overtaking runners, walkers or other riders on a multi-use trail, be sure to sing out 'On your left!' in plenty of time for them to hear you and to move to the right. Be prepared to slow or stop when your warning goes unheeded - don't get angry. Just breathe deeply and hope they figure it all out before you encounter them again.

*A special note for group rides. If you are at the head of a pack of riders, let pedestrians know that there are several riders coming.*

*Sometimes people assume that only one or two are passing and then step back to the middle of the path. The last person in the group should announce 'last one.'*

*Thank people who have stepped aside for you.*

### ✓ Dog Do's & Don'ts

When coming upon dogs and their owners, slow down and give the human time to draw the animal to heel. As you pass, tell Bowser 'Hello' and comment on how well the dog behaves.

The next cyclist they meet will appreciate this courtesy toward man and beast.

### ✓ Acknowledge Others

If you see another rider coming toward you on the other side of the road, acknowledge them. Say hello, nod your head, wiggle your fingers.

Don't get so wrapped up in yourself that you can't take the time to greet another rider. If you can't manage that, stay home.

### ✓ Special Rule for Group Rides

*We have to share the paths and roads. It is easy to chat with another rider and first thing you know, DBTC is blocking the path in both directions. Ride single file unless there is clearly plenty of room. Cars don't want to swing around us into the oncoming traffic lane. Give way for non-club riders to get around us.*



### Bicycle and Canoe Adventure Colorado River

4 Days August 12-15

Easy Bicycling with longer options

Gentle Waters

Fun for the Whole Family

Spectacular Scenery & Gourmet Food

No Experience Necessary

Explore One of Colorado's Newest Wilderness Areas

Earth Spirit Adventures in cooperation with Canyon Passages.

Please visit our website @ [www.canyonpassages.com](http://www.canyonpassages.com) or call Stan Gale at 303-279-0454



# July 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.

## Saturday Family Rides

Art Castro wants to start a monthly family ride. If you have kids or grandkids or a kid next door that would enjoy a ride at their own pace, please join his family. This month the ride will be on the 17<sup>th</sup>. This is a chance to share your love of biking with the next generation.

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. See the News Flash for details.

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.

## Sunday Training Rides

**The Sunday training rides are online now so the details can be updated.** Contact Rick Russon (303) 281-9430 for further information. These are for people interested in transition from Intermediate to Road riders. Not sure

**Weekday Evening Rides Back Popular Demand**  
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](mailto:CoMtnBikers@yahoo.com).  
Tuesday and Thursday evening rides in the Denver area will be announced through [ColoradoBicyclist-subscribe@yahoo.com](mailto:ColoradoBicyclist-subscribe@yahoo.com)

**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.

## July Rides

- Thursday, July 1** **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.
- MTB P1 T1 6 PM** South Valley Park COGG Ride Meet Lin Hark (303 507-3602) at 6 PM at the north entrance to South Valley Park on South Valley Rd. The hills are small and except for one short area, not technical. These trails are mostly smooth singletrack with a few short hills and a couple of technical places that beginners can easily walk. Dinner at a nearby restaurant after the ride. Directions: From C-470 and Ken Caryl go west and turn left at South Valley Rd, the trailhead is on your left.
- Saturday, July 3**
- FUN-2-23-NW-9:00AM** Meet *Joi Bowen* (303-455-8207) at Hilario's at 4835 W 38<sup>th</sup> 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 10<sup>th</sup> and 20<sup>th</sup>, 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.
- FUN-2-22-SW-9:30AM** Meet Bob Shedd (303-733-2815) at the parking lot of South High School, Louisiana Avenue at Franklin Street in Denver. (Note: the Franklin Street Bridge may be closed for T-REX work.) Our ride to Littleton will pass the new Pirate's Cove swimming pool. Optional lunch after the ride.
- MTB P2-3, T2 9:00 AM**, Kenosha Pass, Meet at the Fort Restaurant, Hwy 8 off Hwy 285. Ride the west section of the Colorado Trail. 303-969-9241
- Sunday, July 4** **FUN-3-29-NW-9:00AM** Meet *Curt Pellegrin* (303-234-9998) at the McDonald's parking lot at 100<sup>th</sup> and Wadsworth for the 1<sup>st</sup> annual Fourth of July "Mystery Ride". No maps will be provided and the route will not be revealed at the start of the ride. You will have to follow the leader.
- Monday, July 5** **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 with an option to ride up Old Stage Rd.

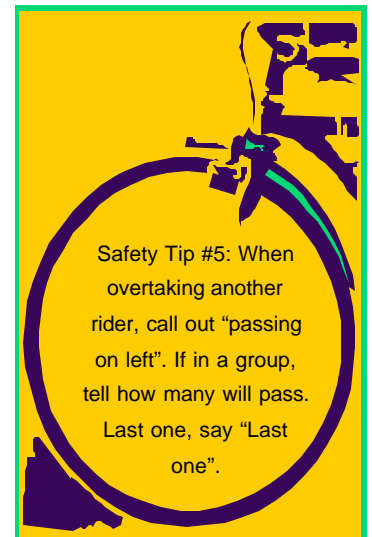
## July Ride Schedule *continued*

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- Tuesday, July 6** **MTB P2, T2 6:00 PM**, Tuesday evening ride. Meet at Lair o'the Bear Park, about 5 miles west of Morrison on Hwy 74. Look for the DBTC crew.
- Wednesday, July 7** **"Roses" ride. 2-19 SW 8:30 am.** Meet Gerrie Garnett (303/972-9584) in the far SW corner of the Walmart parking lot, corner of C-470 & Bowles (S side of Bowles). We will ride north on C-470, snack at the Dinosaur Visitors Center, return directly on C-470. Bring a snack, and money for lunch after the ride.  
**FUN 2-22 W 9:30 AM** Meet Diana Kendrick (303-986-3285) in Idaho Springs (I70 West to Exit 240) to the parking behind Beau Jo's for a colorful scenic ride out to Georgetown. We'll have an optional loop (8 miles) out to Silverton. Then we'll dine at the Happy Cooker in Georgetown before heading back to Beau Jo's!
- Thursday, July 8** **MTB P1, T1 6 PM** Flying J Ranch COGG Ride Meet Lin Hark (303 507-3602) at 6 PM at Flying J Ranch. This is a great beginning ride on mostly smooth singletrack with gently sloping hills with only a few gullies that beginners will want to walk. The loop is about 4 miles so if we decide that isn't enough we can reverse the direction and ride the loop again. Dinner at a nearby restaurant after the ride. From C-470 and Hampden go south on Hwy 285 to Aspen Park, turn right at the Safeway onto Hwy 73, go about 1 mile, pass the High School on the left and turn left on Shadow Mtn Rd.
- Saturday, July 10** **Biking, Beer & Brats at DeKoevand Park**  
**FUN-2-25-SW-8:30AM** Dave Noble (303-694-2008) will lead a scenic loop ride from DeKoevand Park (on University, just north of Arapahoe Road) through Littleton neighborhoods, along the Highline Canal, across Chatfield Dam, and will return via the Platte River Greenway and Lee Gulch Trail. Wider tired bicycles are better because much of the ride will be on pea gravel.  
**FUN-2-20/25-SE-9:00AM** Meet Jim McClain (303-715-9335) at the Goodson Rec. Center 6315 S. University (just north of Arapahoe Road in DeKoevand Park) for a loop through scenic neighborhoods. We will be mostly on street but will start and end on the High Line Canal. Hope to be the first back for the picnic!!  
**Leisure-1-15-NW-9:30AM** Meet *Marti Krusko* (303-234-9998) at DeKoevand Park for a nice slow pace ride on the Highline Canal. The picturesque ride will take you to Belleview and back to DeKoevand Park. Ride pace is designed for **FIRST TIME RIDERS** and those wanting a slower paced rides. Part will be on pea gravel where mountain bikes and cross-bikes are desirable. Optional ride to Quincy.
- Sunday, July 11** **FUN-3-25-NW-9:00AM** Meet *Jim Pollock* (303-415-9200 (day) 720-304-6040 (evening)) at Scott Carpenter Park in Boulder (Hwy 36 into Boulder, right at the second light on Arapahoe, right at the 2<sup>nd</sup> light onto 30<sup>th</sup> and right into the park, 200 yards down) for his patented Canyon and Creek Sampler. Wind through the Boulder trail system and up gorgeous Boulder Canyon. Then bike the Broadway Boogie, and ride through the open space into Eldorado Canyon. It is an (almost) all downhill finale where we will "do lunch" at the Walnut Café. This FUN ride has it all - a couple of long, manageable climbs, a good workout, good scenery, and good times - no one left behind.  
**FUN/INT-2-20-SE-9:00AM** Meet Mike and Paula Pahl(303-791-7729 cell 303-358-1780) at Beau Jeau's Pizza, South East corner of University and County Line Road (behind Bike Source) for a tour of the South Suburban Trail systems. Start with a long hill climb up to Quebec on the C-470 trail, then mostly down hill on the Willow Creek Trail, Highline Canal Trail, Dry Creek Trail and back to Beau Jeau's for lunch!! Half the ride is on hard-pack dirt.  
**Training: See the web address for details** <http://www.redocher.com/paceline.htm>  
**ROAD 2-(37/45)-SE 8:30AM** Meet Gordon Valentine(303-333-8605) at the Village Greens Park(Union & Dayton) North Parking lot. Ride goes to the Aurora Reservoir and (optional) around the reservoir's 8 mile bike trail. Written directions will be provided for the suggested route out and partly different route back, but riders are free to choose alternate routes. (slower riders are welcome but see "Ride descriptions" on P.4 of the April 2004 DBTC "Colorado Bicyclist" newsletter). Ride will leave on schedule to avoid, hopefully, afternoon heat and/or storms-But bring rain gear!  
**MTB P2, T2 9:00 AM**, Rollins Pass, Carpool meet at the 4<sup>th</sup> and Union PNR in Lakewood. Cruise the railroad grade with Richard Gieseler (303-722-1475), scout out the possible Winter Park to Boulder ride.
- Tuesday, July 13** **MTB P2, T2 6:00 PM**, Tuesday evening ride. Meet at Lair o'the Bear Park, about 5 miles west of Morrison on Hwy 74. Look for the DBTC crew.

## July Ride Schedule *continued*

- Wednesday, July 14** **"Roses" ride. 2-20 SW 8:30 AM.** Meet Gerrie Garnett (303/972-9584) in the far SW corner of the Walmart parking lot, corner of C-470 and Bowles (S side of Bowles.) We will ride south on C-470, return via Lilly Gulch. Bring a snack, money for lunch after the ride.  
**FUN/INT 2-20 (AVG 13-14 mph) SW 9:00AM** meet Diana Kendrick (303-986-3285) at the STONE HOUSE for a cool ride through Bear Creek (over the Bear Creek Hill) out to Morrison where we'll stop at the Morrison bakery for a delicious treat and then back through Bear Creek to the Stone House.
- Thursday, July 15** **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, July 17**  
**Family - 1 -12 - 8:30 AM.** Join Art Castro for a family ride at Castleton Canyon Park. Pace will be moderate. We will ride for pleasure with frequent stops for the kids to catch their breath, smell the roses and enjoy the views. Bring water, helmet and snacks for a short picnic. The patch has gentle slope (by Denver standards). Please e mail or call Art at EnjoyDenver@Comcast.net or 303-386-3295 to reserve space and more information.  
**FUN-1-25-NW-9:00 AM** Meet *Jeff Jones* (303-274-4882) at the picnic pavilion at Prospect Park (44<sup>th</sup> and Robb St.) for a ride along some of the nicest stretches of bike path anywhere in the metro Denver area. The ride will go east along the Clear Creek Bike Path and then west on the Ralston Creek Bike Path, eventually returning to the Clear Creek Path via Quaker and Easley Roads. Rides will get to experience the expanded and renovated sections of the Clear Creek Bike Path  
**FUN-3-26-W-9:00AM** Meet Jim Pollock(day:303-415-9200 eve.720-304-6040) in the parking lot behind Beau Jeau's Pizza in Idaho Springs for a great traditional."beat the heat" ride to Georgetown. This is the PERFECT bike ride. 13 miles of gentle, yet steady 1.5% uphill with great scenery as we criss-cross rapidly flowing Clear Creek. Then a guilt-free brunch on the patio of "The Happy Cooker". As Tom Hanks says: "We simply MUST have waffles." And how do you end "the perfect ride"???? With 13 miles of downhill, of course. This is a FUN ried, so we will stop to regroup and breath from Jim's oxygen bottle offer. Allow 40 minutes from Denver. Take I-70 west to Idaho Springs, exit 240. Park in the large (Free) municipal parking lot behind world famous Beau Jeau's Pizza at 1517 Miner Street. You don't want to miss this ride!!  
**NT-2-30-SW 10:00AM** Meet Darrell and Jean Deering (303-697-6126) at the Breckenridge Skier parking lot (one mile W. of Main St.)for a ride from Breckenridge to Copper Mt./Vail Pass. Ride thru Frisco to Copper Mt. We can ride up the Vail Pass trail and back to Dillon for lunch.  
**Road 2-50-SW 8 AM** Meet Randy Rahl 303-755-7359, lets see, how about the Aurora to Strasburg ride for a nice flat ride. Put "Come for an easy flat ride with ride leader, from Aurora to Strasburg and tour Colorado's own tornado alley. Meet at the DOT parking lot at the corner of Tower Road and Colfax. Mileage is 50 unless the wind blows us further out. Should be a hot day so BYOB.  
**MTB P2, T2 9:00 AM,** Buffalo Creek Meet at the Fort Restauarant, Hwy 8 off Hwy 285. Hookup with Sandy Shapiro (303-722-6582) for the loop along the trail and over Green Mtn. 18 miles, about 2000', bring \$4 for parking.
- Sunday, July 18** **FUN-2-23-NW-9:00AM** Meet *Gordon Valentine* (303-333-8605) near McDonald's in the King Sooper Shopping Plaza (NW corner 80<sup>h</sup> and Wadsworth). The group will go west on Little Dry Creek Trail and 80<sup>h</sup> Ave. to Leyden, south to 72<sup>nd</sup> Ave., west around the Arvada Reservoir (with optional short-cut by-pass), and east on 64<sup>th</sup> Ave., Ralston Creek Trail, and 66<sup>th</sup> Ave. to the start via the Majestic View Nature Center. No Map or written instructions will be provided - **it is follow the leader!** Lunch afterwards at The Armadilla, 770 S. Wadsworth.  
**FUN-2-20-SW-10:00AM** Meet Gary Goins at Writer's Vista Park for a ride on the High Line Canal Trail. This will be a pleasant ride through attractive landscape and suburban neighborhoods. Bring a smile and money for lunch. Directions to Writer's Vista Park: drive to South Santa Fe and Mineral. Turn east on Mineral and drive apprx. 1 mile to Park. (Gary 303-433-4398)  
**Training: See the web address for details** <http://www.redocher.com/paceline.htm>  
**Road-3-35-NW 9:00 A.M.** Join Curt Pellegrin (303-234-9998) on his journey to the scenic top of Lookout Mountain starting at Parfet Park (10<sup>h</sup> and Jackson St.). After a short visit with Buffalo Bill and his wife, we will zoom on to Morrision with an intermedi-



## July Ride Schedule *continued*

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- Sunday, July 18** ate stop in Red Rocks overlooking downtown Denver. The journey back to Golden will be via Morrison, Colfax, and old Golden Road. Lunch afterwards (and you will be hungry) is optional.
- Tuesday, July 20** **MTB P2, T2 6:00 PM**, Tuesday evening ride. Meet at Lair o'the Bear Park, about 5 miles west of Morrison on Hwy 74. Look for the DBTC crew.
- Wednesday, July 21** **"Roses" ride. 1-17 SW 8:30 AM** Meet Melba Bouquet (720/493-0564) at Carson Nature Center, 7301 S Platte River Parkway, for a loop ride on the Highline Canal, Lee Gulch, Platte River, and the new bridge to Dry Creek. Fat tires or cross bike recommended. Bring a snack, and money for lunch after the ride.  
**FUN/INT 2-23 NW 9:00AM** Meet Bonnie Urban (303-926-1201) at Scott Carpenter Park in Boulder (30th & Arapahoe) for a beautiful summer day ride out to Niwot and back.
- Thursday, July 22** **INT/Road 2-(20/25)-NW 6P.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, July 24** **FUN-2-23-SW-9:00AM** Don Morris (303-697-5248) would like you to meet him at Bear Valley (NW corner of Hampden and Sheridan) behind McDonalds for a MYSTERY RIDE!! Come have some fun!  
**FUN-2-25-NW-9:00AM** Meet Steve *Ingraham* (303-756-7847) at the Crown Hill parking lot (26<sup>th</sup> Ave. and Garland) a very scenic ride on the bike paths and streets to Arvada Reservoir, and back to Crown Hill. If the group desires, we can lunch at a nearby eatery.  
**Road 4-40-W 8A.M.** Meet Riggs Osborn at the Bergen PNR in Evergreen for a ride up squaw pass (and echo lake) to see the Mt Evans Hill Climb race in progress(Gary Bohn will be one of the dog-tired participants in the race).  
**MTB P3, T2-3 9:00 AM**, Deer Creek Park, starting out at South Valley Park. Look for Darrell Deering (303-697-6126) at the South Valley trailhead off Deer Creek Canyon Road. Ride the Elk Meadow and Rattlesnake trails for a short warm up prior to climbing into Deer Creek Park.
- Sunday, July 25** **FUN-2-25-SW-9:30AM** Cindy Ferry (303-425-9454) would like you to meet her at the Stone House (east side of Estes - a little south of Yale.) Your fun ride will follow Bear Creek bike path over Bear Creek Reservoir to Morrison. Head up towards Red Rocks and circle back.  
**FUN-2-26-NW-9:30AM** Meet *Jean Morgan* (303-600-8130) at Scott Carpenter Park in Boulder (Hwy 36 into Boulder, right at the second light on Arapahoe, right at the 2<sup>nd</sup> light onto 30<sup>th</sup> and right into the park, 200 yards down). Jean's ride is called the Boulder 360 as it takes the riders on a complete circle around the perimeter of Boulder on bike paths and affable streets. Lunch afterwards with Jean and Burt at the famous Walnut Café, a few blocks away.  
**Training: See the web address for details** <http://www.redocher.com/paceline.htm>  
**Road 1-40-N 9 AM \*\* New ride leader \*\*** Meet Dalene Russo (303-883-7468) at the parking lot at trailhead park just south of 88<sup>th</sup> and Colorado Ave for a ride to the Sonic Burger in Ft Lupton and back. It should be a nice flat ride with plenty of scenery to keep your interest. Snack stop at sonic burger in Ft Lupton.
- Tuesday, July 27** **MTB P2, T2 6:00 PM**, Tuesday evening ride. Meet at Lair o'the Bear Park, about 5 miles west of Morrison on Hwy 74. Look for the DBTC crew.
- Wednesday, July 28** **"Roses" ride. 2-20 8:30 AM SW** Meet Dianne Spiller (303/797-2773) at Writer's Vista Park (Mineral between Broadway and Santa Fe) to ride the Highline Canal into Chatfield State Park. Fat tires or cross bike  
**FUN 2- 22 NW 9:00AM** Meet Bonnie Urban (303-926-1201) at the Albertson's Parking lot located at McCaslin & Cherry Streets in Louisville (I36 to McCaslin, exit @ McCaslin, about 1 mile to Cherry Street) We'll ride out McCaslin to South Boulder Road (FAST DOWNHILL) to the Boulder Creek trail. We'll ride through the trail and then head back. We'll chose one of the many restaurants at McCaslin & Cherry for a nice lunch!
- Thursday, July 29** **INT/Road 2-(20/25)-NW 6P.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.

## July Ride Schedule *continued*

**Saturday, July 31** **FUN-2-23-SE-9:00AM** Meet Gordon Valentine (303-333-8605) at Village Greens Park (Union & Dayton) in the NORTH parking lot. Gordon will lead riders READY TO GO AT 9:00 through Cherry Creek State Park onto relatively quiet residential street and bike paths to a mid-ride rest/snack stop on Smoky Hill Rd. near E-470. Return will be generally downhill on a mostly different route. NOTE: "Fun ride" riders stay together with occasional "catch up" stops for slower riders. There will be NO maps or written directions. Lunch after at Jackson's All-American Grill 4948 S. Yosemite.

**MTB/FUN-18-W-9:00AM** Meet *Bruce Kohl* (303-458-7322) at the parking lot behind Beau Jo's Pizza in Idaho Springs. Bruce will take the group on an adventure up the Oh-My-God Road towards Central City. This is an unimproved dirt and gravel road with an elevation gain of 1840 feet - fat tires only. The route is 18 miles and includes some great panoramas of the front range and visits the cities of Russell Gulch and Nevadaville. Lunch afterwards at Beau Jo's in Idaho Springs.

**Road 3-35-S 9A.M.** Meet Joy Burris((303-423-9021) at the off-road parking lot at Wadsworth and Deer Creek Canyon for a climb up Deer Creek/High Grade Road before dropping down into Evergreen on Highway 73 and returning via N. Turkey Creek Road and S. Turkey Creek back to Deer Creek Canyon. Loop is about 35 miles with a fair amount of climbing.

**MTB P2, T2 9:00 AM,** Ride the classic Summit County -Ten Mile Range mountain bike trail between Frisco and Breckenridge. This more adventurous fun trail parallels the smooth asphalt trail between towns, which is a possible option for returning. Hookup with Stuart Black (303-433-9041) at the 4<sup>th</sup> and Union PNR, Lakewood, to carpool.



Jeff Jones, Lou Turilli, Brad West, Carol Skoff, Marti Krusko, Curt Pellegrin, Dave Noble, Lee Forker, Marcia Brenowitz, Cindy Ferry, Nadean Kruse, Dennis Brooks, Steve Ingraham, and Ward Livingston (*note: not pictured in order listed*)