



The Colorado Bicyclist

August 2004

DBTC Weekend

August 27th and 28th

Hi there members of the DBTC, this is Wild Bill of the Leadville Hostel - Richard Gieseler has contacted me to arrange a bike & mountain outing for your club members for the weekend of August 27th & 28th. We are pleased to be your host once again. Your visit, 2 years ago, was most fun & pleasant. We are happy to offer to members of the DBTC a weekend package rate of \$60 per person. That will include 2 nights lodging, 2 breakfasts & a Saturday night dinner. If you have dietary restrictions please let us know in advance. As to the lodging - we have a limited number of beds so the assignments will be made on a first come - first serve basis until all beds are assigned. If you wish to see what you are getting yourselves into - check out our web site at www.leadvillehostel.com. To make your reservation or to ask further questions, please call me at 719-486-9334.

JEFF BAYSINGER WILL CLIMB TO 12,100' ON BIRDSEYE GULCH STARTING AT THE HOSTEL AT 10:30 AM SATURDAY
RICHARD GIESELER WILL EXPLORE HAGERMAN PASS STARTING AT 10:00 AT THE HOSTEL SATURDAY.
DARLENE DIETZLER WILL LEAD A "ROSES RIDE" ALONG THE MINERAL BELT TRAIL. OTHER FUN, INTERMEDIATE AND ROAD RIDES WILL BE AVAILABLE DEPENDING ON WHAT THE ATTENDEES WANT.
WATCH FOR THE FINAL RIDE SCHEDULE ON THE YAHOO GROUP.
BRING YOUR BIKE LIGHTS FOR A MOONLIT RIDE ON THE MINERAL BELT TRAIL STARTING AT THE HOSTEL 8:00 PM FRIDAY



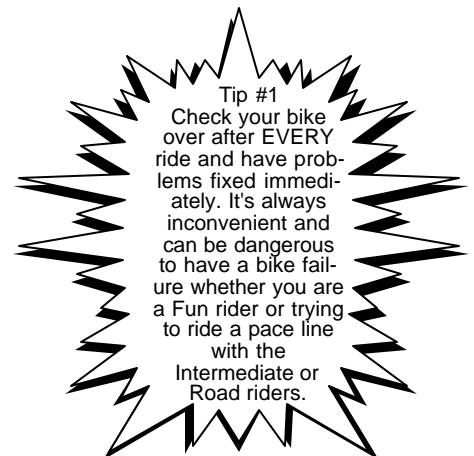
There are many other Leadville hotels, motels and B&B's available. For those members staying elsewhere this weekend, Wild Bill is catering the August club picnic on Saturday night, cost yet to be determined. Pay Bill before dinner Saturday. Good biker food!

Welcome New Members

CAROL ANN DAVIS
BRIAN EVANS
JODIE FULLER
GALE GARCIA
MARK GEISZLER
MARY GUIDA
SCOTT HOUCHIN
KAREN JENNEMAN
KIRSTIN JENSEN
RENNY KROGE
LARRY NEWMAN
RONNIE ROSENBAUM
RICK SANBORN
SUE WALTERS
BILL ZURINSKAS



It is time for Board elections. If you are willing to serve on the Board of Directors please contact Jim McClain at 303-715-9335 or bikemccclain@aol.com. If you have ideas to improve the club or just want to assist in keeping this the best biking club in the country, please volunteer. The Board meets for dinner once a month.



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 Bennish.....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. August's meeting is Tuesday August 3 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.

Ride Leaders Wanted

Our dedicated ride coordinators need some help with more of our members volunteering to lead a ride. We started a new classification of a "Leisure" ride on weekends. Now we need ride leaders. The leisure ride is slower than fun rides, stops frequently for breaks and to visit, and to enjoy the scenery. We will only go as fast as the slowest rider. Don't be intimidated. You don't need maps. Start at any point along a bike path and just do an out and back. Breakfast, brunch, or lunch after the ride is always fun.

All the ride coordinators would love to have you call them to volunteer to lead a ride before they have to start calling you. Please help them out. Their names and numbers are on the inside of the front page of the newsletter.

Join us in Moab in the 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.



For Sale:
Gary Fisher Sugar 4, full suspension mountain bike, 14 1/2" frame, lightly used 2 seasons on bike paths, like new condition, \$850. Sandra 303-697-9558.



Eldorado Springs Road Ride

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

Moonlight Classic www.moonlight-classic.com Denver	Aug. 14
Vail to Santa Fe 4-day Ride 23 info@bordertoborderusa.org	Aug. 20-
Park to Park Bicycle Tour parktopark@bicyclecolo.org Cherry Creek State Park	Sept. 11
Buffalo Bicycle Classic www.buffalobicycleclassic.com Boulder, CO	Sept. 12
Tour of the Vineyards www.emgcolorado.com Palisade, CO	Sept. 18
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"

www.thebiketool.com

The Easyhand Bike Tire Fitting Tool

a great way to fit those

"hard to get on"

racing tires

RECYCLED BIKE PROGRAM

Reg Gupton

Have a bike that's just gathering dust? The City of Boulder's Transportation Resource Center (TRC) accepts donated, useable recycled bikes in decent working order. The TRC recycles these bikes to Boulder area citizens in need of transportation and gives out free helmets along with the bikes courtesy of the Boulder Police Dept. Please note that we cannot accept bike parts or non-working bikes

so make sure that they are in good shape. To donate just drop your bike off at the downtown Boulder Police Annex located on the ground floor of the parking structure at the N. W. corner of 16th and Pearl St. between the hours of 10am-7pm Monday through Saturday. Or call the TRC: 303-441-4938. I have one that I will be donating before the end of the week.

PORTIA

Portia Masterson, owner of Self Propulsion Bike Store in Golden, publishes a newsletter three times a year. In her summer issue, there is a nice article about DBTC, our new bike route maps, and Howard Bagdad and Steve Stevens. Portia finally published her book, which she started eight years ago, BICYCLING BLISS: RIDING TO IMPROVE YOUR WELLNESS. If you are out Golden way, stop in and say "Hi". She continually works to promote all aspects of bicycling from your health to the environment. For more info www.bicyclingbliss.com.



Java Creek in Cherry Creek North

Java Creek is an independently owned coffee shop and cafe in the heart of Cherry Creek North that serves home-cooked breakfast and lunch all day long. The new owner, Brian Haddad, took over the business about 7 months ago. He was an officer in the Army that served a tour in Afghanistan and eight other countries. He loves to cycle and has competed in several tri-

athlons and charity rides. Stop by and give them a try and ask for Ed. If you mention the DBTC cycling group, Ed will be honored to give you half off any espresso drink of your choosing. We'll be having some rides stop by there in August. Potential ride leaders - keep this in mind.

Tip #2

Ride consistently and predictably.

DBTC Paceline Riders

by Rick Russon

What has twelve legs and chases rabbits? Answer - A paceline of 6 riders chasing even faster riders.

On March 7th of this year a dozen people met at Littleton Cyclery for what was supposed to be the start of a new intermediate ride group in the South area. Our original goals were to build endurance and learn to ride in a paceline, hoping that we would eventually be strong enough to complete a century ride or ride to Evergreen and back in one day.

Well, in just four short months we have shattered all of my wildest expectations. Rides of 40-50 miles are the norm after work. Not only do we ride in a paceline but we ride 6" off each others tires at 23-25 mph. Our long weekend endurance rides typically exceed 80 miles. Several of us completed the Elephant Rock Century ride. And, Squaw pass is just another typical training ride.

Our biggest problem is finding long enough routes where a dozen people can ride over 20 mph for 50 miles without endangering the public. While we have had many people come and go in the group there is still a strong core of dedicated riders. Due to scheduling conflicts one weekend I ended up riding alone. Without my comrades it was a very unsatisfying ride. Now I know I'm truly addicted to group riding.

I never imagined that I would be riding at this level in such a short time. As I look back at my cycling log I recall in January that Jeff Baysinger and I were trying to squeak out 20-25 miles at 12-14 mph. I have to give credit to several people in the group for this remarkable progress that we have all experienced. To Randy Rahl and Gary Bohn, affectionately known as "The Rabbits" for pushing us to develop sprinting speed and climbing power. To Dan Shields for being a rock-solid locomotive pulling us mile after mile to develop endurance. To Mike Morris for leading us down Mt. Vernon Canyon in wickedly fast descents bumping over 40 mph at times. And to Dan Njgomir for helping us keep our cycling first-aid skills sharp.

So where do we go from here??? As usual, the group has a lot of ambition but limited time and resources.

- Increased Participation - we have had many

people show up for a ride only to get dropped by the fast pace. The Sunday ride is our original "flagship" group ride. I will start enforcing a speed limit of 20 mph so we don't drop people. However, you will still need a moderate base and be able to ride at 17-18 mph for several hours. These are training rather than "fun" rides.

- Intermediate Rides - I want to encourage the other intermediate road ride leaders to help develop their riders' base conditioning. We want people who join us to be able to focus on paceline and other riding techniques rather than just trying to make it through the ride.

- After Work Rides - we also have a Tuesday, all-out, rabbit ride, a Wednesday fast-paced tempo ride, and a Saturday 2-hour climbing or interval training ride. There are usually spontaneous rides between members on other days of the week.

- Website Development - our main form of communication is through the website. Our rides focus on specific goals and each ride is integral to another. So if we do a hard climb one day we need to spin out on a flatter recovery ride the next time. If weather or scheduling conflicts interfere then we need the flexibility to reschedule rides on short notice. My web programming skills are limited but we would like to obtain some volunteers to help expand the content and integrate our pages into the main DBTC website.

- Coaching - I am applying for my Club Coaching certification from USA Cycling so that we will have access to more training materials and other resources. I hope to attract other more experienced DBTC riders/coaches to mentor me and help me bring high-quality training for free to our Sunday rides. I will also strive to develop relationships with indoor spinning, weight, and physiology testing facilities so we can bring these resources to the club at a reduced price.

- Challenge Rides - we want to develop interest for participating as a DBTC group in big rides like the Elephant Rock, Triple Bypass, and Courage Classic. Or, doing these routes as a self-supported group.

The group consists mainly of people in their mid 30's to mid 50's who have jobs, families, and commitments to other organizations. We are trying to gain the maximum benefits from the limited time (4 - 8 hours per week aver-

age) that we have to ride. Our goal is help people become the best riders they can be for any amount of effort they can give - rather than trying to turn everyone into Lance Armstrong.

So I would like to encourage anyone with a serious interest of improving their riding considerably to visit the website at <http://www.redocher.com/paceline.htm> and join us on a ride. Or, if you don't think you are ready to ride in a large group please call me at 303-795-0526 so we can discuss your interests.

MAPS ARE OUT!

Isn't it wonderful - the metro area has built so many new bike trails that our map was outdated after only three years. Thanks to a lot of hard work by Howard Bagdad, and others, we have a new map! Howard spearheaded the project. Skip Beck contacted every municipal district to gather information about the changes in trails. Steve Stevens helped research by riding many of the trails. Others who contributed time and labor were Bill Orchard, Dave Grimes, Frank Parrish, Portia Masterson, Bob Shedd, and Mapsco, the publishing company, who took our bags of maps from the various districts, and through digital technology, they made it into one comprehensive map of all the trails in the metro area.

Darlene Dietzler, Jim McClain, and Howard Bagdad have been calling on the various bike shops to sell the maps. Bob Bennish, owner of Best of Bents, is our map distributor. He takes orders from the stores by phone, email, or in person and ships out the maps. Sherry Livingston collects and deposits the income and records the inventory.

The new 2005 maps are for sale at bike stores throughout the metro area. The price varies by store. Please support your local bike shop by buying a new map. If they don't have them on display, ask them why not. They can always go to www.dbtc.org for information on ordering the maps.

Thank you to all who helped with this project.

Life Without a Car

by Lin Hark

I wasn't really planning on June being a monsoon month when I decided to challenge myself with not using my car for the month of June 2004. The weather *did* make it more difficult. Then when my motorcycle broke down on June 13th it definitely made it more of a challenge to go without a car. The bus service in Evergreen is limited to 6-8 AM to get to Denver and 3-8 PM to get home from Denver, Mon thru Fri. If I lived in town I would have no problem finding bus service around the city. I actually enjoyed riding the bus when I did. I am very much in favor of Fas Tracks and was happy to see it get on the ballot in November. I will certainly vote for it. It would make riding into Denver from the outlying suburbs much faster and more available, I'm sure. As stated in the Fas Track info "The population of the Denver metropolitan region is projected to grow by 900,000 people and 550,000 jobs in the near future. 'It is vital that we have the infrastructure in place to meet the transportation demands from a growing population. Fas Tracks is an important component in the region's economic future'."

The biggest drawback on not using my car was that I found myself not riding with

the club because rides were too difficult to get to, too far from home, and riding to and from rides would have given me way too many miles. I certainly missed riding with the club. The DBTC has been a big part of my life and I have made many friends with whom I enjoy riding, hiking and skiing.

I must confess though that I did use my truck once for the Hall Valley Camping trip June 19-20, since those whom I might have carpooled with opted out because of the rainy weather (weather was very nice at Hall Valley). I used my car twice: once to haul my grandkids home (no way was I going to drag them out of bed at 6 AM for a 3 hour bus ride to Highlands Ranch after they stayed the night at Gramma's, especially since we had a nice day planned). The other time was to attend a family dinner for my youngest daughter's birthday. A mother just can't miss such an occasion. Compromising, I drove to Morrison and rode my bike from there to Highlands Ranch, attended the dinner, enjoyed my family for a few hours then caught a bus back to the Englewood Literail Station and road my bike back to Morrison, then drove home. I enjoyed that entire trip very much and ended up with over 40 miles on my bike as it

was. Had I ridden my bike from Evergreen it would have added 22 miles and 4 hours to the trip and I would have arrived home more like 1 AM the following morning instead of 11 PM.

With June being a very wet and cold month I had to carry more clothes (and weight) in my pack than had it been more like our typical June weather. I hauled around a pack full of warm clothes for 52 miles on the Bike To Work Day Ride which I lead since it was only 28 degrees in Evergreen when I caught the bus at 5 AM. The Denver midday temperature was in the 80s that day.

All in all it was a very good experience to give up my car for the month. I learned how to dress for rain, how to use the RTD bus system to my advantage, and enjoyed riding my bike around Evergreen and throughout Denver the days I went into town for various errands. One thing I hope you Denver/Denver suburb residents appreciate is having the option to ride the bus pretty much *anytime* you want or need to. I do not have that option living in Evergreen.



Know Your Rights - Cars vs Bikes

This article appeared in the *Bicycle Colorado Bulletin* Summer 2004 by Brad Tucker, Attorney.

Q. I know that Colorado has changed the laws and that is it no longer a "no fault" state. How does this affect me as a cyclist? If I am in a crash with a car, who pays for my medical expenses or other damages?

E. Swanson, Aurora, Colorado

A. You are correct, as of July 1, 2003, the State of Colorado no longer required mandatory no-fault (or PIP) coverage. Prior to the change in the law, if a cyclist was in an accident with an automobile, the automobile insurance carrier would be responsible for certain medical, rehabilitation and other expenses regardless of whom was a fault for the accident. This is no longer the case.

Under the current law, if you are in an accident with an automobile, you should use your health insurance coverage for payment of any medical

or rehabilitation expenses. There remains a small chance that PIP coverage might be available to you either through the policy of the car that struck you, or from another policy upon which you may be insured. If you can support a claim that the accident was caused by the negligence of the driver of the automobile, you can seek medical and rehabilitation expenses, lost earnings, damage to your bike and equipment, and other non-economic damages from that driver through his insurance carrier.

Under the new system, if you are at fault for the accident, and you do not have health insurance coverage, you will probably be personally financially responsible for any medical expenses incurred. There are a few exceptions to this, such as an accident that happens while you are in the course and scope of your employment (good news for bike messengers), but otherwise you should consider purchasing health insurance if you do not have it.

Note by Patty Gaspar: As a member of DBTC, if you are injured while on a club sponsored ride there is an accident insurance policy that provides coverage for many expenses not covered by other insurance up to the maximum allowed. Contact the President if you need information. *The information in this column is provided as a public service. It is not legal advice and should not be interpreted as such.*

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 necessary. 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.

August 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.

Training Rides. Segmented century rides starting this month. 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 much 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).
The Thursday evening series is continuing and is listed each week. This is a great series of rides and I'm sure it will be popular.
The Sunday training rides are online now so the details can be updated. Contact Rick Russon (303) 281-9430 for further information.

Weekday Evening rides again by 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.
Tuesday Night Fun rides from various locations. In the past we have had regular Tuesday and Thursday night rides with a dinner option after. There will be Show N Go rides from various locations around the city for those of you who enjoy an after work ride midweek. If anyone would like to volunteer to lead one of these rides from a specific starting point please send an email to Lin Hark at Linbike@juno.com and she will send out an announcement to this email list. Subscribe to ColoradoBicyclist-

subscribe@yahoo.com or go to: <http://groups.yahoo.com/group/ColoradoBicyclist>
Thursday Night Fun, Easier MTB Ride with the COGGS. For those who want an easier MTB ride during the weeks subscribe to ColoradoBicyclist-subscribe@yahoo.com or go to: <http://groups.yahoo.com/group/ColoradoBicyclist>. The COGGS - Crazy Ol' Guys and Gals ride series is for those who can't always keep up with the tough guys, or just can't do miles and miles of climbing. But... Love to get out in the dirt.
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.

August Rides

- Sunday, August 1**
- FUN-2-25+-NW-9:00AM** Meet *Joi Bowen* (303-916-0515) at Hilario's at 4835 W 38th Ave (just east of Sheridan) for an unusual ride. She will go east on the Clear Creek Trail, and then north on the Platte River Greenway to its terminus at 104th Ave. From there, she will visit the conurbations of Welby, Sherrelwood and Western Hills before returning through North Denver to Hilario's for lunch
- Leisure/Fun-1-22-SE-9:30A.M.** This ride will be at a relaxed, casual pace. Meet Lois Kahn (303-758-0092) at the parking lot of Benehana's Restaurant at Tamarac Square. (NE corner of Hampden and Tamarac) We will go through Bible Park to the Cherry Creek bike path stopping at Java Creek in Cherry Creek to pick up any riders gathered there and perhaps get a latte (discounted). Then ride down to the Confluence & Centennial Gardens. On return, stop in LoDo for nourishment. The ride back is slightly uphill-everyone rides at their own pace---slow, if you like!!!!
- ROAD -4(40) W 9:00AM** Get Ready To Climb! Meet Marilyn Smith (303-674-8542) at Bergen Park RTD Park and Ride. We will ride up Squaw Pass and down into Idaho Springs to Highway 40 up Floyd Hill to Soda Creek and back to the Bergen Park RTD. Bring snacks, sun screen, money, and lots of water. If we feel the need, we can eat in Idaho Springs. There is a lot of elevation gain so figure at least 5 hours.
- Training: See the web address for details** <http://www.redocher.com/paceline.htm>
- Tuesday, August 3**
- 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, August 4**
- FUN/INT 2- 24 SE 9:00 AM** Meet Les Avery (720-788-4038) at Village Green Park (Union Street & Dayton) for a fun ride down through Cherry Creek Park into the town of Parker. We'll stop in Parker for some refreshments and then head back to Village Green.
- "Roses" ride. 9:30 am (Note later time!) 1-22.** Idaho Springs to Georgetown. Meet Connie Engelbert (303/904-9288) in the parking lot behind Beau Jo's Pizza in Idaho Springs for a lovely ride on the frontage road to Georgetown (gradual uphill.) where we will break for a snack. The return to Idaho Springs is all downhill. We will have lunch in a favorite restaurant after the ride.

August Ride Schedule *continued*

- Thursday, August 5** **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, August 7**
- FUN-2-25-NW-9:00AM** Meet *Ray Couture* (303-428-8626) at the McDonald's parking lot (100th and Wadsworth). ***This Ride will be 50% on pea gravel!*** Ray will go North Simms to 108th, cross Wadsworth to Pierce, north to HWY 136 and then take the Big Dry Creek Trail back to 100th and Wadsworth. Lunch is optional.
- Leisure/Fun-1-20-SW-9:30A.M.** -**THE ICE CREAM LADY'**(Nadean Kruse 303-988-8186) will lead you on a nice 20 mile loop - mostly on bike paths, some gravel. Easy pace, frequent stops. Meet at the "Bed, Bath & Beyond" on the north side of Bowles about 1/4 mile east of Wadsworth. Take W.Long Drive north - then turn east into the big parking lot. At the end of the ride, we'll treat ourselves to the best ice cream concoction you can create, or if you insist on "real food", there is a deli next door!
- ROAD-4-32-W-9:00 A.M.** Start with Denny Martin (303-793-0395) in Idaho Springs at the public parking lot behind Beau Jo's Pizza. We'll climb up to Echo Lake and a little beyond to Junniper Pass (by Squaw Pass) to get in our mileage. This will be an out and back route with an option for lunch in Idaho Springs at the end.
- 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 4th and Union PNR, Lakewood to carpool. (Note: this ride re-scheduled from the previous weekend conflict.)
- Sunday, August 8**
- Fun-2-25-SW-8:30A.M.** Join Jeff Jones (303-274-4882) at the Stone House Park (just south of Yale, off Estes) for a scenic loop ride to Chatfield and back. The route will go up and over Mt. Carbon and across Hampden on Simms. After a short stretch on roads, the route follows Kipling bike path to Chatfield and then north on the Platte River trail, returning to the start on Bear Creek bike path. Plan on a stop at the Oasis on the Platte for refreshments and conversation.
- FUN/INT-2-26-NW-9:00AM** Meet *Bonnie Urban* (303-926-1201) at the McCaslin and Cherry St. Albertson parking lot. Ride out South Boulder Rd. for a fun downhill onto the Boulder Creek Trail (a cool tree ride). Then, it's on our way to Flatirons after touring Colorado University. We will return to the start via Baseline Rd. Lunch is optional.
- ROAD-1-(33,66,100)-C (7:30 A.M., 10 A.M., 12:30 P.M.)** Meet Gary Bohn(303-650-5082) at the downtown REI location where it meets the Platte river trail. **This is a segmented Century Ride.** 3 rides are offered to make 100 miles total. Do one, two or all three rides. (Mix and match if you want). This is a flat century ride and if you have never done one, this is the one for you. Im using the trail system for the first century because it has good support. Be there at 7:30am for the first ride(north), 10am for the second(east) and 12:30 for the third(south). Platte river trail system and Cherry creek trail system will be used.
- Training: See the web address for details** <http://www.redocher.com/paceline.htm>
- Tuesday, August 10** **MTB P2, T2 6:00 PM**, Tuesday evening ride. Return to Green Mtn for season remainder. Meet at the main Green Mountain (Hayden) Trailhead off west Alameda Ave.
- Wednesday, Aug. 11**
- "Roses" ride. 9:00 am 1-16 SE** Meet Judy Deist (303/841-4792) at East Bank Park in Parker (West side of Parker Rd. at Pine/Indian Pipe. Some distance South of Mainstreet, which is 1 1/2 miles south of Lincoln.) ***This is Judy's first ride as leader!*** We will ride south on the Cherry Creek Trail, continue on a stretch of hard-packed dirt, gravel, etc about 1 1/2 miles, then on the southern part of the trail. Fat tires or cross bikes recommended. Bring a snack, and money for a restaurant lunch after the ride.
- FUN/INT 2-30 N 9:00 AM** Meet Bonnie Urban at the Bustop bar parking lot at the north end of Boulder at the juncture of Hwy 36 and Rte 7. Go north on Route 36 and turn left at Rte 7, the parking lot is on the right. We'll ride up Rte 36 and head into the town of Lyons where we'll stop at the Barking Dog Café and then we'll ride out Old South St. Vrain (a beautiful tree lined street with canyon walls & the South St. Vrain stream). Then we'll turn around and go back to the Bustop! Call Bonnie if you have any questions at 303-926-1201
- Thursday, August 12** **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.
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August Ride Schedule *continued*

- Saturday, August 14** **Fun-2-25-SE- 9:00A.M.** Meet Jim McClain (303-715-9335) at Cook Park Rec. Center, 7100 Cherry Creek Drive South. We will ride southeast on the Cherry Creek Bike trail (part of this is new), skirt the Northeast corner of Cherry Creek State Park, then northeast on the Cherry Creek spillway to Tollgate Creek, north to the Highline Canal, and back to Cook Park via the Highline and Cherry Creek trails. Lunch at Chipotles, 820 S. Monaco St.
- FUN-2-22-NW-9:30AM** Meet *Howard Bagdad* (303-278-0541) in Idaho Springs at the public parking lot behind Beau Jo's Pizza. Drive I-70 West to Exit 240. You will ride on frontage and back roads from Idaho Springs to Georgetown, take a short break, and return to Idaho Springs. Look for a scenic ride on a beautiful summer day in the mountains. Optional ride is to Silver Plume. Lunch is optional.
- Road-3-35-N 9:00AM** Meet Joy Burris at the Macaroni Grill (92nd & Wadsworth) for a scenic Boulder County Ride.
- MTB P2, T2 9:00 AM**, Pine Valley Ranch Carpool meet at the Fort Restaurant, Hwy 8 off Hwy 285 or 10:00 AM at park. Ride will take our usual route, but extend down the Baldy backwash and return up Sandy trail. Jeff 303-969-9241, 24 miles, about 2500', après ride at Elk Creek Station.
- Sunday, August 15** **FUN-2-(20/25)-NW-9:00AM** Meet *Cindy Ferry* (303-425-9454) at Crown Hill Park (26th and Garland). Ride the Clear Creek Trail (including a new section of trail) to downtown Golden. Cindy will take the group for several miles around Golden and returning via 32nd Ave. Lunch is afterwards.
- Fun-2 1/2-SW-9:00A.M.** Meet Hal Hollister (303-520-5378) at Safeway parking lot at Kipling and Jewell. Ride will head west on Jewell past C-470, over Hogback. At Morrison Rd., we'll cross into Red Rocks; ride through the Rocks and back to Morrison; then to Bear Creek Lake Park and Fox Hollow Golf Course; next onto Bear Creek Trail to Kipling and back to starting point.
- Road 2-35-sw 8:30 AM.** Meet Seve Ingraham, 3037567847, in Sedalia for an out and back ride to Larkspur. To reach Sedalia, go 8 miles south on SantaFe-Drive from C470 and turn right. Go 2 blocks and meet your fellow DBTC members.
- Training: See the web address for details** <http://www.redocher.com/paceline.htm>
- Tuesday, August 17** **MTB P2, T2 6:00 PM**, Evening ride. Meet at the main Green Mountain (Hayden) Trailhead off west Alameda Ave.
- Wednesday, August 18** **"Roses" ride 1-20 SW 8:30 am** Meet Melba Bouquet (720/493-0564) at the Stone House (Estes south of Yale) for a ride along the Bear Creek Trail. Bring a snack and money for a restaurant lunch after the ride.
- Fun 2-20-WS (Way South) 9:00 a.m.** Join Stan Hill for a scenic paved loop from Larkspur to Palmer Lake for lunch at a local restaurant, then back Larkspur. Meet to Carpool at 8:00 a.m. at S. Wadsworth Bd. and W. Deer Creek Canyon Rd. To get there, take I-25 south to exit 173 (Larkspur exit) and south into Larkspur. Park at Larkspur Community Park on the left (east side) as you enter Larkspur. Bring money for lunch. Stan Hill: StanBike@msn.com<mailto:StanBike@msn.com>; 719-598-8943 (home); 719-229-3754
- Thursday, August 19** **NT/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 (303 507-3502) 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.

GOOD NEWS

Board of Directors

In the spring there were several articles about the club's finances. We want to let you know that due to a combination of cutting expenses and increased revenues, things have greatly improved. Our Treasurer Sherry Livingston and our Secretary, Darlene Dietzler, have worked extremely hard to keep the Board focused on making the necessary changes. The new maps are selling well. Membership is up. And we thank all of our wonderful members who continually support DBTC by volunteering their time, energy and enthusiasm.

August Ride Schedule *continued*

Saturday, August 21 **Leisure -1-20-SW-8:30A.M.** Meet Darlene Dietzler (303-986-7666) east side of Bear Valley McDonald's, Sheridan and Hampden. We will enjoy a leisurely ride along the bike path in the shade and through parks to view the newly redone Confluence Park. Refreshments on the patio of REI. We will ride only as fast as the slowest rider. Socializing and talking encouraged. Brunch at IHOP.

Fun-2-24-SE-9:00A.M. Meet Maris Biela (303-789-1087) at Village Greens Park near Cherry Creek High, at parking lot on NE corner of Union & Dayton. He'll lead you on a loop ride around Cherry Creek Lake, Cherry Creek Spillway, Tollgate Creek, Highline Canal and Cherry Creek. You will be on all trails except the loop around the lake. Remember to bring \$ for lunch.

FUN-3-25-NE-9:30AM Meet *Bob Svenson* (303-289-5563) on the Huron St. side of Wagon Road PNR at 120th and I-25. Bob has selected a popular northeast suburban ride. He will take the riders on bike paths, lightly traveled streets and a few dirt roads out to the farm and ranch country of Northglenn, Eastlake, and Thornton. Lunch after the ride is at one of the popular places on 120th. Another royal rural ride!

Road-2-50-E 8:30 AM. Eric Larsen (303) 322-2721 Elephant Rock, Ride the Rockies, Triple Bypass...enough with the hills already! Meet at the Colorado DOT parking lot on the SE corner of Colfax and Tower Rd for an out and back ride to Strassburg. 50 miles of FLAT riding. Ride sometimes made difficult by headwinds on the return..

MTB P2, T2 9:30 AM Alderfer/ Evergreen Mtn Hook up with Chuck Caldwell (h 303-697-4241, cell 303-807-1562) **First Time Ride Leader** at the upper parking lot for a tour of Alderfer, then on for the view from Evergreen Mtn. Apres refreshments at the Little Bear after.

Sunday, August 22 **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 the Arvada Centennial Ride. Arvada celebrates 100 years of incorporation on August 24th. This ride will take the group on a journey back in time and visit sites, scenes and events from 100 years ago. Lunch and history test after the ride...in Historic Olde Town Arvada! Don't forget to bring your penny-farthing!

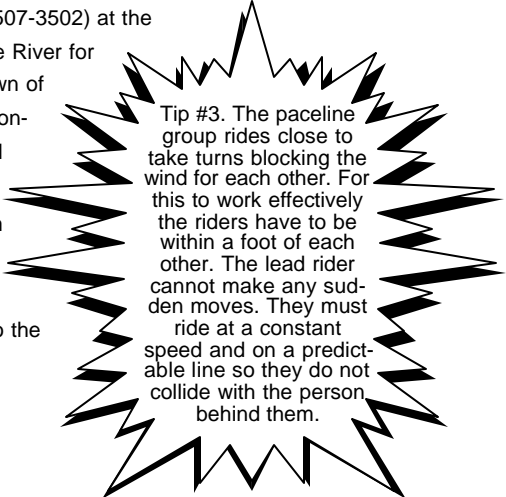
Fun-2-20-SE-9:30A.M. Meet Bill Kunzman (720-870-0937) at Village Greens Park, NE corner of E. Union at South Dayton. We will follow Cherry Creek bike path stopping in Cherry Creek North at Java Creek to pick up more riders and perhaps have a cup of latte (discounted). Then head down to Confluence Park, bum around downtown and pick a spot for lunch in LoDo. Then head back to starting point. Come join the fun!!!

INT-3-35-NW. Meet Jerry Bucher (303-926-1201) at the infamous "Bustop" bar parking lot at the north end of Boulder at the juncture of hwy 36 and Broadway for a ride to Ward. The route is a gentle climb except for the last few miles before Ward.

Road-4-22-W 7:00 A.M. NOTE EARLY START Meet Dalene Russo (303-627-1420) at the PNR at 4th and Union 7:00 Sunday morning to **carpool to the ride start in Breckenridge**. This is a moderate paced ride.. Ride is from Breckenridge to Hoosier Pass - From Breckenridge continue south on Hwy 9 toward Blue River. This flat road continues past the entrance to Quandary Trail head. Climbing begins with step switchbacks around small streams flowing along side the road. Views of the mountains and mountain floral can be seen from every direction. Once at the top the mountains of Lincoln, Democrat and Gross are seen looking over toward Alma. Congratulate yourself for a great climb all the way to 11,541 feet!. Lunch to follow in Breckenridge. **Register with the leader, Dalene Russo** 303-627-1420 home, 303-883-7468 cell.

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

Wednesday, Aug. 25 **FUN 2-24 W 9 AM** Foxton/South Platte River Ride Meet Lin Hark (303 507-3502) at the Conifer Safeway at 8:15 AM to carpool to Foxton Rd and the South Platte River for a fun dirt road ride. Along this beautiful river route we will see the old town of Foxton, the old hotel in South Platte, the Two Forks of the South Platte confluence, Strontia Springs Reservoir and the historic Buffalo Creek General Store. This is a well-graded dirt railroad grade so fat tires are preferred but a touring tire would work as well. Directions to Conifer Safeway: from C-470 and Hwy 285 go about 12 miles to Conifer and turn right onto CR 73 toward Evergreen. Safeway is on your left. Directions directly to Foxton: from C-470 and Hwy 285 go past the Conifer Safeway 1/2 mile to the Foxton Rd exit on the right, turn left and go under the Hwy, turn left onto Foxton Rd, go about 8 miles to the end where the road parallels the river and park near the porta potty.



Tip #3. The paceline group rides close to take turns blocking the wind for each other. For this to work effectively the riders have to be within a foot of each other. The lead rider cannot make any sudden moves. They must ride at a constant speed and on a predictable line so they do not collide with the person behind them.

August Ride Schedule *continued*

- Wednesday, Aug. 25** **Roses/FUN 1- 20 SE 9:30 AM** Meet Gordon Valentine (303-333-8605) near the "Backyard Country Cookin' restaurant at the SOUTHWEST corner of the shopping center in the SOUTHWEST quadrant of Parker Road & Main Street in Parker. (Enter from Main Street. Do not park in front of shops.) This will be an easy ride on two trails: East & back on the Sulphur Gulch Trail through Parker; and then south to Scott Road and back on the Cherry Creek Trail. NO MAP or written directions will be provided! Be ready to follow the leader at 9:30!!! We'll have a snack/rest stop at the start of the Cherry Creek Trailhead and we'll have lunch afterward at the "Backyard Country Cookin'".
- Thursday, August 26** **MTB P1 T1 6 PM** Matthew Winters Park, I-70 and Morrison Rd exit (sw corner). COGG Ride Meet Lin Hark (303 507-3502) at 6 PM at the parking lot entrance. Dinner again will follow at a nearby restaurant after the ride.
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, August 28** **Leadville Weekend**
Family - 1 - 15 SW 9:00 AM. If you ever had in back of your mind riding the S. Platte River Trail from C470 to downtown this may be the time to do it! Join us for the first half of the S. Platte River Trail's C470 to downtown rides. We will ride from Santa Fe Rd and C470 along the S. Platte River Trail up to the intersection with the Bear Creek Trail. On September we will ride from Confluence Park in downtown back south to the Bear Creek Trail intersection to complete the S. Platte River Trail from C470 to downtown. The trail is about as flat as you will see in Denver. We will set a moderate pace and allow for stops when the kids needs to rest. On the return you may consider stopping at Hudson Gardens or the Carson Nature Center. Contact Art Castro at Enjoydenver@Comcast.net or his phone 303-386-3295 to reserve space and get complete directions.
Fun-1-17-SE-8:30A.M. Meet Steve Farthing (303-840-4475) for an easy cruise down the Cherry Creek Trail to the Pinery and back. Meet at the SW corner of the parking lot at Challenger Regional Park in Parker. Take I-25 to Lincoln Avenue and go east about 3 miles or take Parker Rd. to Lincoln Ave. and go west on Lincoln about a mile. This is a paved trail suitable for any type of tires. Optional coffee break after!!!
FUN/INT-4-31-NW-8:30AM Meet *Ron Rak* (303-456-9058) at the Clear Creek trailhead at 41st and Youngfield. Ron plans a challenging ride up Lookout Mountain through Cody Park, along the I-70 frontage road, past Heritage Square, near the Mosque and back to the trailhead. This ride has demanding 5 mile up hill climb and a breathtaking 7-mile downhill coast, and a few level areas thrown in. Lunch is optional.
Road 2-30-SW 8:30 AM Departure. Meet Gordon Valentine (303-333-8605) at the Platte River Trail parking lot at 88th and Colorado Ave. He will provide written directions for the "Lochbuie loop" - A fast ride around(not through) Brighton and Barr Lake Sate Park. Mostly on light traffic roads. Come early and be ready to leave at 8:30!
Leadville: Your welcome to come for the day or the weekend
Friday Night bring your bike lights for a moonlit ride on the Mineral Belt Trail starting at the hostel 8:00 PM.
"Roses"/Fun-2-20-TBD Darlene Dietzler will lead a pleasant ride on the Mineral Belt Trail with stops at the mines along the route.
FUN - Richard Gieseler will explore Hagerman pass starting at 10:00 at the hostel.
MTB P3 T3 10:30 AM Birdseye Gulch, Leadville. This ride will leave from the Leadville Hostel, el 10,200. Route follows the Mosquito Pass road up to about elevation 12,000, then leaves and gains another 100' elevation cutting nw over a small hill, and finishes by following the gulch drainage back to Hwy 91. Though high elevation, distance is only about 19 miles.
- Sunday, August 29** **Leadville Weekend**
FUN-2-18-NW-9:00AM Meet Bruce Kohl (303-458-7322) at 92nd and Harlan (SE corner) for a charming ride around Stanley Lake after a ride north on Wadsworth, Interlocken Loop and Simms. Lunch is the leader's choice.
INT-2-25-W 10:00 A.M. Meet Keith Moskowitz (303-447-2703) at the Silverthorne Dam parking area at 10:00 AM. Ride around Dillon Lake over Swan Mtn. and back. Lunch stop along the way.
For those in Leadville
Road 4-30-W 9:30A.M. Leadville weekend: Meet **Gary Bohn(303-650-5082)** This ride will meet at the Leadville Hostel and go up Independence Pass. Possibly we will drive to the base of Independence Pass from the hostel. RSVP with Gary for further info.
MTB P3 T3 10:30 AM Easy Leadville morning mtb ride today, depending on local hostel participants desires. Ride will be short to allow for the afternoon return to Denver.
-



5th Anniversary Benefit Ride
Saturday, September 11, 2004
Denver & Surrounding Communities
Presented by Bicycle Colorado

Unlike any Century you've ever ridden

Bicycle Colorado's Park to Park Bicycle Tour winds through Denver's back yards and local parks entirely on off-street bike paths, away from cars. Participants can choose from routes between 25 miles to a full 100-mile century, then enjoy post-ride festivities which include a BBQ with beer and soft drinks, door prizes from many local bike shops and tunes provided by Rob's Music & Sound. All volunteers and registered participants receive the commemorative 2004 Park-to-Park T-shirt. We still get requests for last year's, wait 'til you see the new one!

All proceeds benefit Bicycle Colorado, your statewide bicycle advocacy group. Bicycle Colorado helps cyclists like you by promoting and encouraging cycling, increasing safety and improving conditions, representing the voice of cyclists to the State Legislature and agencies, helping to organize and empower local advocates, encouraging funding and construction of shoulders, bike lanes and paths and working with local mountain bike groups to help keep trails open.

Registration for the event is open and interested riders can get more information and register on-line by going to www.bicyclecolo.org/for/p2p. Bicycle Colorado is also seeking volunteers for the event. Family members who are not riding, others who want to be in on the hubbub and cycling supporters are encouraged to come out for a day of fun to help support bicycle advocacy in Colorado. To volunteer, please call 303-417-1544 or email Kimberly Urish, BC's Volunteer Coordinator at kimberly@bicyclecolo.org.

Note to members: DBTC has supported the efforts of Bicycle Colorado for several years.

Please consider volunteering to help or ride on that day. Their efforts have helped Denver the tremendous biking city that it is.



DENVER-BOULDER BIKEWAY UPDATE

by Neal Lurie Director, Build the Bikeway

In honor of Colorado's 3,000,000 bicyclists, here is the latest update on efforts to get the Denver-Boulder Bikeway built. The US 36 EIS project team is currently evaluating four main transportation packages and the Denver-Boulder Bikeway is still part of each one of these packages. This US 36 EIS project team even includes an experienced transportation consultant dedicated to analyzing, evaluating, and designing the proposed Denver-Boulder Bikeway in detail. Later this summer the Draft EIS will be prepared as the number of transportation packages is narrowed down for even

more detailed cost, use, and routing analysis. Then, in November, you'll finally have your opportunity to vote for the FasTracks ballot initiative (where you are urged to vote yes) to generate much needed funding for the Denver-Boulder Bikeway and urgently-needed transit improvements. The bottom line: the next 12 months will be absolutely critical in finalizing which bicycle, bus, and rail improvements will be coming to Colorado. Stay tuned, stay informed, stay involved, and ride carefully. buildthebikeway@yahoo.com
www.denverboulderbikeway.org

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. You will receive only one - either by postal mail or email - but not both. Members who receive by email receive their newsletter a week earlier than by postal mail.

Be Seen, Be Safer

For your safety, in the day time the Denver Bicycle Touring Club strongly recommends wearing bicycle clothing and helmets in high visibility or fluorescent colors such as bright yellow, orange, chartreuse, etc. At dusk or night use a white light in front and a rear reflector and wear white or reflective clothing. Rain gear should be in a bright color or add a bright vest or reflective stripe.