



November/December 2004

Volunteer Recognition Dinner And General Membership Meeting

Come share your cycling stories from this season and start planning for next year!

Where:

Wheat Ridge Senior/Community Center
35th and Marshall
Wheat Ridge
See October Newsletter for Map

When:

Saturday November 6th
6:00 p.m. to 6:30 p.m. Social Time
6:30 p.m Potluck Dinner
7:30 p.m. General Membership Meeting
8:00 p.m. Volunteer Recognition

Potluck Dinner:

The club will furnish the turkey and ham.
Bring a hot or cold dish to share -
appetizers, salads, vegetables, desserts, or your family's favorite recipe.
Please be generous and include serving utensils.
The club will provide coffee and lemonade.
Bring your own soft drinks.
The community center is a non-alcohol facility.

Items to share:

We will have a display table where you can share photos,
albums, scrapbooks, or other cycling items of interest.

DBTC's Officers

President

Bonnie Urban.....303-926-1201
bikegirl03@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
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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

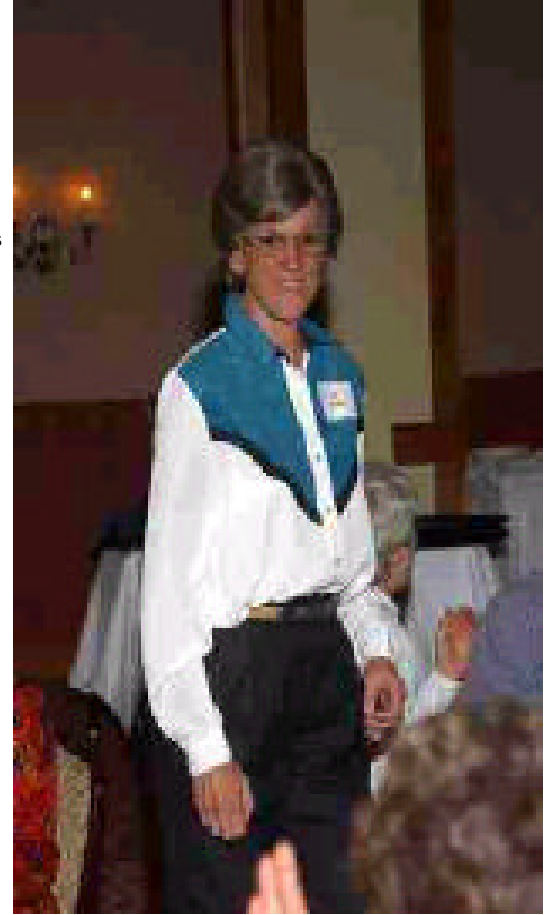
Hotline.....303-756-7240

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

Wednesday Fun Ride Coordinator

by Patty Gaspar

Bonnie Urban is retiring as the Weds Fun Ride Coordinator. Lin Hark, as one of the founders of this group 5 years ago, took this opportunity to help the club. Lin is a former DBTC Board Member and was instrumental in getting our MTB group up and running, served as the MTB Ride Coordinator for 2 years, costarted the Weds Fun group in 2000 with Sue Frakes, started the Yahoo Groups and continues to moderate them. Shortly after joining the DBTC Lin leaped into the club by organizing many beginning MTB clinics and is always willing to help a new mountain biker get started. She's also put together several weekend trips and tours for the MTB, Fun, and ski groups. When she isn't riding her mountain bike, she gets on the skinny tires and joins us in the city. For her birthday, Nov 17, she is throwing a party and invites us to ride a mile for each year. I wonder if she's heard of metric miles? As a regular on the ski slopes with the Wednesday ski group she uses telemark skis and is a very graceful skier. She loves to ski the bumps at the top of the mountain. Want to go hiking? Watch the Colorado Bicyclist Yahoo Group and you'll find Lin leading hikes for the Sierra Club. Next time you see her, thank her for all she does for the DBTC. Thank you to Bonnie for her work organizing the Wednesday Fun Rides this summer. We appreciate your effort.



Road Ride Coordinator Needed

Gary Bohn has resigned as Road Ride Coordinator. He's done a terrific job this year of increasing awareness of the road riders by starting the paceline training rides and designing our first self-supported centuries! We need someone to take his place. If you are willing to volunteer but simply want to get rides together, that's fine. If you want to continue the

centuries and the training rides - wonderful. We love innovative ideas and will give you whatever support we can. Please contact Patty Gaspar at ridecoordinator@dbtc.org or 303-989-8268 if you want to discuss what is involved. Gary is going to be a Board member next year so he will be around to tap for help.

Board Meeting

Any member wishing to attend a board meeting is welcome. The November meeting will be Wednesday the 3rd. Meetings are held at Perkins Family Restaurant, 1995 So. Colorado Blvd. at 6:00 p.m. If you wish to address the board, please contact secretary Darlene Dietzler at DarleneGri@comcast.net. or 303-986-7666 so that your topic can be placed on the agenda.

NEWSLETTER VIA EMAIL

The monthly newsletter is available by email. If you wish to receive your copy by email, please send your current email address to webmaster@dbtc.org. You will receive only one - either postal mail or email - but not both. Members who receive by email, receive their newsletter a week earlier.

WELCOME NEW MEMBERS

ROBERT DEAN
NANCY LEWIS & RANDY FAY
MARILYN JOHNSON
FLO & STEVE JONES
BOB & PAT MEYERS
VINCENT MIONE
ROXANE PERRUSO
RICHARD QUICK
ANTHONY & PATRICIA ROMEO
ELAINE SAXEN
CARL STOKES
PETE ZIEMKE

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.

Early Skiing in Tahoe?

Now that it's winter, it's time for some skiing! Tahoe usually has great early season snow and I'm planning to fly there Wed 12/8, XC ski for 3 days at Royal Gorge (they have over 300K of groomed trails!) and then fly home on Sunday 12/12. I'll be staying at the Rainbow Lodge which is 8 miles from Royal Gorge - they have a free shuttle to the ski area plus provide a full breakfast. Room rates range from \$110 - \$165/night. If you're interested in joining me, please either call me at 303.750.5099 (no calls after 9pm please) or email me at ellen_chilikas@aol.com.

Cross Country in Washington

Ellen Chilikas is considering organizing a week long cross country ski trip to the Methow Valley in Washington State in January or February. The itinerary would most likely be to fly to Seattle on a Saturday morning, be picked up by a shuttle van and be driven to the Methow Valley, stay at 2 different hotels/B&Bs in different parts of the valley and ski for 5 or 6 days, shuttle back to the airport and fly home. The Methow Valley is an uncrowded nordic ski area with over 200km of groomed trails. If you might be interested in coming along, please give Ellen a call at 303.750.5099 (no calls after 9pm please).

DBTC Mountain vs Road Bike Challenge!

Excitement was still heavy in the air as Sunday morning September 26th arose. A light frost was on the ground. Blue skies reigned above. Snow from the cool rainy weather earlier in the week was capping the surrounding Moraine Park Campground peaks. And elk were bugling. That is, still bugling. Continuing from the previous day and eve, over the entire night, all night long, too. (Eee, eeEE, EEEE Yah!, you know the sound.) The race day grudge ride was on.

A few early arriving riders were met 9:30 AM at the Beaver Meadows Visitor Center. Rules were described. A pylon would mark the finish. And importantly, over a morning power breakfast with Mark and Linda Shimoda and Gary Bohn, the final timing details were settled. Watches were synchronized.

All riders would start at 10:30 AM, sharp. Road riders would start from the junction of Highways 34 and 36, elevation 8920, riding 17.5 miles over Trail Ridge Road, top elevation 12,185, cruising down to the Alpine Visitor Center at elevation 11,796. Mountain bike riders would start a couple miles away at the junction of Fall River Road and Highway 34, elevation 8520, pedaling 10.6 miles directly up Fall River Road to the Alpine Visitor Center, elevation 11,796. Both routes equally have about 3,300' of elevation gain.

At 10:00 AM both ride groups were assembling at their respective locations. The bike god and goddesses were consulted. Special requests were made to amend for sins of not going on a few more DBTC rides. Forgiveness was granted, final power food was gulped down, the countdown began. A real race was on, T minus 15 minutes.

At 10:30 AM, mountain bike riders

took off like a shot. Well, some did. That is, sort of. Others kept a slow and steady pace as the best strategy. This is DBTC racing.

Strategies were developing with each up and down pedal stroke. Snow banks along the road became more obvious with each mile completed.

After about one and a half hours, two huffing and puffing riders found the cold visitor center pylon. One was a mountain bike rider, the other a road rider. Both were beat. But one had arrived a mere 20 seconds earlier! Over the next hour and a half, all the remaining riders made the top. Everyone was a winner this day! Riders included Mark, Linda, Eric,

Cathy, Dennis, John, Sandy, Nicolette, Darrell, Keith, Dan, Steve, Dalene, Gary, and Jeff. Yet, some anonymous rider yelled, "Just wait until next year!"

A special thanks from all riders goes to Jean and Chelsea Deering for staffing the Alpine Visitor pylon, recording all times, and passing out unbelievably delicious chocolate treats to the arriving. The warming camp shelter was greatly appreciated.

Some of the mountain bike riders are seen in the accompanying photo: L-R, Nicolette, Sandy, Mark, Linda (female category winner), Keith (holding the trophy), Darrell, Jeff, John. Not pictured are mountain bike riders Cathy, Dennis, and Eric.



November/December Ride Schedule

Fall is officially here.

Our ride coordinators are taking a much-deserved break. Late fall and winter riding conditions make it difficult to pre-plan rides. If it is cold and blowing, the ride leader may not want to roll out to lead a promised ride - especially since he or she might be the only person to brave the elements. Therefore, our scheduled rides become show and go with a few holiday or special events.

If you'd like to include an activity in the newsletter, please email it to ridecoordinator@dbtc.org by December 10th for the January/February newsletter. If you don't meet the deadline or need help planning or posting your event, please contact the person listed below in your category.

Many of our members love winter sports and want to continue enjoying the outdoors with their DBTC friends. The yahoo groups will be our main means of communication through the winter months. If you'd like to post an event, simply go into the site. Remember that only club-related activities can be posted. We reserve the right to cancel any posting we don't think is appropriate.

Wednesday FUN Group continues through winter.

Check November 17 for Lin's birthday ride!

Regular Wednesday rides for the winter months will be Show N Go from REI downtown (west parking lot, 11 AM) held if the weather is clear and the temperature is predicted to be at least 40 degrees. The Platte River Trail and Cherry Creek Trail are plowed all winter.

If someone would like to lead a specific ride for a Weds FUN Ride (or any other category or day) they can send it to the Message Board for the DBTC by emailing it to ColoradoBicyclist@yahoo.com. If you are not already a member go to <http://groups.yahoo.com/group/ColoradoBicyclist> to sign up to receive, and send, messages.

If there are any questions about the regular Show N Go Weds FUN Rides contact: Lin Hark (303 507-3502) Linbike@juno.com.

SKI, SNOWSHOE, X-COUNTRY, BACK-COUNTRY, OR HIKING TRIPS FOR 2004:

Skiers, hikers and snowshoers, please feel free to use the DBTC Message Board to connect with other skiers, hikers or snowshoers. Ski trips will and can be announced on the Message Board for the DBTC also at ColoradoBicyclist@yahoo.com

Sunday, December 19

Almost WINTER SOLSTICE Ski Tour - 10:30 AM, Butler Gulch - Moderately hard half day ski tour - Good backcountry skis and skins required, must be capable of climbing 2000' in a shorttime - Expect deep snow and very cold weather Jeff 303-969-9241

Saturday, December 25

Telemark ski at Loveland Basin. Meet at the lodge 10:00 AM or 1:00 PM. Jeff 303-969-9241

IF YOU HAVE A QUESTION ABOUT:

Downhill Ski Trips - (weekdays, Summit County Condo overnights, ski Keystone, Breckenridge, Vail) contact Elly Baldwin (303 740-6271) ellybaldwin@bigplanet.com

Downhill Ski Trips (weekends) contact Bonnie Urban (303-926-1201) bikegirl03@msn.com

Downhill Ski Trips (weekdays--Winter Park, Copper or Loveland) contact Lin Hark (303-507-3502) Linbike@juno.com

Winter Hikes or Snowshoe Trips contact Lin Hark (303 507-3502) Linbike@juno.com

Backcountry Ski Trips (weekend) contact Jeff Baysinger (303 969-9241) jbaysinger@do.usbr.gov

Backcountry Ski Trips (weekday) contact Lin Hark (303 507-3502) Linbike@juno.com

Cross Country Ski Trips contact needed

Weds Roses Rides see newsletter or join the DBTC listserve ColoradoBicyclist-subscribe@yahoo.com

Weekend Show N Go Rides see newsletter or join the DBTC listserve ColoradoBicyclist-subscribe@yahoo.com

Weekend Mtn Bike Rides join <http://groups.yahoo.com/group/COMtnbikers>

Volunteers are needed to lead winter trips in any of these categories. If you are a DBTC member and would like to volunteer contact Lin Hark (303 507-3502) Linbike@juno.com. Let's have fun and keep ourselves in shape over the winter!

Wednesday "Roses" Group

These hardy riders continue all winter. Wednesdays "Roses" rides 1-20, SW, 11AM. "Roses" will meet when the temperature is 40 or above and trails are clear, for "Show and Go" rides from Carson Nature Center, (N on So Platte Parkway, West of Mineral and Santa Fe, opposite Aspen Grove Shopping Center.) Riders attending will determine route. Bring a snack and money for lunch at a favorite restaurant after the ride. Questions, call Melba Bouquet 720/493-0564 or Gerrie Garnett 303/972-9584.

Mountain Bike Rides

Check the Colorado Mountain Bikers Yahoo group for weekend rides when the weather forecasts look good. Mountain bike rides will move to roads and paths as the dirt trails become wet. Some rides may be in conjunction with fun and road riders.

SATURDAY AND SUNDAY AND HOLIDAY FUN RIDES:

FUN-2/3-20/30-NESW-11:00AM Bill Orchard (303-422-9468) will coordinate the Saturday, Sunday and Holiday Fun Rides. He will publish a starting location in the newsletter and on the website for each Saturday and Sunday and Holiday for November through March. The riders who show up on these days will decide among themselves the route, the mileage, the pace and the after-ride restaurant. The starting locations will be places where many rides have begun in the past and thus several riders will have an idea of possible routes to be taken. All ride are Show-N-Go and start at 11:00AM.

November/December Ride Schedule

WINTER RIDING GUIDELINES:

Weather: forecast temperature above freezing with dry conditions.

Clothing: wear layers, outer windbreaker, hat/ear covers, gloves, toe covers and riding/sports pants

Other: bring water, repair items and a snack

NOVEMBER 2004 WINTER FUN RIDE

SCHEDULE (all rides 11 am unless otherwise designated):

Saturday, Nov. 6 SW - Littleton PNR, NW corner of Santa Fe and Mineral Ave

Sunday, Nov. 7 NW - Sloan's Lake, 25th Ave & Sheridan, park in NW corner of park

Saturday, Nov. 13 NW - Foothills Cyclery, NW corner of W 64th Ave (Ralston Rd) & Simms St

Sunday, Nov. 14 SE - Goodson Recreation, near S University Blvd and Arapahoe Ave

Wednesday, Nov. 17 LIN'S BIRTHDAY RIDE FUN 2 29, 27 or Lin's age SW 10:00 AM
Lin Hark 303 507-3502 is leading a birthday ride and plans to ride a mile for each year of her age. Join Lin to help her celebrate for all or a part of the ride. Meet at Frontier Park at 10 AM, ride north on the Platte River Trail past the Clear Creek confluence, turn around and ride back to Frontier Park. Those who would like to do a 29-mile morning ride can drop off at Frontier Park. Those who want to do a 27 mile afternoon ride can meet at Frontier Park around 1 PM and ride south on the Platte River Trail and then west on the Bear Creek Trail to Morrison and back. This ride will go unless it is actually snowing, there is snow on the trails or the temperature is below 32 degree. Bring lots of water, snacks, extra clothes and some money for stops along the way. After the ride we can meet for dinner. Call Lin with questions at 303 507-3502. Frontier Park is just south of Evans along the Platte River.

Saturday, Nov. 20 SE - South High School, E. Louisiana & S Franklin, near Wash Park

Sunday, Nov. 21 NW - McDonald's, NW corner of W 80th Ave & Wadsworth Blvd

Thursday, Nov. 25 Thanksgiving Day Ride
SW - Safeway parking lot, SW corner of Kipling and Jewell

Friday, Nov. 26 Day after Thanksgiving Ride
NW - Olde Town Park-N-Ride, just north of W 55th Ave & Wadsworth on Vance

Saturday, Nov. 27 SE - Village Greens Park, just east of Union and Dayton

Sunday, Nov. 28 NW - Crown Hill Park, just east of 26th & Kipling

DECEMBER 2004 WINTER FUN RIDE

SCHEDULE (all rides 11 am unless otherwise designated):

Saturday, Dec. 4 SW - Morrison PNR, NW corner of C470 and Morrison Rd

Sunday, Dec. 5 NW - Prospect Park, W 44th Ave at Robb St

Saturday, Dec. 11 NW - Golden Visitor Center, 10th & Washington in Golden

Sunday, Dec. 12 SE - Cherry Creek HS, SE corner of Union and Dayton

Saturday, Dec. 18 SW - Bear Valley McDonald's, NW corner of Hampden & Sheridan

Sunday, Dec. 19 NW - Scott Carpenter Park, SW corner of 30th & Arapahoe in Boulder

Sunday, Dec. 19 Almost WINTER SOLSTICE Ski Tour

10:30 AM, Butler Gulch - Moderately hard half day ski tour - Good backcountry skis and skins required, must be capable of climbing 2000' in a short time - Expect deep snow and very cold weather Jeff 303-969-9241

Friday, Dec. 24 Christmas Eve Ride
SE - Eisenhower Park, E Dartmouth and S Colorado

Saturday, Dec. 25 Telemark ski at Loveland Basin. Meet at the lodge 10:00 AM or 1:00 PM. Jeff 303-969-9241

Sunday, Dec. 26 NW -- Westminster Mall, southeast corner of W 92nd Ave & Harlan St

Saturday, Jan. 1 Bill and Rex's 7th Annual

New Year's Day Hangover Ride

Meet Bill Orchard (303-422-9468) and Rex Cole (303-936-7227) at 11:00 AM at the City of Cuernavaca Park at 21st and Platte, just north of the Denver Skate Park. (Going North or South on I-25: Take the 20th St Exit southeast. Take a right on Little Raven, a right on 19th St and right on Platte St. Go a couple blocks to the parking lot.) Look for a 25+ mile ride with lunch afterwards at Dixon's in LoDo. Bill will lead the up hill portion, Rex will lead the down hill portion. Should the weather not co-operate, we'll just meet for brunch at Dixon's at 11 AM.

October 3rd Ride

Steve Ingraham's Road Ride in Arvada, Oct 3, 2004. Riders were: Steve Ingraham, Randy Rahl, Gary Bohn, Bob Kluwr, Garr Potter, Bill Bevett, Lori Bevett, J Clayton, Gary Johnson.



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Call of the Oregon Coast By Sandi Bianchi

The Oregon Coast captured the hearts of three DBTC members in September. Helen McVicar, Jim Taylor and Sandi Bianchi biked 378 miles from Astoria to Brookings in seven days riding approximately 54 miles each day. They, and five other riders, were part of a 9-day organized tour complete with sag wagon and cook.

The participants reported that the hardest part of the tour was staying on the bike will all the "Kodak moments" and succulent ripe blackberries calling to them on route.

The weather cooperated with the riders six days out of seven. Day time temperatures were in the mid-to-high 70s with night time temperatures in the 50s. Mist and light rain accompanied the riders on their last day of riding, adding a little more excitement to the already adventur-

ous trip.

Excursions along the coast included a tour of the Tillamook Cheese factory and Shallon Winery, plus a visit to the Maritime Museum and several lighthouses. The participants were blessed with playful antics of sea otters and lions most every day. A couple of participants saw whales. And, of course, there was the Pacific Ocean to behold.

No surprise to those who know her, trip participants awarded Helen the "Made of Metal" award for her performance. Not only did she ride all 378 miles, but she visited every side trip along the way including the California border, and still arrived first in camp every night. You rock, Helen!



October 10th Ride

Ray, Craig, Bill,
Gordon, Bill, Alex,
Bob



DBTC Sponsoring Shops

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

ARAPAHOE CYCLERY
6905 S BROADWAY UNIT 169
LITTLETON CO 80122
303-797-1858
www.arapahoecyclery.com/

ARVADA BIKE COMPANY
6595 WADSWORTH BLVD
ARVADA CO 80003
303-420-4864

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7580 GRANT PL
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303-463-8775
www.bestofbents.com/

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2030 E COUNTY LINE RD
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720-344-2550
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ENGLEWOOD, CO 80110
303-781-1162

WESTSIDE CYCLE & FITNESS
7310 W COLFAX
LAKEWOOD CO 80214
303-237-1115
www.westsidecycling.com/



Montezuma

Daryl & Jean Deering's lead a ride from Dillion Amphitheater to Montezuma on September 18. It was a perfect fall day and the fall colors were spectacular. There were 18 people on the ride so there are a few missing from the picture. Sue Frakes had a flat tire at the beginning of the ride so she and her helpers were behind. This was an Intermediate Ride so slower riders simply took the climb at their own pace. Everyone made to the top, eventually. Everyone kept the pace on the ride back down to lunch!

Kryptonite Lock Security Problems

Attention; users of Kryptonite locks. The Kryptonite company is offering free product upgrades for certain of it's products. Information is available at the company website: www.kryptonitelock.com

Bicycle Friendly Communities

The League of American Bicyclists awarded 11 communities its prestigious Bicycle Friendly Community designation in April during National Bike Month. We are pleased to see that among the communities receiving the League's Bicycle Friendly Community (BCF) designation, the standouts are Boulder, CO which was granted the League's Gold level BCF award. Silver level award winners were Gainesville, FL; Olympia, WA; and Tucson, AZ. Bronze level awards were awarded to Ashland, Oregon; Auburn, Alabama; Carrboro, NC; Longmont, CO; Mountain View, CA; Portage, MI; and Rockville, MD. An honorary mention was given to Milpitas, CA. Denver, CO has earned Silver status previously and is still on that level. Communities complete an application to apply for this honor. Factors consid-

ered are: 1) The physical environment for bicycling - on-street facilities, trails, parking, etc. 2) Education programs to promote a "share the road" ethic among bicyclists and drivers 3) Promotional initiatives to persuade people to ride or ride more often 4) Enforcement of traffic laws for both motorists and bicyclists 5) Future plans and evaluation techniques to improve conditions further In Boulder, an extraordinary 10 percent of all resident trips are made by bicycle, as are 16 percent of all commuting trips.

Nearly 7 percent of residents view bike commuting as their primary mode of travel to work, according to the census. Boulder recognizes and supports its bicyclists by investing \$4.5 million (19 percent) of its approved 2003 transportation budget on bicycle mode operations/maintenance and enhancement initiatives. Thanks to many years of political and financial support, 78% of Boulder's arterial streets are equipped with bike lanes and multi-use paths receive formal inspections twice a week.

