



The Colorado Bicyclist

March 2005

Survive Road Rage

By Tom Hurja



As the Club President this year, I wish to give my methods to survive road rage if encountered.

I consider road rage to be any gesturing, persistent use of a horn, loud comments, or threatening, close movement of a vehicle so as to endanger your safety.

That includes invading your "safe distance space".

First, when leaving on a bike ride, take along a friend-or several if possible. That alone may discourage an individual or a group from expressing unpleasant behavior. Also, have a cell phone to call authorities, small pad of paper and pencil, and even small opera glasses to identify and record license plate numbers and individual and vehicle descriptions. And that same whistle that you use for summoning help while hiking can also be used for getting the attention of someone close by while on your bike ride.

When riding, your responsibility is to stay to the right and ride single file. Use common sense and courtesy when dealing with other vehicles. At any sign of road rage, move out of harm's way if possible.

Keep your emotions under control-keep a "poker face". If in a group of cyclists, make a circle. Some may want to put their bikes in the center. Whatever works. Notify the authorities. Then wait if instructed to do so.

If the vehicle turns around, get out your small digital camera and SHOOT! The main idea is to keep cool. Realize that the other people or person is the unstable one-the one out-of-control. When you channel your anger in a positive way, your chances improve. Think. Happy pedaling!



New Members

JIM AICARDI	FRANK HAGGERTY
SHARON BAIR	VIVIAN LANGTON
STEVE BATHGATE	LAUREL O'BRIEN
FRED BERRY	MARC REISSNER
SCOTT & KIM BURRIS	SUSAN TOBIAS
GEORGE & PAMELA	RON WALKER
CARTER	DENNIS WALKER
TONY & KIM DAVIA	AMY WATT
ERIC ESSWEIN	

KICK OFF PARTY

When: Saturday March 19

Where: Wheat Ridge Senior/Community Center
35th and Marshall, Wheat Ridge (see map)

5:30 p.m. to 6:30 p.m. Social time

Try on and order club jerseys

Bike gear exchange/Mini Velo Swap (see article)

(First annual - well maybe)

6:30 p.m. Pot luck dinner

7:30 p.m. Program

POTLUCK DINNER

The club will furnish the turkey and ham.

Bring a hot or cold dish.

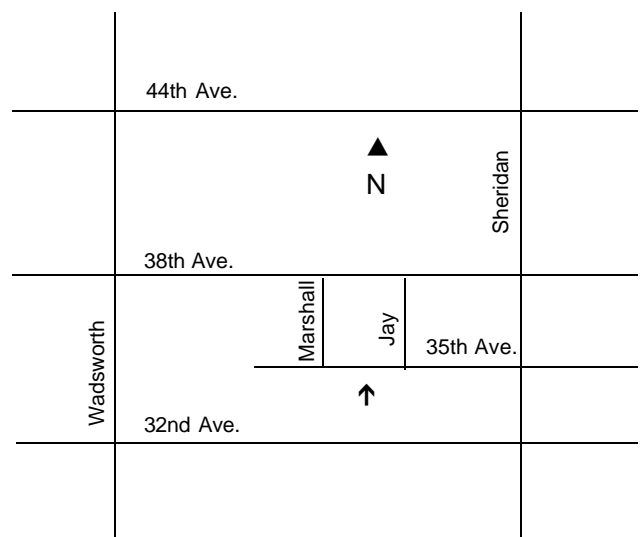
Share your family's favorite recipe or be brave and try out that new recipe you cut out of a magazine.

What you bring is what we eat.

Please be generous and include serving utensils.

Coffee, tea, and lemonade will be provided.

The community center is a non-alcohol facility.



DBTC's Officers

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

Vice President
 Darrell Deering.....303-697-6126
 VicePresident@dbtc.org

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 Secretary@dbtc.org

Treasurer
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 Treasurer@dbtc.org

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 Gary Goins.....303-433-4398
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 FunMTB@dbtc.org

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 gigerco@comcast.net

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Map Sales (wholesale)
 Darlene Dietzler.....303-986-7666

Hotline.....303-756-7240

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

Advance Planning Calendar

Moab Skinny Tire Festival www.skinnytirefestival.com Moab UT	March 4-7	Bicycle Tour of Colorado www.bicycletourcolo.com	June 26-July 2	
Fruita Fat Tire Festival www.fruitamountainbike.com Fruita CO	April 29-May 7	Triple Bypass www.teamevergreen.org Bergen Park CO	July 9	
Community Classic Bike Tour www.tccbt.com Loveland CO	May 15	Great-West MS 150 Bike Tour www.fightmscolorado.org Denver	July 9-10	
Santa Fe Century www.santafecentury.com Santa Fe NM	May 15	Courage Classic www.couragetours.com Denver	July 16-18	
DBTC Memorial Day Picnic www.dbtc.org Prospect Park Wheatridge	May 30	Moon Shadows in Moab www.skinnytirefestival.com Moab UT	July 30-Aug 1	
Elephant Rock Century www.elephantrockride.com Castle Rock CO	June 5	Moonlight Classic www.moonlight-classic.com Denver	August 13	
Tour de Cure www.diabetes.org Loveland CO	June 11	Tour of the Valley www.discoverourtown.com Grand Junction CO	August 28	
Red Canyon Century www.redcanyoncentury.com Canon City CO	June 11	Tour of the Vineyards www.emgcolorado.com Palisade CO	September 17	
Ride the Rockies www.ridetherockies.com Denver Post	June 19-25	Moab Century Tour www.skinnytirefestival.com Moab UT	October 7-9	
Cycle America's Coast-to-Coast Tour www.cycleamerica.com Seattle to Boston	June 18-Aug 20			

Prevent Serious Skin Cancer-Monitor Your Moles By Tom Hurja

Monitor Your Moles. If they do not change over time, there is little cause for concern. Call your health professional if you observe any of the following changes:

- a.. Asymmetrical shape: One half does not match the other half
- b.. Border irregularity: The edges are ragged, notched, or blurred.
- c.. Color: The color is not uniform. Watch for shades of red and black, or a red, white, and blue mottled appearance, or pink.
- d.. Diameter: Larger than a pencil eraser (harmless moles are usually smaller than this.)
- e.. Scaliness, oozing, bleeding, or spreading of pigment into surrounding skin.
- f.. Appearance of a bump or nodule on the mole, or any change in appearance of the mole.
- g.. Itching, tenderness, or pain.
- h.. Unusual skin changes or growths, especially if they bleed and keep growing.
- i.. If you have a family history of malignant melanoma, let your doctor know. You may be at higher risk.

Taken from Healthwise Handbook, Kaiser Permanente

Board Meeting

Any member wishing to attend a board meeting is welcome. The March meeting will be held Tuesday March 1, 2005 at 6:00 p.m. Place is Perkins Family Restaurant, 1995 So. Colorado Blvd. If you wish to address the board, please contact the 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 newsletter is available by email. If this works for you, send your email address to webmaster@dbtc.org.

Pictures and Articles for the Newsletter

This newsletter belongs to the members. If you have digital pictures or an article you would like to share, please email them to ridecoordinator@dbtc.org. Only send one or two pictures so you don't clog up my computer! Be sure to include details about who, when and where the picture was taken. If you have a photo to mail, contact the Ride Coordinator for the address. Remember that if we publish something that someone else wrote, we must give credit. If you are a writer with an article of interest that you want to share, we may make you a published author! The deadline for publishing is always the 10th, but please send your articles earlier.

Club President Tom Hurja

Tom Hurja received his first bike when he was 11, a blue Columbia single speed hand-me-down with coaster brakes. He would ride around the gas pump island at his father's country store south of Lansing, Michigan. He'd wake up some nights with painful muscle cramps in his legs.

Shortly after, with his friend, Gary, he began riding the blacktop county road behind his house. His favorite ride was the hill about a mile away. The two of them would get to the top and ride no-hands on the way down. A small crescent wrench was kept in his back pocket in case of needed adjustments.

Later was the commute to school, about a mile-and-a-half along a state highway, plus some small-town streets.

Then, after several years of 4 wheels, Tom began commuting with his 3-speed Raleigh in East Lansing to his summer job as a motorcycle mechanic.

In June, 1972, Tom moved to Denver, was married to Linda Andrews, started working at Denver Metro Transit as a bus operator, and together, raised a son and a daughter. During that time, Tom was an officer in the Denver Wilderness Kids Group of the CMC. Although they were divorced a few years ago, Tom and Linda both additionally enjoy their two grandchildren.

Tom is mainly a road rider and enjoys hiking, backpacking, and skiing. He has also spent many years as a volunteer usher at the Denver Center Theatre Company. Besides the Theatre, he enjoys the symphony, many types of music, and reading. He says his main love, besides his kids, are his friends, many of which he's met through the bike club.



New Road Ride Director

Sherri Giger is our new Road Ride Coordinator. She is taking over from Gary Bohn.

David and Sherri Giger both grew up in Colorado, and started mountain biking in the 80's while living in the western part of the state. They now do only minimal off-road riding and have made a transition to being primarily road riders over the past few years. They have completed numerous century rides and week-long bike tours (Bicycle Tour of Colorado and Cycle Oregon), and are hoping to complete a biking vacation this summer with their 13-year old son Logan (who is an avid hockey player and road-rider). David is a Regional Manager for Colorado State Parks, and Sherri is the Director of Marketing for HealthTech, a Colorado health technology company. Both look forward to increasing their mileage this summer with DBTC!!

Please help her by volunteering for road rides. You can reach her by phone at 303-973-3919 or email gigerco@comcast.net. The ride schedule depends on all of us.



Bike Tour in Taos New Mexico in June 2005

Elfriede Shoemaker and Cheryl Ames are planning a sagged bike tour in Taos, New Mexico for June 10-12. The tour, which is sponsored by the DBTC Out-of-Town Tour committee, is a road ride on paved surfaces. The last trip to this location was done in 2002. We are staying at the Indian Hills Inn, conveniently located near downtown Taos with restaurants, art galleries and shops within walking distance.

The first day we will ride the 65-mile Classic New Mexico loop southeast of Taos. The second day we will ride the Enchanted Circle which includes two passes and 87 miles. Shorter options are available both days. On the last day, we can choose between two short rides allowing time for the drive back to Denver: a 25-mile ride to the Rio Grande Gorge Bridge or a 35-mile ride to Taos ski area.

For further information or to put your name on the roster, please call Elfriede Shoemaker at (720) 922-0220 or Cheryl Ames (303) 940-2043.

New Out-of- Town Tour Director

Sandi Bianchi has been named Out-of-Town Tour director by the DBTC Board. She replaces Ann Nordstrom who served as director for the last several years.

Sandi, a ride leader in the north area, has been a member of the club intermittently since 1997. She has led trips for Colorado Mountain Club, various recreation departments in the Denver area, and a private adventure group.

In September 2004, Sandi organized a 378-mile bike tour down the coast of Oregon from Astoria to Brookings. Other major trips include hiking the Inca Trail to Machu Picchu, rim-to-rim backpacking in the Grand Canyon, Glenwood-Aspen Bike Ride, and backpacking Grand Gulch Primitive Area in Utah. When Sandi is not playing in the great outdoors, she is a freelance editor and writer.

As OOTT director, Sandi wants to build an Out-of-Town Tour committee and increase the number of trips offered to club members. Working in conjunction

with board member Elfriede Shoemaker as OOTT committee liaison, the committee has met twice this year to review and update trip guidelines and procedures. "Right now, we're concentrating on getting organized," Sandi says. "We'll offer some of the tried-and-true trips this year, and we're hoping to introduce new trips into the schedule for 2006."

Mark your calendars now for these upcoming tours. If you want to be on the committee and/or organize a trip, contact Sandi at 303 425 1214.



Sandi Bianchi
Out of Town Tour Director

Out-of-Town Tours for 2005

Tour	Dates	Leader
Taos, NM	June 10-12	Elfriede Shoemaker (720 922 0220) and Cheryl Ames (303 940 2043)
San Juan Islands, WA	July 17-22	Bruce Thompson (303 814 1034) and Jim McClain (303 715 9335)
Michelson Trail, SD	Sept 16-18	Marilyn Smith (303 674 8542)
Glenwood-Aspen, CO	Sept. 24-25	Sandi Bianchi (303 425 1214)



New Years Day Ride

Thanks to Bill and Rex for hosting last weekend's New Year Day ride. About 3 dozen bicycle riding "geeks" (as Bill may say, or others may charge) showed up. A number of people in the area around Cherry Creek shopping center were observed gawking when they witnessed such a large and colorful group ride by. Perhaps these citizens don't realize the fun they are missing, or wished they were with us? And then for a final celebration, many riders communally went to eat afterwards too. On Sunday, about another 10 hardy riders came out to ride again on a day with temperatures only in low 30's. Seems DBTC has a lot of hardy riders.

In Memoriam
By Darlene Dietzler

Harriette Grober - March 28, 1942 - October 26, 2004

Longtime DBTC member, Harriette Grober, lost her 20 year battle with breast cancer. David and I attended her memorial service. Her best friend, Judith Lazar gave a beautiful and eloquent eulogy. Listening to that eulogy, I was in awe of what a truly remarkable person she was.

Harriette grew up in The Bronx, New York in close proximity to Yankee Stadium, where athleticism filled the air. And in her own words she "grew up a tomboy". Her family instilled in her a strong sense of loyalty, caring about people, and community responsibility. Harriette, her husband Stan, and two children, Cyndi and Jeff, moved to Denver in the early 1980's, when Cyndi was 15. Cyndi was diagnosed with asthma when still an infant and was an out-patient at National Asthma Center in Denver.

When Harriette was first diagnosed with cancer in 1984 she had surgery and radiation and it went into remission. It returned in 1992 and her fight for life began again. She began chemo and continued



on chemo for an unbelievable 12 years. During that time she worked as a medical secretary, took care of her family, was on a Masters Swim Team, exercised even on days she didn't have the energy to carry her gym bag, tutored reading to first graders, played tennis, served as a Board Member for the Colorado Breast Cancer Coalition, mentored breast cancer patients, did public speaking, she and Stan served as ushers at the DCPA, rode her bike 10 miles before chemo and 10 miles after chemo, and completed a triathlon in 1996 after her recurrence of cancer and came in 3rd place in her age group.

Harriette and her son Jeff, also a DBTC member, treasured their biking trips together. The last time I saw Harriette was on a FUN Ride - she had a chemo treatment that morning. What Courage!! She designed her own tombstone. It has the color blue for her love of swimming - and she had her beloved bicycle engraved on the back. ...Good By Harriette. You have been an inspiration. We'll miss you.

Guide to Reading the Ride Schedule

By Patty Gaspar

Pace of Ride	Difficulty of Terrain	Mileage	Quadrant of City	Departure Time
Roses - Leisure	1 - Flat	This is an estimate-	NW	Arrive early
Fun - Comfortable	2 - Some Hills	options may be	NE	enough to unload
Int. - Faster	3 - Hilly	offered	SE	your bike and be
Road - Fast	4 - Serious climbs		SW	ready to leave.
ATB- Unpaved Roads	Two ratings: Technical skill		W	
MTB - Mountain Bikes	T1 to T4 and Physical exertion P1 to P4			

Pace of Ride:

This is an average pace, not a maximum speed. Pace will vary with terrain.

Roses Average 10 mph. Leisurely pace, frequent stops, most are on Wednesday morning Leisure Aimed at beginning riders or those wanting a leisurely pace on weekends.

FUN 9-12 mph. Moderate pace, frequent stops, focus on group ride.

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

ROAD 15+ mph. Difficult, vigorous pace, occasional stops.

MTB or ATB Mountain bike ride terrain determines pace.

Paceline If you are interested in learning to ride in a paceline with emphasis on improving both your physical conditioning and speed, this might be the group for you. Contact Rick Russon rrusson@redocher.com. They do not list rides in the newsletter so you must be on the email list to be notified about upcoming rides.

Difficulty of Terrain

1 Mostly flat to rolling with an occasional hill

2 Mostly flat or rolling with moderate hills

3 Some long and/or steep hills

4 Serious climbs remember we are in the Rocky Mountains

ATB Terrain Rating - Mountain or Hybrid Bikes

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

MTB Technical Rating and Physical Exertion Rating - Mountain Bikes Only

T1 Easy technical ride. Flat, moderate single track or trails - suitable for beginners.

T2 Moderate technical ride. Single track, some bumps, maybe a sharp turn or two - expect to break a sweat.

T3 Very technical, single track, ruts, rocks and obstacles. Might fall off bike - expect your legs to burn.

T4 Extremely technical with tight, difficult single track, large obstacles, ruts, logs, rocks. You'll wonder why you picked up this crazy sport!

P1 Not too difficult to P4 Demands excellent physical condition a trail might not be difficult, but it might be very steep and you must be a strong rider to make the ride.

Estimated Distance

This is the estimated distance in miles (some MTB rides may not have a mileage designation) but actual ride distance can vary.

Quadrant of City - SW, NW, NE, SE, W

Note the quadrant of the metro area for the meeting place. The North/South dividing line is Colfax. The East/West is Broadway. W indicates in the foothills or mountains. This is simply to help you locate the starting point on your DBTC map. We try to spread the rides throughout the metro area. You can go to www.DBTC.org for the most common starting locations and print a map from your home to the starting point.

Examples

FUN-2-25-NW Fun ride from Olde Town Arvada out the Ralston Creek Trail and back.

Expect to ride about 10-12 miles per hour with some climbing. A pleasant ride and they will probably have lunch afterwards.

ROAD-1-55-NE Road ride from Denver to Fort Lupton and back.

Expect to ride 20 MPH or more on flat road. No beginners on this ride.

FUN-4-20-NW Fun ride from Prospect Park up Lookout Mountain.

Expect to do some serious climbing. Lookout Mountain is a steep, narrow road, but the pace will be slow with frequent stops for the slower riders to catch up. You'll probably never see this ride rated as a FUN ride.

If this ride is rated INT-4-20 expect fewer stops on the ride up and the group may meet you on the way down if you fall too far behind.

If this is rated Road-4-20 expect the riders to meet in the parking lot and go straight up the hill.

MTB-T3-P3-NW MTB ride at White Ranch.

Expect to climb up a trail. This is not a ride for your first outing. Mountain bikes only.

INT-2-35-SE Intermediate ride from South High School to Cherry Creek Reservoir.

Expect to ride at a steady pace without a lot of breaks. There are some climbs on this route, but nothing like Lookout Mountain.

The rating system is just to give you an idea what to expect. ROSES, LEISURE and FUN rides are very supportive. They have frequent breaks and the riders tend to be very social. A FUN-1 ride would be at a leisurely pace along one of the flat bike trails. A FUN-4 would be much more challenging. Read the ride description as one person might label a ride a FUN ride that someone else would consider an INT ride. For a FUN ride you can use a road bike, a hybrid or even a mountain bike.

There is a fine line between a long fun ride and an intermediate ride. If the riders who show up for a FUN ride are all faster riders, the pace may at the INT speed. If it is a large group, some of the riders may be riding at a faster pace. FUN rides incorporate stops to regroup. If you don't plan on completing the entire ride, be sure to let the ride leader know so the group doesn't wait for you.

INT or Intermediate rides are intended to be at a faster pace or on more difficult terrain than FUN rides. Many riders cannot keep the pace on a mountain bike. Intermediate rides will be more supportive than ROAD rides, but you are expected to be able to keep up with the group.

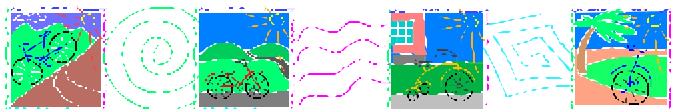
ROAD rides are fast-paced rides intended for riders who want to condition for century rides or longer tours. It is assumed that riders will be able to read a map if offered, comfortable to proceed at their own pace, be competent to fix flats, and do their own mechanical work if necessary. Those who ride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

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

Some rides will have a dual designation FUN/INT or INT/ROAD. There might even be mileage options. When you read the text you'll find that there might be two leaders for this ride and they expect the group to split between faster and slower riders. Other times the leader wants to warn you that even though it's not quite an INT ride it is not suitable for a beginner. An INT/ROAD welcomes people who want to ride faster or climb harder, but aren't necessarily roadies. If in doubt, contact the ride leader and ask.

MTB or Mountain biking is becoming more popular every year. We have two classes of Mountain Biking - ATB means a hybrid or cross bike with tires suitable for gravel roads and paths would be an option and MTB refers to your suspension mountain bike. MTB rides require a mountain bike. Technical rating and physical exertion are a matter of opinion and depend highly on route conditions. Please pay attention to the rating. Many of the rides will be listed with multiple ratings - they may have a T1, P1 for an easy ride option and a T3, P4 for the GONZO option. The riders can do either option. Watch for MTB clinics so that you can improve your technical skills to ride more difficult trails.

Each leader determines the rating and mileage for the ride. Some leaders are more supportive than others. Some leaders are way out front; others lead from the middle of the pack. Please be flexible. Much of the fun of riding with the club is exploring new trails with different people. Ride leaders and/or the riders reserve the right to modify the route selection due to rider attendance, skill levels, weather conditions and the whining of other riders.



DBTC WINTER FUN RIDES 2005

SATURDAY AND SUNDAY AND HOLIDAY FUN RIDES

The weather is warming, but still unpredictable. Through March we will continue the Show and Go, but the season officially starts with the Kick Off Party on March 19th followed on the 20th with Dennis' annual St. Patrick's Day Ride. Now is the time to start thinking about your summer rides and contact the ride coordinators to get on the schedule. In addition to welcoming your contributions to our regular schedule, we invite members to fill in any missing blanks in the schedule - evening rides, family rides, leisure rides on weekends, weekend getaways, or whatever else you think members will enjoy. The list of ride coordinators is always on the left column of page two of the newsletter or you can contact ridecoordinator@dbtc.org or call Patty at 303-989-8268.

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 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.

Paceline If you are interested in learning to ride in a paceline with emphasis on improving both your physical conditioning and speed, this might be the group for you. Contact Rick Russon at 303-795-0526 or rprusson@redoche.com. They do not list rides in the newsletter so you must be on the email list to be notified about upcoming rides.

Wednesday "Roses" Rides

The "Roses" group will continue show-and-go rides during the month of March, and will have scheduled rides with leaders, and in various locations beginning in April.

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

March 2005 Winter Fun Ride Schedule

Wednesday, March 2

FUN 2-21 NW 9:59 AM Tour de Tables d'Or (Tour of the Table Mountains of Golden)... Steve Stevens (303 271-1998) will lead this beautiful ride starting at 9:59 AM (this means you come sooner to pump tires, use potty, talk to friends, etc). Leaving from Golden Oldy Cyclery - 17224 West 17th Place in Golden (corner of Utah St and 17th Place - North of South Golden Road traffic circle). We will do about 21 miles around the two table mountains (South and North). There is a climb up to the rest room at White Ranch Park's lower lot. Road or Mountain bikes are appropriate. Leader may ride 1887 High Wheeler. Pace will be moderate ... high wheeler is limited. Afterward, bike museum will be open. Folks can picnic in front yard Bring your lunch.

Saturday, March 5

INT 1-30-S 10:00 AM. Meet Darrell and Jean Deering 303-697-6126 at the Nature Center at Mineral Ave. and Sante Fe (north west corner). We'll ride the Platte River Trail to Confluence Park, stop for coffee at REI/Starbucks and return for lunch. Plan to have good weather!

Sunday, March 6

NW-- Westminster Mall, southeast corner of 92nd & Harlan

Wednesday, March 9th

FUN 2-20 Central 10:00 AM Meet Richard Gieseler at 10 AM at the West lot of the Downtown REI store for a ride north on the Platte to view the birds at the rookery then back to REI to eat.

"Roses" 1-20-SW-11AM Show N Go Meet the hardy "Roses" riders at 11 AM every Wednesday at the Carson Nature Center (N on So Platte Parkway, West of Mineral and Santa Fe, opposite Aspen Grove Shopping Center) if the temperature is 40 or above and trails are clear. 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.

Saturday, March 12

NW-- Crown Hill Park, just east of 26th & Kipling

Sunday, March 13

SE-- South High School, E. Louisiana & S Franklin

Wednesday, March 16

FUN 2-22 SE 10:00 AM Meet Gordon Valentine (303-333-8605) at Village Greens Park (north end) at 10:00 AM for a ride through Cherry Creek Park onto the Spillway Trail, to the Tollgate Creek Trail, onto the Highline Canal Trail, onto the Cherry Creek Trail and then back to Village Green Park. After the ride we'll have lunch at Jackson's American Grill.

"Roses" 1-20-SW-11AM Show N Go Meet the hardy "Roses" riders at 11 AM every Wednesday at the Carson Nature Center (N on So Platte Parkway, West of Mineral and Santa Fe, opposite Aspen Grove Shopping Center) if the temperature is 40 or above and trails are clear. 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.

Saturday, March 19

Kick Off Party Tonight

Show and Go for FUN/INT or ROAD 11:00 A.M. - SW-- Morrison PNR, C470 and Morrison Rd - warm up for the Kickoff Party

MTB P2-3 T2 W 10:30 AM start of the MTB Season Green Mtn with Zorro Trail option. Meet at C-470 and Morrison Road, across from Conoco. Take Rooney Road and circle around Green Mtn. 303-969-9241

DBTC WINTER FUN RIDES 2005 *continued*

Sunday, March 20

Annual St. Patrick's Day Party

ROAD/FUN/REC-1-Distance Options 22, 30 or 38-SE 1:00 PM Join

Dennis Fitzpatrick (303-322-0290) at 1:00 for a St. Patrick's Day.

Beginning of Season Kickoff Party at north end of Chessman Park (13th Ave & Williams) on the park's road. Route follows bike path out and back to Cherry Creek Reservoir. Barbecue/potluck at Dennis' townhouse next to the ride start at the park afterwards. Bring something to barbecue plus a dish to share according to your last name in the alphabet: A to C beverage, D-J salad, K-R side dish, S-Z dessert. Please call Dennis for directions/questions.

Wednesday, March 23rd

FUN 2-3 20 or 40 SW 10:00 AM Willow Springs Loop Meet Lin Hark

(303 507-3502) at 10:00 AM at Bear Valley McDonald's for a 40 mile loop

including Bear Creek to Morrison, Hwy 8, Willow Springs, Deer Creek, Chatfield and So Platte or a 20 mile optional out and back to Morrison.

All will take a break at the Bakery in Morrison.

"Roses" 1-20-SW-11AM Show N Go Meet the hardy "Roses" riders at 11 AM every Wednesday at the Carson Nature Center (N on So Platte Parkway, West of Mineral and Santa Fe, opposite Aspen Grove Shopping Center) if the temperature is 40 or above and trails are clear. 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.

Saturday, March 26

INT 2-35-SW- 10.00 AM Meet Darrell and Jean Deering (303-697-6126)

at the RTD Park and Ride at the north west corner of Ken Caryl Rd. and C470. This ride will go to Golden with a few hills. The ride will be on trails except for a short distance on Rooney Road as we leave Bear Creek Park. We can stop for coffee in Golden and return for lunch.

Sunday, March 27

SW-- Stone House, Estes just south of Yale

MTB P3 T2 W 10:00 AM Meet at C-470 and Morrison Road, across from Conoco. This ride will explore the Genesee Mtn area. Ride up to Idledale in Bear Creek Canyon, Highway 74, then go north over Grapevine Road (high point EL 7300) to end up in Genessee. A great downhill return via I-70 Frontage Road and Highway 26 to Morrison (EL 5750). Guess at 17 miles. 303-969-9241

Wednesday, March 30th

Fun 2-25 SE 11:00 AM Meet Jim McClain (303 715-9335) if temp. is 45

degrees or above at Cook Park Rec. Center, 7100 East Cherry Creek Drive South at 11:00AM for a ride on the Cherry Creek and High Line Bike paths with a visit to Lowry and Stapleton. Bring money for lunch.

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GUIDELINES FOR RIDE LEADERS

Been thinking of leading a ride but not sure of what is involved? Below is the list that Bill Orchard prepared. As you can see, it's not real difficult. If you have a favorite ride that you are sharing with the club you've already done most of. We can help you with a map, you can make your own, you can use a written direction list or simply use stop light method. The difficulty of your route determines the detail required for your map. Naming a lunch place is important, but not hard. Getting people to sign in gives you a chance to meet them. The pre-ride discussion of possible hazards is important. The sweep will help you keep track of the riders. After that, have fun. Enjoy sharing your ride with biking buddies.

A) BEFORE THE RIDE

- 1) RE-RIDE YOUR RIDE
- 2) MAKE COPIES OF YOUR MAP (15-25)
- 3) FIND A RESTAURANT OR TWO FOR AFTER THE RIDE
- 4) FILL OUT THE TOP OF THE SIGN UP SHEET

B) AT THE START OF THE RIDE

- 1) BRING SIGNUP SHEET, MAPS, CLIPBOARD AND PEN
- 2) MAKE SURE EVERYONE SIGNS IN AND GETS A MAP
- 3) INTRODUCE YOURSELF
- 4) GO OVER THE ROUTE AND EXPLAIN THE EXPECTED PACE
- 5) NOTE ANY DANGEROUS AREAS DURING THE RIDE
- 6) RECRUIT SOMEONE TO RIDE LAST OR "SWEEP"
- 7) COUNT THE NUMBER OF RIDERS
- 8) TALK ABOUT WHERE LUNCH WILL BE AFTER THE RIDE
- 9) HAVE RIDERS INTRODUCE THEMSELVES BY FIRST NAME
- 10) TAKE THE SIGNUP SHEET WITH YOU

C) DURING THE RIDE

- 1) LEAD THE RIDE, USE HAND SIGNALS
- 2) PAY ATTENTION TO NEW RIDERS, MAKE THEM FEEL WELCOME
- 3) MAKE A STOP TO COLLECT RIDERS ABOUT EVERY 5-10 MILES
- 4) DON'T LOSE ANY RIDERS

D) AFTER THE RIDE

- 1) MAKE SURE EVERYONE IS ACCOUNTED FOR
- 2) INVITE EVERYONE TO LUNCH
- 3) ENCOURAGE NEW RIDERS TO JOIN THE CLUB
- 4) ENJOY YOUR LUNCH
- 5) SEND ONE COPY OF SIGN UP SHEET TO RIDE COORDINATOR
- 6) VOLUNTEER TO LEAD ANOTHER RIDE!

DBTC 2005 Bicycle Jersey Reorder Project

Project leader: Howard Bagdad home phone: 303-278-0541
 Email: hbagdad@aol.com

DBTC will be offering jerseys and wind vests for sale again. The jersey and wind vest will be identical to those sold previously. The jersey and wind shell vest can be viewed in color at www.dbtc.org. This form may also be downloaded from www.dbtc.org.

If the jerseys arrive in time they will available for distribution at the Memorial Day picnic. (May 30, 2005). Local shipping from Howard's location in Golden to a Denver area address is available for \$4.00, **each item**.

Fitting samples of the jerseys and wind vests will be available at the kick-off party, March 19, 2005 at the Wheat Ridge Senior Center. The deadline for ordering will be March 24, 2005. To order a jersey, a check must be submitted with the order form. If you order before the kick off party, you will be able to change the size after trying on a fitting sample.



DBTC Custom Bicycle Clothing Order Form

Name _____ Email address _____

Street Address _____ City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____

	<u><small>XS,SM,MD,LG, XL,2XL,3XL</small></u>	<u>Quantity</u>	<u>Cost ea.</u>	<u>Cost tot</u>
<u>Short sleeve, relaxed fit jersey</u>				
Women's			\$55.50 ea	
Men's			\$55.50 ea	
<u>Wind Shell Vest Unisex</u>			<u>\$48.50</u>	
**Shipping and Handling			\$4.00 each item	
Total Amount Enclosed				

At least twenty-five orders are required to make the custom bike clothing project go. Any combination of jerseys and vests may be added up to make the minimum. I understand that DBTC will hold my check until 25 orders are accepted. If 25 orders are not received I understand that my check will be destroyed unless I enclose a stamped, self addressed envelope for return of my check.

**** Include shipping if you want your jersey mailed to the address above.**

Make check payable to The Denver Bicycle Touring Club
 Send completed order form and payment to:

Mr. Howard Bagdad
 16821 W 16th Place
 Golden, CO 80401

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

BICYCLE PEDAL'R (2 locations)
*2030 E COUNTY LINE RD
HIGHLANDS RANCH CO 80126
303-730-8038
<http://www.bicyclepedalr.com>
*2229 W WILDCAT RESERVE PKWY
HIGHLANDS RANCH CO 80129
720-344-2550
<http://www.BicyclePedalr.com>

BICYCLE WERX
6336 LEETSDALE DR
DENVER CO 80224
303-399-2453
<http://bicyclerwx.com/site/intro.cfm>

BIG KAHUNA BICYCLES
9032 W KEN CARYL AVE
LITTLETON CO 80128
720-981-5199
<http://bigkahunabicycles.com/site/intro.cfm>
Includes 10% discount on bikes!

BIKESOURCE
2690 E COUNTY LINE RD
HIGHLANDS RANCH CO 80126

BODY MECCA CONCEPTS
1887 S PEARL ST
DENVER CO 80210 303-778-6322
www.bodymecca.com
15% Discount

CAMPUS CYCLES
2102 SO. WASHINGTON ST.
DENVER, CO 80210
www.campuscycles.com

Derby Bicycle Shop
410 East 104th
Thornton, Co 80233
303-288-4100

GOLDEN BEAR BIKES (2 locations)
*11965 MAIN ST
BROOMFIELD CO 80020
303-469-7273
<http://www.goldenbearbikes.com/>
*2300 E 120TH AVE
THORNTON CO 80233
303-451-7733
<http://www.goldenbearbikes.com/>

GREEN MOUNTAIN SPORTS
2950 S BEAR CREEK BLVD
LAKEWOOD CO 80228
303-987-8758
www.greenmountainsports.com/

LITTLETON CYCLERY
1500 W LITTLETON BLVD
LITTLETON CO 80120
303-798-5033
www.littletoncyclery.com/

MOB CYCLERY
4272 TENNYSON ST
DENVER CO 80212
303-477-4460
<http://mobcyclery.com/site/intro.cfm>

SCHWAB CYCLES
1565 PIERCE ST
LAKEWOOD CO 80214
303-238-0243
www.schwabcycles.com/
Restrictions: No discount on Shiman
and Campagnolo

SPORTS PLUS
1055 S GAYLORD ST
DENVER CO 80209
303-777-6613
www.sportsplusdenver.com

TREADS BICYCLE OUTFITTERS (3 locations)
*17930 COTTONWOOD DR
PARKER, CO 80134
303-690-2900
*16981 E ILIFF AVE
AURORA CO 80013
303-750-1671
*3546 S LOGAN ST
ENGLEWOOD, CO 80110
303-781-1162

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

The Art of the Hobobiker:

Photographs of Awe-Inspiring Places in Mexico, Canada, and the United States



"Nancy riding into Angahuan"

What: Photographs of Mexico, Canada, and the United States taken by Randy and Nancy during four major self-supported bike touring expeditions
When: Opening Reception Friday, March 4th 6:00- 9:00pm (this is when you get the wine and crackers!). Gallery open 11-4 M-F all of March
Where: Artistic Edventures, 151 W. Mineral Ave, Littleton, CO 80120, 303.794.5333
Who: Randy Fay and Nancy Lewis-Lentz (website: www.Hobobiker.com)
Information: 303.781.7370, www.hobobiker.com,
RandyAndNancy@hobobiker.com:

Quick blurb: *The Art of the Hobobiker: Photographs of Mexico, Canada, and the United States* will open to a wine and cheese reception on March 4, 2005 from 6-9pm. Randy Fay and Nancy Lewis-Lentz (website: www.hobobiker.com) will display their favorite pictures from thousands of miles of bike touring. Open to the public. Gallery hours: Monday through Friday, 11-4 throughout the rest of March.

Bike Gear Exchange and Mini Velo Swap

Let's try something new. Have any of you ever cleaned out your closet, garage, or basement, and found new bike clothes or stuff still with the price tag on and you know you will never use or wear? What about that thingabejig you won as a door prize at a sponsored ride - were really excited when your name was called - and now under an inch of dust. Your useless item may be someone else's treasure.

1. A FREE TABLE: Place an item on the table. Take an item from the table. All items must be new or like new, clean, free from defect, outer clothing, and bike related.
2. MINI VELO SWAP: If you wish to sell an item, the seller is responsible for staying with his item(s). All transactions are between the seller and the buyer.

DBTC is not involved or responsible for any financial transactions. DBTC is not responsible for the condition or disposal of any items. The person who brought them must take unclaimed items home.

It will be set up at the back of the room. When deciding what items you will bring, please be aware of limited space.

Portia Masterson

After 24 years of owning her bike shop, Self Propulsion in Golden, Portia closed the doors and has embarked on a new career, as author, publisher, and speaker. Her new book - "Bicycling Bliss: Riding to Improve Your Wellness", can be found at Foss General Store, Tattered Cover, and a number of bike stores. She donated a copy for the Volunteer Recognition Dinner. Portia also does custom bike fittings and personal fitness programs. You can contact her at 303-278-7340 or www.bicyclingbliss.com.

Help Wanted

Or COOKS wanted. Now is your chance to earn points for that something special given at the next Volunteer Recognition Dinner. The club provides the turkeys and hams for the pot luck dinners. We need members to cook, carve, and bring them ready to serve. I know there are lots of you out there who would love to volunteer. Only problem is, I don't know who you are. The Kick-Off Party is Saturday March 19. The first 5 people to call Gary Bohn 303-650-5082, are on their way to earning a pair of DBTC bike socks.