



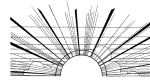
The Colorado Bicyclist

August 2005

Come Play in the Sky

Richard Gieseler

Many exciting rides for the Leadville trip. Call Wild Bill at the hostel 719.486.9334 to sign up. The hostel fills quickly. Many other hotels and B&Bs are available in the area. Can't spend the weekend? Come for the day. If you'd like to join us for dinner, you need to call Wild Bill to reserve a place at the table! Jeff Baysinger plans an MTB shuttle trip to Mosquito Pass and another trip to Hagerman Pass. The weather will determine the day. The burro race happens on Mosquito Pass. Bring sunscreen and bug repellent. Be ready to go at 8 (that's right, eight) AM. Or try to dicker with Jeff about the time. Suzanne Gruba and Brenda Urbas, a new leader!, will lead a Leisure ride on the Mineral Belt Trail. 12 miles of scenery and gold min-



ing history. You'll see the Matchless Mine of Baby Doe Tabor fame. Bring lots of water and sunscreen for the dry thin air. This ride will have a Leisurely starting time of 10:00 AM. Saturday.

Richard Gieseler will lead a fun MTB ride Saturday selected from the Leadville Chamber of Commerce website. You might even twist his arm for an evening ride. Road rides this weekend will be show and go. 8:00 AM start time at the hostel. Bring your ideas which might include Buena Vista, Cottonwood Hot Springs, Vail loop?, Tennessee Pass, etc. Any questions call Richard Gieseler 303.722.1475 or email him at rgieseler@juno.com

Why Helmets are Required on all DBTC Rides

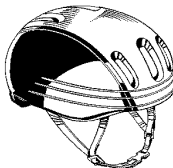
Tom Hurja, President


At the July Board Meeting all the Board members expressed their desire for stronger language in the waiver form and for the ride leaders to be make it clear that it is the policy of the Club to require the use of helmets when participating in a Club ride.

Helmets reduce injuries. Most bicyclists know someone who has either been involved in an accident where the use of a helmet has prevented serious injuries or death, or has sustained serious injuries or death which most likely could have been prevented by the use of a helmet. This is a much bigger issue than just the freedom of a person. It has many ramifications. Most of us pay income taxes which help to fund public health care facilities, we pay high health insurance premiums which are partially determined by the amounts of services used, and the most important is the effects on our loved ones and those in the medical field who have to repair the injuries when they could be working on other, non-preventable cases. Try asking your doctor, nurse or other health care worker how they feel about helmet use and if it is just as good to wear the helmet on your knee.

Let's be smart for ourselves and considerate to others. Observe our Club's policy about wearing helmets. A trip leader cannot prevent a helmetless individual from riding with the group, but that person may not add her/his name to the sign-up sheet and the person will not be considered a DBTC rider.

The trip leaders will appreciate our support.
Happy pedaling.





The next DBTC picnic will be September 17, at Dekoevend Park, Littleton. Ride schedule and details to appear in September newsletter.

Bicycle Safety Tips

From Ride Time News

Right Turn

You may now use either a bent left arm or extended right arm to signal a right turn. Remember: 1. Scan for cars. 2. Signal your move. 3. If clear, proceed. Most motorists understand if you point to where you intend to go. Skill practice. Use a quiet street or empty parking lot to practice signaling while riding one-handed (remember your helmet!), then practice making smooth braking while signaling.

Crosswalks

If riding on a bike path or sidewalk, always obey traffic signals and signs when crossing a road. Scan for cars from all directions. Remember, many drivers forget to look for bikes and pedestrians at intersections. If clear, ride at walking speed being sure to yield to pedestrians. Continue looking for cars and making eye contact with drivers.

Side by Side

Bicyclists may now ride side by side if not impeding the normal and reasonable flow of traffic. On roads with wide paved shoulders or good bike lanes, bicyclists may ride together. Always pay attention for debris or potholes that will cause you to return to single file. On roads without a shoulder, always check for cars before riding side by side. Use courtesy and single up, allowing cars to pass.

DBTC's Officers

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Newsletter Mailing Group
Darlene Dietzler.....303-986-7666
Secretary@dbtc.org

Hotline.....303-756-7240

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

Board Meeting

Any member wishing to attend a board meeting is welcome. The August Meeting will be held Thursday August 4 at 6:00 p.m. Place is Perkins Restaurant 1995 So. Colorado Blvd. If you wish to address the board, please contact the secretary, Darlene Dietzler at secretary@dbtc.org or 303-986-7666 so that your topic can be placed on the agenda.

Advance Planning Calendar

Moon Shadows in Moab www.skinnytirefestival.com Moab UT	July 30-Aug 1	Mickelson Trail Trek Marilyn Smith 303-674-8542 outdrsnow@earthlink.net	September 16-18
Moonlight Classic www.moonlight-classic.com Denver	August 20	DBTC picnic Dekoevend Park, Littleton	September 17
Leadville Weekend www.leadvillehostel.com 719-486-9334	August 26-28	Tour of the Vineyards www.emgcolorado.com Palisade CO	September 17
Tour of the Valley www.discoverourtown.com Grand Junction CO	August 28	Moab Century Tour www.skinnytirefestival.com Moab UT	October 7-9
Emily Griffiths Road Ramble www.roadramble.com	August 28		

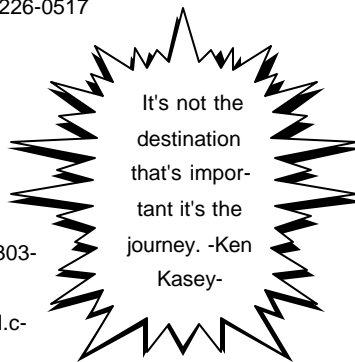
Board of Directors Election

The election of the Board of Directors is scheduled for October, but first we must have a slate of candidates. The election committee will be accepting nominations until September 1st. If you are interested in serving on the Board of Directors, you can nominate yourself or, with your permission, be nominated by a current club member. All nominees must be current members in good standing. The Board generally communicates by email so access to email is necessary.

The term of office is two years and we need to fill four vacancies.

All nominations must be accompanied by a short resume and a current picture, preferably a digital face close up. Please send it to the club by email to BikeMcClain@aol.com or DBTC, PO Box 260517, Lakewood CO 80226-0517

Attn: Election Committee. All questions should be directed to Jim McClain, election committee chairperson, 303-715-9335 or BikeMcClain@aol.com.



Governor Signs Bicycle Safety Bill

Dan Gruning of Bicycle Colorado

Governor Owens has signed the Bicycle Safety Bill which officially makes it law in Colorado! Thanks to the thousands of folks who called and emailed their elected officials. Your grassroots support helped bill sponsors Rep. Greg Brophy and Sen. Ron Tupa win votes in the House and Senate. This is another illustration of how bicyclists working together can make a difference and improve bicycling conditions.

The new law protects bicyclists in four ways. Bicyclists may now legally:

1. Ride side-by-side if not impeding traffic
2. Ride across roads in safety crosswalks (obeying signals and traffic devices)
3. Signal right-hand turns with a bent left arm -OR- extended right arm And number
4. Now all law enforcement agencies are required to file a bicycle injury crash report upon request, even if a car was not involved (to better track bicycling statistics which determine road safety improvement projects).

The new laws take effect on July 1, 2005. Please help spread the word to your riding friends and through club newsletters. We have safety tips regarding these new laws available at www.BicycleColorado.org/for/BicycleSafety

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.

Glenwood Springs/Aspen Bike Tour

Friday, September 23 - Sunday, September 25, 2005

The Glenwood Springs/Aspen bike tour is a long-established tradition in the Denver Bicycle Touring Club. The bike route primarily follows scenic back roads and bicycle paths through the Roaring Fork Valley giving riders a chance to view the valley's beautiful fall colors throughout.

This two-day ride is 90-miles roundtrip with 2,000 feet of elevation gain. On Friday night we stay at the Silver Spruce Motel in Glenwood Springs. On Saturday, we ride from Glenwood Springs to Aspen and spend the night at Hotel Aspen. On Sunday we return to Glenwood Springs by the same route. For the hearty among us, a 20-mile roundtrip ride to Maroon Bells is an option Saturday afternoon or Sunday morning.

This trip is rated moderate for its terrain. The pace will be the same. The route is paved and best suited for road or touring bikes, however mountain bikes are welcome. Trip participants should be strong, experienced

riders in good physical condition who have the ability to climb hills with ease and be comfortable riding 50 miles a day.

The trip price of \$190 includes motel in Glenwood Springs Friday night (double occupancy), motel in Aspen Saturday night (double occupancy), wine and cheese happy hour and lasagna dinner Saturday night, deluxe continental breakfast Sunday morning, sag wagon and sag driver, and leadership.

This trip is limited to 20 participants. The registration deadline is September 1. A \$50 non-refundable deposit holds your spot. For more information, contact trip leader Sandi Bianchi at 303 425 1214 or bianchis@earthlink.net.

This trip is sponsored by DBTC's out-of-town tour committee.

New Members

BARBARA ALBRECHT
PHILIP ANDERT
GREG & LISA CIOFFI
TONI DANESIE
PAUL FERRIS
JULIA GREENE
STEVEN HYDUCK
KATE KRAMER
KEVIN MCGLOTHLIN
HARRY OTT
GERRI PETERS
VIRGIL ROSS
GEORGE SELLENS

Safety Tip

Ride single file.

Mountain Bikers Moab Rendezvous

October 8-10, 2005,

Want to campout in the warm desert under starry skies, play the drums, dance to your own beat, and join the tribal council discussions in a fall evening? Do you want to dust yourself occasionally, riding on some challenging trails? Or look for Anasazi pictographs? Plans are being made for this annual roundup. Most of the usual characters will be returning, plus a few new suspects. For info if you can meet the low requirements, Jeff 303-969-9241.



One small stop on the
journey of life...



Oasis on
the Platte

The only ride-up service window in Denver...
1/4 mi south of Bowles Ave
along the S Platte trail in Littleton

Friends & Soon-To-Be Friends
Burgers, Brats, & Bocas
Umbrellas & Misters
Energy Foods & Snacks
Music & Laughter
Gatorade & Lemonade
Maps & Sunscreen
Espresso & Coffee
Air & Wrenches
Smoothies & Sodas
Me & You

Invitation to Join Lin Hark and the Sierra Club Backpacking Trip

Lin Hark

Tuesday, Wednesday and Thursday August 9,10,11

Backpacking Trip

Lin Hark will be leading a backpacking trip into the Mount Evans Wilderness for the Sierra Club. Non Sierra Club members are welcome. Call Lin at 303 674-9369 to sign up and for more details.



Take a Break in Phillipsburg

Rick Russon

If you have ridden Deer Creek Canyon you are probably familiar with the small metropolis of Phillipsburg. The town has a permanent place in history as the last home of the alleged Colorado Cannibal, Alfred Packer.

Cyclists know Phillipsburg as the intersection for the turn up High Grade road. From the Wadsworth parking area High Grade offers a 3240 foot climb in 14 miles. If you continue straight to the top of Deer Creek Canyon then you will have a 1700 foot gain over 7 miles.

Like all Colorado cities Phillipsburg is exploding with growth. What was once a sleepy dirt parking lot next to a modest (derelict) ranch home is now a bustling rest stop with the addition of a motor home and catering trailer. Long time resident and proprietor, Vanessa, hopes this will become a favorite snack break for hungry cyclists.

Vanessa offers all the amenities usually reserved for more upscale resort destinations. There is a public outhouse with a payphone nearby. In the catering trailer is a variety of snack fare from fresh cooked burgers (\$2) and hot dogs (\$1) to pre-packaged Luna and Power Bars. (Culinary tip: Dogs are the most flavorful on Sunday afternoon because Vanessa changes the weiner water on Sunday night.) Just kidding. I found the trailer, outhouse, and picnic tables with umbrellas to be clean and comfortable. Finally, there is self-serve water and Gatorade available in an ice chest. (Donations are highly recommended).

So for those of you who have been hesitant about riding Deer Creek Canyon because of the lack of watering holes between Littleton and Tiny Town, head for the hills and enjoy a great burger with chips, bratwurst, and more - just resist the urge to chow down on one of your cycling buddies!

Safety Tip

Do not stop and regroup or visit on the bike path. Move off the path.

The Club Celebrates Independence Day

Cindy Ferry

The beautiful Clement Park was the location for the July 2, 2005 picnic. Participants showed up early Saturday morning to join one of the four rides offered. The ride leaders were Dave Nobel, Dale Trone, John Mues and Jeff Baysinger. Even with the very warm weather everyone enjoyed their rides. Seventy riders stayed to enjoy the picnic lunch offered by the club. Many compliments to the volunteers for all their hard work in preparing and serving the food and beverages. The picnic crew consisted of Susan Gregory, Suzanne Sullivan, Janet Tingle, Darlene Dietzler and myself. And thank you to all the riders that helped make this a successful picnic. Sorry, no one remembered to bring their camera!

The human body is made up of mostly water, so even losing as little as 2 percent of the body's fluid through sweat can adversely affect cycling performance.

August 2005

Pace of Ride	Difficulty of Terrain	Mileage	Quadrant of City	Departure Time
Roses or Leisure: 8-10 mph	1 - Flat	This is an estimate-	NW	Arrive early
Fun: 10-12 mph	2 - Some Hills	options may be	NE	enough to unload
Int.: 12-15 mph	3 - Hilly	offered	SE	your bike and be
Road: over 15 mph	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			

DBTC SUMMER RIDES 2005

Summer schedule is in full swing. Want to ride Vail Pass, Winter Park or Leadville? We have several rides in the mountains so plan to join the club to take advantage of our unique location. We will be having our August weekend in Leadville the 26, 27 and 28th. We're still working on those rides so contact Richard Gieseler (303-722-1475) for details or if you would like to lead a ride.

You are welcome to be a leader and design the ride to fit your wishes.

All rides should be coordinated through one of the ride coordinators - Leisure and Fun rides through either Marti or Lois. Intermediate rides through Darrell. Road through Sherri and MTB through Jeff. Their phone and email addresses are on page two every month. Melba, "Roses" and Lin "Fun and/or INT put the weekday schedule together. The deadline for the coming month is the 10th so be sure to contact them early in the month prior to your planned ride.

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

The "Roses" group is expanding to Fridays For those able to ride during the week you'll now have a second day to join the intrepid "Roses" riders.

Evening Rides We have regularly scheduled evening rides FUN, MTB and Intermediate categories during the summer. Work schedules and unpredictable weather make it difficult to plan in advance. If you would

like to put together an evening ride on the spur of the moment, you can always post it through ColoradoBicyclist@yahoo.com.

Tuesdays MTB has moved back to Tuesday. **GOOD NEWS FOR FUN RIDERS:** Don and Marilyn Swett have volunteered to lead a different FUN ride every Tuesday evening in August. The rides will all start at the west parking lot at Fairmount Cemetery, after the ride we will try a different nearby restaurant.

Tuesdays -INT-2/3-22-N-6:00 PM Try some new roads! Join Gary Mills (eve 303-494-3935) for a 20-25 mile out and about Boulder ride leaving Scott Carpenter Park (SW corner of 30th at Arapahoe) every Tuesday. We'll average 13-15mph with no drops. Faster options if there is a big group. There will be different routes each week with out-n-backs to Eldorado Springs, Jamestown, Nelson Road, Niwot and Eri - sometimes flat, sometimes climbing, sometimes rolling. Ya never know! This is a very social group with optional Margaritas or dinner afterwards. From Denver: Hwy 36 into Boulder, right on Arapahoe, right on 30th, right into park.

Thursdays - INT/ROAD-2/3-25-N-6:00 PM Join Reg (303-588-0030) and Jim (eve 720-304-6040) for a different 25 mile ride every Thursday night leaving Boulder's Scott Carpenter Park (SW corner of 30th at Arapahoe). Main group averages 14-17 mph, but usually enough riders for a slower group that talks a lot. Out-n-backs to Eldorado Springs, Jamestown, NCAR, Hygiene, Superior, Lafayette: with flats or climbs or rollers. Optional margaritas or dinner afterwards. From Denver: Hwy 36 into Boulder, right on Arapahoe, right on 30th, right into park.

August 2005 SUMMER Riding Schedule

Tuesday, August 2 **Fun-1/2-about 20-SE-6:00 PM** Meet Don & Marilyn Swett at the west parking lot of Fairmount Cemetery on the SE corner of Quebec & Alameda. There will be a different ride every Tuesday evening in August. Bring funds for eating at a restaurant nearby in Lowry. ??s, 303-791-5863, don_swett@earthlink.net
INT-2/3-22-N-6:00 PM Try some new roads! Join Gary Mills (eve 303-494-3935) for a 20-25 mile out and about Boulder ride leaving Scott Carpenter Park (SW corner of 30th at Arapahoe)
MTB P2-3, T2 6:00 PM, Evening ride, Lair o'the Bear Park, about 4.5 miles west of Morrison on the south side of Highway 74. (Note the change back to Tuesday eves for August.) Dine at Red Rocks Grill after.

Wednesday, August 3 **FUN/INT 3 mileage 26 Way West 7:30 AM Vail Pass Ride** Meet Diana Kendrick (303-986-3285) at the Stegosaurus PNR at exit 259 of I-70 at 7:30AM or Lin Hark (674-9369) at El Rancho PNR at exit 252 of I-70 at 7:45AM to carpool to Summit County for a ride up Vail Pass. We will start at the Frisco Visitor Center (2nd Frisco exit 201, 3rd and Main St) and ride the bike path to Copper Mountain, take a short break and then continue up Vail Pass to the top. Diana will lead the faster INTermediate paced riders with an option to continue down toward Vail to the first lake then turn around. *continued, pg. 6*

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- Wednesday, August 3** Lin will hold up the rear with the slower FUN riders and turn around at the top. This is an out and back so we can take our time, go at our own pace and turn around whenever you want. Possible campout and kayaking the following day. Watch the ColoradoBicyclist@yahoo.com list for more details on the campout or call Lin (303-674-9369).
"Roses" ride 1-20-SW, 8:30 AM Departure. Meet Nancy Wilson, 303/733-6240, at South High School (Louisiana and Franklin), for a ride to the Platte River, Cherry Creek, and return through Washington Park. Bring money for a snack at REI and lunch after the ride at a neighborhood restaurant. Questions: Call Nancy or Connie Engelbert (303/904-9288)
- Thursday, August 4** **INT/ROAD-2/3-25-N-6:00 PM** Join Reg (303-588-0030) and Jim (eve 720-304-6040) for a different 25 mile ride every Thursday night leaving Boulder's Scott Carpenter Park (SW corner of 30th at Arapahoe).
Road-2-20-SW-6:00 PM Meet at the parking area at the intersection of Deer Creek Canyon Road and Wadsworth for an after-work loop ride through Chatfield reservoir, out toward Roxborough, down by Waterton, and back to the parking area on Wadsworth. Sherri or Dave (730-308-9550)
- Friday, August 5** **Extra "Roses" ride 2-15-SE, 8:30 AM** Departure. Meet John Mues (303-795-6167) at Goodson Recreation Center, 6315 S. University Blvd. at the lower end of the parking lot. Gravel and paved route including the Big Dry Creek, C-470, Willow Creek, Little Dry Creek, and Highline Canal trails. Bring a snack and a sack lunch for after the ride.
- Saturday, August 6** **FUN-2-24-W-8:00AM** Idaho Springs to Georgetown. Susan Gregory (303-477-9233) would like you to meet her in Idaho Springs in the public parking lot behind BeauJo's. This will be a lovely ride on the frontage road to Georgetown (gradual up-hill) where we will have brunch at the Happy Cooker. The return to Idaho Springs is all downhill!!!!
FUN-2-29-NW-10:00AM Trip to Grandpa's - Join **Craig Smith** (303-678-7958) in Longmont for a trip to his favorite eatery in Berthoud. This loop ride features some great low traffic rural roads as well as one of Longmont's newest bike paths. Craig recommends the hamburgers and the home made pies at Grandpa's - have either or both! Meet at the Longmont Westview Middle School on Airport Rd. Directions from Boulder: NE on Diagonal (HWY 119) past Niwot and the exits for 83rd St. and Oxford Rd. Take the next exit onto Airport Rd. (left side exit). Proceed North on Airport Rd. for 4.4 miles and turn left into the Westview Middle School opposite Rutgers Rd. Park in the North lot. Contact Craig by phone or craig@powersmith.net for additional information and directions.
INT-3-30-SW 9:00 AM Jeff Jones (303 - 274-4882) invites you to join him on a super ride that follows the hog back from I-70 south to Deer Creek and back. The ride will start at the southeast parking lot at the Morrison exit off of I - 70. The route winds south on the west side of the hog back and returns on the east side. This prominent geological formation will provide an interesting and scenic backdrop for almost the entire ride. Since a lot of this ride is on roads, this is a ride that is better suited to those comfortable with road riding.
MTB or ATB, P2-3, T1-2 9:00 AM, Any MTB, beginners, come on out! Here is a chance to enjoy "Oh, my god Road" above Idaho Spring. Meet Richard Gieseler (303-722-1475) at the 4th and Union PNR for a ride. This is an easy "canyon road" ride repeat, and is being done again in the effort for building strength and to let beginners know what mountain biking may be like. Old hats will enjoy this as well. Ride is 7 miles up, one way, 1400' elevation gain. Lunch after in Idaho Springs.
- Sunday, August 7** **FUN/Int-2-30-SE-8:00 AM** Meet Don and Marilyn Swett at the west parking lot of Fairmount Cemetery on the SE corner of Quebec & Alameda. We will ride south through Cherry Creek Reservoir, then take Jordan Rd to Bronco's Parkway, circling back west and north to the start. Plan on a fun pace. ??s, 303-791-5863, don_swett@earthlink.net.
FUN-2/3-25-9:00AM Meet Paula Pahl (303-791-7729) at the back parking lot of the Northridge rec. center at 8801 S. Broadway, We will explore the trails in and around Highlands Ranch. Many small hills but nothing severe. Lunch afterwards.
FUN-2-25-NW-9:00AM Meet **Cindy Ferry** (303-425-9454) at the entrance to Prospect Park (44th and Robb St.). She will take her group on an exploration of portions of the area Creek Trails which will include Van Bibber, Ralston, Little Dry and Clear Creek. Look for a great summer ride along some wonderful greenbelt areas. Lunch afterwards at a local Applewood establishment.
INT 3-34-S 9:00 AM. Meet Bruce Thomson (303-814-1034) in Castle Rock at a Drive up coffee Kiosk in the parking lot at the SW corner of Plum Creek Parkway and Wilcox St. To get there go South on I-25 to Castle Rock Exit 181 (Plum Creek Parkway and Wilcox Street) go East 500 ft. to Wilcox St. and turn South 200 ft. to the kiosk on your right in the parking lot. The rout will go to Larkspur and return via Perry Park Rd. and Wolfsenberger Rd. (some hills with 10% grades). The total elevation gain is about 1600 ft.

August 2005

- Sunday, August 7** **Road-3-38-NW-8:30 AM** Join David Dent (303-464-0883) at the Broomfield Park-n-Ride (South side of Hwy 36) for a ride out to Superior, then on to Louisville and Lafayette. Two rest stops along the way: 1) Gino's for coffee, and 2) another in Superior.
MTB P2-3, T2-3 9:00 AM Pine Valley Ranch Join John Malensek (303-271-9510) on the 12-mile Buck Gulch, Skipper, Homestead, Charlie's Cutoff, and Strawberry Jack loop. Eat at Elk Creek Station in Pine afterwards.
- Tuesday, August 9** **FUN-1/2-about 20-SE-6:00 PM** Meet Don & Marilyn Swett at the west parking lot of Fairmount Cemetery on the SE corner of Quebec & Alameda. There will be a different ride every Tuesday evening in August. Bring funds for eating at a restaurant nearby in Lowry. ??s, 303-791-5863, don_swett@earthlink.net
INT-2/3-22-N-6:00 PM Try some new roads! Join Gary Mills (eve 303-494-3935) for a 20-25 mile out and about Boulder ride leaving Scott Carpenter Park (SW corner of 30th at Arapahoe)
MTB P2-3, T2 6:00 PM, Evening ride, Lair o'the Bear Park, about 4.5 miles west of Morrison on the south side of Highway 74. Farewell evening ride for Lair, dine at Red Rocks Grill after and enjoy a cold refreshment.
- Wed., August 10** **"Roses" ride 1-20-NW, 8:30 AM** Departure. Meet Wally White at Twin Lakes, (70th and Broadway). We will ride W on the Clear Creek and Little Dry Creek trails through Arvada and return. Bring a snack and money for lunch at a favorite restaurant. Questions: call Wally or Melba Bouquet (720/493-0564)
Thursday, August 11th
INT/ROAD-2/3-25-N-6:00 PM Join Reg (303-588-0030) and Jim (eve 720-304-6040) for a different 25 mile ride every Thursday night leaving Boulder's Scott Carpenter Park (SW corner of 30th at Arapahoe).
Friday, August 12th
Extra "Roses" ride 1-14-SW, 8:30 AM Meet Dale Trone (303/981-9161), at the Waterton Canyon parking lot (follow the signs off Wadsworth S of C-470) for a ride up Waterton Canyon on a good gravel road. Commune with nature. Bring a snack for halfway and a sack lunch to picnic after the ride.
- Saturday, August 13** **FUN-3-25-NW-9:00AM** Meet **Jim Pollock** (303-415-9200 (day) 720-304-6040 (evening)) at Scott Carpenter Park in Boulder (Hwy 36 into Boulder, right at the second light on Arapahoe, right at the 2nd light onto 30th and right into the park, 200 yards down) for his patented Canyon and Creek Sampler. Wind through the Boulder trail system and up gorgeous Boulder Canyon. Then bike the Broadway Boogie, and ride through the open space into Eldorado Canyon. It is an (almost) all downhill finale where we will "do lunch" at the Walnut Café. This FUN ride has it all - a couple of long, manageable climbs, a good workout, good scenery, and good times - no one left behind.
FUN-2-30-SW-9:00 AM Meet Riggs Osborn (303-779-1902) at the Park and Ride SW corner of C-470 and University. The ride will take you on the C-470 trail to Chatfield, parallel the Dam and go out a back way to the Highline, then rejoin C-470 again. Lunch is after at Chili's or one of the groups. Restaurant choices in the area! Mountain/Hybrid bikes suggested.
INT/FUN -2-38- SW 9:00 AM Meet Darrell and Jean Deering (303-697-6126) at the parking lot of C-470 and Morrison Rd and ride to the Chatfield State Park Marina for lunch. We will ride on the Bear Creek trail to the Platte River Trail then south to Chatfield State Park. After lunch we will return on the C-470 trail.
- Sunday, August 14** **FUN-2-27-SE-9:00 AM DEPARTURE** Meet Gordon Valentine(303-333-8605) at the NORTH parking lot of the Village Greens Park (Union & Dayton). We'll ride south down to the east side of Cherry Creek State Park onto low traffic streets to the E-470 bike path, loop around hilly and scenic Meridian Office Park, then take Liberty Blvd. around the south end of Centennial Airport and back to the start via the Inverness Business Park and Dayton St. No map or direction sheet----just follow the leader. Lunch after will be at Jackson's All American Grill on the NE corner of Yosemite and Belleview.
FUN 3-21-W-9:00AM If you are yearning to climb some hills at a Fun Ride pace join **Jeff Jones** (303-274-4882) at Parfet Park in Golden (10th and Ford) for a ride to the top of Red Rocks Park. This ride, featuring plenty of hills, will not only provide participants with a good workout but also spectacular views both of and from Red Rocks Park. Also, plan to enjoy a stop in Morrison for a tasty, refreshing snack. Make sure your granny gear is working and come ready to climb.
INT/FUN 2/3- 38 W 9:00 AM Meet Ellen Chilikas 303-750-5099, Don and Marilyn Swett 303-791-5863 at Beau Jo's parking lot in Idaho Springs for an out and back ride to Bakerville. We'll ride along the frontage road with very little traffic. At George-town we can regroup and determine if some want to return with a shorter ride. Lunch is after at Beau Jo's in Idaho Springs.

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- Sunday, August 14** **MTB P3, T3 9:30 AM**, Bergen Peak in Elk Meadows Park, Evergreen. Start at the parking lot off Stagecoach Blvd. 11-mile round trip, 2100' gain. Jeff 303-969-9241
- Tuesday, August 16** **FUN-1/2-about 20-SE-6:00 PM** Meet Don & Marilyn Swett at the west parking lot of Fairmount Cemetery on the SE corner of Quebec & Alameda. There will be a different ride every Tuesday evening in August. Bring funds for eating at a restaurant nearby in Lowry. ??s, 303-791-5863, don_swett@earthlink.net
INT-2/3-22-N-6:00 PM Try some new roads! Join Gary Mills (eve 303-494-3935) for a 20-25 mile out and about Boulder ride leaving Scott Carpenter Park (SW corner of 30th at Arapahoe)
MTB P2-3, T2 6:00 PM, Evening ride, the return to Green Mountain in Lakewood, meet at the main (Florida Dr) parking lot off west Alameda.
- Wed., August 17** **"Roses," 1-20-NW-8:30 AM** Departure. Meet John Mues (303 795-6167) at West Woods Golf Course parking lot (west end) at 66th and Quaker St. (I-70 to Ward Rd., north to 64th Ave., west to Quaker, north to golf course entrance on west side.) We'll ride down the Ralston Creek and Clear Creek Trails. Lunch afterwards is at the clubhouse.
FUN 2-30-SW 9:00 AM Meet Dale Trone (303 981-9161) at 9 am at C-470 and Morrison Rd Head East on Morrison Rd/ Bear Creek Trail to Platte River trail to Chatfield return to Morrison via C-470 Trail and Bear Creek Lake Park. Apre Ride Lunch in Morrison is a must!!!
- Thursday, August 18** **INT/ROAD-2/3-25-N-6:00 PM** Join Reg (303-588-0030) and Jim (eve 720-304-6040) for a different 25 mile ride every Thursday night leaving Boulder's Scott Carpenter Park (SW corner of 30th at Arapahoe).
Road-2-20-SW-6:00 PM Meet at the parking area at the intersection of Deer Creek Canyon Road and Wadsworth for an after-work loop ride through Chatfield reservoir, out toward Roxborough, down by Waterton, and back to the parking area on Wadsworth OR climb up Deer Creek Canyon and back. Sherri or Dave (730-308-9550)
- Friday, August 19** **Extra "Roses" ride, 1-15-SW, 8:30 AM** Departure. Meet Melba Bouquet (720-493-0564 at Carson Nature Center for a loop ride including Dry Creek, Highline Canal, and Lee Gulch. Bring a snack and a sack lunch for after the ride. Questions: call Melba or Connie Engelbert (303/904-9288)
- Saturday, August 20** **FUN-2-22-SE-9:00 AM** Meet John Mues (303-795-6167) at Goodson Center, 6315 S. University Blvd. by the lower end of the parking lot. We'll go south on the Highline Canal to the C-470 trail, west to the Platte River Trail, north to the Big Dry Creek Trail and back to the Highline. Approximately 50% of this ride will be on pea gravel. Bring a snack and we'll have lunch afterwards at a nearby restaurant.
FUN-3-30-NW-8:30AM Meet **Bob Swenson** (303-289-5563) at the parking lot Southeast of 88th Ave and Colorado Blvd. The route is north along the Platte River trail to 104th then jogging West to Riverdale Rd. to HWY 7 and east to Brighton. He will stop at the Adams County Fairground to regroup. The return from Brighton is along Brighton Blvd to 104th connecting with the bike trail and from there to the start. Lunch optional.
INT- 1/2-40-N-9:00AM Join Bruce Kohl (303-458-7322) At the park & ride at W 70th Ave and Broadway for a country ride to Ft Lupton with a quick stop at the Sonic then return.
Road-2/3-40-SW-8:00 AM Meet at the second set of railroad tracks in Sedalia for an out and back to Larkspur. Nice rolling terrain with a small climb in and out of Larkspur (snack stop while there). Sherri or Dave (720-308-9550)
MTB P3, T2 8:30 AM Winter Park Ski area trail system, Meet John Ryan (720-855-3062 or c 303-960-5064) at 4th and Union PNR. Ten miles and 2200'! This ride was snowed out last September, so we'll try it again, but this time in August. Join John Ryan at the Winter Park Ski Area to explore the many trails the resort has to offer. The day will begin with a long climb (10mi./ 2,200') through alpine meadows and forest before reaching the summit at 11,200'. From the top we'll descend back to SunSpot, the mid-mountain restaurant for a much deserved lunch break. The restaurant's patios offer amazing panoramas of the Continental Divide and the upper Fraser River valley. The last leg of the trip will be spent descending miles and miles of sweet singletrack before returning to base area. For more info contact John at 720-855-3062 or 303-960-5064(c).
- Sunday, August 21** **FUN-2-20-SE-9:30 AM** 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 (287 Columbine) to pick up more riders and perhaps have a cup of latte(discounted). We'll then head down to Confluence Park, bum around downtown, pick a spot for lunch in LoDo and head back to the starting point. Come join the fun!!!!
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- Sunday, August 21** **FUN/INT/ROAD-2-32 (44 option)-NE-9:00AM** DEPARTURE. Meet **Gordon Valentine** (303-333-8605) at the Riverdale Golf Course, 13300 Riverdale Rd. Please park in the row facing Riverdale Rd in the lot south of the entrance. The ride will go N&E to the town of Lochbuie for a mid-ride regroup/rest stop, then loop S&W around (not through) Barr Lake State Park and Brighton back to the start. Most of the ride will be on light traffic, two-lane, rural roads. Written directions will be provided so that slower and faster riders who can't, or don't want to, follow the leader at the ~12mph FUN ride average speed may go at their own pace. Come early and ride over to the Clubhouse for your first rest(room) stop--next one is at 6.5 miles. After the ride, enjoy lunch in the Riverdale Clubhouse restaurant.
MTB P3, T2 9:30 AM Moffat Tunnel to Needles Eye Tunnel Road Closure. Join Richard Quick (303-466-4008) on this timberline jaunt. Expect to spend the full morning climbing up, then enjoy a fast ride down. Work off your appetite at Chili's or Red Robin in Boulder afterwards.
- Tuesday, August 23** **FUN-1/2-about 20-SE-6:00 PM** Meet Don & Marilyn Swett at the west parking lot of Fairmount Cemetery on the SE corner of Quebec & Alameda. There will be a different ride every Tuesday evening in August. Bring funds for eating at a restaurant nearby in Lowry. ??s, 303-791-5863, don_swett@earthlink.net
INT-2/3-22-N-6:00 PM Try some new roads! Join Gary Mills (eve 303-494-3935) for a 20-25 mile out and about Boulder ride leaving Scott Carpenter Park (SW corner of 30th at Arapahoe)
MTB P2-3, T2 6:00 PM, Evening ride, the return to Green Mountain in Lakewood, meet at the main (Florida Dr) parking lot off west Alameda.
- Wed., August 24** **"Roses" ride 1-20-SE, 8:30 AM** Departure. Meet Dave Noble (303/694-2008) at the bike path parking lot off Cottonwood Drive about a quarter of a mile west of the intersection of Cottonwood Dr. and Parker Rd. (Cottonwood Dr. is about a quarter of a mile north of Parker Rd. and E-470). We'll ride south for about 10 miles (or for as far as you'd like) and return for lunch at a restaurant in the Parker area.
INT/FUN- 2/3 -30-W-9:00 AM Meet Darrell Deering (303-697-6126) at the South Valley Park lot on South Valley Road. On C-470 turn on to Ken Caryl Ave. for ¼ mile west then left on to South Valley Rd. for 1 mile. We'll ride on the C-470 trail through Bear Creek Lake Park on to Rooney Rd to Golden by way of the Golden trail. We'll return on the Johnson Rd. in Golden to Rooney Rd. and the C470 trail. Lunch options on Ken Caryl Ave. east of C470.
- Thursday, August 25** **INT/ROAD-2/3-25-N-6:00 PM** Join Reg (303-588-0030) and Jim (eve 720-304-6040) for a different 25 mile ride every Thursday night leaving Boulder's Scott Carpenter Park (SW corner of 30th at Arapahoe).
- Friday, August 26** No Scheduled "Roses" ride - they are on their way to Leadville.
- Saturday, August 27** **LEADVILLE WEEKEND - there will be rides in Denver or come join the gang in Leadville.**
FUN-2-28-NW-9:00AM Meet **Tom Brogan** (970-262-1931) at O'Kane Park (NW corner of 1st Avenue and Newland Street (66th west). We'll go west on 1st Avenue to Garrison, north on Garrison across Crown Hill Park and down to Clear Creek Bike Path. Out Clear Creek to Confluence with Platte and south along the Platte Path to Confluence Park. Then, we will bike out Lakewood Gulch, across 6th Avenue and west on 5th Avenue to the start. Post trip lunch will be at El Tapatio at Alameda and Teller (Guadalajara menu).
FUN-2-28-SE-10:00 AM South High or Java Creek Meet Bob Shedd (303-733-2815) at the South High School (Louisiana & S. Franklin) parking lot promptly at 10:00 and proceed to Java Creek Coffee Shop(287 Columbine in Cherry Creek North) to collect a few more riders at 10:15. The ride will proceed on easy streets through East Denver to a quick tour of the Lowry and Stapleton developments with a mid-ride refreshment stop. Return route will be by way of City Park and Capitol Hill. A different ride for us!!
INT/ROAD 2-40/52 SE 8:30 AM DEPARTURE. Meet Gordon Valentine (303-333-8605) in the NORTH parking lot of the Village Greens Park (Union & Dayton). The ride will go south through Cherry Creek State Park, on light traffic roads, and on the Cherry Creek Trail to Parker (at the Sulphur Gulch Trail), then further south on the Cherry Creek Trail to the Creekside Rec Center at about 20 miles for an optional rest stop. At this point there will be an option for an additional up to 6mile out-and-back (up to 12mile total) through scenic Crowfoot Valley on a bike friendly road. There will also be an optional rest stop in Parker on the return via the Cherry Creek Trail. The return from Parker to the start will be by a different route. Written directions will allow riders to choose their own ride pace and distance but they are welcome to follow the leader at the INT pace of 12 to 15 MPH average speed.

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Saturday, August 27

Leadville Ride Descriptions - other rides will be offered so these are the descriptions we have at this point.

Come and join the "Roses" for a very leisurely ride around the paved, scenic Mineral Belt Trail in Leadville. Meet at the Leadville Hostel-500 East 7th St. 719/486-9334. We will start at 10 AM Saturday, August 26th. 2-12. Join us for the ride if you are staying for the weekend, or just coming up for the day, and would enjoy a slower-paced ride. Great for history buffs! We'll be joining the ride lead by Suzanne Gruba and Brenda Urbas. Call Melba Bouquet 720/493-0564 for information about what the "Roses" are planning.

MTB P4, T3 9:30 AM Leadville weekend, starting from the hostel. Leadville to Mosquito Pass to Fairplay. Highest scheduled DBTC ride! Climb 8 miles to the pass, elevation 10,200 to 13,186, then descend 15 miles to Fairplay. This ride is anticipated as a one-way with a car shuttle. Therefore, you need to make arrangements early. Space is limited. But join mountain bikers camping out for the weekend. Preliminary plan to camp is at Turquoise Lake. Jeff 303-969-9241.

Sunday, August 28

FUN-2-26-SE-8:30 AM Meet Steve Ingraham (303-756-7847) at South High School (Louisiana & South Franklin). We'll ride a loop route to Cherry Creek Reservoir using bike paths and bike-friendly streets. Bring \$\$\$ for lunch afterwards

FUN/INT-2-30-NW-8:30AM Meet **Linda and Hugo Mansilla** (303-422-8631) at the infamous "Buss Bar parking lot at the north end of Boulder at the juncture of Hwy 36 and Broadway for a ride to Lyons. The route follows the Foothills Hwy (US-36) to Lyons. A stop in Lyons for refreshments. The return route will take us through Hygiene then back to Boulder.

Road-3-38-NW-8:30 AM Join David Dent (303-464-0883) at the Broomfield Park-n-Ride (South side of Hwy 36) for a ride out to Superior, then on to Louisville and Lafayette. Two rest stops along the way: 1) Gino's for coffee, and 2) another in Superior.

MTB P2-3, T2-3 9:30 AM Leadville weekend, Hagerman pass ride.

Tuesday, August 30

Fun-1/2-about 20-SE-6:00 PM Meet Don & Marilyn Swett at the west parking lot of Fairmount Cemetery on the SE corner of Quebec & Alameda. There will be a different ride every Tuesday evening in August. Bring funds for eating at a restaurant nearby in Lowry. ??s, 303-791-5863, don_swett@earthlink.net

INT-2/3-22-N-6:00 PM Try some new roads! Join Gary Mills (eve 303-494-3935) for a 20-25 mile out and about Boulder ride leaving Scott Carpenter Park (SW corner of 30th at Arapahoe)

MTB P2-3, T2 6:00 PM, Evening ride, the return to Green Mountain in Lakewood, meet at the main (Florida Dr) parking lot off west Alameda.

Wed., August 31

"Roses" ride 2-20-NW, 8:30 AM Departure. Meet Dave Grimes (303/986-7666) at the Wheatridge Rec. Center, Kipling and 39th, for a ride to Golden via the Clear Creek trail. Bring a snack and money for lunch at a favorite restaurant. Questions: call Dave or Connie Engelbert (303/904-9288)

INT/ROAD 3 (31 or 40 miles) W 9:30 AM Join Marilyn Smith (cell 303-916-80970) for the Tour de Evergreen ride. Come one, come all because the beauty of Evergreen is worth the drive up. Meet at the Bergen Park and Ride off of the Evergreen Parkway and Highway 65. Get there early and be prepared to leave on time. We will ride Soda Creek, Highway 40 to El Rancho, Evergreen Parkway (optional loop through Hiwan for 9 miles), Evergreen Parkway to Evergreen Lake, Upper Bear Creek to Witter Gulch to Stagecoach Blvd, Evergreen Parkway back to Bergen Park and Ride. Remember, you are in the mountains and there will be climbing. After the ride you can enjoy great Mexican food at Fiesta Jalisco in the King Soopers Center in Bergen Park.

Cycling Performance Tips

1. Smooth pedal stroke. Helps improve pedaling mechanics and efficiency.
2. Cadence, an average will increase with time. Remember to recover.
3. Paceline skills, this is done with friends. Everyone should be pedaling with the same cadence. Keep equal distance between riders.
4. Cornering, shift down before turning, stop pedaling, and start leaning the bike. Put outside pedal down. Enter wide, cut inside, exit wide.

OOPS - forgot

In my write up for the Memorial Day picnic, I forgot to thank the ride leaders. Our ride leaders are the heart of the club. Many Thanks to Jeff Jones, Darrell and Jean Deering, Marti Krusko, Curt Pellegrin, Don Pearson, and Neal Koster.



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

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 8
2690 E COUNTY LINE RD
LITTLETON CO 80126
303-221-4840
www.bikesourceonline.com

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 CENTER
410 EAST 104TH AVE
THORNTON, CO 80233
303-288-4100
www.derbybicyclecenter.com

FOOTHILLS CYCLING
11651 W. 64th AVE.
ARVADA, CO 80004
303-420-0815

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

PEDAL PUSHERS CYCLERY
200 QUEBEC ST
BLDG 300-109
DENVER, CO 80230
303-365-2453
www.pedalpusherscyclery.com

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

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

SAMPSON SPORTS
2890 S COLORADO BLVD
DENVER CO 80222
303-691-5650
www.sampsonsports.com
No discount on labor.

TREADS BICYCLE OUTFITTERS (3 locations)
*17930 COTTONWOOD DR
PARKER, CO 80134
303-690-2900
*16701 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/

MEMBERSHIP CARDS

DBTC started issuing membership cards August 2004 to new and renewing members. It will take one year to go through the data base. Several of the Sponsoring Bike Stores require identification for the discount. If you have not received your card, and plan on shopping at one of our sponsoring stores, contact webmaster@dbtc.org. requesting your membership card. They are mailed at the end of the month the same time as the newsletters.

Ride Sign-In Sheets

Ride leaders are reminded/requested to send their ride sign-in sheets to ride coordinators.

Ride Leaders

If you have non-members sign in for your ride, please call Cindy Ferry 303-425-9454, and leave the names and phone numbers on her answering machine. Then send your sign in sheet to the ride coordinator. Cindy is making follow up phone calls. Thank you.

Ride Leaders - Credit

Dave Grimes, the data base manager, is now keeping a record of ride leaders and number of rides led. The ride schedule published in the monthly newsletter is the official ride schedule. Those are the rides and ride leaders that will be counted. If someone leads a ride due to a substitution, or leads rides for the Out of Town Tours, that ride leader is to notify Dave to be credited. Email webmaster@dbtc.org or call 303-986-7666.

Volunteers

DBTC members can earn points - either by leading rides, volunteering, or a combination of both - to earn that special award given at the end of the year. Start now by calling the ride directors to schedule your rides, volunteer to help at picnics, cook the main meat at a potluck dinner, help with mailing the monthly newsletter, and Project Full Circle. To volunteer your help for Project Full Circle, call Don Pearson 303-274-6955 or donp75@juno.com.

For Sale

Road Bike with raised handlebars. 2004 Bianchi Imola 51 cm, ice blue. \$800. Call Darlene 303-986-7666.

Father's Day Ride

Bill Orchard's 6th Annual Father's Day Ride was the Centennial Tour of Arvada route. Here they are at Arvada's "Boot Hill" (Ralston Cemetery) near 64th and Indiana contemplating when the vehicle of choice had four legs and bikes were a new fangled contraption.

Riders: Bill Orchard, Virgil Ross, Dennis Walker, Gerri Peters, Merri Bruntz, Carol Skoff, Aaron Skoff, John Mues, Marti Krusko, Scott Alexander, Jeannette Armbrustmacher, Mike Litzan, Don Pearson, Terri Johnson, Bob Bruner, Suzanne Sullivan, Roger Owens.

