



The Colorado Bicyclist

July 2007

GOVERNOR SIGNS *SHARE the ROAD*

It's official! After bicycling 65 miles in the Elephant Rock Cycling Festival, Governor Bill Ritter capped his ride by signing the *Share the Road* bill into law. This important bill creates the *Share the Road license plate* and funds bicycle safety education programs for years to come.

You can now pre-order your *Share the Road* license plate. *Share the Road* license plates only require a one-time \$25 contribution to the *Share the Road* Education Fund, plus the standard \$50 specialty plate fee to your county clerk. Plates will be ready for your car starting in January. This is a powerful way to improve bicycle safety.

To pre-order your *Share the Road* license plate, go to Bicycle Colorado's website:
<http://bicyclecolo.org/>



Saturday July 21

Clement Park, 7306 W. Bowles in Littleton

Directions from S. Wadsworth and Bowles
(Southwest Plaza Shopping Center)

Go *East* on Bowles to Pierce; *South* on Pierce.

The entrance to the park is on your right.

After entering the park, make an immediate right, and drive all the way around to the far parking lot.

We have Shelter H

Rides appear in the ride schedule.

Start times vary.

Complimentary lunch provided by the club around noon.

DBTC water bottles available for \$5.00

Plan to arrive early enough to pump up your tires, put on sunscreen, and be ready to leave on time.

Picnic tables in the shade or bring blankets/chairs for the lawn.

Bring plenty of water. July rides can be hot.

**THANK YOU !!!
THANK YOU !!!
THANK YOU !!!**

Darlene Dietzler

We had beautiful weather for the Memorial Day picnic. We were really lucky as the following day saw hail and severe thunderstorms. About 130 members enjoyed a bike ride, picnic lunch, and visiting with friends. Many thanks to our cooks and helpers: Jack Ferry, Richard Quick, Chris Mattivi, David and Paula Price, Nora Clark, Peter Bain, Brad West, Ellie Baldwin, Susan Gregory, and Darlene Dietzler. Our ride leaders were Marilyn and Don Swett, Marti Krusko, Curt Pellegrin, Darrell Dearing, Steve Ingraham, and Neal Koster. A big thanks to all of you.

Editor's Comment - a huge THANK YOU to Darlene Dietzler for organizing the Memorial Day Picnic.

THE ELEPHANT ROCK RIDE

With the goal of increasing community awareness of DBTC, Ludwig Goppenhammer set up a DBTC booth at the Elephant Rock Ride in Castle Rock June 3. Manning the booth and passing out business cards, newsletters, and membership application forms were Marilyn Swett, Nora Clark, Gary Goins, and Ron Wagner. They talked to hundreds of riders and we hope many will join DBTC. Thanks guys.

VOLUNTEERS WANTED FOR JULY PICNIC !!!

Looking for new volunteers. It's your chance to do your part in supporting our club and let our core volunteers enjoy riding for a change. Call Rick Clauder at 303-393-7058 or E. Mail me at Rickclauder1@msn.com with your commitment.

DBTC's Officers

President
Bruce Kohl.....303-458-7322
President@dbtc.org

Vice President
Ludwig Goppenhammer.....303-279-7951
VicePresident@dbtc.org

Secretary
Steve Ingraham.....303-756-7847
Secretary@dbtc.org

Treasurer
Nancy Blizzard.....720-299-9986
nancyblizzard@aol.com

Board Members at Large
Rick Clauder.....303-393-7058
Rickclauder1@msn.com
Gary Goins.....303-433-4398
gwgoins1@yahoo.com
Nancy Blizzard.....720-299-9986
NancyBlizzard@aol.com

Directors and Staff

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

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BikeMcClain@aol.com

Hotline Director
Howard Bagdad.....303-756-7240
PhoneHotline@dbtc.org

Fun MTB Coordinator
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FunMTB@dbtc.org

Fun Ride Director North
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mkrusko@msn.com

Fun Ride Director South
Lois Kahn.....303-758-0092
FunRideSouth@dbtc.org

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Secretary@dbtc.org

Intermediate Ride Director
Darrell Deering.....303-697-6126
jncanyon@cs.com

Wednesday Fun Ride Coordinator
Joyce Terlaje.....303-548-2628
hikergal42@yahoo.com

"Roses" Ride Coordinator
Melba Bouquet.....720-493-0564
MELBAMBouquet@cs.com

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

Membership Database/Webmaster
Dave Grimes.....303-986-7666
webmaster@dbtc.org

Map Sales (wholesale)
Darlene Dietzler.....303-366-2215
Mapsales@dbtc.org

Newsletter Mailing Group
Carolyn Bauer303-740-8491
cmb8030@comcast.net

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

Board Meeting

Any member wishing to attend a board meeting is welcome to attend. The next board meeting is Monday, July 2nd, at 6:00 PM at Perkins Restaurant, 1995 S. Colorado Blvd. If you wish to address the board, contact the secretary, Steve Ingraham singraham046@aol.com or 303-756-7847 so that your topic can be placed on the agenda.

GET INVOLVED! STILL LOOKING FOR TWO BOARD MEMBERS

From the President

Ok, what's on your table? Once again, I'm training for Ride the Rockies, packing for RAGBRAI, and studying for my August bicycle trip to Prague and other parts of Eastern Europe. Not to mention working full time, keeping my kids inline, planning activities for Lakewood's bike to work week, and assuming the duties of DBTC President. How do I do it? Good question. Why do I do it? Because I love my children, respect the DBTC in which I have been a member since 1989, and want to bicycle as much as I can for as long as I can. Someday, after coming out of my coma, I will be able say, "I really did do all of that!" The board is short two members, and if I can do this, I know you can. Give me a call. Let's talk. Bruce Kohl 303-458-7322. Happy cycling.

2007 Out-of-Town DBTC Trips

Mountain Bike in Fairplay	July 20-22 2007	Jeff Baysinger	jbaysinger@do.usbr.gov
Mountain Bike in Crested Butte	Aug 17-19 2007	Jeff Baysinger	jbaysinger@do.usbr.gov
MTB & Road, Rocky Mountain National Park Fall River Road Challenge	Sep 8-9 2007	Jeff Baysinger	jbaysinger@do.usbr.gov
Teton Trek Wyoming	Sept 9-15 2007	John Campbell	jwc@rmi.net
Mountain Bike in Moab	Oct 3-6 2007	Jeff Baysinger	jbaysinger@do.usbr.gov
Moab Road Bike & Hike	Oct 13-20 2007	Ellen Chilikas	outdoorsdiva@yahoo.com

Members are encouraged to combine their love of bikes and travel. All trips need to be coordinated through the OOTT committee at least 90 days prior to the start date, if possible. We won't schedule conflicting trips, so the earlier you coordinate with the committee, the better chance you have at getting the dates and location you want. To coordinate with the committee, send an email to BikeMcClain@aol.com and/or outdoorsdiva@comcast.net.

Advance Planning Calendar

July 7-8 MS 150 Bike Tour www.goforthegorge.org Broomfield - Ft. Collins Loop	July 22-28 RAGBRAI www.ragbrai.org Rock Rapids - Bellevue, Iowa	August 18 Stonewall Century Ride www.spcycling.org La Veta, CO
July 14th Triple Bypass www.teamevergreen.org Bergen Park, CO	July 28 Sunrise Century www.bikerpellisports.com Boulder, CO	August 25 Moonlight Classic www.moonlight-classic.com State Capitol, Denver
July 15-21 Tour de Wyoming www.cyclewyoming.org Dayton, WY	July 29 Colorado-Eagle River Ride www.vailvelo.com Beaver Creek, CO	August 25 Tour de Cure www.diabetes.org Longmont, CO
July 21 DBTC picnic Clement Park	August 5-11 Colorado Rocky Mountain Bicycle Tour www.crmbt.com Gunnison, CO	September 9 Buffalo Bicycle Classic www.buffalobicycleclassic.com Boulder, CO
July 21-23 Courage Classic www.couragetours.com Leadville, CO	August 11 Tour De Steamboat www.rockypeakproductions.com Steamboat Springs, CO	September 15 Tour of the Vineyards www.Coloradowinefest.com Paisade, CO
July 22 Durango-100 Century http://durango100.com Durango, CO	August 12 Pikes Peak Classic www.s-cap.org Buena Vista, CO	October 5-7 Moab Century Tour www.skinnytirefestival.com Moab, UT

Pictures and Articles for the Newsletter...This newsletter belongs to the members. If you have 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 we must give credit to the author. 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.

JULY 6TH INDIAN CREEK CAMPOUT



Darrell and Jean Deering will be hosting a fun Friday night campout at Indian Creek Campground, about 10 miles west of Sedalia. Enjoy hiking or biking on Friday afternoon, an evening under the stars and then a mountain bike ride Saturday morning. Contact Darrell for more details, 303-697-6126 or jncanyon@cs.com.

FAIRPLAY GOLD TRAILS WEEKEND JULY 20-22

Enjoy a Colorado Rocky Mountain High Weekend. Explore the Fairplay area trails. Learn the history of early area settlements. Enjoy a special camping weekend. Attending riders must RSVP to Jeff Baysinger (303-969-9241) with individual weekend plans by July 18th. Carpooling will be possible only if there are other willing participants. Final directions will be furnished only to those who RSVP. The organizer will be going up Friday morning and selecting the campsite.



TETON TREK TRIP SEPTEMBER 9-15, 2007

JOHN CAMPBELL and SALLY SWARTZ

This trip was detailed in the DBTC May newsletter (www.dbtc.org) The trip features 4 days of bike riding plus free time to explore the Teton and Yellowstone National parks. The area is one of the most scenic places in Wyoming. The trip cost of \$100.00 deposit and \$400.00 are due by July 30, 2007. This includes 6 nights lodging, a per trip party, several happy hours, a dinner in Colter Bay, and a post trip party. Send your deposit to and required forms to Sally Swartz, 4328 S Alton Street, Greenwood Village, CO. 80111.

MOAB MULTI-SPORT TRIP OCTOBER 13-20, 2007

ELLEN CHILIKAS

Ruth Berkshire and I will be leading a multi-sport trip to Moab. The trip will include the Needles in Canyonlands and Arches National Park. On each of the 5 'activity days', you can choose to either bike or hike or do both. The biking is for road bikes at the intermediate level and is hilly. The hiking is Easy/Intermediate with some sand, slickrock, and a few ladders. There will also be one free day with plenty of options, plus we are trying to arrange a raft trip. I have a detailed itinerary if you are interested - just ask and I'll send it to you.

The trip costs \$400/person double occupancy. To reserve your spot, send a check made out to Ellen Chilikas, PO Box 471803, Aurora CO 80047 for \$100, plus the three DBTC tour forms located here:

http://www.dbtc.org/OTT2005_index.htm. Final payment is due NO LATER THAN September 10th. More info? Contact Ellen at outdoorsdiva@yahoo.com or 303-750-5099.

NEW MEMBERS

GREG & ANNETTE BACON

GEORGES BECUS

KEN & JUDI BESSE

STEPHANIA BUNKA

DANIEL CULBERTSON

VALERIE DRAPER

LISA DUCKETT

SHELLEY ERVIN

JILL FUNK

ANDY GLAZAR

GEORGIA GREY

BEN & MONIKA HARNKE

LLOYD JOHNSON

KATHY LETNER

KIM MILLER

DANIEL MYERS

PAUL OBERBROECKLING

ANDRE PALAI

LINDA REED

ALICE SCHIEL

ELLIOTT SIMONBERG

ALEXIS TABER

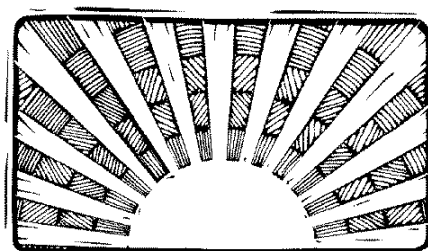
STEPHEN THOMPSON

BARBARA & JOE WILCOX

EVENING TRAINING RIDES

LUDWIG GOPPENHAMMER

Are you trying to move from the FUN to INT ride level, but can't quite ride at that pace? Want to challenge yourself to ride a little faster or improve your ability to climb those hills? If you are an INT or ROAD rider, want a nice training ride at a little easier pace? Join Ludwig on Thursday evenings for some shorter rides that will focus on helping to build speed and climbing ability. Contact me at 303-279-7951, 303-880-0181-cell, ludwig@damnhot.com for more details. The rides are in the Golden area and are listed in the schedule.



SEGMENTED METRIC CENTURY AND CENTURY RIDES

Segmented metric century (65 miles) and century rides can be easy and fun to lead. Pick a starting and regrouping point that has water and restrooms. Having snacks available is nice but not necessary. Riders can leave food in their cars. Divide your ride into 2, 3, or 4 segments. Do out and backs, each in a different direction. The downtown REI store, Carson Nature Center, and Prospect Park in Wheat Ridge are some suggestions. Pre-ride your ride to get the times. Allow about 20 minutes between each segment and publish the time each segment will leave. Riders can then join in and ride what they can. It is fun and you'll see different riders come and go all day. You are never far from your car so can comfortably push to ride longer distances with out fear of being left behind.

Please call the Ride Coordinators and schedule your rides. They are waiting to hear from you.

DBTC SUMMER 2007

Pace of Ride	Difficulty of Terrain	Mileage	Quadrant of City	Departure Time
Roses - Leisurely	H1 - Flat	This is an estimate-	NW	Arrive early
Fun - Comfortable	H2 - Small Hills	options may be	NE	enough to unload
Int - Faster	H3 - Some Climbs	offered.	SE	your bike and be
Road - Faster	H4 - Serious Climbs		SW	ready to leave.
ATB- Unpaved Roads	T1 Beginner to T4 Highly Skilled Riders		W	
MTB - Mountain Bikes	P1 to P4 Physical Conditioning Required			

DBTC's E-Mailing Lists *Get late breaking news, last minute ride updates, and short-notice of weekday rides, all e-mailed directly to you as soon as the information is posted.*

- **DBTC Message Board is the DBTC General E-Mail List**

To join, send an e-mail to:

ColoradoBicyclistssubscribe@yahoogroups.com

- **DBTC Mountain Biking E-Mail List**

To join, send an e-mail to: COMtnbikers-subscribe@yahoogroups.com

You may join both groups and you will be contacted via e-mail with a confirmation. To post an event, simply go to the site. Only club-related activities may be posted. We reserve the right to cancel any posting deemed inappropriate.

Please Note:

- Joining either of these groups does not make you a DBTC member.
- Send e-mail address changes to both the Yahoo Group and the DBTC webmaster (webmaster@dbtc.org)

-The DBTC Website operates independently from the Yahoo Groups. The Yahoo Groups send only e-mail messages concerning some upcoming events. The DBTC monthly Newsletter, *The Colorado Bicyclist*, is sent to you from the DBTC Website via e-mail only when so requested.

Tuesday and Thursday Evening Rides May thru Sept

25 miles of H2/3 starting at 6:00 PM

INT-H2/3-25-NW-6:00 PM Meet us at Boulder's Scott Carpenter Park (on 30th just south of Arapahoe) at 6:00p for a brisk (but not ridiculous) ride with a great bunch of friends every Tuesday and Thursday. We pick a different direction from the park each week and grab dinner and Margaritas afterwards. 20-25 miles on rolling roads. Avg speed is about 15mph, slightly faster on Thursdays. More info? Call Jim at 303.415.9200. Directions from Denver: Take Hwy 36 west to Boulder. Right at 2nd light: Arapahoe. Right at 2nd light: 30th. Right into parking lot 100 yards down.

Rides are cancelled if the temperature is below 40 degrees, it is raining or electrical storms are in the area.

Ride Locator: There is a guide to the most frequent start locations on our website - www.dbtc.org.

It provides the information you need to use Map Quest to make a map to the starting location.

If you'd like to include an activity in the newsletter, please email it to ridecoordinator@dbtc.org by the 10th for the following newsletter or contact Patty at 303-989-8268.

JULY RIDE SCHEDULE

Be sure to go through the entire schedule now, as there are FUN, INT, ROAD and MTB rides in the mountains so you will need to plan ahead. You'll need to get up early or use it as an excuse to plan a weekend in the mountains. There are some camping trips as well. You can arrange carpools through the DBTC Message Board. Please let the leaders that have requested an RSVP know that you are coming.

We even have a movie night at Red Rocks for you.

- Sunday, July 1** **FUN-H2-25-NW-9:00AM** Meet **Charlie** and **Jeff Krinsky** (720-890-5011) at the Wild Oats Parking Lot (US-36 at McCaslin Blvd.) for ride through Superior, Louisville, Lafayette, and up to Erie and back
FUN-H2-30-SE-9:30 AM Twenty Parks Tour SW. Meet **Gaar Potter** (303-691-0938) at Eisenhower Park. We will go to Belmar, mostly on streets, Lotsa' lakes on this ride.

Wednesday, July 4 No "Roses" ride.

FUN-H2-25-NW-9:00AM Meet **Merri Bruntz** (303-517-9781) at Prospect Park for a ride through Wheat Ridge and North Denver to REI. This ride was snowed out last October and again in April. Hopefully, Mother Nature will spare us on the 4th of July.

Special MTB P3-T2-3 (Early) **5:30 PM**, Evening ride, Lair o'the Bear, about 5 miles west of Morrison. Hwy 74, on the south side of road. Red Rocks grill possibly afterwards, followed by fireworks viewing.

Thursday, July 5

FUN/INT, H-3-12-NW, 6:00 PM Meet at the entrance to Buffalo Bill's Grave on Lookout Mtn. Ride to Genesee Peak & back with a possible loop through Botcher Mansion. Focus is on hills & speed, not distance. This ride is at an intensity level of INT/ROAD with less distance. Pace set by group These are intended for the FUN riders wanting to challenge themselves a little more, or to condition to be more ready for INT rides. Focus is on hills and speed, not distance. INT or ROAD riders wanting a quick, short weekday ride are welcome. **Ludwig Goppenhammer**, 303-279-7951, 303-880-0181-cell, ludwig@damnhot.com (Note to Fun riders, I'm just a FUN rider so this will be a challenge and not a killer ride.)

JULY RIDE SCHEDULE

- Friday, July 6 and/or Saturday, July 7** **MTB P3, T3 9:30 AM, Special** Friday night summer campout at Indian Creek Campground, Pike National Forest, about 12 miles west of Sedalia, then a 9:30 AM Saturday morning ride along the Indian Creek trail system to Lenny's Bench. Call **Darrell Deering** 303-697-6126 or jncanyon@cs.com for details.
- Saturday, July 7** **Leisure-H1-16-E-9:00 AM.** Meet **Don & Marilyn Swett** (303-791-5863) at Fairmount Cemetery, located at the intersection of Alameda & Quebec. Use the Alameda entrance and meet at the Gate House next to this entrance. Be prepared for many stops as we view historic sites of Denver. We will travel quiet residential streets through Montclair, Park Hill, City Park, Cheesman Park and returning to Fairmount. This is similar to the May ride with a different castle, other historic homes and more stories.
FUN ATB-H2-32-E-8:30 AM The Sand Creek Trail Ride. Meet **Tom Tobiassen** (303-699-9260) at the Aurora Public Library, 14949 E. Alameda Parkway for a ride down the spectacular Sand Creek Trail. *This trail is not paved so ATB or MTB are recommended. Also thorn proof tires are required.*
FUN-H3-30-NW-9:00AM Meet **Ludwig Goppenhammer** (303-279-7951) at the Prospect Park picnic tables (44th and Robb St.). The group will ride through west Arvada to the Arvada Reservoir then returning via Easley Rd. through Golden to the Clear Creek trail back to Prospect Park. Lunch is optional.
FUN/INT ATB-H2-19-SW-9:00 AM. Meet **Gary Goins** (303-433-4398) at Writer's Vista Park for a loop ride along the High Line Canal and Lee's Gulch Trails. *Mtn. bikes and hybrids with wide tires are advised.* Bring water, sunscreen and money for lunch. Writer's Vista Park is on Mineral one mile east of the intersection of South Santa Fe and Mineral.
Road(15mph)-H4-42-Mountains-9:00AM Meet **Donald Schmertz** at the Park-and-Ride in Bergen Park. Climb Squaw Pass, then down to Idaho Springs. Return by Floyd Hill. 5320 ft in climbing elevation.
MTB P3, T3 9:30 AM Don't want to camp? Join the campers at 9:30 AM Saturday morning for a ride along the Indian Creek trail system to Lenny's Bench. Call Darrell Deering 303-697-6126 or jncanyon@cs.com for details.
- Sunday, July 8** **FUN-H2-22-W-9:30AM** Meet **Rick Clauder** (303-393-7058) in Idaho Springs at the public parking lot behind Beau Jo's Pizza.(Directions: Drive I-70 West to Exit 240) for a lovely ride on the I-70 frontage road to Georgetown and back to Idaho Springs. Cruise downhill to Idaho Springs.
INT/Road H3/H4 40- 9:30 Meet **Carol Robbins** (303-758-8495) at Wadsworth Blvd and Deer Cr. Canyon Rd. with a ride to Evergreen. We will ride by way of South Turkey Cr., North Turkey Cr. and High Dr. for a lunch stop at Baskin Robins in Evergreen
- Tuesday, July 10** **ROAD-H3/H4-28-9:30 AM** Meet **Darrell Deering** (303-697-6126) at Deer Creek Park parking lot. Go west from Wadsworth Blvd on Deer Creek Road for about 4 miles to Grizzly Road turn left to Deer Creek Park. We'll ride up Deer Creek Road to the High Grade and on to Oehlman Park Rd. through Hill Dale Pines, then to South Turkey Creek Rd. back to Deer Crk. Rd. and return. We will climb about 2500 ft. in the first 12 miles. Average pace will be about 10 MPH for the ride. Lunch is in the Ken Caryl Ave and C470 area after the ride.
- Wed., July 11** **"Roses"/FUN-H2/H3-1-SW 8:30 AM** NOTE NEW TIME! . Meet **Bob Jarrett**, 303/933-1699, in the parking lot of Goodson Recreation Center, 6315 S University Blvd, in Centennial, for a ride on the Highline Canal, C-470, and Willow Creek Trail. The ride is partly on pea gravel. There is an option for 8-10 extra miles. Bring a snack and money for lunch after the ride.
FUN-H1-20-NW 9:00 AM Join **Dennis Walker** (303-650-9657) in the newly paved parking lot at Twin Lakes Park, 1/2 block west of Broadway on the south side of 70th Avenue (Diagonally across the street from the Park N Ride.) Ride west on the Clear Creek Bike Path to Prospect Park and return. Bring a snack and money for lunch at Udi's afterwards.
FUN-H1-25-5:00 PM **Scott Houchin** Ongoing Wednesday after work rides from REI to Hudson Gardens and back. Be at REI in front of Starbucks at 4:45 and we leave at 5:00. Bring a light in case of an emergency breakdown. Weather - if raining no ride - looks like rain meet and we will decide. Questions 303-601-4457 (cell). Sparky9cougar@comcast.net No Lance wannabees.
MTB P2/P3-T2/T3 6:00 PM, Evening ride, Lair o'the Bear, about 5 miles west of Morrison. Hwy 74, south side of road.
- Thursday, July 12** **FUN/INT-H2-16-NW 6:00 PM** Meet at my house, 1808 19th St in Golden then ride to Morrison & back with a possible loop through Red Rocks. This ride is at an intensity level of INT/ROAD but at less distance. Pace set by group. These are intended for the FUN riders wanting to challenge themselves a little more, or to condition to be more ready for INT rides. Focus is on hills and speed, not distance, INT or ROAD riders wanting a quick, short weekday ride are welcome. **Ludwig Goppenhammer**, 303-279-7951, 303-880-0181-cell, ludwig@damnhot.com (Note to FUN riders, I'm just a FUN rider so this will be a challenge to me and not a killer ride for FUN riders.)

JULY RIDE SCHEDULE

- Saturday, July 14** **FUN-H3-T1-P2-8:00 AM** Mineral Belt Trail. Meet **Stuart Black** (303-433-9041) at the 4th and Union Park-n-Ride to carpool to Leadville for a ride through Colorado History. The ride has everything you could want in a ride...hills, history, no air!!!
FUN-H3-22-NW-9:00AM Meet **Howard Bagdad** and **Janet Tingle** (303-278-0541) at the Prospect Park picnic tables (44th and Robb St.). The group will travel the Clear Creek bike path to Golden and tour Golden to the Optimist Bicycle Workshop at Heritage Square. We'll stop at Howard's house to refresh with cold watermelon then return via 44th to McIntyre and the Clear Creek bike path.
INT H2-37-W-10:00 A.M. Join Dale Trone (303-981-9161 cell) for a ride to Montezuma, a town of 29. Leave Frisco Marina at 10:00 AM riding on 2/3 bike path 1/3 lightly traveled roads to Keystone and Montezuma following edge of Lake Dillon then the Snake River. After Keystone, the ride begins a gradual, but steady climb over the next 5 miles. Pack lunch and snacks the scenery on the road to Montezuma will beg for a picnic stop (plus Montezuma's only store has closed) To access the Frisco Bay Marina, take the Frisco exit 203 to Hwy 9. Take Hwy 9 to Main Street and turn left (east) to the marina. Park area listed as trail parking. Weather: Check weather.com HOURLY for Dillon If we have rain or snow or temps under 45 forecast for 10 am--ride is cancelled
MTB P2, T2-3-W 9:30 AM, Hall Valley, north Boulder area ride, Left Hand Canyon west of Hwy 36. Approx 14 miles with 1500' gain ride. Please join **Laurie Armijo** (303-717-7676) and Jeff for a ride with the Boulder friends. This is a double-header day! The group will decide a second optional area ride. If lunch is on the Pearl Street mall, Betasso Preserve. In Lyons, lunch will be at Heil Valley.
- Sunday, July 15** **FUN-H2-25-NW-9:00AM** Meet **Merri Bruntz** (303-517-9781) at Crown Hill for a ride to the Stone House and then the Bear Creek and South Platte trails to REI. We will return through North Denver.
FUN-H3-25-W-9:00 AM Meet **Susan Gregory** (303-477-9233) in Idaho Springs in the public parking lot behind BeauJo's for a calorie-burner ride from Idaho Springs to Georgetown, almost 1,000 feet elevation gain. Ride up and turn around before the wind starts blowing up the canyon and we would have to work to ride downhill!!!! Lunch at Tommy Knocker's Brewery.
- Tuesday, July 17** **6:00 PM Denver Film on the Rocks, "Back to the Future"** No-ride, instead an evening picnic in the spectacular Red Rocks amphitheatre. Get your \$10 tickets in advance. Then RSVP to Jeff (303-969-9241) for a Morrison and C-470 meeting details.
- Wed., July 18** **"Roses" H1-20-NE 8:30 AM** Meet **Marge Derby**, 303/274-2269, in the parking lot of City of Cuernavaca Park (at the parking lot at the dead end of Platte St. past 19th-- a few blocks NE of REI) for a ride north on the Platte River Trail. Bring a snack and money for lunch after the ride at a favorite eatery.
FUN/INT H2-28-SW 9:30 AM Meet **Kathi Baird** (303-981-9158) and **Dale Trone** 303-981-9161 Lakewood Heritage Center at Belmar Park (Ohio and Wadsworth) We start off by going thru Belmar and Addenbrooke Parks to Kipling and then west on the Southside of Alameda to Rooney (Route is still being developed) we'll likely continue over Dinosaur Ridge to Red Rocks Trading Post, Morrison, and Bear Creek Lake park, the bear creek trail, N on Garrison, where we will take an easier than normal climb on back streets to Carr back to Belmar. Lunch: Souper Salad is one block from start
FUN-H1-25-C-5:00 PM Scott Houchin Ongoing Wednesday after work rides from REI to Hudson Gardens and back. Be at REI in front of Starbucks at 4:45 and we leave at 5:00. Bring a light in case of an emergency breakdown. Weather - if raining no ride - looks like rain meet and we will decide. Questions 303-601-4457 (cell). Sparky9cougar@comcast.net No Lance wannabees.
MTB P2-3, T2-3 6:00 PM, Evening ride, Lair o'the Bear, about 5 miles west of Morrison. Hwy 74, south side of road.
- Thursday, July 19** **FUN/INT, H3-15-NW 6:00 PM** Meet at the entrance to Buffalo Bill's Grave on Lookout Mtn. Ride to Genesee Peak & back with a possible loop through Botcher Mansion. Focus is on hills & speed, not distance. This ride is at an intensity level of INT/ROAD with less distance. Pace set by group These are intended for the FUN riders wanting to challenge themselves a little more, or to condition to be more ready for INT rides. Focus is on hills and speed, not distance. INT or ROAD riders wanting a quick, short weekday ride are welcome. **Ludwig Goppenhammer**, 303-279-7951, 303-880-0181-cell, ludwig@damnhot.com (Note to Fun riders, I'm just a FUN rider so this will be a challenge and not a killer ride.)
- Saturday, July 21** **LEISURE/FUN-H2-15-SW-9:30 AM** Meet **Bob Shedd** (303-733-2815) in the parking lot at Clement Park near the DBTC picnic area for an easy-paced ride to Soda Lake Swim Beach in the Bear Lake Park. The ride is about half on bike paths and half on safe streets. Rest stops are along the way. We'll return in plenty of time for the picnic.
PICNIC at Clement Park

JULY RIDE SCHEDULE

Saturday, July 21
PICNIC at
Chatfield

FUN/INT-H2-25/30-9:00 AM Plan to participate with **Dale Trone** (303-981-9161) and **Kathi Baird** (303-981-9158) on the **PPPPPPPP** (Pre Picnic Park-Parkway Path-Park Platte Path-Pedal). That's Clement, Kipling Parkway, Chatfield and Platte Path. Be ready to Push off at 9:00 Am near the DBTC Picnic site in Clement Park. Consider this to be a Phast Phun or slow-med intermediate ride with just one stop in Chatfield.

FUN-H1-21-SW-9:30 AM Meet **Mike and Paula Pahl** (303-977-9481) at the picnic area in Clement Park for a ride to Platte Canyon and Bear Creek Trails. Back in time for picnic!!!

ROAD-H3-33-9:00 AM Meet **Steve Ingraham** (303-756-7847 singraham046@aol.com) in Clement Park before the DBTC picnic (S. Bowles Ave at Pierce Street). This medium paced Road Ride will be to Arrowhead Golf Course. We will cycle south along Pierce Street to Chatfield Ave, then south on Wadsworth to Waterton Road, and onto Rampart Range road to Arrowhead Golf course. We'll return thru Chatfield Reservoir.

Non-picnic ride FUN-H2-38-E to W-8:30 AM Meet **Tom Tobiasen** (303-699-9260) at Treads Bicycle Outfitters, 16701 E. Iloff Ave. Yes, you can get all the way from central Aurora to the REI store and many other points downtown like Ocean Journey, Elitchs and Coors Field on your bicycle. This ride will be mostly on bike trails with a few side streets along the way. We will stop for a short shop at the REI store and return. Bring a daypack for your purchased items.

MTB P2-3, T2-3 9:30 AM, Fairplay Weekend Meet in Como, ride the Gold Dust Trail. 18 miles, 2000' climb to Boreas Pass. There is an optional campout in the evening with a following Sunday ride. See newsletter article for details and RSVP to Jeff Baysinger (303-969-9241).

Sunday, July 22

FUN-H2-35-NW 9:00 AM Meet **Cindy Ferry** (303-274-9454) at Sloan Lake Park (25th and Sheridan) for a ride North to 35th Ave., east to downtown, Cherry Creek trail out to Colorado Blvd, and back on Cherry Creek trail to REI. After a short break at REI, we will take the Platte River trail to Clear Creek, west to Pierce and then South to 26th Ave. and back to Sloans Lake.

FUN-H2-16-SW 9:00 AM Meet **Nadean Kruse** (303-988-8186) at Writer's Vista Park (south side of Mineral Ave., about a half mile east of Santa Fe Drive) for a pleasant ride including a packed gravel path along the Highline Canal, asphalt path on C470, and gravel Big Dry Creek trail. Pretty flat except one short hill-----enjoy a nice coast downhill from that. Lunch after is at Fazolli's.

INT-H3-30NW-9:00 AM Meet **Curt Pellegrin** (303-522-3592) at the Crown Hill (26th and Garland) for a ride south via Garrison and then west on Morrison. From the Conoco Station in Morrison, ride Rooney Rd., Heritage Rd. and Old Golden Rd. to the sacred ground of Higher Ground. After a brief stop and pause (while facing downhill). We will return to Crown Hill via 32nd, Youngfield, and 26th Ave.

MTB P2-3, T2-3 9:30 AM, Fairplay Weekend McQuaid/Salt Creek loop. Meet in Fairplay at the national forest info office. Approx 16 mile, 1500' ride.

Wed., July 25

"Roses" H1-20-SE 8:30 AM Meet **Anne Layschock**, 303/771-6353, at Cottonwood Parking/Trailhead (between Jordan and Parker Rd. on the South side of Cottonwood Dr.) We will ride to the Pinery and return. Bring a snack, and money for lunch after the ride.

FUN-H1-24 SW 9:00 AM Starting from Bowles Grove Park (on Federal one block N of Bowles) we'll head north on the Platte River Trail to REI Starbucks for morning coffee & goodies, and return the same route. Today's leader is **Nadean Kruse** (303-988-8186)

FUN-H1-25-C 5:00 PM Scott Houchin Ongoing Wednesday after work rides from REI to Hudson Gardens and back. Be at REI in front of Starbucks at 4:45 and we leave at 5:00. Bring a light in case of an emergency breakdown. Weather - if raining no ride - looks like rain meet and we will decide. Questions 303-601-4457 (cell). Sparky9cougar@comcast.net No Lance wannabees.

MTB P2-3, T2-3 6:00 PM, Evening ride, Lair o'the Bear, about 5 miles west of Morrison. Hwy 74, south side of road.

Thursday, July 26

FUN/INT-H2-16-NW 6:00 PM Meet at my house, 1808 19th St in Golden then ride to Morrison & back with a possible loop through Red Rocks. This ride is at an intensity level of INT/ROAD but at less distance. Pace set by group. These are intended for the FUN riders wanting to challenge themselves a little more, or to condition to be more ready for INT rides. Focus is on hills and speed, not distance, INT or ROAD riders wanting a quick, short weekday ride are welcome. **Ludwig Goppenhammer**, 303-279-7951, 303-880-0181-cell, ludwig@damnhot.com (Note to FUN riders, I'm just a FUN rider so this will be a challenge to me and not a killer ride for FUN riders.)

JULY RIDE SCHEDULE

Saturday, July 28 **FUN-H1-14/18-N-9:00AM** Meet **Richard Quick** (303- 466-4008) for his **"Bike and Get Benched"** ride starting at the northeast corner of the Target parking lot (Hwy 287 and Midway Blvd). The ride will visit 10 or more parks and will be mostly trails with some city streets. Lunch is optional.

FUN/INT ATB -H3-24-SW-9:00 AM Meet **Gary Goins** (303-433-4398) at Waterton Canyon Parking Lot for a challenging Fun ride up and down Waterton Canyon through Chatfield State Park and along the last rural portion of the High Line Canal. Bring sunscreen. Bring water and money for lunch.

Waterton Canyon. Take Wadsworth south. Cross under C-470 and continue to the west end of the park. Turn left on Waterton Rd. Proceed past the Discovery Pavilion/Audubon Center. The parking lot is the next left. *You can use road bikes, but Waterton Canyon is a gravel road.*

FUN/ ATB or MTB P1-T1 9:00 AM Meet **Lin Hark** (303-507-3502) at trailhead, or 8:15 AM at the OLD Conifer Safeway to carpool to Foxton Rd and the South Platte River for a fun dirt road ride. Along this beautiful river route we will see the old Hotel in South Platte, the Two Forks of the South Platte confluence, Strontia Springs Reservoir and then return to the start for a snack break along the river. Those who wish to continue on the 24-mile ride will then ride to the historic Buffalo Creek General Store and return. This is a well-graded dirt railroad grade so *fat tires are preferred but a touring tire would work* as well. Lunch after the ride is at the historic Bucksnot Saloon in Pine. Watch for detailed direction on the **DBTC Message Board** or call Lin (303) 674-9369 or email linbike@juno.com for directions and to please RSVP at least a day in advance.

ROAD-H3/H4-40/50 SW- 9:00 AM Meet **Peter Bain** (303-984-4436) at Wadsworth and Deer Creek parking area for a ride up Deer Creek to Evergreen. Lunch is optional.

Sunday, July 29 **FUN/LEISURE-H1-24-N 8:00AM** Meet **Darlene Dietzler** (303-366-2215) at Twin Lakes parking lot 70th & Broadway. We will enjoy a leisurely early morning ride west to Ralston Creek trail and return on Clear Creek Trail. The bike paths offer some shade and we should be finished before the heat of the day. Bring lots of water, sunscreen, and money for lunch at Mickey's.

MTB P2/P3-T2-3 9:00 AM Deer Creek Canyon Park. Hookup with **Fred #2 Berry** (720-840-8596) for a romp on these trails and the two upper loops. Enjoy lunch at the nearby Wild Oats afterwards.

FUN-H2-50Km (30 miles)-NW-9:00AM Meet **Merri Bruntz** (303-517-9781) at Prospect Park for the "Big 5-0 ride." Yes, Merri is turning 50 and wants you to join her for a ride to celebrate. We will ride approximately 50Km (30 miles) down the Clear Creek trail and back. Merri will provide beverages for your enjoyment after the ride (i.e., Jeff Jones style).

Monday, July 30

National Trails Day, June 2nd

Arvada celebrated National Trails Day June 2. Bill Orchard set up a DBTC booth at the new Majestic View Park in the heart of the activities. Virgil and Helen Ross manned the booth. Visitors could spin for prizes, including DBTC patches (yes, we still have hundreds) and a CD of 50 bike ride maps in and around Arvada. Bill led the ride, which included many guests, as it was also advertised in the local newspaper. Half way through the ride was a "surprise" cooler of cold water and energy bars. Thanks, Bill.

Richard Enochs, Nancy Kagan, Carol Reinhardt, Martha Jones, Grady James, Josie Phillips, Bob Bruner, Lee Forker, Susan Gregory, Tom Kelsall, Ralph Futch, Paul Schlegel, Darlene Dietzler, Rick Clauder, Jean Thayer, Laurie Sindt, Jake Jacks, Rachel Mondragon, Patrice Mondragon, Rob Jones, Sue Frakes, Bob Jarrett, Jeff Stahovich, Kai Stahovich, Gordon Valentine.



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303-237-1115
www.westsidecycling.com

Santa Fe/Taos Multi-Sport Trip
May 2007

Leaders: Ellen Chilikas and John Campbell
About 2 dozen members enjoyed a wonderful week playing in New Mexico. Activities included a scenic 50 mile bike ride around Santa Fe, a hike in the MUST SEE Tent Rocks National Monument, a bike ride near Lake Cochiti, and a visit to the 100 acre sculpture garden with works by the famous native American artist Allan Houser. We left Santa Fe and drove to Los Alamos for a hilly bike ride near Bandelier National Monument. Several people took side trips into the Bandelier National Monument, visited the Bradbury Science museum in Los Alamos, or visited the small town of Chimayo. We drove to Taos for the rest of our trip. Activities included bike rides, sightseeing, shopping, and a brave group went rafting through some exciting class III rapids. That night, we had a happy hour before an authentic New Mexican dinner at Orlando's. If you get a chance, stop in and sample the frozen avocado lime pie. Our last day was a 55-mile bike ride near where Georgia O'Keefe lived. Some of us went to the Ojo Caliente Hot Springs and soaked in the many different mineral pools and even took a mud bath. Many indicated they liked the multi-sport aspect and the flexibility that the free days provided. If anyone is interested in leading this trip in the future, please contact Ellen Chilikas or John Campbell - we'd be happy to share the routes and our notes.



Tent Rock Hike
Diane, Patty, Emil, Ellen, Sally, Carolyn, Carol and Karen

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