



The Colorado Bicyclist

August 2007

MARK YOUR CALENDARS

DBTC Picnic
September 22

Volunteer Recognition Dinner
November 10

A BikeDenver Community Service

Gary Rossmiller

We provide free bicycle parking at a number of Denver community events including The Taste of Colorado. This festival of food, arts and music is held in downtown Denver at Civic Center from Friday, August 31st through Monday, September 3rd.

Interested in helping out? We'll be staffing our bike corrals from 10:00 am till 10:30 pm. We ask for 3 hours of your time. In exchange, the Taste of Colorado provides our volunteers with food and beverage coupons for the festival.

We'll have a schedule up soon. You'll be able to sign up for your preferred time slot online at:
<http://www.bikedenver.org/bike-parking>

Want to know more? Contact me at bikeparking@bikedenver.org or See what our volunteers have to say...

HELP PUT THE 'TOUR' BACK INTO THE DENVER BICYCLE TOURING CLUB Ellen Chilikas

Want to lead an out of town tour but aren't sure how to go about it? Did you know that your hotel and some other trip expenses are free when you are a tour leader? Well, come to dinner at Old Chicago on Thursday September 20 at 6:30 pm and we'll tell you all about it. Dinner is on DBTC. But you need to commit to at least being on the Out of Town Tour (OOTT) committee and hopefully leading a tour in 2008 or 2009. Tours can be for weekends or for a whole week. You can either come up with an itinerary of your own or use some of our tried and true past trips. We'll even provide you with a tour mentor who can help answer all of your questions and give you practical advice from tours past. If you are interested, RSVP to me, Ellen Chilikas, at 303.750.5099 and I will provide you with the location of the restaurant. .

Anyone who rode the Children's Hospital Courage Classic, RAGBRAI, Triple Bypass, or other ride, notify Darlene Dietzler, darleneetz@comcast.net, and it will appear in the September issue.

DBTC Members on the Road

The following members did the "Ride The Rockies" and added another jersey and water bottle to their collection: Bruce Kohl, Dale Trone, Kathi Baird, Merri Bruntz, Jerry Baer, Scott Houchin, and Lynn and Nick Kripakov.

Members experiencing scenic Colorado on "The Bicycle Tour of Colorado" were: Cathy Perkins, Darrell Deering, Mary Sue Dickerson, Mary Gallagher, Skip Beck, and Russ Peterson.

Brad West, Jerry Baer and Annie Nordstrom successfully raised funds for the National Multiple Sclerosis Society and rode the "MS 150 Bike Tour"



DBTC's Officers

- President**
 Bruce Kohl.....303-458-7322
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- Vice President**
 Ludwig Goppenhammer.....303-279-7951
 VicePresident@dbtc.org
- Secretary**
 Steve Ingraham.....303-756-7847
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- Treasurer**
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- Newsletter Mailing Group**
 Carolyn Bauer 303-740-8491
 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, August 6th, 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.

Message from the President

I completed my second Ride the Rockies, this one being a lot more challenging than last year. A highlight was riding from Glenwood Springs to Aspen. Although I have done this section several times, this year it included a new bike path (rails to trails) from Carbondale up to Aspen. Easily could be missed, this trail starts just after the railroad crossing on the south end of town. The only drawback is it bypasses Basalt. Happy Trails.
 Bruce Kohl

2007 Out-of-Town DBTC Trips

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 diva@yahoo.com	Oct 13-20 2007	Ellen Chilikas	outdoors-

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.

DBTC and Bike-to-Work Day

Thanks to volunteers Gary Goins, Ludwig Goppenhammer, and Steve Ingraham, the DBTC again showed its colors during Bike-to-Work Day, June 27th. Dozens of cyclists stopped by our booth in downtown Denver's Civic Center to find out more about our club. They walked away with DBTC Newsletters, business cards, and application forms. The day was cool but the crowd warmed up to short speeches about bicycle commuting from Mayor Hickenlooper and Governor Ritter.

Advance Planning Calendar

August 5-11 Colorado Rocky Mountain Bicycle Tour www.crbmt.com Gunnison, CO	August 18 Stonewall Century Ride www.spcycling.org La Veta, CO	September 22 DBTC Picnic Tanglewood Park (Lakewood/Golden)
August 11 Tour De Steamboat www.rockypeakproductions.com Steamboat Springs, CO	August 25 Tour de Cure www.diabetes.org Longmont, CO	September 23 Good Sam Bike Jam www.goodsambikejam.org
August 12 Pikes Peak Classic www.s-cap.org Buena Vista, CO	September 9 Buffalo Bicycle Classic www.buffalobicycleclassic.com Boulder, CO	October 5-7 Moab Century Tour www.skinnytirefestival.com Moab, UT
August 18 Moonlight Classic www.moonlight-classic.com State Capital, Denver	September 15 Tour of the Vineyards www.Coloradovinefest.com Palisade, CO	November 10 Volunteer Recognition Dinner Holiday Inn, Denver

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.

BRAD WEST'S "TARGET" CENTURY RIDE
Scheduled for Saturday, August 18
Bradford.west@gmail.com

The idea for this ride came when I was shopping at Target. I've wanted to plan a century ride but wasn't sure how to work out support. On a century ride, metric or miles, there has to be places to stop, get cool, get something to drink, and prepare for the next leg. Since Target stores sell everything, including groceries and Starbucks, it seemed like a natural idea. Completing a century can be a milestone in your biking trail. After you've completed a century, you'll know that no other goal is beyond your reach. I've tried to make this ride easy to complete, with the climbing in the morning.

A century is approached differently from other rides. Think of it as a 20-mile ride you do five times - all in the same day. A century is not the time to try and lose weight, set speed records, or see how long you can go without a break. On the century, it's best to try to stay comfortable, eat often, drink frequently, and try to keep up with people slower than you. The goal is to finish and still feel pretty good.

We will start just after sunrise - 6:00 A.M. We will not try to start or ride together or wait for stragglers. Print out the map before you come and show up at the Kipling Target, 51st and Kipling, Arvada. If you have a DBTC bike route map, mark the century route. It all fits on the map and will help you through some of the tight spots. **Sunset is at 7:52 PM.**

Bring lights.

It's important not to burn out at the beginning. Ride at a comfortable pace. The climbs are mostly at the beginning. Take them at a comfortable speed. You have a lot of descent to look forward to.

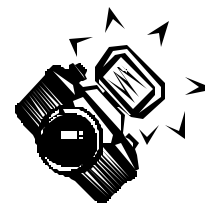
Take rest breaks at all the Targets. They are 15 to 20 miles apart. Have something to eat and drink at each stop starting in the morning. You may not feel hungry, but this will be your fuel later in the day. It will be hot so take the time to cool down and avoid heat exhaustion or sunstroke. Talk to someone to be sure you are coherent. If you need to stop,

have a plan. Call someone or find a bus. The club does not have plans for organized SAG vehicles. We would accept a volunteer if someone wants to do that. Let me know and I'll get out the word.

Bring everything you will need. Some emergency things can be bought at Target, but they do not have a wide selection of tubes, etc. The first stop, the Boulder Target, is across the street from Bicycle Village.

Following is a suggested checklist. Pace yourself and enjoy the view. Think of all the people you can brag to on Sunday and Monday.

- Bicycle (don't leave home without it)
- Jersey (most of us look better clothed)
- Headgear for the heat (I use a sweat cap)
- Sun block (experts say use a full ounce every time you put it on)
- Cell phone with my number 303-378-7566 and others on the ride
- Seat post rack or backpack
- ID tag visible from the outside
- High visibility jacket, coat, belt, anklets
- Chamois Cream (use early and often!)
- Medicines needed
- Shoes
- Socks
- Shorts
- Leg Warmers
- Arm Warmers
- Rain Gear
- Helmet
- Sunglasses
- Water Bottle(s) and Water
- Heart Monitor
- Two Spare Tubes
- CO2 Gun and 3 Cartridges
- Tire Tools
- Hex Key
- Camera
- Money or Card
- Bike Lock
- Compass
- Thermometer
- Tissues
- Bring anything that might make your day more fun.



SUMMER FUN IN THE MOUNTAINS
August 11th

Join Darlene Dietzler, Howard Bagdad and Janet Tingle in Frisco for a pair of rides - one a leisurely ride to Breckenridge and the other a challenging ride to the top of Vail Pass. After the rides, everyone will meet for lunch to discuss the day. See the schedule for details.

TANGO CRESTED BUTTE
August 17th-19th
Ride Campout

Some take the easy life path; some take the harder life path. Others take the rocky, grimy, sweaty, difficult path. Your choice: motel or campout, eat at camp or eat in town, shower at the hostel or just get dirtier. But be prepared for a memory making experience. Riders are encouraged to bring digital cameras to record the images for posterity. Clowning will be approved; frowning will be disapproved. Images from this weekend will be viewed at the following Labor Day Weekend Mango Martini affair. Stay tuned for event details in September's newsletter. In the meantime, for serious inquiries, call Jeff 303-969-9241.

NEW MEMBERS

- JEFFREY ALPERT
- MIKE FOLEY
- NATALIE & STEPHEN GOLDMAN
- GARY GORMAN
- ANITA HANAGAN
- DANIEL HAXTON
- ANN HIX
- LINDA KAHANANUI
- JANET QUINN
- BETH RADETSKY
- VIRGINIA ROMERO
- HOLLY SACKETT
- BETH TODOR
- ANITA WATKINS



MOAB
October 13th-20th

The Moab multi-sport trip (road biking and hiking) is October 13-20. The hotel needs to be paid in advance so final payment needs to be in by Sept 10. If you are interested in coming, please email Ellen at outdoors-diva@yahoo.com ASAP. The trip cost is \$400/person double occupancy. Here are the highlights of the trip.

Moab is an easy 6 or 7 hours drive from Denver and the weather should be perfect this time of year. We'll be playing in and around Moab including the Needles in Canyonlands and in Arches National Park (one of the most beautiful places I know of). On each of 5 'activity days' you can choose to either bike or hike or do both. The biking is Intermediate and hilly, and the hiking is Easy/Intermediate with some sand, slick rock and a few ladders. There will also be one free day - we'll have plenty of options of things to do, plus we are trying to arrange an optional raft trip. A detailed itinerary is available - just email Ellen at outdoors-diva@yahoo.com.

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.

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.

AUGUST RIDE SCHEDULE

Wed., August 1 "Roses" **H1-20-SE 8:30 AM** Meet **Judy Deist**, 303/841-4792, at East Bank Park, south of Main Street, south of Hilltop, where Pine/Indian Pipe crosses Parker Rd. in Parker for a ride along the Cherry Creek Trail, out and back. Most is paved. Bring a snack and money for a restaurant lunch after the ride.
FUN- H1-29-SE 9:00 AM Russ Tempelman (303-617-0260) will lead a ride from the Cottonwood Trailhead (located on Cottonwood Drive about 1/2 mile North of E-470 between Jordan Road and Parker Road). We'll go South on the Cherry Creek Trail to Scott Road. Then turn back North to pick up the Sulphur Gulch Trail which goes East through Parker and then return to the start. The trails on this route are all paved. Lunch afterwards if the group wishes.
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 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. Red Rocks grill after.

Thursday, August 2 FUN/INT-H3-15-NW 6:00 PM Meet at 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,

AUGUST RIDE SCHEDULE

- Thursday, August 2** 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, August 4** **FUN-H2-18-SE 8:30 AM** Tour de Cherry Creek State Park. Meet **Tom Tobiassen** (303-699-9260) at Treads Bicycle Outfitters, north side parking lot at 16701 E. Iliff Ave (NW corner of Iliff & Buckley) for a ride around Cherry Creek State Park.
FUN-H3-26-NW 9:00AM Meet **Curt Pellegrin** (303-522-3592) at the Broomfield PNR at 120th and Wadsworth. He will take the riders to Marshall, Superior, and Interlocken. The ride is on bike friendly streets and country roads and includes many scenic views of the Front Range. Lunch afterwards is optional.
INT-H1/2-30ish-Central-8:00am - Meet **Ellen Chilikas** (h:303.750.5099, c: 720.670.0296) on the south side of the Bed, Bath and Beyond store on the SE corner of 1st and University for a Farmer's market ride. The group ride west on the Cherry Creek trail and then decide whether to go north or south from Confluence Park. The ride will be along bike paths at an Intermediate pace (12-15mph). No maps will be provided - we'll all stick together. After the ride, we'll shop and have lunch at the Cherry Creek Farmer's market. Please park behind the Bed, Bath and Beyond closest to the Cherry Creek trail.
- Sunday, August 5** **FUN-H2-23-W 9:00AM** Meet **Merri Bruntz** (303-517-9781) at Crown Hill. Ride south through Lakewood to Morrison via the trail on the south side of Alameda Pkwy & Rooney Rd (nice smooth downhill). We will then ride east on Morrison Rd to Stone House, returning via Garrison St.
FUN-H3-25-W 9:00 AM NO BIRTHDAY SUIT RIDE! Join **Susan Gregory** (303-477-9233) for her birthday ride from Idaho Springs to Georgetown. Meet in the parking lot behind Beau Jo's for this 1,000-foot elevation gain ride. Lunch is at the Buffalo Restaurant. Susan requests: One verse of Happy Birthday, no gifts and especially no birthday suits. She will provide cake and ice cream.
INT-H2/3-28 9:00 AM Meet **Bruce Kohl** (303-458-7322) at Wild Oats in Superior. (Hwy. 36 and McCalslin Blvd.) Ride north thru Boulder then up to NCAR and return. Lunch options after the ride.
ROAD-H2-38-SW 8:00AM Meet **Row Helman** in Sedalia at the 2nd set (most western) of RR tracks. Sedalia is 8 miles south on Santa Fe Drive from C470. We'll ride an out and back with a gradual incline on the ride out to Larkspur. We'll have a rest stop at the country convenience store in Larkspur before returning. Gradual decline on the return makes for a pleasant finish. Lunch afterwards.
MTB-P3-T3 9:30 AM, Take a grind up Bergen Peak starting from the lot off Stagecoach Blvd. Join **Russ "Everest Challenge" Peterson** (720-299-8269) for this 2000', 11mile journey, to the view and loop return.
- Tuesday, August 7** **Road H3-45 9:00 AM** Meet **Darrell Deering** (303-697-6126) at Idaho Springs behind Beau Jo's Pizza.(Drive I70 west to exit 240) We'll ride west on the I70 frontage road to Hwy. 40 then head northwest thru Empire up to Berthoud Pass and return. Elevation gain is about 3000 ft. We'll look at one of the oldest ski areas in Colorado on Berthoud Pass. Lunch at Beau Jo's
- Wed., August 8** **"Roses" H2-20-SW 8:30 AM** Meet **Melba Bouquet**, 720/493-0564, at Carson Nature Center, , (N on So Platte Parkway, West of Mineral and Santa Fe, opposite Aspen Grove Shopping Center.) for a ride into Chatfield State Park. Bring a snack, and money for a restaurant lunch after the ride.
LEISURE/FUN-H2-18-SW 8:30 AM - **Nadean Kruse** (303-988-8186) This leisurely Littleton loop starts at Aspen Grove shopping center. Park at the far north side of "Champs Restaurant" one block north of Mineral on Santa Fe. There will be frequent stops in the shade and a refreshing "frozen yogurt smoothie break" to keep us cool. Many options for lunch or more ice cream after the ride! Leader today is Nadean Kruse (303-988-8186)
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 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-T2 6:00 PM Temporary return to Green Mountain in Lakewood, meet the DBTC crew at **Peter Bain's** house and then chip in for a pizza party afterwards, 14220 W Virginia Dr, Lakewood, CO 80228 (303-984-4436).
- Thursday, August 9** **FUN/INT-H2-16NW 6:00 PM** Meet at my house, 1808 19th St Golden, Ride Golden 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 rides wanting a quick, short weekday ride are welcome. **Ludwig**

AUGUST RIDE SCHEDULE

- Thursday, August 9** **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.)
- Sat., August 11** **LEISURE and FUN H2-22-Way West Summit County-7:00 AM** Meet **Darlene Dietzler** (303-366-2215) at the Park n Ride, 4th and Union, Lakewood, to car pool to Frisco. We will ride from Frisco to Breckenridge, spend about 45 minutes at the town park, and then regroup for the return trip. Be sure to visit the Breckenridge Welcome Center. They have an interesting exhibit on the history of Breckenridge. The bike path is scenic, paved, with lots of curves and ups and downs, and 11 miles each way. I will lead it at a leisurely pace. Faster riders can form another group and ride at a faster pace. Bring lots of water, sunscreen, a lock for Breckenridge, and money for lunch. Also, bring a rain jacket, as storms are common in the afternoon. Lunch is in Frisco with Howard and Janet's group.
- FUN and INT. H4-26-Way West Summit County - 9:00 A.M.** Meet **Howard Bagdad** and **Janet Tingle** (303-278-0541) at the Frisco parking lot at the west end of town. Those wishing to car pool, can meet Darlene's group at the 4th and Union Park n Ride at 7:00 a.m. The ride will take the bike path from Frisco along the 10-mile Creek to the Copper Mountain Resort and then climb to the top of Vail Pass. After a short break, it is all downhill back to Frisco. We'll meet Darlene's group for lunch.
- Those wishing to meet us in Frisco, take I-70 west to the second Frisco exit -201. Make a left, go under I-70, and the parking lot is on your right. Meet at 9:00 a.m.**
- MTB P2/3-T2/3 10:00 AM**, Keystone Gulch 12 mile West Ridge boulder ride, late afternoon picnic at **Al Spanier's** condo, followed by a 6:30 PM Dillon summer concert. Meet in the free parking lot at the main Keystone Mountain House Base (not the Keystone Gondola base farther East). At Keystone, turn right (south) at the traffic light and then left (East) at the "T" and follow the signs and the main paved road to the Keystone Mountain House Ski base. There is a large lot with free parking just north of the 2 ski lifts. Cell: 303-596-5518, e-mail: AlSpanier@aol.com
- Sunday, August 12** **FUN/ LEISURE-H2-19-NW 8:30 AM** Meet **Nadean Kruse** (303-988-8186) at Gold Strike Park, at the junction of Sheridan and I-76 (Directions: Go one block N of I-76 on Sheridan, turn west on Ralston Road. At the first stoplight at 56th Ave, turn south. Go about one block and turn left into the park. Look for the tall white "mast" of the span bridge on the bike path). This ride is great for those looking for a gentle workout with frequent stops. Nadean will make a loop using Ralston Creek Trail, 72nd St., Little Dry Creek and Clear Creek trails. There will be an ice cream break to keep us cool, and lunch afterwards.
- ROAD/INT-H3-29-W 8:30 AM** It's hot in Denver so ride with **Denny Martin** (303-793-0395) from Idaho Springs along I-70 frontage roads to Silver Plume just past Georgetown. Meet in Idaho Springs in the Municipal parking lot behind the Buffalo Bar. It's a gradual incline all the way to Georgetown and then a steep climb for a couple miles while passing the narrow gauge railroad to Silver Plume. There are plenty of lunch options after the ride in Idaho Springs.
- Wed., August 15** **"Roses" H2-20-NW 8:30 AM** Meet **Dave Grimes**, 303/986-7666 at Berkeley Park, 46th east of Sheridan for a ride along Clear Creek, the Platte River, and through neighborhoods. The ride is flat except for a steep 4 blocks near the end. Bring a snack, and money for lunch at a favorite eatery after the ride.
- INT-H1-25-SE-8:30AM** Meet **Steve Ingraham** (303-756-7847 singraham046@aol.com) at Village Greens Park east parking lot (Dayton and Union, near west entrance to Cherry Creek Reservoir) for an out-and-back ride to Parker. The route will follow the Cherry Creek bike path and some city streets. Lunch afterwards if the group desires.
- 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 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** Last evening at Lair o'the Bear, about 5 miles west of Morrison. Hwy 74, south side of road. Red Rocks grill after.
- Thurs., August 16** **FUN/INT- H3-15-NW 6:00 PM** Meet at 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.)

AUGUST RIDE SCHEDULE

Friday, August 17 MTB P2, T2-3 2:00 PM, Green Lake Trail, Crested Butte weekend. A 9.4 mile out and back ride, 2000' climb. Meet at the Chamber of Commerce building in town. See article announcement.

Sat., August 18

FUN-H2-24-NW-8:30AM Meet **Rick Clauder** (303-709-5489) at the West parking lot at Westminster City Park (Directions: From US36 and Church Ranch Blvd / 104th Ave. exit, east on 104th about 1/2 mile to the first left after the Westminster Blvd light) for a lariat loop ride of the Westminster, Northglenn, and Thornton area, including the Farmer's Highline Canal, Lee Lateral and Grange Hall Creek trails. Bring a snack and we'll have lunch afterwards at a nearby restaurant.

FUN-H2-E-8:30 AM Meet **Tom Tobiassen** (303-699-9260) at Treads Bicycle Outfitters, north side parking lot 16701 E. Iliff Ave. (NW corner of Iliff and Buckley) to do the Aurora Trail Loop.....ride along the Cherry Creek High Line and Tollgate Creek Trails.

INT/Road H3/H4-40 9:00 AM Meet **Diane Minka** (303-758-8495) at Deer Creek Rd. and Wadsworth Blvd. . We'll ride up Deer Creek Road to the High Grade on to Oehlman Park Rd. through Hill Dale Pines, on to South Turkey Creek Rd. back to Deer Creek Rd. and return. Lunch in the Ken Caryl Ave and C470 area after the ride

Century & Metric Century INT/ROAD-H2-(65/96)-N-6:00AM Meet **Brad West** at the Target store at Kipling and 51st Ave for the cool, early start at 6am for a Century or Metric Century ride through Boulder and other towns on the metro area's north side. We will follow roads, streets, and trails that comprise the Century loop. Rest and Refueling stops will be at the various Target Stores along the route. In addition to Boulder, the route travels through Lafayette, Thornton, Brighton, and Arvada. This is a ride-at-your-own-pace tour. Get a group of like-minded riders together and make a day of it!! Maps will be available at the start of the ride or by contacting Brad at bradford.west@gmail.com Please see article about this Century Ride elsewhere in this Newsletter.

MTB P3-T2/3 9:30 AM, Trail 401, the Crested Butte spectacular! A mind whacker, enough said. This is a 14.5 mile loop with a morning climb to timberline and a thrilling downhill. You will never be the same.

Sun., August 19

FUN-H3-25?-SW 9:00 AM Ken Caryl Loop Ride by **Howard Bagdad** and **Janet Tingle** (303-278-0541). Start at Mineral & Santa Fe Park & Ride, ride west on Mineral to Platte Canyon Road, southwest to bike path on I-470, west to Ken Caryl Ave, south to Valley Road and Deer Creek Road. Beautiful scenery at Ken Caryl Rd. and Deer Creek Canyon Rd. East to Owens St. East on W. Ute Ave. to Kipling St. North to return to I-470 trail and return to Mineral Park & Ride. Possibility of lunch at Kipling.

FUN-H2-22-W 9:00AM Meet **Merri Bruntz** (303-517-9781) 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. All downhill to Idaho Springs. Lunch optional.

ROAD-H4-39-W-9:30AM Meet **Dennis Brooks** in the Beau Jo's Parking lot in Idaho Springs at 9:30am for a ride to Bakerville and back. This is a 39 mile ride round trip with 2200 ft of elevation gain. We will be riding frontage roads along Clear Creek with plans for lunch in Idaho Springs on return. Call 303-798-0096 with any questions.

MTB P3-T3 9:30 AM, Upper, Upper Loop Trail, Crested Butte, by the ski mountain, after breaking camp. 11.2 mile loop, 1200' up, then quickly down.

Wed., August 22

"Roses" H1-22 SW 8:30 AM Meet **Dave Noble** 303/694-2008 in the parking lot of South High School, corner of Louisiana & S Franklin, near SE corner of Washington Park for a ride including Westerly Creek, City Creek, Capitol Hill, and Stapleton. Bring a snack, and money for a restaurant lunch after the ride.

FUN/INT-H2-24to40-W 9:30A.M. IDAHO SPRINGS TO GEORGETOWN and/or Silver Plume and/or Bakerville **Kathi Baird** (303-981-9158) and **Dale Trone** (303-981-9161cell) would like you to meet in Idaho Springs in the public parking lot behind Beau Jo's. To again try the ride that got blown away in June (literally with 45 mph winds) this will be a ride on the frontage road to Georgetown and wind/weather permitting optionally on to Silver Plume and Bakerville. The return to Idaho Springs is all downhill!!!! We will have lunch in Idaho Springs.

Weather: Check weather.com HOURLY for Idaho Springs. If we have rain or temps under 45 or winds over 20 mph forecasted for 10:00 a.m. -ride is cancelled.

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). Sparty9cougar@comcast.net No Lance wannabees.

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

Thurs., Aug. 23 **FUN/INT-H2-16-NW 6:00 PM** Meet at my house, 1808 19th St Golden, Ride Golden 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

AUGUST RIDE SCHEDULE

- Thurs., August 23** 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 rides 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.)
- Sat., August 25**
- FUN/INT-H2-25-NW-9:00AM** Meet **Marilyn Smith** (303-916-8097) at WalMart at Evergreen Parkway exit for a Tour of North Evergreen. The ride will be on old Hwy 40 to Soda Creek and Hiwan Hills. We will have lunch afterwards at the Genesee Cafe.
- FUN-H1-21-NE-9:00 AM TOUR OF NORTH DENVER WINERIES** Join **Don and Marilyn Swett** for a tour of 3 fine wineries in Denver., Balistrei Vineyards, Bonacquisti Wine Company, and Spero Winery. We will start our ride from the Balistreri Winery at 1946 E. 66th Ave in North Denver. Use Google or Mapquest to find the best way for you to get to this location. Bring cash or plastic in case you find a wine you love, plus after the ride, Balistreri has patio seating and a small menu of very tasty items. Please email RSVP to don_swett@earthlink.net. Because this is an unusual start location, call Don if questions 303-791-5863.
- ROAD(15/17)-H4-(36/40)-W-9:00AM** Meet **Donald Schmertz** and **Mary Topping** for two Road Rides (Handycap Rides) from Crown Hill Park in Lakewood. Both rides will go west to Golden then climb Lookout Mountain to Buffalo Bill's grave. One ride will go a little longer in mileage but will meet up with the shorter ride on the climb. All rides will return to Golden (Higher Grounds) for coffee and snacks. Those who do not wish to do Lookout can wait in Golden for the group. Crown Hill Park is located on West 26th Ave and Kipling St. See parking lot with bathrooms at Garland Street and 26th Ave.
- Sunday, August 26**
- FUN-H2-25-SW-9:00 AM Cindy Ferry** (303-425-9454) would like you to meet her at the Stone House (W. of Wadsworth- east side of Estes- a little south of Yale) Your fun ride will follow Bear Creek bike path over Bear Creek Reservoir to Morrison. Head up towards Red Rocks and circle back.
- FUN/INT-H3-39-NW-9:00AM** Meet **Marilyn Smith** (303-916-8097) at 8:45 for a 9:00 AM start from the RTD parking lot on County Road 65 off Evergreen Parkway. The ride will be mostly in residential areas, and there are several steep hills. Bring money for lunch afterwards at the Whippletree.
- ROAD(17mph)-H1-37-NE-8:30AM** Meet **Steve Ingraham** (303-756-7847 singraham046@aol.com) at the RTD Park-n-Ride at Broadway and 70th Ave for an out-and-back ride on the Clear Creek path and Riverdale Road to Brighton. Lunch afterwards if the group desires.
- MTB P2/3-T2 8:30 AM**, Centennial Cone, carpool from the 4th and Union (Cold Spring) PNR. Approx 13 mile loop, 1800' gain/loss. Cathy 303-980-6738
- Wed., August 29**
- "Roses" H1-20 NE 8:30 AM** Meet **Anne Layshock**, 303/771-6353, at City of Cuernavaca parking lot (end of Platte St., NE of 19th St. From I-25 north, 20th St. off-ramp, rt. on Raven, rt. on 19th, rt. on Platte River) for an out and back ride along Cherry Creek. Bring a snack, and money for a restaurant lunch after the ride.
- Fun/Int - H2/3 25-W-9:00AM Joyce Terlaje** (303-986-2011) will lead a ride starting at Addenbrooke Park in Lakewood (parking lot on west side of park off of Kipling). We will head south via Garrison to Bear Creek Trail. From there we will head East to **Bear Creek Trail** to Platte River Trail and head North to REI. We will take a break there and head West through Denver to Crown Hill Park and South on Garrison back to Addenbrooke Park. There is some road riding on bike lanes and slight portion on quiet roads. Please be ready to leave park at 9:00 a.m. Lunch afterwards is at Cafe Jordano (Jewell/Kipling)..
- 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 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-T2 6:00 PM**, Evening ride, Green Mountain in Lakewood, meet the DBTC crew at the main (Florida Dr) parking lot off west Alameda.
- Thurs. August 30**
- FUN/INT-H3-15-NW, 6:00 PM** Meet at 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.)

DBTC SPONSORING SHOPS

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

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
303-420-3854

BICYCLE PEDAL'R
2030 E. COUNTY LINE ROAD
LITTLETON, CO 80126
303-730-8038
www.BicyclePedalr.com

BIG KAHUNA BICYCLES
9032 W KEN CARYL AVE
LITTLETON, CO 80128
720-981-5199
www.bigkahunabicycles.com
Includes 10% discount on bikes!

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

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

CYCLE ANALYST
722 S. PEARL St.
DENVER, CO 80209
www.cycleanalystinc.com

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

ECHELON SPOKES & SLOPES
297 N. Hwy 287, Ste 110
Lafayette, CO. 80026
303-604-1825
www.echelonspokesandslopes.com

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

GOLDEN BEAR BIKES
290 NICKEL STREET
BROOMFIELD, CO 80020
303-469-7273
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
www.mobcyclery.com

PEAK CYCLES
801 14 th ST. SUITE B
GOLDEN, CO 80401
303-216-1616
BikeParts.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
1435 S. HOLLY
DENVER, CO
303-691-5650
www.sampsonsports.com
No discount on labor.

THE GOLDEN BIKE SHOP
722 WASHINGTON AVE
GOLDEN, CO
303-278-6545

TREADS BICYCLE OUTFITTERS (3 locations)
*10831 S. CROSSROADS 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



Pizza and Beer

Over 20 people toured a local brewery and sampled Dry Dock Beer and then ate free pizza at Old Chicago on June 16th. It was a perfect day to tour and then cap the day off sitting on the patio. Thank you Don & Marilyn Swett for putting this together. You can join them in August for a winery tour of north Denver, see details in the schedule.

BIKE BOXES

Taking a trip? Going on vacation?

Taking your bike?

DBTC has bike boxes ideal for travel. Contact Gaar Potter 303-691-0938 or gaarpo@comcast.net

Reminder to Ride Leaders

We strongly encourage you to take advantage of the traffic lights and cross walks when you are trying to get a large group across a major street. Sometimes you might have to ride a block or so out of the way, but we're out there for exercise! If the group can't all make it across the street at the same time, everyone should regroup on the far side.

NEWSLETTER VIA EMAIL... *The newsletter is available by email. If this works for you, send your email address to webmaster@dbtc.org.*