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Board Meeting

Any member wishing to attend a board meeting is welcome to attend. The next board meeting is May 5th at Perkins Restaurant, 1995 S. Colorado Blvd. If you wish to address the board, contact the secretary, Steve Ingraham, singraham46@aol.com or 303-756-7847 so that your topic can be placed on the agenda.

Letter from the President, Rick Clauder

For all of our members who missed the Kick-Off Dinner, sorry. A great time was had by all. We had authentic Mexican food provided by Rosa Linda Mexican Café in Wheat Ridge.

The program was a slide show presented by Ellen Chilikas. It highlighted the Out of Town Tours for the past 3 years. Quite a variety of locations—from the desert and rock formations of Utah to the lush greenery and water of the San Juan Islands in Washington State, to the Rails and Trails trip in Idaho, and to the Texas Hill Country—just to name a few. Besides riding a bike, there was hiking, riding the ferries, sight seeing, eating, shopping, and even sea kayaking. Ellen's commentary and the accompanying music added to the enjoyment. Thanks, Ellen from all of us.

Darlene Dietzler gave a history time line of the Denver Bike Route Maps. DBTC acquired the maps in 1986, when the organization that formally sold the maps, folded. Anne Nordstrom did the drafting and layout work for the first map produced by the club. Darlene mentioned all the names of members who worked on the revisions and the members who visited the stores and sold the maps during the past 22 years. Curt Pellegrin was the first person to set up a computer program for sales and invoices. Dave Grimes, the data base manager, now has sales, invoices, and inventory on a computer program. All members who had a part in the map sales, in any capacity, during the past 22 years, were asked to stand, and received a big hand of applause. Thank You to everyone.

Steve Ingraham introduced the committee who worked on the 2008 revision: Darrell Deering, John Mues, Diane Spiller, and himself. He highlighted the major changes—the map is now 4 color, and the size is 25% larger for easier reading. They deserve a big "Thank You" for a really beautiful map. All current and new members will receive a map, compliments of DBTC.

Also, I want thank Steve Ingraham, our MC and Co-Organizer of the event. I was overwhelmed by the quantity of people who called or e-mailed me to volunteer. I really had way more volunteers than I could use. Thanks to those of you who did help: Carol Robbins, Diane Minka, Richard Quick, Don & Marilyn Swett, Lois Kahn, Dick Plastino, Steve Ingraham and Janet Quinn. And thanks to those of you who just showed up and helped.

I look forward to riding again with all my friends as soon as warm weather arrives. I'm a wimp when it comes to cold weather riding. Please say hello and offer me any ideas you any have in regards to improving the club.



BLUE BIKE BOX

The club is in possession of a very large blue hard sided bike box. It has not been used for a long time. A new one of that style is quite expensive. If you would like to have it, or are willing to store it in your garage/basement, please contact any board member. The board wishes to dispose of it. Please.

Pictures and Articles for the Newsletter... This newsletter belongs to the members. If you have pictures or an article 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, we may make you a published author! The deadline for publishing is the 10th, but please send your articles earlier.

2008 Advance Planning Calendar

May 17

Buena Vista Bike Fest
www.bvbf.org
Buena Vista, CO

May 18

Community Classic Bike Tour
www.McKeefoundation.com
Loveland, CO

May 18

Santa Fe Century
www.santafecentury.com
Santa Fe, NM

May 26

DBTC Memorial Day
Picnic
www.dbtc.org
Prospect Park, Wheat Ridge

June 1

Elephant Rock Ride
www.elephantrockride.com
Castle Rock, CO

June 14

Greenwood Goosechase
www.goosechase.org
Greenwood Village, CO

June 21

Starlight Spectacular
www.starlightspectacular.org
Colorado Springs, CO

June 15-21

Ride the Rockies
www.ridetherockies.com
Durango to Breckenridge

June 22-28

Bicycle Tour of Colorado
www.bicycletourcolo.com
Durango/Telluride Loop

June 25

Bike to Work Day
www.drcog.org
Denver Metro area

June 28

Tour de Prairie
www.cheyennecity.org
Cheyenne, WY

June 28-29

MS 150 Bike Tour
www.goforthegorge.org
Westminster/Ft. Collins

July 12

DBTC picnic
Clement Park, Littleton

July 12

Triple By-Pass
www.teamevergreen.org
Bergen Park, CO

July 13-18

Tour de Wyoming
www.cyclewyoming.org
Cody, WY

July 19

Moonlight Classic
www.moonlight-classic.com
State Capitol, Denver

July 20-26

RAGBRAI
www.ragbrai.org
Iowa – Route TBA

July 26-28

Courage Classic
www.couragetours.com
Leadville, CO

July 26

Colorado-Eagle River Ride
www.vailvelo.com
Beaver Creek, CO

July 26

Tour De Steamboat
www.rockypeakproductions.com
Steamboat Springs, CO

July 27

Durango-100 Century
http://durango100.com
Durango, CO

August 2

Copper Triangle Alpine Classic
www.coppertriangle.com
Copper Mountain, CO

August 2-9

CANDISC—
Cycling Around North Dakota
In Sakakawea Country
www.ndparks.com/recreation/
activities/candisc.htm
Fort Stevenson State Park, ND

August 3-9

Colorado Rocky Mountain Bike Tour
www.crmbt.com
Gunnison, CO

August 10

Pikes Peak Classic
www.s-cap.org
Buena Vista, CO

August 16

Stonewall Century Ride
www.spcycling.org
La Veta, CO

August 23

Tour de Cure
www.diabetes.org
Longmont, CO

September 7

Buffalo Bicycle Classic
www.buffalobicycleclassic.com
Boulder, CO

September 18-21

Tour of the Vineyards
www.Coloradowinefest.com
Palisade, CO

September 19-21

Moab Century Tour
www.skinnytirefestival.com
Moab, UT

Join Eyecycle – Ride a Tandem

Looking for a partner to ride with? Want somebody your own pace? Want to experience the joy of riding a tandem? Now is the time to sign up for Eyecycle. We are an enthusiastic tandem bicycle club for sighted and visually impaired. We have ridden one or two rides per month from May thru October, including at least one out-of-town ride since 1994. We need captains (yes, sighted, please) and stokers for the 2008 season. We will provide training rides and bikes.

To join, or for information, please call Tom Hurja 303-903-4449 or contact hurja@comcast.net. Thanks.

RIDE of SILENCE www.rideofsilence.org

DATE: May 21, 2008

TIME: The club will meet at 6:15 pm at Cuernavaca Park or you can join us at 7:00 pm at Civic Center Park - see the schedule for details.

WHERE: Hundreds of locations worldwide.

WEAR: Your DBTC jersey, if you have one. Join cyclists worldwide in a silent slow-paced ride (max. 12 mph/20 kph) in honor of those who have been injured or killed while cycling on public roadways.

WHY DOES THIS WEBSITE EXIST?

- To HONOR those who have been injured or killed.
- To RAISE AWARENESS that we are here.
- To ask that we all SHARE THE ROAD.

THE RIDE OF SILENCE™ WILL NOT BE QUIET

On May 21, 2008, at 7:00 PM, the Ride of Silence™ will begin in North America and roll across the globe. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves.

In 2003, Chris Phelan organized the first Ride of Silence in Dallas after endurance cyclist Larry Schwartz was hit by the mirror of a passing bus and was killed.

The Ride of Silence is a free ride that asks its cyclists to ride no faster than 12 mph and remain silent during the ride. There is no brochure, no sponsors, no registration fees and no t-shirt. The ride, which is held during Bike Safety month, aims to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for those who have been killed or injured.

BRAD WEST'S "TARGET" CENTURY RIDE

Scheduled for Sunday, June 1, 2008

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 have 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.

RECREATION CENTER RIDES

Ludwig Goppenhammer

The DBTC and two area Recreation Centers are cooperating to offer club rides starting at the Recreation Centers. The DBTC Newsletter will list these rides as usual for our members and they are open to all, plus the Recreation Centers will list the rides on their schedule of events. The rides are specifically intended to bring awareness of the DBTC to new people and to provide a service to the Recreation Centers. The DBTC and the Recreation Centers wish to promote safe recreational cycling to the community,

Prior to the scheduled rides, Ludwig Goppenhammer will be conducting a cycling/touring orientation class for people just getting into cycling. Ludwig will cover such things as: Types of bikes, What to bring on rides, Rules of the road, Road and bike path etiquette, Bike types, Hazards to watch for, Clothing, On-the-ride Food/Drink.

We need volunteer leaders for the weekend morning rides. Steve Ingraham is making the route maps. So...you just need to lead the ride. Rides will be 20-30 miles.

Below is the schedule of the rides. Call the North or South Fun Ride Coordinator and sign up for your date.

SW—Goodson Recreation Center

6315 S University Blvd, Littleton.

Ride coordinator: Lois Kahn, 303-758-0092, FunRideSouth@dbtc.org.

Saturday mornings: 9 am—June 14, 28, and July 12, 26.

NW—Golden Recreation Center

1470 10th Street, Golden, CO:

Ride Coordinator: Howard Bagdad, 303-278-0541, FunRideNorth@dbtc.org.

Sunday mornings: 9 am—June 15, 29, and July 13, 27.

There are also some weekday evening rides that either I, Lisa Duckett or Nancy Blizzard are leading. If you wish to lead one of these, call me.

Goodson: Wednesday, 6pm—June 4, 18, and July 2. 16. 30.

Golden: Thursday, 6 pm—June 5, 19, and July 3, 17, 31.

Questions or to volunteer: Contact Ludwig Goppenhammer, 303-279-7951, Ludwig@damnhot.com.

**KICK-OFF PARTY
MARCH 15, 2008**



DBTC Colorado Mountain Biking Simple Rules and Trail Etiquette

Jeff Baysinger

Always wear a helmet!

Review the map, plan ahead, and remember the rain gear and other trail necessities. Ride on open trails only, walk your bike to viewpoints.

Avoid riding on muddy trails. Ride through the occasional muddy hole center, keeping single trails a single track. Ride on rock instead of the soil in deserts.

Keep single track trails single! Stay on the path, avoid trampling the vegetation. Leave no trace (and occasionally even pick up trash!).

Control your bicycle speed and carefully watch for other users, especially at blind corners.

Be courteous and always yield trail to hikers and equestrians. Avoid spooking animals, such as horses.

When going downhill, yield the trail to uphill riders.

Be responsible and call out your passing. As with motorists in this country, bicycle passing is usually expected on the left! Make your pass in a wider trail area and only pass when safe to do so.

Mountain Bike notes:

Fruita weekend details are listed in the April newsletter

Fruita Spring Camp — May 10–12

Indian Creek Camp — June 21

Buena Vista — Monarch Crest — July 26–28

Winter Park Camp — Aug 23–24

Moab — Oct 10–13

Elephant Rock and Greenwood Goosechase Rides

DBTC will have a booth at these events to market the club and attract new members. We had one at E-Rock last year, was successful, and added Greenwood Goosechase this year.

WE NEED YOUR HELP

Volunteers are needed to staff the booths. I would like to have about 4 volunteers for each event, working in shifts. It would also be great if members wore their club jerseys. Join the fun, have a good ride, meet and talk to fellow riders, and promote DBTC.

Elephant Rock

Sunday, June 1

<http://www.elephantrockride.com/info.html>

Greenwood Goosechase

Sat, June 14th <http://www.goosechase.org/>

Contact me, Ludwig

Goppenhammer, 303-279-7951,

Ludwig@damnhot.com.

Thanks.

The McKee Medical Center Foundation presents the 21st Annual

Community Classic Bike Tour

Sunday, May 18, 2008

Routes: •62-mile 6:30a.m. •37/30-mile 7:30 a.m. •10/5-mile 8:30 a.m.
(begins and ends at McKee Medical Center, 2000 Boise Ave. Loveland, CO)



*All You Can Eat
Pancake Breakfast
after the ride!*

Fees: (includes t-shirt, breakfast, giveaways, door prizes, & route support)
Riders 18 & Up: \$50 (\$60 after 4/30/07)
Riders 13-17: \$25 (\$30 after 4/30/07)
Riders 12 & Under and all 10/5-milers: \$10 (\$15 after 4/30/07)

Maps and Registration: www.mckeefoundation.com

Questions & Volunteer: (970) 593-6038 - cheri.lohmes@bannerhealth.com
Sponsorship Opportunities: (970) 203-2519 - rebecca.dakin@bannerhealth.com

100% of your registration fee benefits Patient Services at McKee Medical Center

Guide to Reading the Ride Schedule

by Patty Gaspar

There are many special rides this month – a Memorial Ride that is part of a national event, a MTB trip to Fruita, a Singles ride, a free beer and juggling combo and other interesting events. Also, we are starting our joint rides with Goodson and Golden Recreation Centers. Look through the schedule so you can get the events you don't want to miss on your calendar.

| Pace of Ride | Difficulty of Terrain | Mileage | Quadrant of City | Departure Time |
|----------------------|---|--|------------------|--|
| ROSES – Leisurely | H1 - Flat | This is an estimate—options may be offered | NW | Arrive early enough to unload your bike and be ready to leave at the time shown. |
| FUN – Comfortable | H2 – Small Hills | | NE | |
| INT – Brisk | H3 – Some Climbs | | SE | |
| ROAD – Fast | H4 – Serious Climbs | | SW | |
| ATB – Unpaved Roads | T1 Beginner to T4 Highly skilled riders | | W | |
| MTB – Mountain Bikes | P1 to P4 physical conditioning required | | | |

Rides are cancelled if the temperature is below 40 degrees or if it is raining or snowing or thunderstorms are present.

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.

Maps for Planning a Route: At www.dbtc.org is a library of maps for your use in planning a route. Take a look under the ROUTE MAP LIBRARY tab. You can browse thru the maps then download the map with the route you like.

Be Ready To Ride: DBTC Ride Leaders and members are NOT bike mechanics. Before showing up for a ride, check you tubes and tires. Fix flats in advance of start time. Check your brakes and shifters, and, if any part of your bike needs maintenance, take it to an authorized mechanic. A complete tune up once a year is recommended. Your ride is only as safe and enjoyable as the condition of your bike.

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:
ColoradoBicyclist-subscribe@yahoogroups.com

DBTC Mountain Biking E-Mail List

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

You can join both groups. After you send the e-mail requesting to join, you will be contacted via e-mail with a confirmation. If you'd like to post an event, simply go into the site. Remember that only club-related activities can be posted. We reserve the right to cancel any posting we don't think is appropriate.

Please Note:

- Joining either of these Yahoo Groups does not make you a valid member of the DBTC.
- If your e-mail address changes, you must send your new e-mail address to both the Yahoo Group and to 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 if you have so requested.

Calling All Members !!!

DBTC is first, and foremost, a bike club. The heart and soul of the club is the monthly Ride Schedule. We are fortunate to have a dedicated group of Ride Coordinators, headed by Patty Gaspar, our Director of Ride Activities. The Ride Schedule is only as complete, with a variety of rides, as the people volunteering to lead rides. Some members have led many rides for several seasons, then, are unable to continue due to health concerns or other commitments. We are always looking for new people to step forward. If there is a ride you would like to do, and it isn't on the schedule, volunteer to lead it. The club has bike ride maps. If you don't wish to use a map, do an out and back on a multi-use path. Or use the members as sign posts. If you have never led a ride, the hardest part is saying "yes". After that, it's fun, friends, and food (going out to eat afterward is optional, but highly recommended.) The Coordinators are waiting for your call.

FREE BIKE TUNE-UP

Will Douglas, of Littleton Cyclery is offering DBTC members a free \$50 Bronze Level bicycle tune-up. The \$50 will be applied if additional work is done. All you need is a newsletter with your name or your membership card. No appointment necessary. Offer expires May 31. They will be moving to a new location the first of June. **303-798-5033.**

NEW MEMBERS

PAM ANDERSON
DONALD CAMPBELL
ANGIE CAROLAN
FREDERICK COOPER
LEWIS COX
STEPHEN DERTINGER
MICHAEL FORSTER
ALEX GROVES
CHARLIE GUHMAN
TRACY HOUSTON
FRED & CAROL KERR
AMY LONG
JOHN MAGUIRK
DEBORA MCCULLOUGH
PETER & HELEN RUDY
JONATHAN TOFEL
JEANNE WILLSON
MARY JO YOUNG

MAY SCHEDULE

**Saturday,
May 3rd**

FUN-H1-16-E 9:00 AM MORRISON NATURE CENTER RIDE – Meet *Tom Tobiassen* (303-915-2351) at the Aurora Public Library, 14949 E. Alameda Ave., for a ride to the Morrison Nature Center. The Morrison Nature Center at the Star K Ranch is on a 200-acre natural area and outdoor learning center located along the Sand Creek Greenway.

FUN/Leisure - H1- 12- NW- 10:AM"Old Farts Ride" Leisure/OFR – Meet *Lin Hark* and *Sue Frakes* (303-978-0368) at Sloan's Lake at the parking lot east of the corner of 25th and Sheridan (if the main parking lot is torn up, drive east of Sheridan to the next parking lot) for a FUN easy ride with some of the old farts from the good ole days of the DBTC. We always had so much fun on our old Wednesday FUN rides with all the old farts like the "Crazy Old Goat" with the initials DP. We will ride around 10-12 miles, trying to avoid hills. No One gets left behind. We will ride at the slowest person's speed and just have FUN. Pizza is at the Edgewater Inn after the ride.

INT/ROAD-H3-27-NW-10:00 – Meet *Peggy Vanallen* (303-410-1986) at the Broomfield PNR at Wadsworth and US 36. Peggy will follow a perimeter route that circles around the city of Superior that will include Boulder, Jefferson and Broomfield counties. Look for some hills but a well paced ride on shouldered streets, up country lanes and through quiet towns. Lunch afterwards is in downtown Broomfield.

MTB-P2-T2 9:30 AM – Greenland Park trails. Enjoy yourself today on one of the last large open-space preserved land parcels between Denver and Colorado Springs. Find *Mark Smith* (303-814-6823) at the I-25 Exit 187 (Happy Canyon, Wendy's) to carpool south of Castle Rock.

**Sunday,
May 4th**

FUN-H1-25-SE 9:00 AM – This ride will maintain a 10 mph speed. Meet *Susan Gregory* (303-477-9233) at Fairmount Cemetery (Alameda & Quebec) using the Quebec St. entrance by the cemetery office. PLEASE PARK AT THE BACK OF THIS LOT. We will ride the Highline Canal(pea gravel) and Cherry Creek trails to REI for coffee/snack. We'll return on the same route.

FUN-H2-25 NW 10:00 AM – Meet *Jeff Krinsky* (720-373-9107) for **FREE BEER and juggling**. Now that I have your attention...this Tour De Boulder ride does include free beer and snacks during the juggling presentation. The ride will concentrate on the Boulder Creek, Skunk Creek and Bear Creek paths that are pretty flat but we will try to take Boulder Creek a little ways up into the foothills before we turn around. The adventure begins at the parking lot at the SW corner of Cherryvale and Baseline Roads. Note that Baseline splits at Cherryvale and that we will be meeting at the southern intersection where Baseline hits Cherryvale from the west, not from the east.

INT-H1-29-SE 10:00AM – Meet *Jim McClain* (303-715-9335) at Eisenhower Park Rec. Center, South Colorado Blvd. at East Dartmouth Ave. This route will be on bike lanes, city streets with painted lines, bike trails and bike routes on city streets. I have biked the route and hopefully all of the route will be construction-free. We will try to maintain the intermediate speed of 12 to 15 mph, however there will be stretches where we can go faster and then some stretches where we must maintain the 15 mph limit. Should be a good warm up ride. Lunch is planned after the ride.

MTB P1-T1 10:00 AM – Beginners/Novices *Meet at the entrance to Bear Creek Lake Park*, 0.2 miles east of the C-470/Morrison Road Interchange or 3.7 miles west of the intersection of Kipling Parkway and Morrison Road. Obtain free park pass from ride leader at gate. Short teaching session on riding technique, equipment and mindset, then 6 mile easy ride. Almost guaranteed after you finish, you'll want to do it again. Lunch afterward. Contact *Dick Plastino*, 303-987-7901, kfish9@peoplepc.com

**Wednesday,
May 7**

"Roses" H1-12 SW 9:30 AM – Meet *Judy Deist* 303-841-4792 at the Waterton Canyon parking lot (S on Wadsworth past Chatfield Res, L on Waterton Rd 1/4 mile.) for a gentle upgrade alongside the Platte River through a beautiful canyon where you may see mountain sheep. Road surface is packed gravel. This is Harold's birthday ride! Bring a snack, and money for lunch at a favorite restaurant after the ride.

FUN/INT-H3-22/27-SE-9:30AM – Join *Russ Tempelman* (303-617-0260) and John Mues (303-795-6167) at the Piney Creek Trailhead (Piney Creek shopping center at the SE corner of Parker Rd and Orchard Rd) for a ride up the Piney Creek trail to Heritage Eagle Bend. We'll do a short section on Inspiration Dr. and return via scenic back roads to the Cherry Creek Valley. There will be an optional loop around the Cherry Creek SP area for those who would like more hills or distance. Lunch is optional.

TB 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. Questions: *Jeff* 303-969-9241.

**Saturday,
May 10th**

MTB Fruita Weekend

FUN/LEISURE-H2-20-SE 9:30 AM SLOW AND EASY RIDE IN EAST DENVER – Meet *Robin McDougal* (303-388-6590) between 7th and 8th Avenue o High St. by Williams Street Park. We will ride on the D-12 out 7th Avenue Parkway to Lowry where we will do a big loop and the ride over to Fairmount where we pick up the Highline Canal going east(gravel path), turning around at Havana. Then we head back to Fairmount Cemetery and on the Cherry Creek Bike path back to the C.C. Shopping Center where we will stop for hamburgers and shakes at Johnny Rocket's.

FUN-H2-21-NW 10:AM – Meet *Bill Kunzman* (303-278-3059) at Prospect Park (44th and Robb) Journey at an easy pace north to 72nd Ave, west to Quaker St, south via Easley Road and back to the park via 44th and the Clear Creek path. Lunch

is optional.

INT-H1-50 NW 10:00 AM – Meet *Ellen Chilikas* (303-750-5099 home, 720-670-0296 cell) at the 70th and Broadway park-n-ride for a flat 50 miler out and back to Ft. Lupton. We'll stop at the Sonic in Ft. Lupton for refreshment before heading back. NOTE: the ride will only go if the weather is nice (not raining or snowing, not really cold, not really windy) – call leader by 9:00am if it is questionable.

ROAD-H4-50-W-8:00AM – Meet *Diane Short* (303-763-9874) at the parking lot (across from convenience store) at Rooney Rd and Morrison Rd for a ride in the foothills. We will go south to Willow Springs, then Bellevue, the bike path to Ken Caryl, up Deer Creek to Philipsburg, then High Grade (be ready to climb!) to the schoolhouse, to Oehlmann (short climbs again), down Turkey Creek, through Tiny Town, across US285 to Meyers/ Parmalee Gulch, to Kittredge, and back through Morrison (optional lunch TNT).

MTB P2, T2-4 1:00 PM – Meet at the easy-to-find bike shop in downtown Fruita. Get your thrills on Chutes and Ladders, Bookcliffs Area Road 18, for the Fruita Weekend. Campout on the Spring Desert Fling, see April newsletter. Questions: *Jeff*, 303-969-9241

**Sunday,
May 11th**

FUN- H2- 20- NW 10:00 AM – Join *Dave Grimes* (303-986-7666) for the 23rd Annual Mothers Day Ride. Dave will lead the group on a semi-traditional route that is an easy 16 to 20 mile northwest Denver ride. The group will meet at Sloan's Lake Park (25th and Sheridan) and head north by Northeast, after a loop around the lake to collect any latecomers. Look for a stop at REI at Confluence Park before returning to Sloan's Lake. Lunch afterwards.

FUN-H2-21-SE 10:00 AM – Join *John Mues* (303-795-6167) at the Goodson Recreation Center, 6315 S. University (off of Univ. Blvd. between Arapahoe and Orchard Rd. Meet in the lower parking lot near the bike/ped bridge) for the Chatfield Dam – Platte River Trail loop. We'll climb to the top of the dam using local streets and the C-470 trail, and return to the start via the Platte River Trail through Littleton. Lunch is optional afterwards.

INT-H3-50-NW 9:00 AM – Meet *Gaar Potter* (303-691-0938) at E. Boulder Rec. Center (Take Foothills Parkway exit from Boulder Turnpike, hard right and East on South Boulder Road to 55th. Turn left and wind around the Rec. Center to the NW parking lot). We will go north to Nelson RD and thence up Lefthand Canyon to Jamestown.

MTB-P2/3-T2/3 9:30 AM – Rabbit Valley explorations, the fabulous secret trail, Fruita Weekend.

**Monday,
May 12**

MTB or ATB or ROAD-P3-T1 9:30 AM The Colorado National Monument – "Out of this World" loop, 33 miles, 2500' elevation gain, Fruita Weekend.

**Wednesday,
May 14**

"Roses" H1-20-NW 9:30 AM – Meet *Marge Derby* (303-274-2269) at Prospect Park, (W 44th at Robb, Wheatridge) for a ride along Clear Creek and the Platte River. Bring a snack, and money for lunch at a favorite restaurant.

FUN-H3-21-NW 9:30 AM – Meet *Marilyn Smith* (303-916-8097) by the McDonalds in the WalMart parking lot at I70 and Evergreen Parkway. Because of the hills we will average about 8-9 MPH. The ride is on roads, but traffic will be minimum because of mid-week time. Lunch is at the Tuscany Tavern (an Italian Restaurant at Squaw Pass Road and Evergreen Parkway).

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. Questions: Jeff 303-969-9241

**Saturday,
May 17th**

LEISURE-H1-16-NW 9:30 AM – Meet *Nadean Kruse* (303-988-8186) at the north end of the Wheatridge Recreation Center (4005 Kipling) parking lot. We'll ride east on the Clear Creek Trail about 8 miles and return the same way. Nice easy flat route for those who are ready to dust off the bike from last winter! Lunch is at Taco Bell.

FUN-H2-32-SE 8:30 AM CHERRY CREEK MALL RIDE – Meet *Tom Tobiassen* (303-915-2351) at Treads Bicycle Outfitters, north side parking lot 16701 E. Iloff (northeast corner of Iloff and Buckley) for a springtime ride to the Cherry Creek Mall and return via the Cherry Creek, High Line Canal and Tollgate Creek Trails.

INT H2-40-NW 9:30 AM Meet *Gaar Potter* (303-691-0938) at N.W. corner of Sloan's Lake Park. (about 25th and Sheridan). We will ride to Golden, thence over Rooney Road and the ridge to Morrison and return on Garrison. This is a lot like the winter south road ride, only much warmer!

MTB T1 P1 W 10:00 AM No One Left Behind Ride – Meet *Lin Hark* (303 507-3502) and *Richard Geisler* at the Flying J Ranch for a beginner/slow poke/FUN MTB ride. This park has some nice easy rolling trails with only a couple of places where we will walk our bikes over some gullies. We are a slower group and no one will be left behind on this ride. Tips on technique will be talked about if the group would like. Alternate ride at South Valley Park if the trails are not good in Evergreen.

**Sunday,
May 18th**

FUN-2-30-SE 9:30 AM TWENTY PARKS TOUR – Meet *Gaar Potter* (303-691-0938) at Eisenhower Park (Colorado Blvd. at Dartmouth) We will go to Belmar, mostly on streets. Lotsa' lakes on this ride.

FUN-H2-20-NW-10:00AM – Meet *Charlie Krinsky* (720-890-5011) at Garden Acres Park in the northwest part of Longmont. Garden Acres Park is located at Spencer St. and 18th Ave. The entrance to the parking lot is on the south side of

the park off of 18th Ave. Charlie will lead us on the DBTC's first geocache ride! Geocaching is the new sport that is sweeping the nation. With a GPS receiver, we'll search for hidden caches everywhere. Go to geocaching.com for more info. If you don't have a receiver, don't worry, come anyway. As long as we have a few receivers everyone will get a chance to learn how to play. We'll ride from cache to cache - stopping for approximately 15 to 20 minutes to search for each cache. Since half of the ride is spent searching for caches, and we might ride on some trails, try to take bikes with fatter tires than road bikes. This is an easy, fun and educational ride, so kids are encouraged to attend.

INT-H3-30-SE 9:00AM – Join **John Mues** (303-795-6167) at the University & C-470 Park-and-Ride for the Highlands Ranch – Castle Pines loop. Expect quite a bit of traffic on the roads in Highlands Ranch, but there will be shoulders available throughout. We'll work our way up Monarch Blvd. into Castle Pines North. A map of this ride is available through the map library on the DBTC website. Bring a snack and we'll have lunch afterwards at a nearby restaurant.

MTB-T2/4-P2/3 10:00 AM W. Chimney Gulch and Apex – Hook up today with **Chuck Caldwell** 303-697-4241. Meet at the upper Heritage Square parking lot used for Apex. Ride the Kinney trail to Golden, go up Chimney, then return via Apex. .

**Wednesday,
May 21st**

"Roses" H1-20, SE, 9:30 AM – Meet **Julie Brown**, 303-988-5941 at the Parking lot in Bible Park. (From Yale and Monaco, go east and turn south into the parking lot.) This is a loop along neighborhood trails and the Highline Canal. We will travel through Fairmont Cemetery to view some of the 59 varieties of heritage roses. Bring a snack and money for lunch after the ride. Please arrive early, as we will leave at the designated time.

FUN/INT-H3-25-NW-9:30 AM – **Steven Stevens** (720)497-1100 Meet at Golden Oldy Cyclery (17224 West 17th Place in Golden) www.goldenoldy.org Ride slowly up Lookout Mountain to Buffalo Bill's Grave to Lookout Mountain Nature Center and continuing to the Buffalo viewing at Genesee then to the peak of Genesee mountain and back on US 40 with a visit to Mother Cabrini's for those who want a further challenge. The ride will start promptly at 9:30 a.m. so please come 15 minutes ahead to be sure your tires have air and use facilities.

FUN-H1-20-NW 6:15 PM – Meet **Lin Hark** (303 507-3502) at 6:15 PM at City of Cuernavaca Park (downtown 3 blocks north of REI) to ride to and in the **"Ride of Silence"** beginning at 7PM at Civic Center Park. May is Bicycle Safety Month and to honor those who have been injured or killed in bicycling accidents, to raise awareness of bikes on our city streets and paths, and to encourage motorists to share the road with bicycles, Lin will lead a group of DBTCers to join this ride of silence. **Please wear your DBTC jersey if you have one!** We will ride the 10 miles with hundreds of other bicyclists through Downtown Denver without a word but we can socialize before and go to dinner together after the ride. Check the website for more information on the "Ride of Silence" www.rideofsilence.org

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. Questions: **Jeff** 303-969-9241

**Saturday,
May 24th**

FUN-H2-24-NW 9:30AM – Meet **Cindy Ferry** (303-274-9454) at Olde Town Arvada Park and Ride just off Wadsworth. Go to the Ralston Creek trail, travel east to Clear Creek, and continue to where the trail meets with the Platte Creek turn off. Turn back around and travel Clear Creek back all the way back to Prospect Park. Take Tabor Street to Ridge Road back to Olde Town Park and Ride.

FUN-H1-20-NW 10:00 AM – Join **Dennis Walker** (303-650-9657) at Twin Lakes Park, 1/2 block west of Broadway on the south side of 70th Avenue and ride west on Clear Creek Bike Path to Prospect Park and back. Optional eateries available after the ride, the group can decide.

INT-H1/2-30 SE 10:00 AM DBTC SINGLES RIDE – Meet **Ellen Chilikas** (303.750.5099 home, 720.670.0296 cell) in Village Greens Park on the NE corner of Union and Dayton caddy corner from the Cherry Creek High. We'll ride into the reservoir; go out the south end via the bike path and head down Jordon Rd to E-470. We'll then head west on E-470 to Peoria and go in to the Meridian office park. After riding the loop a few times we'll return via Inverness (the leader has been known to get lost in Inverness so bring a sense of adventure!). Lunch afterwards is at Tokyo Joe's at Belleview and Yosemite. *This will be a SINGLES ride – a ride to promote singles from the DBTC to meet and get to know one another. Partnered people can join us, but you will be asked to identify yourself as such.* NOTE: the ride will only go if the weather is nice (not raining or snowing, not really cold, not really windy) – call leader by 9:00am if it is questionable.

ROAD-H4-36-SW-9:00AM – Meet **Gary Bohn** (303-650-5082) at Dear Creek Canyon Road and S. Wadsworth for a ride up Deer Creek Canyon and High Grade Road to the schoolhouse and back.

MTB P3-T2/3 9:30 AM Up Lair O' the Bear and then down Mt Falcon loop, starting from Morrison and C-470 PNR, 20 miles, 2500', **Jeff** 303-969-9241

**Sunday,
May 25th**

FUN-H3-20-NW-9:00AM – Meet **Marti Krusko** (303-234-9998), ride starting at the Prospect Park picnic tables (Directions: W 44th Ave at Robb St, Wheat Ridge) and heading toward downtown Golden via the Clear Creek trail. After crossing the bridge over HWY 58, exit the Clear Creek trail onto 44th Ave and Easley Rd. We will travel up to the top of Arvada Reservoir via Easley Rd, 64th Ave. and Virgil. Return will be via 64th, Easley, and Clear Creek trail. Lunch afterwards is optional.

FUN-H2-15-E 10:00 AM – Meet **Don and Marilyn Swett** (303-791-5863) at the NW parking lot of Fairmount Cemetery located at the SE corner of Alameda & Quebec. This beginners' ride will be mostly on paved bike paths using well-known routes with some less-known connector paths. Please RSVP to **Don** at don_swett@earthlink.net so that I have enough maps ready.

ROAD/INT-H2-40/52-E 9:00AM – Join *John Mues* (303-795-6167) at the Wal-Mart located in Aurora (NW of the Tower Rd & I-70 interchange - meet in the NW corner of the parking lot behind Del Taco) for a ride along the I-70 frontage road to Bennett with an option to Strasburg. Lunch is optional. The ride will be canceled if there is a high risk of thunderstorms expected.

**Monday,
May 26th
Memorial Day
Picnic – Start
times vary**

INT/ROAD H3-30-NW-8:45 AM – Meet *Dale Trone* (303-981-9161) and *Kathi Baird* (303-981-9158) at the Prospect Park. Based on the typical picnic turnout, a ROAD leader is needed as we will break into multiple speed groups. The groups will head north to the Ralston Valley HS, west on 80th to Highway 93. We will head into Golden, then east on 44th to Easley Road. From Easley, we will turn east onto 54th, and return back to Prospect Park via 52nd and Tabor Street.

FUN-H2-25-PICNIC 9:00 AM – Join *Cindy Ferry* for a ride out Clear Creek, VanBibber Trail to Simms, and back on Little Dry Creek to Clear Creek. Distance is 25 or more miles.

LEISURE-H1-20-PICNIC-9:30AM – Join *Howard Bagdad & Janet Tingle* for a ride on the Clear Creek bike path to Twin Lakes Park and back.

MTB P2, T2 9:30 AM South Table Mountain Picnic Day ride. – Hook up with *Neal Koster* (303-238-2592) for this annual adventure ride from Prospect Park. Then celebrate the coming summer with your DBTC comrades afterwards at the picnic.

**Wednesday,
May 28th**

"Roses" H1-20 SW 9:30 AM – Meet *Marge Derby* 303-274-2269 at her house, 765 Crescent Ln, Lakewood (From 6th & Wadsworth, go N to Highland Dr, R to Crescent Ln, then R again) for a ride through neighborhoods, and on trails to the Platte River. Bring a snack, and money for lunch after the ride.

Fun/INT -H1/H2 25-W 9:30AM – *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 optional. We can decide after the ride.

FUN-H1-15-SW Ride 6:15 PM – Meet *Nancy Blizzard* or *Lisa Duckett* (720-283-8374), nancyblizzard@aol.com for the first in a series of joint rides with DBTC and Goodson Recreation Center. Ludwig Goppenhammer will give a short orientation for recreation center patrons and interested DBTC members at 5:30 inside the center. For ride only meet in the parking lot at 6:15. The center is at 6315 S University Blvd. The ride will be primarily on paved bike trails with occasional on-road.

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. Questions: Jeff 303-969-9241

**Saturday,
May 31st**

FUN-H2-20-S 10:00 AM – Meet *Darrell and Jean Deering* (303-697-6126) at the town of Larkspur approx. 4 miles south of Castle Rock on I-25. We will meet at the Larkspur City Park and ride to Palmer Lake by way of Spruce Mountain Rd. and return on Hwy.105. This will be for our Elephant Rock Ride warm-up but all are welcome. We will stop for lunch in Larkspur.

ROAD-H3-38-NW-8:00AM – Meet *Peggy Vanallen* (303-410-1986) at Scott Carpenter Park (Arapahoe Ave at 30th St) in Boulder. We will ride back roads into Niwot, continuing on country roads toward Left Hand Canyon, where we will ride up to Jamestown, returning to Boulder, and riding Boulder Creek Trail back to Scott Carpenter park. Lunch afterwards nearby!

**Sunday,
June 1st**

INT/ROAD-H2-(65/96)-NW-6:00AM Century & Metric Century – 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 an article about this Century Ride elsewhere in this newsletter.

The remainder of the June 1st rides will be in the June newsletter, which you should receive a few days prior to the end of the month. The schedule will also be posted on our website at www.dbtc.org by the week of 26th.

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

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