

DBTC's Officers

President

Rick Clauder303-463-1875
President@dbtc.org

Vice President

Ludwig Goppenhammer303-279-7951
VicePresident@dbtc.org

Secretary

Steve Ingraham303-756-7847
Secretary@dbtc.org

Treasurer

Nancy Blizzard720-299-9986
nancyblizzard@aol.com

Board Members at Large

Lisa Duckett303-347-9774
fast_blader@msn.com

Gary Goins303-433-4398
gwgoins1@yahoo.com

Lise Neer303-399-3659
bdmembers@comcast.net

Dale Trone303-981-9161
trone_da@hotmail.com

Directors and Staff

Director of Ride Activities

Patty Gaspar303-989-8268
RideCoordinator@dbtc.org

Out of Town Tour Director

Jim McClain303-715-9335
BikeMcClain@aol.com

Hotline Director

Howard Bagdad303-756-7240
PhoneHotline@dbtc.org

Fun MTB Coordinator

Jeff Baysinger303-969-9241
FunMTB@dbtc.org

Fun Ride Director North

Howard Bagdad303-278-0541
FunRideNorth@dbtc.org

Fun Ride Director South

Lois Kahn303-758-0092
FunRideSouth@dbtc.org

Road Ride Director

Steve Ingraham303-756-7847
Secretary@dbtc.org

Intermediate Ride Director

Dale Trone303-981-9161
trone_da@hotmail.com

Wednesday Fun Ride Coordinator

Joyce Terlaje303-986-2011
hikergal42@yahoo.com

"Roses" Ride Coordinator

Melba Bouquet720-493-0564
MELBAMBouquet@cs.com

Historian

Sid Russak303-773-3434
Historian@dbtc.org

Membership Database/Webmaster

Dave Grimes303-986-7666
webmaster@dbtc.org

Map Sales (wholesale)

Darlene Dietzler303-366-2215
Mapsales@dbtc.org

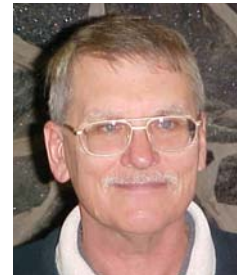
Newsletter Mailing Group

Carolyn Bauer303-740-8491
cmb8030@comcast.net

Board Meeting

Any member wishing to attend a board meeting is welcome to attend. The next board meeting is June 2nd 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



June is a busy month. The board, with great help from Patty Gaspar and Darlene Dietzler, have devoted much of the June newsletter Bike Safety and Etiquette. Because of crashes that occur from time to time, DBTC is committed to educating riders in an effort to reduce them. Knowledge of basic traffic laws, an attitude of courtesy and personal responsibility, will further the program of vehicles and bikes sharing the same roads in harmony. Thanks to Ludwig Goppenhammer, our vice president, who has taken on much of the task of marketing the club. He, along with volunteers, will promote DBTC at the Elephant Rock and Greenwood Goose Chase. They will be talking and giving out goodie bags to participants of these events. He and Nancy Blizzard, our club treasurer, have set up ride starts at The Goodson and Golden Recreation Centers during June and July. These rides are sponsored jointly by the Recreation Centers and DBTC to introduce new people to safe recreational riding with the DBTC. Ride leaders are still needed. Please support both Ludwig's and Nancy's work at increasing membership by volunteering to work some events and lead rides from the Recreation Centers.

For us warm weather riders, the season has begun. I've had some great rides already thanks to Merri Bruntz, Steve Ingraham and Cindy Ferry. Having interesting rides at all levels, all around the Metro Area, make the club fun for all our members. Last year 97 people led 359 scheduled rides. We appreciate those who led only one ride, and we're fortunate that some of our leaders like to lead many rides. Some members step forward to try out new ideas. The Wednesday Fun, "Roses", Intermediate and MTB ride groups were all started by members and added a new category to our schedule. There is always a need for—and room for—new ride leaders and new rides. The ride coordinators and contact info is listed on page 2. They are waiting for your calls. We have about 40 ride maps posted on our Web Site. Remember: more rides=more fun. Please do your part. Thanks.

Bike to Work Day Wednesday, June 25

The main event will be held
in Denver's Civic Center Park
at the Greek Theatre

6:00 am – 9:00 am

www.drcog.org for info on activities
and breakfast stations.



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.

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Irate Motorists: When you encounter motorists having a bad day or a bad attitude, be cordial even if they are in error. This can defuse a potentially hostile situation and prevent motorists from finding a reason to run you or the next cyclist down. Under no circumstances is the use of an obscene gesture appropriate or safe. Besides, you don't want to give them the satisfaction of knowing they irritated you.

IDENTIFY ROAD HAZARDS

Alert the rider behind you of a road hazard. Hold your arm straight down with finger pointing to the hazard. When encountering a large area of debris, such as broken glass, sweep your hand behind your saddle with outstretched, wiggling fingers – the international signal for, "There are lots of little bad thing ahead".



CROSSING RAILROAD TRACKS

Two ways of crossing are: dismount and walk across, or slow down and ride across tracks perpendicular to the rails (straight on). First look in both directions for a train. Then look behind to ensure you are not in front of a vehicle. If the tracks are wet, walk. There have been numerous crashes at the crossing at 44th and McIntyre. The tracks cross the road at a 45-degree angle. There is a bypass. It is well worth the slight detour to avoid a serious injury. Be sure your back wheel clears the track before straightening out. Otherwise, the wheel will drop into the rail groove.

BE PREPARED

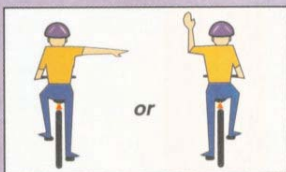
Items you should always carry on a ride: water and snacks, tools to change a flat tire, patch kit, spare tube, pump, tweezers to take out those thorns, sun screen, clothes appropriate for weather and climate, rain jacket, first aid supplies, identification, money, and cell phone. Cycling will be much more enjoyable if you are confident that you can handle unexpected situations.

USE HAND SIGNALS

Use the proper hand signals for left or right turns and for slowing or stopping. When turning, you must signal continuously at least 100 feet before the turn and while you are stopped waiting to turn, unless use of your hand is needed to control your bicycle.



LEFT



RIGHT



SLOW or STOP

Use the proper hand signals to indicate your intention to turn, slow down or stop

Rules of the Road

- Ride in the right lane with the flow of traffic.
- Ride in a straight line. Do not weave in and out of parked cars.
- At intersections, stay on the road. Don't ride in the crosswalk and suddenly reappear on the road again.
- Never ride against traffic. It is illegal and dangerous.
- Don't pass on the right.
- Obey traffic signs and signals.
- Follow lane markings.
- Make eye contact with drivers. Assume motorists do not see you. Watch out for cars pulling out from driveways and at intersections.
- Scan the Road Behind You. Using a mirror is recommended. Regularly check behind you for oncoming traffic.

Cycling should be a pleasant, fun, social, and healthy experience. It is not a race. We have all heard the stories of cyclist's crashes, and have seen the bruises and scabs, bandages and casts. When riding with a group: do not follow too close to the person in front of you; be prepared for the unexpected; always be able to stop.

Never leave your wallet, purse, or valuables in your vehicle. There have been vehicle break-ins at the parking lots. Carry a small coin purse to hold your driver's license, medical insurance card, money, and car key.

Encounter an aggressive driver while on your bike?

Like motorists, cyclists are entitled to report aggressive drivers to the Colorado State Patrol by calling *CSP on their cell phones. The State Patrol enters complaints from *CSP calls into a database. After three complaints, the registered owner of the vehicle gets a letter from the state patrol. After five incidents, a trooper will personally contact the registered owner.

To take a complaint, the state patrol needs:

- The location of the incident.
- The license plate number and description of the vehicle in question.
- The direction of travel and actions of the driver.
- The complainant's name and phone number (you may remain anonymous)

Learn to repair your bicycle by working as a volunteer at the Golden Optimists bicycle workshop. No experience is necessary. We can teach you the fundamentals of bicycle maintenance and repair.

Contact Howard Bagdad, hbagdad@aol.com. Home phone 303-278-0541

Tour of Tucson

Jim McClain

Tour Co-leader and Out of Town Tour
Coordinator

With snow falling in Denver, 30 members of the DBTC headed for Tucson, Arizona for the scheduled Tour of Tucson sponsored by the out of town tours committee. Our timing could not have been better. We had a little rain one day but the other three days were Chamber of Commerce-type days. Some of us even got a little sunburned as we were able to ride in shorts and bike shirts most of the time.

The intermediate riders were treated to four days of very challenging routes by co-leader Diane Short. She had them going on long 50 mile-plus routes, over Gates Pass to the Saguaro Desert Museum, up to Sabino Canyon where someone said the grade was 18% in some places, then a climb to Mt. Lemmon with an elevation gain of over 5000 feet. Then on one day, Diane's group and the fun group together rode to the Saquaro National Monument.

Now, the fun ride group may not have had the challenging routes as the intermediate group, but we had four days of rides around Tucson on bike trails, bike lanes and bike routes where we got to see the University of Arizona campus, the infamous "snake bridge", the US AIR FORCE graveyard, Sabino Canyon with a tram ride and then on Tucson's longest paved bike trail, the Rillito River. What fun it was to arrive back at the Hilton Tucson East in time for an afternoon poolside. The committee planned two dinners at the hotel, which left three evenings free for visiting with family or friends, or to visit the many sights in and around Tucson.

There is so much to do and see in Tucson and the committee had no set rule that everyone had to ride bikes every day. We were glad to see the Chilikas rule invoked. Some of our members even drove about 70 miles round trip to Tubac to sight-see and shop.

A special thanks to Diane Short for her very capable effort with the Intermediate group, and to Bruce Thompson for his help with the tour maps used by the fun group. And a very very special thanks to all of our club members who participated in the tour. Interest like this makes out of town trips possible.

2008 Advance Planning Calendar

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 6

DBTC Picnic
www.dbtc.org
Tanglewood Park, Golden, 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

September 20th-24th, 2008

Climate Ride 2008
www.climate ride.org
New York City to Washington D.C.

Leadville Labor Day Multi-sport Weekend

Carolyn Bauer

Join me on a multi-sport trip to Leadville, CO Friday, Aug 29 through Monday, September 1. We'll stay at the Leadville Hostel & Inn (www.leadvillehostel.com), where we'll enjoy great food, cozy rooms and comfortable communal space. The Private Rooms and En-Suite Group Rooms that have been reserved for our group each have their own bathroom.

We'll have some road bike rides scheduled and at least one day of hiking planned. This might be a great opportunity to ride a couple of the easiest passes around—Fremont and Tennessee Pass. We'll have an optional lunch planned at the Tennessee Pass Cookhouse—for a truly unique dining adventure (www.tennesseepass.com/cookhouse.htm).

Contact Carolyn Bauer (cmb8030@comcast.net) by June 30 if you're interested or to sign up. This will be a great value weekend filled with lots of fun and adventures. The trip cost will include lodging, breakfasts, at least one dinner, and maps for rides and hikes. Details about pricing and rides will follow. Carolyn Bauer: 303-740-8491 home, 303-246-7948 cell

Feeling Good On and Off the Bike

6:30 PM Tuesday, June 10th—REI Flagship Store
Gary Goins

We all want to feel good and we bike because it makes us feel good. There are times we have aches as we ride and aches when we don't. Now we have the opportunity to do something about that.

Rose Silberman, a certified Pilates instructor and avid cyclist, will take us through a series of exercises that will keep those aches at bay. This program is designed for recreational cyclists but cyclists of all levels will benefit. Bring a mat as we will be on the floor. Rose suggests that you wear comfortable clothes and bring a small pillow to support your head.

There will be a ride before the program; check the ride schedule. REI asks that if you do not ride, to park in their underground parking.

In July, Feeling Good On and Off the Bike, will present Bob Anderson, the author of "Stretching".

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

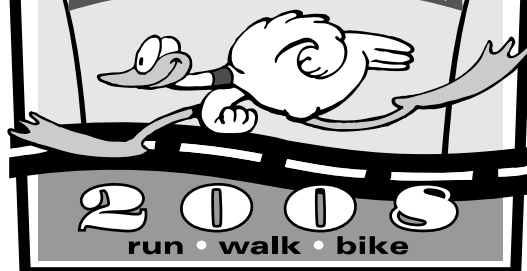
Saturday, June 14

William McKinley Carson Park
6060 South Quebec Street
Greenwood Village, CO



13th Annual Greenwood Village

GOOSECHASE



- 15, 30, 45 mile cycling routes for all skill levels
- 5K and 10K walk/run
- \$30 Adults (\$35 Event Day), \$10 Children 6-12 (Kids 5 & under free)

Includes 2008 GooseChase T-shirt, lunch, prizes, entertainment, goody bags & more!

To Benefit:

- Sungate Kids
- Sidekicks for Sight
- Arapahoe Rescue Patrol
- Greenwood Village Chamber of Commerce

Call the GooseChase Hotline: (303) 486-1555

Register Online at: www.goosechase.org

Platinum Sponsors:



Guide to Reading the Ride Schedule

by Patty Gaspar

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 a thunderstorm is in the area.

Contact your Ride Coordinator: All phone and emails are on page two or at www.dbtc.org/bureau.aspx

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.

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

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.

JUNE SCHEDULE

Sunday,
June 1

FUN-H2-28-SE 9:30 AM SOUTH HIGH or 10:00 AM JAVA CREEK. Meet **Bob Shedd** (303-733-2815) at South High (Louisiana and S. Franklin) parking lot promptly at 9:30 and proceed to Java Creek Coffee Shop (287 Columbine in Cherry Creek North) to collect a few more riders at 9:50. Proceed on easy streets through East Denver to Stapleton, ride the Westerly Creek Trail and check out the New Central Park. Return route by way of City Park and Capitol Hill. Optional lunch afterwards.

FUN/INT-H2/H3-25-SW 9:30AM Meet **Bill Lew** (303-985-5957) at the Lakewood Heritage Center at Belmar Park (Ohio and Wadsworth). We will go to Rooney Rd (new route) over Dinosaur Ridge to Red Rocks Trading Post, Morrison and Bear Creek Park, Bear Creek Trail and north on Garrison back to Belmar. This ride is somewhat hilly, so prepare mentally and physically. We will try to keep the group together. Lunch afterwards is at a nearby restaurant.

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 See details in the May newsletter.

ROAD-H3/H4-50-NW 8:00AM Meet **Donald Schmertz** (303-233-0840; roadrider80226@yahoo.com) at Crown Hill Park in Lakewood for this Road Ride of 45 to 55 miles to Morrison, Evergreen, Bergen Park and Golden. Crown Hill Park is located on west 26th Ave and Kipling St. See parking lot with bathrooms at Garland Street and 26th Ave. Pace of these rides will be 15 to 20 MPH. Pacerline riding is encouraged but not required. Along with regrouping, there will be visits in Evergreen, Bergen Park and Golden for refreshments. Those who wish to ride the route at their own pace are also welcome. This ride is listed in the club route map library as "Crown Hill-Bergen Park-Golden Loop" on dbtc.org website. Cue sheets will be available at the start. Wet roads and/or temps below 30 degrees at start time will cancel ride.

MTB-P3, T2-4 9:30 AM White Ranch from the lower east lot. Take the infamous Belcher Hill! Take Hwy 93 about 3 miles north of Golden, then go 1 mile west at the (56th Av) and follow the park direction sign. Jeff 303-969-9241

Tuesday,
June 3rd

INT/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 on to Oehlman Park Rd. through Hill Dale Pines, on to South Turkey Creek Rd. back to Deer Crk. Rd. and return. We will climb about 2000 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.

Wednesday,
June 4th

"Roses" H1-20-SE 9:00 AM Note new time! 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, with a short section of pea gravel on a road. Bring a snack, and money for a restaurant lunch after the ride.

FUN-H2/H3-25-SW 9:00 AM Join **Ray Berlin** (303-789-3119) at Redstone Park. (From C-470 and Santa Fe Dr., go south on Santa Fe one mile to Town Center Dr. Go left on Town Center Dr. 1/2 mile to park). Use parking lot by playgrounds for a ride through Highlands Ranch on trails, quiet streets, and streets with wide shoulders.

FUN-H1-20-SW 6:00 PM Meet **Nancy Blizzard** or **Lisa Duckett** (720-283-8374), nancyblizzard@aol.com At Goodson Rec. Center Parking lot 6315 S University Blvd, Littleton Routes will vary, going through Littleton area, and will be primarily on paved bike trails with occasional on-road.

MTB-P2, T2 6:00 PM Green Mountain from the main (Hayden) Trailhead off West Alameda Ave. Questions: Jeff 303-969-9241

Thursday,
June 5th

FUN-H1-20-NW 6:00PM Meet **Ludwig Goppenhammer** (303-880-0181) ludwig@damnhot.com. Golden Rec. Center. Parking lot 1470 10th Street, Golden, CO. west end of parking lot. Routes will vary, going through Golden, Wheat Ridge, Arvada, and will be primarily on paved bike trails with occasional on-road.

Saturday,
June 7th

FUN/LEISURE & Boating H-1 5-20 Boaters at 9:15 AM and Bikers at 10:15 AM 3rd ANNUAL BIKE Ride and RIVER Trip! Boaters to set up the shuttle for the kayak/canoe/raft trip, meet at 9:15 AM at the C-470 put in along the South Platte River. Bikers meet **Lin Hark** at the ballpark on Union Avenue at 10:15 AM just west of Santa Fe. Call Lin for directions and to RSVP if you will be boating. Watch the "ColoradoBicyclist at yahoogroups.com" e-mail list for more details or call Lin 303-507-3502. See the article in May's newsletter for suggestions on renting equipment and more information.

FUN-2-22-NW 9:00AM Meet **Bill Orchard** (303-422-9468) at the Majestic View Park Trailhead Parking Lot for the 7th Annual "Arvada Celebrates Its Trails" bike ride for National Trails Day. (Directions: Take I-70 to Wadsworth, north to 72nd Ave, west to just past Carr St, parking lot is on the south side.) The group will head west along Ralston Creek Trail and then up to Spring Mesa for a snack break and spectacular view of the front range. The group follows the new Moon Gulch Trail to 80th Ave for an educational stop at Two Ponds before returning to Majestic View for the free lunch (including vegan dogs). Ride travels on macadam and gravel with one short portage. See <http://arvada.org/arts-and-recreation/trails-day/> for more information on the event. See the ride schedule on www.dbtc.org for the map.

FUN-H1-15 10:30 AM High Line Canal Trail Rid Meet **Tom Tobiassen** (303-915-2351) at the Aurora Municipal Center, 15151 East Alameda Parkway (east parking lot) for a casual ride along the Highline Canal Trail.

INT-H2-35 SW 9:00 AM Meet **Joyce Terlaje** (303-986-2011) at the parking lot across from Conoco at the Morrison exit off of C-470. Ride a counter-clockwise loop along the C-470 bike path to Chatfield State Park, North on the Platte River bike path and west on Bear Creek bike path through Bear Creek Lake Park to the start. Lunch is optional after the ride.

MTB-P2-3, T2-3 9:00 AM Alderfer/Three Sisters. Hook up at the upper parking lot. Explore trails through Alderfer, finishing up for a small lunch break on Evergreen Mountain. Jeff 303-969-9241

**Sunday,
June 8th**

FUN/LEISURE H2-19-SW 8:15AM Leave promptly at 8:30 AM. Meet **Darlene Dietzler** (303-366-2215) at the new BearValley McDonald's (Hampden & Sheridan). West of Sheridan on Dartmouth. We will follow the Bear reek Bike path west to Bear Creek Park, through the park using roads, to Soda Lakes where we will stop for conversation and snacks. An early morning ride to beat the heat with some elevation gain followed by great down hills. Brunch following is at IHOP. Bring money, water, and snacks.

FUN-H2-22-NW 10:30 Meet **Gary Goins** (303-433-4398) at Berkley Park Rec. Center (46th & Sheridan) for an out and back ride to Golden on the Clear Creek Bike Path. The trail is paved and suitable for all bikes. Bring money for lunch in Golden. This is an excellent ride for both Intermediate and Fun Riders.

INT-H2-40-SW 9:30 AM DBTC SINGLES RIDE Meet **Ellen Chilikas** (303-750-5099 home, 720-670-0296 cell) in Sedalia for an out and back ride to Larkspur—go south on Santa Fe to Sedalia, turn west and park at the second set of railroad tracks. There will be a snack stop midway in Larkspur. We were almost blown away in April when we tried this ride so I thought we'd try again. 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.

ROAD-H4-30-W 9:30 AM Meet **Gaar Potter** (303-691-0938) at Bergen Park Park-n-Ride (See DBTC.ORG for directions). You guessed it. Squaw Pass. Perfect for fast climbers. No waiting, up and back (wave at me on your way back down!).

**Tuesday,
June 10th**

Leisure/FUN/INT-H1-10 to 30-C 4:00 PM "Feeling good ON the bike" before presentation on "Feeling good OFF the bike". Join **Dale Trone** 303-981-9161 at REI flagship for a 2 hour warm up ride prior to DBTC fitness seminar at REI flagship. One person's warm up is another person's cardio workout so everyone will be asked to ride at your own pace. Since goal is to be back in time for seminar this ride will be time driven not distance driven. Ride will travel up the Cherry Creek. At 5 PM ride leader will turn around and return via same route. As participants see leader they will turn-around. Note since this ride is time driven please arrive early as ride needs to depart on time.

**Wednesday,
June 11th**

Fun/Int-H2/H3-30-NW 8:30 Join **Steve Stevens** (720-497-1100) at Golden Oldy Cyclery—Bicycle Museum in a House—17224 West 17th Place. Golden to Bergen Park park-N-ride and back. We will go up US 40 and down Lookout Mountain. We will start at 8:30 so please be sure to come 15 minutes early to pump tires and use facilities.

"Roses" H2-15-NW 9:00AM Meet **Susan Gregory** (303.477.9233) at the northwest corner of Sloan's Lake Park (25th & Sheridan) for a tour of northwest Denver with a stop at a Panaderia (Mexican bakery) for a whole new world of pastries. We will visit the best outdoor sculpture (rusted metal) studio in the metro area. Lunch at the Edgewater Inn. Don't let the "H2" discourage you—walking up a hill is called "cross-training."

MTB-P2, T2 6:00 PM Green Mountain from the main (Hayden) Trailhead off west Alameda Ave. Jeff 303-969-9241

**Saturday,
June 14th**

LEISURE H2-18-SE 9:00AM FLAG DAY ICE CREAM RIDE !!! Wear red, white and blue and join **Nadean Kruse** (303-988-8186) in the area that used to be "Cinderella City" (Englewood). From Hampden, turn north at Galapago St. and then take first right into shopping area. Look for the bikes and park between PetCo and Ross stores. We will take a leisurely route that uses bike paths and the graveled Highline Canal, which is so pleasant with big trees. Frequent stops so plan on 3 hours. After the ride, we will treat ourselves to a super-duper helping of ice cream!! or lunch if you insist on food...

FUN-H2-26-SE 9:00AM Join **John Mues** (303-795-6167) at the Goodson Recreation Center (off of University Blvd. between Arapahoe Rd. and Orchard Rd. Meet in the lower parking lot near the bike/ped bridge) for a ride to the Meridian loop via the C-470 trail. We'll return on side streets back to the start. Lunch is optional.

FUN-H2-20-NW 9:00 AM Meet **Dave Noble** (303-694-2008) at Prospect Park (44th and Robb) for a loop around South Table Mountain with a watermelon stop at Howard Bagdad's house in Golden. Lunch afterwards.

INT-H2-65-NW 8:30 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 through Hygiene to Carter Lake. Lots of country roads and a brief but exhilarating climb to the Lake.

ROAD-H4-50-W 8:00AM Meet **Diane Short** (303-763-9874) at the Santa Fe / Mineral RTD Park-N-Ride (South Santa Fe Drive at Mineral) for a ride called the Turkey Creek Run. We'll take the Platte trail through Chatfield to Deer Creek, up Deer Creek Canyon to Turkey Creek and North Turkey Creek, then High Drive (be ready to climb) to Evergreen (snack stop), on to Kittredge, down to Morrison (optional lunch at the TNT), then Willow Springs, Bellevue, and the Platte bike path back to the Mineral Park-N-Ride.

Sunday,
June 15th

FUN-H1-25-SE 8:30AM JUNETEENTH at 5 Points Ride Meet **Gaar Potter** (303-691-0938) at Congress Park Pool (enter off of Josephine, 1 block north of 8th Ave.) We will meander north to the 5 Points area and dodge the parade (is there still a parade?) Quiet, shady street and beautiful old houses will please you.

FUN-2-25-NW 9:00AM Meet **Bill Orchard** (303-422-9468) at the Olde Town Arvada Park-N-Ride at 55th and Wadsworth (56th Pl & Vance) for his 9th Annual Father's Day Ride. Bill will take the group out the Ralston Creek Trail and up and over the Arvada Reservoir. Eventually he will connect with the Van Bibber Creek Trail near Long Lake Park and the noteworthy Churches Ranch Historic District. Look for a snack and a photo! He will follow the Van Bibber Creek Trail and Ridge Road back to Olde Town where the group will enjoy lunch at Little Anita's. Don't forget, fathers ride free! See the ride schedule on www.dbtc.org for the map.

MTB-P2-3, T2 9:00 AM Buffalo Creek Meet first to carpool from the Fort PNR off Colo Hwy 8, 2.5 miles south of Morrison, or 0.25 mile north of Hwy 285. Enjoy a great day on the Colorado Trail! Fred Berry 720-840-8596

Wednesday,
June 18th

Fun/INT-H1/H2-6-SW 9:00 AM Join **Kathi Baird** (303-981-9158) for a ride and after ride celebration of a Big milestone. Ride start and after ride celebrations will be at 8803 W Warren Dr. Lakewood 80227 (near Garrison & Jewell). Kathi will tell you she's celebrating the 20th anniversary of her 1st metric century (That she rode on her 40th birthday). The route will go west on Jewell, north on the C-470 trail and Rooney Rd to Golden. The ride will continue via the Clear Creek Trail, the Platte, and Bear Creek Trails. Pack lunch and/or a lot of snacks, as there are limited places to purchase food until we reach REI at mile 40. Anyone not wanting to ride 60 miles can shorten ride to 28 miles by returning to start from Clear Creek Trail via Garrison.

"Roses" H2-20-SE 10:00 AM Meet **Anne Layshock** 303-771-6353 at Village Green Park, NE corner of Union and Dayton, (north end parking lot) near the west entrance of Cherry Creek Reservoir, for a ride east through Cherry Creek State Park, Tollgate Trail, etc.. Bring a snack and money for lunch after the ride.

FUN-H1-20-SW 6:00 PM Meet **Nancy Blizzard** or **Lisa Duckett** (720-283-8374), nancyblizzard@aol.com At Goodson Rec. Center Parking lot 6315 S University Blvd, Littleton Routes will vary, going through Littleton area, and will be primarily on paved bike trails with occasional on-road.

MTB-P2, T2 6:00 PM, Rain or Shine, Fat Tire BBQ Eve Party, last spring Green Mtn evening ride in Lakewood, BBQ across from the lot at "Everest Challenge" **Russ Peterson's house**, 13462 W. Florida Dr, 80228, ph: 720-299-8269.

Thursday,
June 19th

FUN-H1-20-NW 6:00PM Meet **Ludwig Goppenhammer** (303-880-0181) ludwig@damnhot.com. Golden Rec. Center. Parking lot 1470 10th Street, Golden, CO. west end of parking lot. Routes will vary, going through Golden, Wheat Ridge, Arvada, and will be primarily on paved bike trails with occasional on-road.

Friday,
June 20 Campout

MTB-P3 T3 2:00 PM Special Friday Campout at the Indian Creek Campground, Pike National Forest, about 12 miles west of Sedalia on Hwy 67. We'll do a short ride or hike with Jean Deering, Friday afternoon before the campout and then, after the summer evening bonfire, await the Saturday ride. Call **Darrell Deering** 303-697-6126 Cell 303-903-0239

Saturday,
June 21st

FUN/ATB-H2-20-SW 10:30 AM Meet **Gary Goins** at Writer's Vista Park (1 mile east of Santa Fe Blvd. on Mineral) for a loop ride on the Highline Canal Trail and Lee's Gulch Trail. The trails are unpaved and wide tires are necessary. This is an excellent ride for both Fun and Intermediate riders. Bring money for a lunch after the ride. Gary Goins (303-433-4398)

MTB-P3,T3 9:30 Meet **Darrell Deering** or **Jean Deering** for hiking or biking (303-697-6126 Cell 303-903-0239) at the Indian Creek Campground Parking lot about 12 miles west of Sedalia on Hwy 67. Mountain bikers will ride the Indian Creek system to Lenny's Bench. Bring snacks and refreshments for the after ride party.

Sunday,
June 22nd

FUN-H3-25-W 9:00 AM Meet **Susan Gregory** (303-477-9233) in the Idaho Springs public parking lot behind Beau Jo's for a good training ride to Georgetown, almost 1,000' elevation gain. We'll ride back to Idaho Springs before the wind starts blowing up the canyon and have lunch at Tommy Knocker's Brewery

FUN-H2-21-NW 9:30AM Meet **Dave Grimes** (303-986-7666) at the Berkeley Park parking lot, Sheridan Blvd and 46th Ave NE corner, for a ride on quiet streets and bike paths. The group will head downtown; take the Platte River Trail north, and return to Berkeley Park via the Clear Creek Trail. Lunch afterwards if the groups so desires.

INT-H2-59M and **FUN/INT H2-59K 8? AM** Meet Dale Trone (303-981-9161) for a surprise birthday.ride. The surprise is at newsletter publication deadlines; the target distance is known, but start locations and routes haven't been determined. Watch for updates in Coloradobicyclist yahoo group or call Dale a few days before the ride for details. Current best GUESS is the 59 milers will start around 8 AM and the 59k'ers around 9:45 AM

Wednesday,
June 25th

"Roses" H2-20-NW 9:00 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.

FUN/INT-H2-30-SE 9:00 AM Join **John Mues** (303-795-6167) at the Goodson Recreation Center (off of University Blvd between Arapahoe Rd and Orchard Rd. Meet in the lower parking lot near the bike/ped bridge) for a loop down to REI via Washington Park and the Cherry Creek Trail. We'll return via the Platte River Trail. This will be a paved route except for a very short stretch near the rec center. Bring something to snack on; optional lunch afterward.

MTB-P2-3, T2-3 6:00 PM Evening ride, now at Lair o'the Bear to Pence Park, about 5 miles west of Morrison off Hwy 74, south side of road. Red Rocks grill dinner. Jeff 303-969-9241.

**Saturday,
June 28th**

FUN-H1-20-SW 9:00 AM Meet **Nancy Blizzard** or **Lisa Duckett** (720-283-8374), nancyblizzard@aol.com At Goodson Rec. Center Parking lot 6315 S University Blvd, Littleton Routes will vary, going through Littleton area, and will be primarily on paved bike trails with occasional on-road

FUN-H1-22-NW 8:00 AM Meet **Darlene Dietzler** (303-366-2215) at Westwoods Golf Course. From 64th and Ward Road, go west 2.4 miles on 64th to Quaker. Turn right and the entrance is on your left. We will ride the Ralston Creek Trail to the bridge and follow the Clear Creek to Prospect Park for a rest stop. From there, follow roads west and back to the start. The ride is 15 miles on paths and 7 miles on roads. Breakfast/brunch following is at Home Cookin' Cafe, corner of 64th and Quaker. Bring snacks, water, and money for brunch

INT/ROAD-H2-27/45-NE 8:00AM Join **John Mues** (303-795-6167) at the Prairie Center Super Target in Brighton (I-76 NE to Exit 21/144th Ave, West to Prairie Center Pkwy, park behind the Chick-fil-a) for the Hudson - Keenesburg loop. We'll go along the I-76 frontage road and other rural roads with mostly light traffic to the towns of Hudson and Keenesburg. Shorter distance option is available. Lunch afterwards is at one of the nearby restaurants.

MTB-P2-3, T2 8:30 AM Centennial Cone, carpool from the 4th and Union (Cold Spring) PNR. Approx 17 mile loop, 1800' gain/loss. Cathy Perkins 303-980-6738

**Sunday,
June 29th**

FUN-H2-22-SE 9:00 AM WELL-KNOWN TREASURE HUNT RIDE! Meet **Lois Kahn** (303-758-0092) at Benihana Restaurant parking lot at Tamarac Square (NW corner of Hampden and Tamarac). Bring your fun & detective skills for a non-competitive (everyone's a winner & we all ride together) treasure hunt ride through Highline Canal, Tech Center and some lovely cycling streets. Solve clues together and come upon the treasure! Lunch to follow

FUN-H2-21-NW 9:00AM Meet **Rick Clauder** at the Golden Rec Center. This is a coordinated ride with the Rec Center athletic program. The ride will start with a short loop through north Golden across two pedestrian bridges. There will be a option to return to the rec center if anyone is done in by the hills. The remaining riders will exit the bike path at Easley Rd and do the traditional Leyden Loop ride through northeast Golden and Arvada.

INT-H3-30ish SW 9:00 AM DBTC SINGLES RIDE Meet **Ellen Chilikas** (303.750.5099 home, 720.670.0296 cell) at the the intersection of Deer Creek and Wadsworth. We'll ride through Chatfield, out the south end of the park and up to the Arrowhead Golf course. We'll return on Wadsworth and then go up Deer Creek and end up at the Manor House. We'll then return to our cars. Lunch afterwards is at Panera in Aspen Grove. 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.

ROAD-H4-22-SW 8:30AM Meet **Fred Larke** at Parfet Park in Golden (10th St at Washington) for a loop ride up Lookout Mountain, down Mountain Vernon Canyon (US40), over Dinosaur Ridge, Rooney Road, and back to Golden. This is one of the all-time favorite climbing routes.

Picnic

July 12

Clement Park

Details in July newsletter

Helpers wanted.

Call Rick 303-463-1875

For sale: gently used Terry bike saddle. Purchased a few years ago, but only used for a short while. I think it is called the Citi-gel. It's yours for \$10. Email Ann at annn@estreet.com or phone 303-366-2716.

Wanted: passenger for drive to Sioux Falls, SD, June 6th or 7th to do Tour de Kota. Email Ann at annn@estreet.com or phone 303-366-2716

MTB Notices

Jeff Baysinger

Summertime rides and campouts will be starting this month. Celebrate the longest day of the year at the Indian Creek campout on Friday and Saturday, June 20-21! This is a pretty little park not that far from Denver. Note DBTC hikers are also welcome to join.

Additionally, planning is underway for the July 26-28 Monarch Crest weekend. The tentative camp location will be at St. Elmo, just below Tincup Pass. This location provides an opportunity to ride trails in the Collegiate Range, perhaps riding the Colorado Trail Raspberry Gulch on Sunday. Learn more at the Wednesday eve BBQ and ride party, Green Mountain event of June 18th.

**Elephant Rock
and Greenwood Goose Chase**

We are looking for several volunteers to man DBTC's Promotional Tent at the Greenwood Goosechase and the Elephant Rock. Volunteers working with Ludwig Goppenhammer, our vice president, will be goodwill ambassadors for our club, by answering questions and handing out promotional material, to solicit new members.

We need three volunteers for each of the events. Each volunteer will work about 1/3 of the day. The Elephant Rock is on Sunday, June 1st, and the Goosechase is on Saturday, June 14th. The respective Web Sites are www.elephantrockride.com and www.goosechase.org/index.php. Please help increase membership, call Ludwig at 303 279 7951.

DBTC Out of Town Tours

The DBTC out of town tours committee has established a calendar for 2008 and beyond. Please watch for articles on each tour in future newsletters. Updates will be on the website www.dbtc.org.

- JUNE** **WESTERN COLORADO** Cedar Ridge/Grand Mesa June 25 – 29;
Dennis and Marilyn Smith co-leaders.
This is a camping tour.
- AUG.** **LEADVILLE CO** Aug 27 – Sept 2
Carolyn Bauer tour leader
- SEPT.** **DOOR COUNTY, WISCONSIN** Sept 14 – 19
Ellen Chilikas and Karen Jenneman co-leaders
- OCT.** **OPEN**

No tours are planned for the winter months of January, February, March, November and December. Looking ahead to 2009, we would like to offer a tour on the Natchez Trace in Mississippi and Tennessee. Ellen Chilikas and Karen Jenneman are considering being co-leaders and they are looking at scheduling it in the spring or fall. Glacier Park, Montana in the summer has been mentioned as a possibility as well as a fall tour through the canyonlands of southern Utah. Mary Sue Dickerson and Ellen Chilikas have expressed interest in co-leading this tour.

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
*6227 S. Santa Fe Drive
Littleton, CO 80120
720-283-5682

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

CHERRY CREEK VELO
1435 S. Holly
DENVER, CO 80222
303-691-5650
25% off Sampson Pedals
10% off bikes and parts

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

TREADS BICYCLE OUT-FITTERS (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

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