



# The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

**August 2008**

## Board of Directors Election

The election for the Board of Directors is in October. This is the chance you've been waiting for. We need all kinds of help and skills, so there is a spot for you. If you are unable to serve this term, please talk to your friends whom you think would make good board members. The term of office is 2 years and starts in November.

### Job Description

Attend monthly dinner meetings from approximately 6-9 PM. We will accommodate your schedule. Members participate in planning and helping at the picnics and dinners, various advocacy efforts, support the newsletter editor and mailings, membership, and many other nuts and bolts activities. All the major jobs and responsibilities are held by volunteers listed on page 2 of the newsletter.

### How to apply

Candidates are requested to provide a short resume (including interests and skills), and picture (preferably a digital face close up). Email to Steve Ingraham, Secretary@dbtc.org. Or mail to:

**Attn: DBTC Election Committee**  
**PO Box 260517,**  
**Denver, CO 80226-0517**

Resumes and pictures should be sent by September 10 to appear in the October newsletter.

### Questions

Email Steve Ingraham or call 303-756-7847. Any Board member will be glad to answer your questions and help you with your nomination. If you don't apply, we will find you anyway. We know where you live. So please consider helping your club, and, believe it or not, have some fun.

## WALDEN OVERNIGHT TOUR AUGUST 30-31

Meet Gaar Potter (303) 691-0938 at 9:30 AM Saturday August 30th at Ace Hardware in Granby (on the right side of Highway 40 near the West end of Granby). We will ride over Willow Creek Pass to Walden (approx. 60 miles). Overnight in Walden. Walden is no metropolis, but it has a couple of restaurants and a liquor store. Make your own reservations (recommended is Chedsey Motel 970-723-8201). No sag support. Willow Creek Pass is about 2000' of climbing in about 15 miles. (Not bad). We will return Sunday morning, and should be back in Granby by 1:30 or so Sunday. Trip is designed to avoid peak traffic both on bike and in car. Road between Granby and Walden is lightly traveled.

## July 5th History Ride Tom Tobiassen



We had 29 riders from all over the area for the July 5th History Ride. This shot was taken in front of the William H Smith House along the High Line Canal. Smith was a partner in the English land development company that built the High Line Canal and divided the land along the canal into small farms. The farms and Fairmount cemetery used High Line Canal water for irrigation.

## MARK YOUR CALENDAR

**DBTC Picnic**  
**September 6**  
**Tanglewood Park, Golden**

**Volunteer Recognition Dinner**  
**November 1**  
**Holiday Inn Select, Denver**

## DBTC's Officers

### President

Rick Clauder.....303-463-1875  
President@dbtc.org

### Vice President

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

### Secretary

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

### Treasurer

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

### Board Members at Large

Lisa Duckett .....303-347-9774  
fast\_blader@msn.com

Gary Goins .....303-433-4398  
gwgoins1@yahoo.com

Lise Neer.....303-399-3659  
bdmembers@comcast.net

Dale Trone.....303-981-9161  
trone\_da@hotmail.com

## Directors and Staff

### Director of Ride Activities

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

### Out of Town Tour Director

Jim McClain.....303-715-9335  
BikeMcClain@aol.com

### Hotline Director

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

### Fun MTB Coordinator

Jeff Baysinger .....303-969-9241  
FunMTB@dbtc.org

### Fun Ride Director North

Howard Bagdad .....303-278-0541  
FunRideNorth@dbtc.org

### Fun Ride Director South

Lois Kahn .....303-758-0092  
FunRideSouth@dbtc.org

### Road Ride Director

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

### Intermediate Ride Director

Dale Trone.....303-981-9161  
trone\_da@hotmail.com

### Wednesday Fun Ride Coordinator

Joyce Terlaje .....303-986-2011  
hikergal42@yahoo.com

### "Roses" Ride Coordinator

Melba Bouquet .....720-493-0564  
MELBAMBouquet@cs.com

### Historian

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

### Membership Database/Webmaster

Dave Grimes .....303-986-7666  
webmaster@dbtc.org

### Map Sales (wholesale)

Darlene Dietzler .....303-366-2215  
Mapsales@dbtc.org

### Newsletter Mailing Group

Carolyn Bauer .....303-740-8491  
cmb8030@comcast.net

### Photo Gallery Jeff Krinksy

photogallery@dbtc.org

### Board Meeting

Any member wishing to attend a board meeting is welcome to attend. The next board meeting is Monday, August 4 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



I love this club. We have so many wonderful people to ride and socialize with. I'd like to recognize a few of our members that have done so much recently to make the club even better. For the sake of space, realize that so many others have contributed to the DBTC, but I will just mention a few. Gary Goins has set up a wonderful series of rides combined with lectures at REI. I haven't attended them but I'm sure attendees found them to be very interesting. Ludwig Goppenhammer has brought in new members with his work at the Elephant Rock and Goosechase rides. Both Ludwig and Nancy Blizzard have organized the Rec Center Rides and have led most of the rides originating from the Golden and Goodson Centers. I led a ride 2 weekends ago from the Golden Center. Two new riders joined DBTC, and I sold two water bottles. Ellen Chilikas has had great participation in her singles rides, recognizing we have many singles looking for new friendships. And, Don Pearson, as always, continues to do work for the children of St Vincent's. Let's all thank these members when we see them.

By the way, have you taken time to check out the DBTC website? Dave Grimes has added some new features to make it even more helpful to us. [www.dbtc.org](http://www.dbtc.org).

### A Pleasure and a Privilege by Gary Goins

Your club, and my club, needs people to run for its Board of Directors. This is a wonderful opportunity to serve bicyclists in Denver and Colorado and is also an opportunity to help make this corner of the world a better place to ride and live.

I am stepping down from the Board after four and a half years. Before I go I would like to take the opportunity to encourage you, yes you reading this, to nominate yourself and participate in the upcoming election. It is good for you step forward and help make things happen.

My tenure on the Board has been both a pleasure and a privilege. I have had the pleasure of working with people who wanted to make the Club a successful organization where all riders can have a positive experience. Anytime you can serve others is a privilege.

The same people have been serving on the Board for sometime now. Give them a rest; come forward with Your energy and Your ideas to help make this club even more successful.



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](mailto: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.



## Channel 7 Everyday Hero Award

Watch Channel 7 news in August to see our own Don Pearson receive the Everyday Hero Award. This award is given to people whose volunteer work has helped the community. Bruce Kohl nominated Don. On July 10th, Channel 7 came to Mt. St. Vincent's, and filmed him working on bikes for the kids, along with Bruce, Rick Clauder, and Howard Bagdad, frequent helpers. The segment will be aired at the following dates and times. Don is our own COG (crazy ole goat) and we are privileged to have him as a long time member of DBTC. We can't thank Don enough for all he has done, and this honor is well deserved.

Sunday 8/3 10PM	Friday 8/8 4 PM
Monday 8/4 5AM	Saturday 8/9 5 PM
Thursday 8/7 11AM	Sunday 8/10 7 AM

## BikeDenver Community Service A Taste of Colorado

We provide free bicycle parking at a number of Denver Community events including A Taste of Colorado. This festival of food, arts, and music is held in downtown Denver at Civic Center from Friday August 29 through Monday September 1.

We need help parking bikes at our two corrals. We are asking for only three hours of your time. Go to [www.bikedenver.org](http://www.bikedenver.org) and click on the "Wanna park bikes?" link at the top of the page. The schedule will be posted in August. Volunteers will be given food and beverage coupons and will be invited to the annual Volunteer Appreciation Dinner later in the fall. Your support will be greatly appreciated. Last year we had a good response from DBTC members. It is a win-win day. You are supporting a bike service to the community and you get a free lunch.

August 29, Friday	4:00 to 10:00 p.m.
August 30 & 31,	
Saturday and Sunday	10:30 a.m. to 10:00 p.m.
September 1, Monday	10:30 a.m. to 8:00 p.m.

BikeDenver operates the corrals a half an hour before and after these posted times.

Contact me directly if you want to sign up early, I'll pencil it in. Thank you.  
Gary A. Rossmiller  
720-385-4268  
[bikeparking@bikedenver.org](mailto:bikeparking@bikedenver.org)



## Come TOUR THE SUMMIT with us The 1st Annual Bob Guthrie Memorial Ride Sunday, August 10th, 2008

Enjoy a day on the Summit County trail system, honor an old friend, and help build the newest section, the Swan Mountain Recpath

Funds raised will be used to help complete the Swan Mountain Bike Path. Currently riders must share busy Swan Mountain Road with motorists, and the lack of clearance for users, is a major safety concern. Phase 1 was completed August 2007, and construction for Phase 2 begins Spring 2009. Registration is \$55.00 thru Aug. 9 and \$65 Aug. 10. It is a benefit ride to benefit us, Cyclists using Recpaths.

DBTC will donate \$300 to the Tax-exempt Swan Mountain Recpath project. DBTC will donate an additional \$10 for each DBTC registered member and another \$5 for wearing your club jersey. Put DBTC on your registration form and on your check. This is a concrete way to support the creation of bike paths for your use and that of your children and grandchildren. You can make additional tax-exempt donations.

For information go to: [www.tour-the-summit.com](http://www.tour-the-summit.com)  
Bob Guthrie, for whom the ride is named, was involved in biking and skiing. He belonged to both Copper Mountain Over the Hill Gang and Over the Hill Gang, International. He was co-coordinator of the Summit County Monday Biking Group, was a driving force and leading advocate to complete the bike path around Swan Mountain Road, and convinced the impenetrable Colorado Dept of Transportation to limit the number of biker disrupting rumble strips on Loveland Pass. Cyclists rejoiced. He was the unofficial mayor of the over-50 crowd in Summit County. Tragically, Bob died in a skiing accident at A-Basin on February 11. He was 68.

Send tax-exempt contributions for the Swan Mountain Recpath project to:  
Northwest Colorado Council of  
Governments Foundation  
PO Box 2308  
Silverthorne, CO 80498

## Leadville Labor Day Multi-Sport Weekend Friday August 29 to Monday September 1 Carolyn Bauer, Trip Leader

This trip is almost full so if you are interested, contact Carolyn Bauer ASAP at [cmb8030@comcast.net](mailto:cmb8030@comcast.net) or 303.740.8491 (home) or 303.246.7848 (cell). See the July newsletter for details.

### Ski weekend - MLK Weekend 2009 Friday 1/16/09 - Monday 1/19/09, Fraser Colorado Ellen Chilikas

Yes, I know it's early but the early bird gets the worm—hope you like worm!

Easy access to Winter Park, Silver Creek, Grand Lake, Devil's Thumb, Snow Mountain Ranch, Hot Sulphur Springs - what more could you want? Each room has 2-3 beds (twins to queens, private bath, TV/DVD player, mini fridge...) There is a common area for lounging plus a fully furnished kitchen and refrigerator (you can cook your meals if you want). This is the hostel in Fraser but we are booking the high-end private rooms. This place used to be a B&B. Walking distance to Safeway and some restaurants, free shuttle to shopping and ski area—sweet!



Cost is about \$250/person double occupancy (cheaper if you have triple occupancy which is available in some rooms) includes 3 nights lodging, one happy hour with food and adult beverages, one dinner, maybe more food depending on how many rooms fill. There are only 6 private rooms available so book fast.

The catch—yes there is a catch—I need a 50% nonrefundable but transferable deposit by September 1st. I know it's early, but remember the bird and worm thing! If you are interested, email Ellen at [outdoorsdiva@yahoo.com](mailto:outdoorsdiva@yahoo.com) ASAP so we can discuss room availability. Then complete the forms on the website and mail with your deposit to: Ellen Chilikas, PO Box 471803, Aurora, Colo 80047. (303.750.5099 home, 720.670.0296 cell)

### DBTC Members and Bikes on the Road

The Nov/Dec issue will highlight rides DBTC members have done in 2008. We are asking for names of everyone who did Ride the Rockies, MS 150, Triple By Pass, Community Classic in Loveland, Greenwood Goose Chase, Courage Classic, RAGBRAI, etc., and out of state and out of country trips, etc. If you did a tour, include name of tour company. It would help if one person sent all the names if you rode as a group. Send to [Darlenedt@comcast.net](mailto:Darlenedt@comcast.net). Thanks.

### Feeling Good On and Off the Bike 6:30 PM Monday August 11 REI Flagship Store

This last segment of Feeling Good On and Off the Bike will feature Rose Silberman, of Polestar Pilates. She will teach us a series of self-rehabilitation and proper movement techniques that will free up our muscles, correct faulty movement patterns, and allow one to move easily and free of the discomfort to which most of us have become accustomed. As a cyclist you will be able to ride with maximum efficiency, minimum effort, and increased enjoyment. Off the bike you will be able to move through your everyday life with increased ease and enjoyment.

This program is suitable for cyclists of all levels, from Roses to Road. Wear comfortable clothing; bring a mat, and a small pillow to support your head.

There will be a "Warm-Up" ride before the presentation. Refer to the ride schedule.

**A Word Of Caution:** If you feel the need to call REI to verify this event, ask if the Denver Bicycle Club will be there that evening. DO NOT ask about "the Movement Class". REI's calendar only tells that the DBTC will be there, not what we will be doing.

**TIP:** If you drop your chain while riding, try to keep pedaling. Many times the action of the pedal will put the chain back onto the ring. If it doesn't pick up in a few strokes, then you can stop and fix it.

### Park Hill Bike Depot Now Open Lise Neer

The Park Hill Bike Depot, 2825 Fairfax St., is a new shop where you can learn to fix your bike or even build up a bicycle. The Depot also welcomes volunteers with some mechanical experience to help neighborhood kids and adults learn to work on their bikes.

In addition to the shop activities, the Bike Depot is partnering with nearby Rec Centers as a ride start location, along with other healthy-living workshops and events. For hours and additional info, visit [www.thebikedepot.org](http://www.thebikedepot.org), or contact shop manager Gabi Tobar, at [manager@thebikedepot.org](mailto:manager@thebikedepot.org).

## Coming September 13 The Tour De Trois Routes en Velo or Triple Bike Path Ride

Ludwig Goppenhammer

We will ride 67 miles on C-470, Platte River Trail, & Clear Creek Trail, with refreshments provided at the end. There will probably be a slower 'FUN' leader and a faster 'INT' leader with staggered start times so that both groups will arrive at the finish at about the same time. Last year was the first year and everyone had a great time. You don't want to miss this year's ride. Details will appear in the September newsletter. If you are willing to lead a shorter FUN option, contact Ludwig at [vicepresident@dbtc.org](mailto:vicepresident@dbtc.org).

### "Cedaredge, Colorado... captures your heart and brings you back"

By Jean Deering

Marilyn and Dennis Smith invited a few fortunate DBTC members to visit their summer get-away home in Cedaredge, Colorado. June 25-29. After 3 days of riding in the Surface Creek Valley, 12 DBTC members quickly realized why Marilyn & Dennis found Cedaredge a great place to visit and live! Cedaredge is nestled at the base of the majestic Grand Mesa. The valley below the Grand Mesa (the largest flat-topped mountain in the world) with its rolling terrain is dotted with dozens of orchards, vineyards, cattle and sheep ranches and dairies. The air was fresh and clean and the sky was so blue. The wildflowers (especially the lupine) were in the prime of their season. We climbed many a mesa in the valley and delighted in the enchanting country side then thoroughly enjoyed each rapid descent. The country roads were quaint and quiet. Once, Marilyn commented on "so much traffic" (there was an occasional cattle truck) but the rest of us agreed: "What traffic??" The occasional cow pie on the road added to the country quaintness.

Our ride to Hermit's Rest Overlook gave us a view of the north rim of the Black Canyon of the Gunnison. Each day, on each new ride, Marilyn gave us a totally new experience so that we might discover the enchantment and beauty of Cedaredge and the surrounding valley. Dennis was a "super



sagger" and entertained all of us with his unique sense of humor. Each evening was a "delicious dining experience" at the home of the Smith's (again thanks to Dennis). Thank you, Marilyn and Dennis for opening your beautiful home (on the golf course!) and sharing the magnificence of your valley with all of us. Cedaredge is indeed a great place to visit and live, but now your secret is out!!

### 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](mailto:gaarpo@comcast.net)

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](mailto:hbagdad@aol.com). Home phone 303-278-0541

### NEWSLETTER VIA EMAIL...

The newsletter is available by email. If this works for you, send your email address to [webmaster@dbtc.org](mailto:webmaster@dbtc.org).

# DBTC SUMMER 2008

## Guide to Reading the Ride Schedule

by Patty Gaspar

Be sure to read the schedule so you can plan your summer rides. We have day and evening rides as well as one night-time ride. Some leaders need an RSVP. There will be rides in the city and the mountains. We have a picnic on the 12th. We even have a 4th of July bike ride/fireworks spectacular for the mountain bikers. The MTB group has a camping trip

planned. There is a free beer and pizza ride, an ice cream ride and a surprise. Some rides are leisurely and some are anything but. Enjoy the schedule and thanks to all the DBTC members who came up with this wide assortment of things to do on your bike this summer.

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](http://www.dbtc.org/bureau.aspx)

**Ride Locator:** There is a guide to the most frequent start locations on our website – [www.dbtc.org](http://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](http://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@yahoo.com](mailto:ColoradoBicyclist-subscribe@yahoo.com)

**DBTC Mountain Biking E-Mail List**

To join, send an e-mail to: [COMtnbikers-subscribe@yahoo.com](mailto:COMtnbikers-subscribe@yahoo.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](mailto: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.

### 2008 Advance Planning Calendar

**August 2**

Copper Triangle Alpine Classic  
[www.coppertriangle.com](http://www.coppertriangle.com)  
Copper Mountain, CO

**August 2-9**

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

**August 3-9**

Colorado Rocky Mountain  
Bike Tour  
[www.crmbt.com](http://www.crmbt.com)  
Gunnison, CO

**August 10**

Pikes Peak Classic  
[www.s-cap.org](http://www.s-cap.org)  
Buena Vista, CO

**August 10**

1st Annual Bob Guthrie  
Memorial Ride  
Summit County,  
Frisco Medical Center  
<http://www.tour-the-summit.com>

**August 16**

Stonewall Century Ride  
[www.spcycling.org](http://www.spcycling.org)  
La Veta, CO

**August 23**

Tour de Cure  
[www.diabetes.org](http://www.diabetes.org)  
Longmont, CO

**September 6**

DBTC Picnic  
[www.dbtc.org](http://www.dbtc.org)  
Tanglewood Park, Golden, CO

**September 7**

Buffalo Bicycle Classic  
[www.buffalobicycleclassic.com](http://www.buffalobicycleclassic.com)  
Boulder, CO

**September 13**

Tour de Trois en Velo or Triple  
Bike Path  
Golden, CO

**September 18-21**

Tour of the Vineyards  
[www.Coloradowinefest.com](http://www.Coloradowinefest.com)  
Palisade, CO

**September 19-21**

Moab Century Tour  
[www.skinnytirefestival.com](http://www.skinnytirefestival.com)  
Moab, UT

**November 1**

Volunteer Recognition Dinner  
Holiday Inn Select, Denver



**Sunday,  
August 10th**

**FUN-H2-23-SE 9:00 AM** Meet *Guy James* (303-321-4607) at the 4-Mile House, 715 S. Forest for a ride east to Cherry Creek Reservoir. We'll ride around it and return on the Cherry Creek bike path.

**FUN-H1-25-N 8:00 AM** Join *Dennis Walker* (303-650-9657) at Twin Lakes Park, 1/2 block west of Broadway on the south side of 70th Avenue diagonally across the street from the Park and Ride. We will ride west on the Clear Creek Bike Path for 12 1/2 miles to MacIntyre and return. Lunch after the ride is at Las Delicias.

**INT/ROAD-H2-40 or 50-E 9:00 AM** Meet *Dennis Fitzpatrick* (303-322-0290) 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.

**ROAD-H4-48-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!

**Monday,  
August 11th**

**Leisure, FUN, INT-H1-10-30-C 4:00 PM** Feeling good ON the bike before presentation on “Feeling Good OFF the Bike”. Show and go at REI flagship on east side in front of Starbucks 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 rider will turn around and return via same route. Note: since this ride is time driven please arrive early as ride needs to depart on time.

**Wednesday,  
August 13th**

**“Roses” SW H1-22 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-H1-25-N 8:00 AM** Join *Dennis Walker* (303-650-9657) at Twin Lakes Park, 1/2 block west of Broadway on 70th Avenue on the south side of the street diagonally opposite the Park and Ride. Ride west on the Clear Creek Bike Path for 12 1/2 miles to MacIntyre and return. Lunch is after ride at Las Delicias.

**MTB-P2/3-T2/3 6:00 PM** Evening ride, Last of the season Lair o' the Bear ride, about 5 mi west of Morrison. Hwy 74, south side of road. Usual Red Rocks grill afterward.

**Saturday,  
August 16th**

**FUN-H1-21 NE 8:30 AM** Tour of North Denver Wineries Join *Don & Marilyn Swett* for a tour of 3 fine wineries in Denver, Balistreri Vineyards, Bonacquisti Wine Company, and Spero Winery. All three of these wineries have won a number of prestigious awards for their wines. We will start our ride from the Balistreri Winery at 1946 E. 66th Ave. in North Denver. Plan on a leisurely ride with extended stops at each winery to taste their wine. Google or use map quest 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 R.S.V.P. to don\_swett@comcast.net. Because this is an unusual start location, also if you are interested in riding sweep. Call Don with questions: 303-791-5863

**LEISURE/FUN-H2-20-SW-9:00 AM** “THE ICE CREAM LADY” *Nadean Kruse* (303-988-8186) will lead you on a nice 20 mile loop—mostly on bike paths, some gravel. Mostly flat with a couple of gentle hills and frequent stops. We'll meet at Bed, Bath & Beyond on the north side of Bowles Ave. about 1/4 mile east of Wadsworth. From Bowles, take W. Long Drive north, then turn east into the big parking lot. At the end of the ride, we'll treat ourselves to the best ice cream concoction you can create, or if you insist on “real food”, there's a deli next door!

**FUN-H2-22-E 8:30 AM** THE AURORA TRAIL LOOP Meet *Tom Tobiassen* (303-699-9260) at Treads Bicycle Outfitters north side parking lot 16701 E. Iliff Ave. (northwest corner of Iliff and Buckley) for a 22 mile ride along the Cherry Creek, High Line and Tollgate Creek Trails.

**INT-H1-30-35-Central-8:00AM** DBTC SINGLES RIDE – 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. Look for Ellen's green Honda Element—you can't miss it! The group will ride west on the Cherry Creek trail and then go north on the Platte until the trail ends. The ride will be along bike paths at a fast Intermediate pace (~15mph). The route is flat so we can go pretty fast. No maps will be provided since the route is straightforward. 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. 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 and your ring finger will be marked with a red X!

**INT/ROAD-H4- 38 or 56-W 8:00 AM** – Bergen Park to Echo Lake with Summit Lake option. \$5 park fee and 18 miles added for the Summit Lake option. Meet at 8 am at the RTD lot in Bergen Park (2 miles beyond El Rancho on Bergen Parkway). This is 18 (or 27) miles of pretty consistent climbing, so bring plenty of water/sports drink. Drinks and homemade PIE at the Echo Lake Lodge! **Diane Short** 303-763-9874.

**MTB-P2/3-T2/3 10:00 AM** Keystone Gulch 12 mile West Ridge boulder ride, late afternoon picnic at **AI Spanier's** condo, followed by the 6:30 PM Dillon "Nacho Men" concert! Please RSVP to the address below so the hosts can estimate the food. As for meeting, go to 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: AISpanier@aol.com

**Sunday,  
August 17th**

**FUN-H2-20-SW 9:00 AM** Meet **Gary Goins** (303-433-4398) at Writer's Vista Park for a ride along the tree-shaded Highline Canal. We will ride along this relic of Denver's agricultural past to our turn-around point and return to Writer's Vista Park. The dirt trail is well maintained and suitable for road bikes as well as mountain and hybrid bikes. Bring air, a spare and \$ for lunch in Littleton.

**FUN/INT-H1/2-25-N 9:00 AM** – Meet **Karen Jenneman** (home 720-221-3676, cell 720-436-9399) at College Hill Library Parking Lot, 3705 W. 112th Avenue, Westminster, 80031 (between Sheridan & Federal). Park at far west side library lot, entrance to Big Dry Creek Trail. Ride mostly on the Big Dry Creek (both paved/unpaved—20% stone chip, but suitable for road bike), High Line Canal, and neighbourhood streets out to loop Standley Lake. There are several nice hills along the way so be ready for a little climbing! Bring picnic lunch for stop at Westminster City Park on our return. This is a training ride for Door County Wisconsin Tour; however, all DBTC members are welcome.

**INT/ROAD-H2-60-C 9:00 AM** Meet **Dennis Fitzpatrick** (303-322-0290) at REI (Flagship downtown—can park at City of Cuernavaca Park ) for a ride to Arrowhead Golf Course. Meet on the E. side of REI below the Starbucks.

**ROAD-H4-28-SW 8:30AM** Meet **Fred Larke** at intersection of South Wadsworth and Deer Creek Road for a foothills ride to Tiny Town and return. Option for additional mileage depends on desires of group.

**Tuesday,  
August 19th**

**ROAD-H3/H4-28-SW 9:30AM** 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 options in the Ken Caryl Ave and C470 area after the ride.

**Wednesday,  
August 20th**

**"Roses" H2-20 SW 8:30 AM** Meet **Dave Grimes**, 303-986-7666, at the tennis bubble (Bowles and Federal, parking lot to the east of the bubble) for a ride along the Platte River into Chatfield State Park. Bring a snack, and money for lunch at a favorite restaurant after the ride.

**FUN/INT H2/H3-30-SW-9:00** Meet **Joyce Terlaje** (303-986-2011) at her house @ 807 S. Owens Ct, Lakewood, 80226. Ride will head west through neighborhood to top of Green Mountain, up to Hwy 40 and loop around down Lookout Mtn and back to her residence. Route can always be reversed if group wishes. Goodies will be provided after the ride.

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

**Saturday,  
August 23rd**

**FUN/LEISURE-H2-19-S Meet 8:15 Leave promptly at 8:30 AM** – Meet **Darlene Dietzler** (303-366-2215) at the new Bear Valley McDonald's (Hampden and Sheridan). West of Sheridan on Dartmouth. We will follow the Bear Creek Bike path west to Bear Creek Park, through the park using roads, to Soda Lakes, where we will stop for conversation and snacks. Some elevation gain, but there are great downhill. An early morning ride to beat the heat. Brunch following is at IHOP. Bring money, water, and snacks. This ride was rained out in June. Let's try again!

**INT-H2-35-SE 7:00 AM** Meet **Ann Nordstrom** 303-366-2716 at Expo park, Aurora, (1 block East of Havana on Exposition), for an "early bird" ride. The ride will venture on mostly neighborhood streets and bike paths. Bring money, and a lock for your bike, for a stop at Hot Cakes Restaurant for breakfast before returning to Aurora. Pace a little slower than "brisk" due to the route.

**ROAD-H3-30-SW-8:00AM** Meet *Luanne Ralph* (303-798-6622) leaving Morrison/C470 Rooney Road Conoco and ride up Mt. Vernon to Stagecoach into Evergreen, stop at Bakery, return to Morrison.

**Door County Training Ride** – details TBD – There will be a Door County training ride with lunch afterwards for all of the people going on the Door County trip in September. Please contact *Ellen Chilikas* (303-750-5099) or *Karen Jenneman* (720-221-3676) for details.

**MTB-P2/3-T2/3 10:00 AM** Winter Park weekend and optional campout. Meet Saturday morn at the Winter Park ski lodge area base parking lot, former resident *Chuck Caldwell* (303-807-1562) will lead us on old favorite trails, overnight camping in the local Arapahoe National Forest, Saint Louis Creek campground by Fraser, CO.

**Sunday,  
August 24th**

**FUN-2-30-SE-9:00 AM TWENTY PARKS TOUR** – Meet *Gaar Potter* at Eisenhower Park. We will tour SE Denver mostly on streets. I know we've done this before, but we're going to keep doing it until we get it RIGHT. Joint ride with YMCA, so behave!

**MTB-P2/3-T2/3 10:00 AM** Winter Park weekend, Sunday ride to be determined at the Saturday eve campout pow-wow with *Chuck*, bribes will be taken (if coming up Sunday morn, go to the campground).

**ROAD-H4-70-NW-9:00 AM** RSVP by Thursday Meet *Eric Erslev* (970-221-2901) at Ted's Place (a corner store NW of Fort Collins at intersection of Rte. 287 and Rte. 14). The ride will start at Ted's Place at the mouth of the Poudre Canyon and head west, up canyon. Take the first left and climb to Stove Prairie. Go south to Masonville, turn left and climb up to Horsetooth Park for a pit stop. Go to east side of Horsetooth Reservoir, where riders can head north toward their cars by either 1) climbing the hills on the east side of the reservoir or 2) traversing the flats on Overland Trail on the western margin of Fort Collins. Riders wishing to carpool can meet at the RTD Park-n-Ride at I-25 and 120th Ave at 7:30AM. Please call Eric by Thursday, August 22 if you plan to do this ride.

**Wednesday,  
August 27th**

**"Roses" H1-20 SE 8:30 AM** Meet *Anne Layshock*, 303-771-6353, at Cottonwood Park, between Jordan Rd. and Parker Rd., south side of Cottonwood Dr., (between Arapahoe Rd. and E-470) for a ride south on Cherry Creek to the Pinery and back. Bring a snack and money for lunch at a favorite restaurant after the ride.

**FUN H2-30-SE-9:00 AM** Meet *Patty Gaspar* (303-618-5069) at the tennis bubble at S. Federal and W. Bowles – for a ride to Ken Caryl and Chatfield. Lunch afterwards is in downtown Littleton.

**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.

**Saturday,  
August 30th**

**FUN/INT-2-38-SW 9:00 AM** Meet *Darrell and Jean Deering* (303-697-6126) at the Ken-Caryl Ave. RTD Park and Ride located one block east of C470. We will ride to the Chatfield State Park Marina for lunch by way of the C470 trail, to the Bear Cr. Trail, the Platte Trail and south to Chatfield State Park. After lunch we will return on the C470 trail.

**INT/ROAD-H2-42/55-E 8:00 AM** 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 cancelled if there is a high risk of thunderstorms expected.

**Sunday,  
August 31st**

**FUN-H2-27-NW 9:00 AM** Meet *Jake Jacobi* (303-475-374) jakhok62@yahoo.com at Safeway, NE corner of 80th & Wadsworth. Directions: from I-70, go north on Wadsworth to 80th Ave. We will ride along Little Dry Creek, Clear Creek and VanBibber Trails and back along 72nd, Kipling and Little Dry Creek

**FUN/INT-H2-52-SW-8:00 AM** OVERCONSUMPTION OVERPOPULATION SPRAWL RIDE (aber mit wunderschoenen Aussichten) *Jeff Messerschmidt* (303-904-0573) leave message. Leading from King Soopers recycle dumpsters at Kipling and Belleview to Daniels Park. Tired? bad weather? Lonesome pets? No prob-lemo—we can turn back at will....

**INT-H2-38-N-9:00 AM** Medal of Honor Ride Meet *Doyle Brewer* (303) 373-2587 at the Park-and-Ride at 70th Avenue and Broadway for a ride to locate and honor 5 of the 12 Medal of Honor Recipients buried in the metro area. We will visit Crown Hill and Riverside Cemeteries. Please let me know by August 25th if you plan to be on the ride, so I can have enough tour guides printed up. Email is Brewerhunt@aol.com

**ROAD-H4-21-W 7:00 AM** Meet *Gary Bohn* (303-650-5082) in Idaho Springs (exit off I-70 to the parking lot across from the school) for a ride up Squaw Pass to beautiful Echo Lake. Note the early start of 7:00AM.

**Monday,  
September 1st  
Labor Day**

(Check your September schedule for additional rides.)  
**FUN-H2-20-NW-9:00AM** Meet *Howard Bagdad* (303-278-0541) and *Janet Tingle* at the west end of the Golden Public Library parking lot, 1019 10th Street. We will ride up to North Golden and down Tucker Gulch, pick up the Clear Creek trail to Easley Road. From there we ride to Leyden and make a loop in that area before returning. Lunch afterwards is at the Windy Saddle Coffee Shop.

### 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](http://www.dbtc.org).

- 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.

### NEW MEMBERS

DBTC Members Joined since 6/17/2008

- ARDIE ALLEN
- TRICIA BASS
- LARRY BEARDSLEY
- MARK DUDA
- MARIANNE GOLDSTEIN
- CARL GRIESBACH
- KAREN KENNEDY
- HOWARD MANSELL
- A J MOLLWAY
- ALEX ONDA
- CHONG PENTLAND
- JOANN PHILLIPS
- FRED SIERSMA
- CARL SLATER
- TERRY SMITH
- RICHARD VALVERDE
- DIETRICH H WHITESIDES

### 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](http://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](http://www.BicyclePedalr.com)

**BIG KAHUNA BICYCLES**  
9032 W KEN CARYL AVE  
LITTLETON, CO 80128  
720-981-5199  
[www.bigkahunabicycles.com](http://www.bigkahunabicycles.com)  
Includes 10% discount on bikes!

**BIKE SOURCE**  
\*2690 E COUNTY LINE RD  
LITTLETON, CO 80126  
303-221-4840

\*2665 S. COLORADO BLVD.  
DENVER, CO 80222  
303-759-5099  
[www.bikesourceonline.com](http://www.bikesourceonline.com)

**CAMPUS CYCLES**  
2102 SO. WASHINGTON ST.  
DENVER, CO 80210  
[www.campuscycles.com](http://www.campuscycles.com)

**CYCLE ANALYST**  
722 S. PEARL St.  
DENVER, CO 80209  
[www.cycleanalystinc.com](http://www.cycleanalystinc.com)

**DERBY BICYCLE CENTER**  
410 EAST 104TH AVE  
THORNTON, CO 80233  
303-288-4100  
[www.derbybicyclecenter.com](http://www.derbybicyclecenter.com)

**ECHOLON SPOKES & SLOPES**  
297 N. Hwy 287, Ste 110  
Lafayette, CO. 80026  
303-604-1825  
[www.echelonspokesandslopes.com](http://www.echelonspokesandslopes.com)

**FOOTHILLS CYCLING**  
11651 W. 64th AVE.  
ARVADA, CO 80004  
303-420-0815  
[www.foothillscycling.net](http://www.foothillscycling.net)

**GOLDEN BEAR BIKES**  
290 NICKEL STREET  
BROOMFIELD, CO 80020  
303-469-7273  
[www.goldenbearbikes.com](http://www.goldenbearbikes.com)

**GREEN MOUNTAIN SPORTS**  
2950 S BEAR CREEK BLVD  
LAKEWOOD, CO 80228  
303-987-8758  
[www.greenmountainsports.com](http://www.greenmountainsports.com)

**LITTLETON CYCLERY**  
\*1500 W LITTLETON BLVD  
LITTLETON, CO 80120  
303-798-5033  
[www.littletoncyclery.com](http://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](http://www.mobcyclery.com)

**PEAK CYCLES**  
801 14 th ST. SUITE B  
GOLDEN, CO 80401  
303-216-1616  
[BikeParts.com](http://BikeParts.com)

**SCHWAB CYCLES**  
1565 PIERCE ST  
LAKEWOOD, CO 80214  
303-238-0243  
[www.schwabcycles.com](http://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](http://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 OUTFITTERS** (3 locations)  
\*10831 S. CROSSROADS DR.  
PARKER, CO 80134  
303-690-2900

\*16701 E ILIFF AVE  
AURORA, CO 80013  
303-750-1671

\*3234 S. WADSWORTH BLVD  
LAKEWOOD, CO 80227  
303-781-1162

**WESTSIDE CYCLE & FITNESS**  
7310 W COLFAX  
LAKEWOOD, CO 80214  
303-237-1115  
[www.westsidecycling.com](http://www.westsidecycling.com)