



The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

April 2010

ASPEN MEMORIAL DAY TOUR

MAY 28 – 31, 2010

Intermediate to Advanced (easy options available)

\$175 to include 3 nights lodging (with continental breakfast), social hour, maps.

Spend 3 days in the wonderful town of Aspen. This tour will include planned rides up Independence Pass, hopefully before it is open to traffic; to Maroon Bells; and to Ashcroft. There will also be easier options available to take the new Rio Grande bike path to Basalt and beyond or to pack up Monday and go to Carbondale to do an advanced ride up McClure's Pass. We have a Lodge in Aspen that serves continental breakfast and is close to all the local restaurants. Saturday we will have a social hour in the Lodge lobby after the ride. Plan for blue skies, warm weather and a great time. Trip is currently set up for 4 couples and 12 to 16 singles (2 to a room), but could be modified or expanded.

**Tour leader: Diane Short 303-763-9874;
dianbike@eazy.net**

Send a check to Diane at the address below for \$175 along with the DBTC Liability Waiver and trip Registration/Medical Form (downloads from the www.dbtc.org web site).

Those just joining the club need to send just their membership fee and forms to the DBTC post box.

Everything you wanted to know about getting dirty, but were afraid to ask!

Or a helping class for new mountain bike riders

On April 25th, Dick Plastino will once again give a morning to helping anyone new to mountain bike riding with some good lessons and techniques. Dick is an old hand rider now but certainly learned to roll in the dust on a few rides starting out. He will explain riding tips to help prevent such occurrences for beginners. He will also show you how fun and easy trail riding can be! For advance info, you can contact Dick Plastino: kfish9@comcast.net

Pilates For Cyclists

Tuesday, April 13

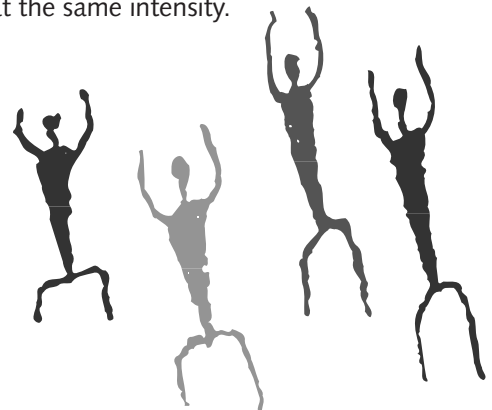
6:00 PM to 8:00 PM

REI Flagship Store

DBTC Presents Pilates For Cyclists. If you are not familiar with Pilates this is an opportunity to experience it and see if Pilates is for you. If you are experienced in Pilates this will be an opportunity to learn routines that will help ride better, correct muscle imbalances and avoid injury.

This program will address the needs of both casual riders and gonzo riders (You know who you are) and everyone else in between. This is for riders of all levels of ability and fitness.

Our instructor, Cheryl Ilov is uniquely qualified to give this presentation. She is not only a Pilates instructor, she is also a physical therapist, a respiratory therapist, a ballet dancer and a martial artist. Her experience and education give her the background to deal with muscle imbalances and stress injuries. She understands that everyone has different needs and does not force us to work at the same intensity.



DBTC's Officers

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FunMTB@dbtc.org

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FunRideNorth@dbtc.org

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roadrides@dbtc.org

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wedfunrides@dbtc.org

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rosesrides@dbtc.org

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Photo Gallery

Jeff Krinsky 303-543-1320
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Board Meeting

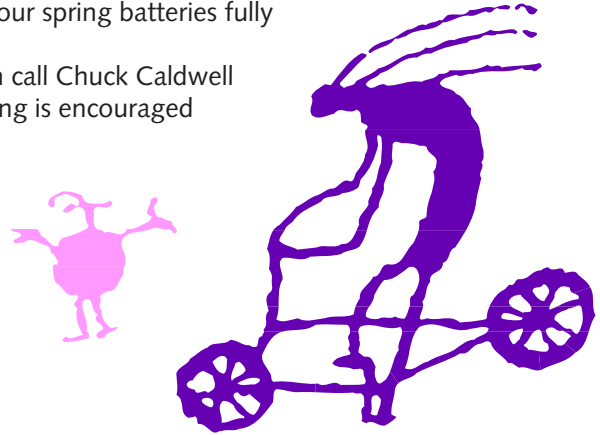
Any member wishing to attend a board meeting is welcome to attend. The next board meeting is Tuesday, April 6th at Perkins Restaurant, 1995 S. Colorado Blvd. If you wish to address the board, contact the secretary, Jeff Krinsky: secretary@dbtc.org or 303-543-1320 so that your topic can be placed on the agenda.

Amazing Fruita MTB Riding Trip – May 15-17

Once again, make your plans to join DBTC mountain bike riders for the spring desert extravaganza! Hike, bike, or sightsee as you wish. Plan to leave Denver either on Friday or by the morning of Saturday May 15th and return Monday, May 17th in the afternoon.

Camping is possible at the Desert State Park or in the Colorado National Monument. Motel accommodations are also an option. Currently planned rides are the Tabeguache trails on Saturday afternoon 1:00 PM (near Monument, east entrance), Rabbit Valley's "Western Rim Trail" on Sunday, followed by optional Road 18 area or the spectacular Colorado National Monument ride on Monday. This Monument ride is a road ride on winding pavement looping 33 miles completely through the park! Return to Denver later Monday with your spring batteries fully charged.

For any questions, you can call Chuck Caldwell cell 303-807-1562. Carpooling is encouraged so let us know if you have space. A happy hour and group dinner will be followed by star gazing at the campout on Sunday night. Please check in soon for this fun spring event.



Ruins Ride and Ramble Cortez, CO

Intermediate Ride June 6 – June 12, 2010

This tour explores the 4 corners area, providing opportunities to ride and visit ruins and see expansive southwestern vistas. We will offer three days of hilly Intermediate-level cycling and two free days to explore the amazing ruins in the area. The tour is at the Intermediate Level - the area is very hilly and most of the rides will be in the 40 - 50 mile range. On one of the free days, we will offer an optional visit to Hovenweep National Monument which is on the Utah/Colorado border. Another optional activity is a wine tasting at Sutcliffe Vineyards just outside of Cortez.

There are still a few rooms left. See the DBTC Tour page, or contact John Campbell (jwc@rmi.net) for trip details and costs

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.

B-Cycle bike-sharing to Launch on Earth Day

Piep van Heuven, Executive Director, BikeDenver.org

Denver is poised to become the first U.S. city to launch a large-scale bike sharing program. Denver B-cycle will launch April 22 with 35 kiosks and 500 Trek-designed bikes in Denver's downtown and nearby neighborhoods (including Cherry Creek and the DU campus).

Bike sharing, popular in many European capitals from Paris to Oslo, is an affordable, clean, easy way to get around in cities and link to other modes of transportation. Did you know that most trips in cities are a distance of

3 miles or less? It's the perfect distance for a bike ride! Don't want to ride your own bike downtown? Member registration for the program is already "live" (and discounted until March 31) at www.denver.bcycle.com. Members will be able to pick up a bike at any station and drop it off at any station. What a great way to get around!

A City of Denver initiative, the program is designed to provide a personally and environmentally healthy solution that will improve traffic congestion and showcase Denver's recreation/health-related lifestyle. Denver B-cycle is also expected to help lower carbon emissions and provide for affordable transportation.



Aspen Camping Weekend

INT/Road June 25-29, 2010 Ludwig Goppenhammer

It's time for me to make campground reservations for Aspen camping & riding.

We will be staying at the Difficult Camp Ground, about 4 miles outside of Aspen on the way toward Independence Pass. This is a very nice campground with streams and lots of trees. If I can, I will try to put 2 campers per camp spot and refund for shared campsites. I need your RSVP and deposits now.

The scenery on these rides is spectacular.

Itinerary:

Check into campground the afternoon-evening of Fri June 25

Ride Sat. June 26 morning, to Ashcroft, 38 miles round trip from campground. Climb of about 3 to 4% grade for 10 miles (half as steep as Lookout mt. in Golden) for 1600 ft. elevation gain.

Ride Sun. June 27 morning, up Maroon Bells. 32 mile. From camp ground, through town, then up to park visitor center. Great scenery, climb of about 5 to 7% grade for 5 miles (similar to up Lookout mtn. in Golden) for 1600 ft. elevation gain.

Ride Mon. June 28 morning, to Basalt & back, 50 miles, moderate hills.

From camp ground to town, through park, then, part of trail is a 'rails-to trail', old railroad bed on the mountain side. Hard packed gravel. Easy to ride on skinny road tires (you can bypass gravel trail if needed, but you miss a really nice ride.) On the way back, we go on a low traffic side road instead of the gravel trail. We could stop of at the Woody Creek tavern where Hunter Thompson hung out, but it might be very crowded.

Depart June 29 – An optional early morning ride up Independence pass for the hard-core who have not had enough hill climbing yet. :)

Afternoons & evenings – hang out in Aspen. Fun town to visit.

Dining in Aspen can be expensive, but I do know of a few places with very reasonable prices.

All those interested please RSVP by email to ludwig@damnhot.com, then send me a check for campground fees and the DBTC trip forms (found at www.dbtc.org) 4 nights, at \$19.00/night. (Park service increased rates after this trip was originally planned.)

Address: Ludwig Goppenhammer, 1808 19th St, Golden CO. 80401.

2010 DBTC Activity and Tour Calendar

Email the trip contact for more information. Email Ellen (outdoorsdiva@yahoo.com) to add your trip to this list.

April 9-12

Moab, UT

Trip Type: Day trips on Road Bike
Lodging: Motel
Contact: Ellen Chilikas,
outdoorsdiva@yahoo.com
Status: Full

May 8-16

Grand Parks Adventure

Trip Type: Long distance road riding,
climbing
Lodging: Camping, Motels available
Location: Utah: Escalante/Grand Staircase
NP, Zion NP, Vermillion Cliffs
NM, Bryce Canyon NP, Capitol
Reef NP, Natural Bridges NM,
Canyonlands NP, tip of Grand
Canyon.
Contact: Don & Marilyn Swett,
don_swett@comcast.net
Status: Full

May 15-17

Fruita MTB Outing

Trip type: Mountain Biking
Lodging: Camping
Location: State Park near Fruita, Co
Contact: Jeff Baysinger
dbtc80228@yahoo.com
Status: Open

May 28-31

Aspen MEMORIAL DAY TOUR (Memorial Day Weekend)

Trip Type: Road-Intermediate to
Advanced/40 to 70 miles. Hills,
day trips-fixed base
Lodging: Hotel in Aspen
Contact: Diane Short, 303-763-9874
dianbike@eazy.net
Status: Open

June 6-12

Ruins Ride and Ramble Cortez, CO

Trip Type: Intermediate Road
Lodging: Hotels
Contacts: Ellen Chilikas,
outdoorsdiva@yahoo.com
John Campbell, jwc@rmi.net
Status: Open

June 25-29

Aspen Camping Trip

Trip Type: Intermediate Road
Lodging: Camping
Location: Check in Fri, ride Sat. to
Ashcroft, ride Sun. to Maroon
Bells, ride Mon. to Basalt,
leave Tues.
Contact: Ludwig Goppenhammer,
Ludwig@damnhot.com
Status: Open

July 11-16,

Icefield Parkway Tour In The Canadian Rockies

Trip Type: Intermediate/Road –
Outfitter led
Lodging: Camping or Hotels –
your choice
Location: Banff to Jasper, Canada
Contacts: Elfriede Shoemaker,
elfriedetraveler@msn.com;
Howard Kumpf,
hekumpf@q.com.com
Status: Open

July 25 DBTC Summer Picnic

Trip Type: All levels of rides
Location: Denver Area TBA

August 8-13 & 15-20

Exploring Vikingland

Trip Type: FUN/Intermediate
Lodging: Camping
Location: Door County, WI and
Minnesota
Dates: 8/8/10-8/13/10 for Wisconsin;
8/15/10 - 8/20/10 for MN
Contact: Don Swett,
don_swett@comcast.net
Status: Planning – can do one or both
weeks

Sep 4-5

(Labor Day weekend)

Gaar's Annual Walden Trip

Trip Type: INT/Road
Lodging: Hotel
Contact: Gaar Potter,
gaarpo@comcast.net
Status: Open

Oct 10-15

C&O Canal

Trip Type: Hybrid/MTB
(hard pack bike paths)
Lodging: Hotels
Location: Potomac River Valley – DC, PA,
MD, VA
Contact: Ellen Chilikas,
outdoorsdiva@yahoo.com
Status: 3 spots available – Wait list also
being taken

Dec 31, 2010 – Jan 2, 2011

Happy New Year – Leadville Style
Lodging: Leadville Hostel
Location Details: Leadville, CO
Contact: Ellen Chilikas –
outdoorsdiva@yahoo.com
Status: Planning

Visit DBTC.org and click on "Tours" for updates on the trips.

Exploring Vikingland: A Camping Tour of Wisconsin & Minnesota

August 8-13 and 15-20, 2010

Trip Type: FUN/Intermediate; rural roads and paved rails-to-trails
Lodging: Camping

Overview:

August 8-13, 2010: We will be based out of Peninsula State Park in beautiful Door County, Wisconsin. Daily loop rides will be of varying distances (you go as far as you want) on rural routes throughout the area. We'll even take a ferry to a nearby island for additional riding. If you don't want to bike, there is plenty of opportunity for hiking, shopping, sightseeing, kayaking or canoeing.

August 15-20, 2010: We will be based out of 2 campgrounds for this week - Moose Lake City Campground for August 15-17 where we will ride the Willard Munger Rails-to-Trail, as well as, country roads. Then we will move camp to Akeley City Campground where the rides will be on both the Heartland and Paul Bunyan Rails-to-Trails. In addition one day will include a ride up to Itasca State Park where we will visit the headwaters of the Mississippi River. Again there is plenty of opportunity for hiking, canoeing, etc.

There is also an option for riders to sign up for both weeks. For those that choose this option, information about additional rides on the layover days between weeks will be provided. There are many great rails-to-trails and road riding available in both Wisconsin and Minnesota.

Cost: Wisconsin, August 8-13, 2010: TBD
Minnesota, August 15-20, 2010: TBD
Both weeks, Wisconsin plus Minnesota:

Contact: Don and Marilyn Swett, Don_swett@comcast.net, 303-791-5863
Status: Open



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
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
BicyclePedalr.com

BIG KAHUNA BICYCLES
8246 W BOWLES AVE
UNIT 2
LITTLETON, CO 80128
720-981-5199
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
bikesourceonline.com

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

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

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

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

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

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

GREEN MOUNTAIN SPORTS
2950 S BEAR CREEK BLVD
LAKEWOOD, CO 80228
303-987-8758
greenmountainsports.com

LITTLETON CYCLERY
2640 W BELLEVIEW AVE
UNIT F SUITE 100
LITTLETON, CO 80123
303-798-5033
littletoncyclery.com

PEAK CYCLES
1224 WASHINGTON AVE
SUITE 145
GOLDEN, CO 80401
303-216-1616
BikeParts.com

SCHWAB CYCLES
1565 PIERCE ST
LAKEWOOD, CO 80214
303-238-0243
schwabcycles.com
Restrictions: No discount on Shimano and Campagnolo

SPORTS PLUS
1055 S GAYLORD ST.
DENVER, CO 80209
303-777-6613
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 CYCLING
& MULTI SPORT
7310 W COLFAX
LAKEWOOD, CO 80214
303-237-1115

2010 Advance Planning Calendar

<p>April 24 Fort Collins Cycling Club Spring Warmup Ride fccycleclub.org Fort Collins, CO</p> <p>April 29 – May 3 Fruita Fat Tire Festival emgcolorado.com Fruita, CO</p> <p>May 15 Buena Vista Bike Fest bvbf.org Buena Vista, CO</p> <p>May 16 Community Classic Bike Tour McKeefoundation.com Loveland, CO</p> <p>May 16 Santa Fe Century santafecentury.com Santa Fe, NM</p> <p>June 6 Elephant Rock Ride elephantrockride.com Castle Rock, CO</p> <p>June 12 Starlight Spectacular starlightspectacular.org Colorado Springs, CO</p> <p>June 13-19 Ride the Rockies ridetherockies.com Grand Junction to Salida</p>	<p>June 19 Greenwood Goosechase goosechase.org Greenwood Village, CO</p> <p>June 20 The Denver Century Ride denvercenturyride.com Denver, CO</p> <p>June 20-26 Bicycle Tour of Colorado bicycletourcolorado.com Gunnison / Pagosa Springs Loop</p> <p>June 23 Bike to Work Day drcog.org Denver Metro area</p> <p>June 26 Tour de Prairie cheyennecity.org/index.asp?NID=735 Cheyenne, WY</p> <p>June 26-27 MS 150 Bike Tour nationalmssociety.org/chapters/COC/index.aspx Westminster to Fort Collins, CO</p> <p>July 10 Triple Bypass teamevergreen.org Bergen Park, CO</p>	<p>July 17 Tour De Steamboat rockypeakproductions.com Steamboat Springs, CO</p> <p>July 17 Moonlight Classic moonlight-classic.com Denver, CO</p> <p>July 18-23 Tour de Wyoming cycleywoming.org Green River, WY</p> <p>July 24 Sunrise Century bikerpelli.com/Sunrise_Century Boulder, CO</p> <p>July 24 Colorado-Eagle River Ride vail;avelo.com Beaver Creek, CO</p> <p>July 25 Durango Century durango100.com Durango, CO</p> <p>July 25 - 31 RAGBRAI ragbrai.org Sioux City, Iowa</p> <p>July 31 – Aug 2 Courage Classic couragetours.com Copper Mountain, CO</p>	<p>July 31-August 7 CANDISC – Cycling Around North Dakota In Sakakawea Country ndparks.com/recreation/activities/candisc.htm Garrison, ND</p> <p>August 1-7 Colorado Rocky Mountain Bike Tour crmbt.com Edwards, CO Vail – Estes Park Loop</p> <p>August 7 Copper Triangle Alpine Classic coppertriangle.com Copper Mountain, CO</p> <p>August 8-11 The Colorado Peace Ride ThePeaceRide.com Durango, CO</p> <p>August 14 Circle the Summit (aka Bob Guthrie Memorial Ride) Circlethesummit.com Frisco, CO</p> <p>August 21 Stonewall Century spcycling.org La Veta, CO</p>	<p>August 21 Tour de Cure diabetes.org Boulder County Fairgrounds</p> <p>August 22 Blue River Century & Metric Century bluerivercentury.com Keystone, Summit County, CO</p> <p>August 29 Venus de Miles venusdemiles.com Longmont, CO</p> <p>September 12 Buffalo Bicycle Classic buffalobicycleclassic.com Boulder, CO</p> <p>September 17-19 Moab Century Tour skinnytirefestival.com Moab, UT</p> <p>September 17-19 Mickelson Trail Trek MickelsonTrail.com Edgemont, SD</p> <p>September 18 Tour of the Vineyards Coloradowinefest.com Palisade, CO</p>
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For additional cycling event listings, visit the following Website: bcn.boulder.co.us/transportation/bike.d/bike.cal.html



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

DBTC Members Joined since 2/17/2010

MARLENE HANSON
BENEDICTE MANWARING
ROGER & BARBARA MATTISON

Guide to Reading the Ride Schedule

By Patty Gaspar

Each leader determines the rating and mileage for the ride. They try to be accurate, but their idea of hills might differ from yours! Some leaders are more supportive than others. Some leaders are way out front; others lead from the middle of the pack. Please be flexible. Much of the fun of riding with the club is exploring new trails with different people. Ride leaders and/or the riders reserve the right to modify the route selection due to rider attendance, skill levels, weather conditions or the whining of other riders. Keep the leader informed if you decide not to ride with the group.

Note from Dale Trone, Intermediate Ride Coordinator:

With special thanks to the INT leader volunteers, I am pleased to submit what I think is a great opening month of INT riding.

Pace of Ride	Difficulty of Terrain	Mileage	Quadrant of City	Departure Time
Roses – Leisure Fun – Comfortable Int. – Brisk Road – Fast ATB – Unpaved Roads MTB – Mountain Bikes	H1 – Flat H2 – Some Hills H3 – Hilly H4 – Serious climbs Two ratings: Technical skill T1 to T4 and Physical exertion P1 to P4	This is an estimate – options may be offered	NW NE SE SW W	Arrive early enough to unload your bike and be ready to leave.

Pace of Ride:

This is an average pace, not a maximum speed. Pace will vary with terrain.

“ROSES” OR LEISURE 8-10 mph. Leisurely pace, frequent stops, good place to start

FUN 9-12 mph. Moderate pace, frequent stops, focuses on group ride.

INT 12-15 mph. Intermediate, steady pace with fewer stops for more advanced riders.

ROAD 15+ mph. Vigorous pace with only occasional stops for advanced riders.

MTB or ATB Mountain bike ride – terrain determines pace.

Difficulty of Terrain

H1 Mostly flat to rolling with an occasional hill

H2 Mostly flat or rolling with moderate hills

H3 Quite hilly or some long and/or steep hills

H4 Serious climbs – remember we are in the Rocky Mountains

ATB Terrain Rating – Mountain or Hybrid Bikes

H1 Non-technical trails, gentle climbs, gravel or dirt roads/trails, few obstacles.

MTB Technical Rating and Physical Exertion Rating—Mountain Bikes Only

T1 Easy technical ride. Flat, moderate single track or trails—suitable for beginners.

T2 Moderate technical ride. Single track, some bumps, maybe a sharp turn or two—expect to break a sweat.

T3 Very technical, single track, ruts, rocks and obstacles. Might fall off bike—expect your legs to burn.

T4 Extremely technical with tight, difficult single track, large obstacles, ruts, logs, rocks. You'll wonder why you picked up this crazy sport!

P1 Not too difficult to P4 Demands excellent physical condition—a trail might not be technically difficult, but it might be physically challenging.

Estimated Distance

This is the estimated distance in miles (MTB rides may not have a mileage designation) but actual ride distance can vary.

Quadrant of City - SW, NW, NE, SE, W

Note the quadrant of the metro area for the meeting place. The North/South dividing line is Colfax. The East/West is Broadway. W indicates in the foothills or mountains. This is simply to help you locate the starting point on your DBTC map. We try to spread the rides throughout the metro area. You can go to www.DBTC.org for the most common starting locations and print a map from your home to the starting point.

Examples

FUN-H2-25-NW Fun ride from Olde Town Arvada out the Ralston Creek Trail and back.

Expect to ride about 10-12 miles per hour with some climbing. A pleasant ride and they will probably have lunch afterwards.

ROAD-H1-55-NE Road ride from Denver to Fort Lupton and back.

Expect to ride 20 MPH or more on flat road. No beginners on this ride.

FUN-H4-20-NW Fun ride from Prospect Park up Lookout Mountain.

Expect to do some serious climbing. Lookout Mountain is a steep, narrow road, but the pace will be slow with frequent stops for the slower riders to catch up.

- If this ride is rated INT-H4-20-NW expect fewer stops on the ride up and the group may meet you on the way down if you fall too far behind.

- If this is rated ROAD-H4-20-NW expect the riders to meet in the parking lot and go straight up the hill.

MTB-T3-P3-NW MTB ride at White Ranch.

Expect to climb up a trail. This is not a ride for your first outing. Mountain bikes only.

INT-H2-35-SE Intermediate ride from South High School to Cherry Creek Reservoir.

Expect to ride at a steady pace without a lot of breaks. There are some climbs on this route, but nothing like Lookout Mountain.

The rating system is just to give you an idea of what to expect. ROSES, LEISURE and FUN rides are very supportive with frequent breaks to re-group. A FUN-H1 ride would be at a leisurely pace along one of the flat bike trails. A FUN-H3 would be much more challenging. Please read the ride description, because one person might label a ride a FUN ride that someone else would consider an INT ride. For a FUN ride you can use a road bike, a hybrid or even a mountain bike.

There is a fine line between a long fun ride and an intermediate ride. If the riders who show up for a FUN ride are ALL faster riders, the pace may be the INT speed. If it is a large group, some of the riders may be riding at a faster pace. FUN rides incorporate stops to regroup. If you don't plan on completing the entire ride, be sure to let the ride leader know so the group doesn't wait for you.

INT or Intermediate rides are intended to be at a faster pace or on more difficult terrain than FUN rides. Many riders cannot keep the pace on a mountain bike. Intermediate rides will be more supportive than ROAD rides, but you are expected to be able to keep up with the group.

ROAD rides are fast-paced rides intended for riders in good physical condition. It is assumed that riders will be able to read a map if offered, comfortable to proceed at their own pace, be

competent to fix flats, and can do their own mechanical work if necessary. Those who ride at a slower pace are welcome. However, they may be riding alone sometimes and are urged to attend with a friend who rides at a similar speed. Road riders at times do not ride as a group and sometimes split off the agreed-upon route.

Some of the INT or ROAD rides feature a lot of altitude gain so the pace will be slower.

Some rides will have a dual designation FUN/INT or INT/ROAD. There might even be mileage options. When you read the text you'll find that there might be two leaders for this ride and they expect the group to split between faster and slower riders. Other times the leader wants to warn you that even though it's not quite an INT ride it is not suitable for a beginner. An INT/ROAD welcomes people who want to ride faster or climb harder, but aren't necessarily roadies. If in doubt, contact the ride leader and ask.

MTB or Mountain biking is becoming more popular every year. We have two classes of Mountain Biking - ATB means a hybrid or cross bike with tires suitable for gravel roads and paths would be an option and MTB refers to your suspension mountain bike. MTB rides require a mountain bike. Technical rating and physical exertion are a matter of opinion and depend highly on route conditions. Please pay attention to the rating. Many of the rides will be listed with multiple ratings - they may have a T1, P1 for an easy ride option and a T3, P4 for the GONZO option. The riders can do either option. Watch for MTB clinics so that you can improve your technical skills to ride more difficult trails.

Most of all - HAPPY PEDALING!!

Rides are cancelled if the temperature is below 40 degrees, it is raining, snowing or a thunderstorm is in the area.

Ride Locator: There is a guide to the most frequent start locations on our website, www.dbtc.org. It provides the information you need to use Map Quest to make a map to the starting location.

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

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. 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 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 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.

Be Ready To Ride: DBTC Ride Leaders and members are NOT bike mechanics. Before showing up for a ride, check your 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 Facebook

Check out the DBTC page on Facebook to discover more about events and happenings in the club and other bicycling-related stories. Search "Denver Bicycle Touring Club" within Facebook to find us. <http://www.facebook.com/pages/Denver-Bicycle-Touring-Club/122447584186>

DBTC SPRING 2010

Spring has Sprung. Early season rides get us back into the swing of things and give us a chance to reconnect. Contact your ride coordinator about getting your rides on the schedule for this summer. We are always looking for something new and different. The coordinators will be glad to help you with the details.

Saturday, April 3 **FUN-H1-20-NW 10:00 AM** Meet *Jake Jacobi* (303-475-0374) jakhok61@yahoo.com at Twin Lakes Park, about a block west of Broadway on south side of 70th. From south, exit I-25 at 58th Ave, go west to Broadway then north to 70th. Jake will lead a ride on the Clear Creek Trail to Prospect Park and back.

INT-H2-29-SW 10:00 AM Meet *John Mues* (303-795-6167 [home]) in the parking lot outside Littleton Cyclery, which is located in the Riverside Downs Shopping Center at 2640 W. Belleview Ave. just west of Santa Fe Dr. We'll go south on the Platte River Trail into Chatfield State Park. This is an out-and-back ride as far as Titan Rd. Lunch after the ride at one of the nearby eateries.

Sunday, April 4 **FUN-H1-20 10:00 AM** As the weather is so delightful, *Sandra Newton* (303-731-5588, cell 443 540 9414) would like to do a social urban ride. Let's meet at Perk Hill (2202 Kearney St.- SW corner....ample parking on east side of street) to wander around city streets and then pick up the Cherry Creek trail for about 10 miles(out & back), returning via different city streets (would there be any interest in lunch in Greek Town ?) Then we end up at the cupcake shop a few doors down from Perk Hill.

FUN-H1-20-NE 10:00 AM Meet *Merri Bruntz* (303-517-9781) at the South Platte trail head located at 88th and Colorado Blvd for a ride south on the South Platte Trail to REI. This is an out-and-back ride so we can go farther if the weather is nice.

INT-H2-40-W 10 AM Meet *Stuart Black* (303 433-9041) at the Broomfield Park-n-Ride (US36 and CO 128) for a ride along the rolling terrain of Boulder County. This is a relatively flat ride with a few hills thrown in for interest.

MTB P1-2, T1-2 9:30 AM The beginning MTB regular ride schedule!! Winter has ended! Meet *Cathy "triple crank" Perkins* (303-980-6738) at the South Valley Park trailhead off Deer Creek Canyon Road. Cruise this easy, pretty park for a gentle early in the season warm-up ride. Lunch after at Rib City.

Monday, April 5 **FUN-H1-17-19-CENTRAL 10:00AM** Burgers, Fries and Beer! Encore Restaurant (in the Tattered Cover Bookstore) has a Monday special where you can get all 3 (yes, a burger, some fries and a beer) for all of 10 bucks. We will leave from the bookstore (please park in the parking garage or on the street but not in the tiny lot behind the bookstore) at 10AM for an 18 mile ride around town on city streets. When we get back, we will be ready for the burger and fries! OK, and maybe a beer too. Who knows.... Contact *Sandra Newton* at sn@rhl.com or cell on day of ride at 443-540-9414.

Wednesday, April 7 **"Roses" H2-15-20-SE 10:00 AM** Meet *Jean Stevenson* (303-699-5135). (This is Jean's first time to lead a "Roses" ride. Thanks, Jean.) at Village Greens Park (NE corner of Union and Dayton, near the west entrance of Cherry Creek Reservoir--in the north parking lot) for a ride around Cherry Creek State Park and environs. Bring a snack and money for lunch at a favorite eatery after the ride.

FUN-H2-15-SW 10:00 AM Meet *Steve Stevens* (720-497-1100) for The Historic & Pre-historic Tour of Golden Colorado by Bicycle. It will leave from Golden Oldy Cyclery, 17224 West 17th Place, Golden, CO 80402. We will visit sites of Indian walled Settlements over 6000 years old. We will see the Dinosaurs footprint. We will see where Berthod and Loveland lived. There will be an open house of the "Sustainable Museum of Sustainable Transportation". This is the only "Carbon Negative" museum in the world ... and the only museum focused upon Sustainable Transportation and Sustainable Lifestyles. Helmets for safety! Rear View Mirrors recommended for more safety!

MTB P2-3, T2 6:00 PM Evening mountain bike ride, meet at the main Green Mountain (Hayden) Trailhead off west Alameda Ave, at the hill crest. *Jeff* (303-969-9241).

Saturday, April 10th **ROSES/Leisure/OFR SW 12/30 10:30 AM** 3rd Annual Old Farts Ride Meet *Lin Hark* (303-507-3502) and *Sue Frakes* at Frontier Park (just South of Evans & Huron, east of the Platte River) for a FUN easy ride with some of the old farts from the good ole days of the DBTC. We always had so much fun on our old Wednesday FUN rides with all the old farts like "The COG". We will ride around 12 miles on the flat bike path to REI and back. No one gets left behind. We will ride at the slowest person's speed and just have FUN. We will take a break for snacks and comradely on the deck at REI then ride back to Frontier Park. For those who would like to do a longer ride see the FUN ride described above. If you are an old fart and can't ride any more, just join us at REI for the break, snacks and fellowship around 11:15 AM.

FUN-H2-20-NW-10:00 AM Meet *Cindy Ferry* (303-274-9454) at the Safeway parking lot at 80th and Wadsworth Blvd. Cindy will ride east on side streets to Lake Arbor. We will then ride out and back on the Little Dry Creek trail, and return to Safeway parking lot.

ROAD/INT-H1-33-SE-10:00AM Start with *Denny Martin* (303-793-0395) at Village Greens Park next to Cherry Creek State Park, west entrance. We'll loop across the face of the dam and back through the park, south on Jordan Rd. to C470 trail west, then a lap around the Meridian business park, back north thru Inverness Business Park, with final return on Dayton. Lots of twists and turns on this route so there probably will be a lot of stopping to regroup. Lunch afterwards if the group desires.

MTB P2-3, T2 10:00 AM Join *Jeff* (303-969-9241) at C-470 and Morrison Road PNR across from Conoco. Cruise a warm-up ride through Bear Creek Park, then go for thrills on Green Mtn. Hit the re-vamped Morrison deli afterwards.

**Sunday,
April 11**

FUN-H2-20-NW-10:00 AM Meet *Merri Bruntz* (303-517-9781) at Twin Lakes Park (70th and Broadway) for an out-and-back ride to Prospect Park along the Clear Creek Trail. If the weather is nice we can go farther.

FUN-H2-55-SW 10:00 AM OVERCOMSUMPTION OVERPOPULATION SPRAWL RIDE (aber mit wunderschoenen Aus sichten) *Jeff Messerschmidt* (303-904-0573, leave message). Starting from the King Soopers recycle dumpsters at Kipling and Belleview we'll ride to Daniel's Park. Tired? Bad weather? Lonesome pets? No problemo, we can turn back at will.

**Wednesday,
April 14**

"Roses" H1-20-SE 10:00 AM Meet *Judy Deist* (303-841-4792) at East Park (South of Mainstreet, at the intersection of Parker Rd. and Indian Pipe/Pine on the West side of Parker Rd.) for a ride south on the Cherry Creek Trail. Bring a snack, and money for a restaurant lunch after the ride.

Fun-H2-20-SW 10:00 AM Meet *Steve Stevens* (720-497-1100) for the Le Tour du Tables d'Or. In English: The Tour of the Table Mountains of Golden. This is a loop of the 2 table mountains. 20 miles of slight up and downs. It will leave from Golden Oldy Cyclery, 17224 West 17th Place, Golden, CO 80402. There will be an open house of the "Sustainable Museum of Sustainable Transportation". This is the only "Carbon Negative" museum in the world and the only museum focused upon Sustainable Transportation and Sustainable Lifestyles. Helmets for safety! Rear View Mirrors recommended for more safety!

MTB P2, T2 6:00 PM Green Mountain (Hayden) Trailhead off west Alameda Ave. Talk of the Thai afterwards? *Jeff* (303-969-9241).

**Saturday,
April 17**

FUN-H1-25-NW 9:45 AM Pre-Earth Day Ride Meet *Steve Stevens* (720-497-1100) at the Golden Oldy Cyclery, 17224 W 17th Place in Golden. The ride will be slow paced in the Golden / South Table Mountain Area) with stops at appropriate Earth Sustainability events. Rear View Mirrors recommended for safety!

FUN-H1-21-SE 10:00 AM Meet *Sandra Newton* (303-731-5588, cell 443 540 9414) in the parking lot of Park Hill Elem.-on Fairfax between 18th & 19th Ave. This will be a variation of a mathematical ride.....circles, squares, and tangents! More fun and let's eat after at the Elm Street Cafe. See you there!

INT-H2-30/40-SE 10:00 AM Meet *Mary Gallagher* (303 907-4621) at South High School (Franklin & Louisiana) for a ride to the Cherry Creek Reservoir via the Cherry Creek bike trail. We may do a loop or two around the park before returning via Quincy and Clarkson.

ROAD/INT-H2-36 (opt 41)-SW 10:00AM Meet *Denny Martin* (303-793-0395) at the Mineral and Santa Fe Park & Ride lot. We'll pedal west for a loop through Ken Caryl Ranch, over and down Deer Creek, south on Wadsworth to Roxborough Park with a break at the convenience store at Rampart Range Rd. 2.5 mile option (one way) from here climbs up to Arrowhead Golf Course. Return via Rampart Range and Titan thru Chatfield Reservoir and the bike path. Optional lunch afterwards at Panera Bread at Aspen Grove Shopping Center.

**Sunday,
April 18**

FUN-H2-30-SE 9:30 AM Cemetary Scouting! Meet *Gaar Potter* (303-691-0938) at Eisenhower Park (Colorado Blvd. at Dartmouth). We will do crucial scouting for the upcoming CEMETENTURY CLASSIC later this year. We will focus on E. Denver and Aurora.

FUN-H1-22-NW 10:00 AM Meet *Dave Noble* (303-694-2008) at the Westwoods Golf Club (1 block north of 64th and Quaker) for a loop of the Clear Creek and Ralston Creek trails. Lunch will follow.

ROAD-H3-36-SW 9:00AM Meet *Row Helman* (303-470-6275) at the dirt parking lot (along the second set of railroad tracks) in Sedalia for an out-and-back ride to Larkspur. Sedalia is 8 miles south of the Santa Fe Drive exit from C-470 on Santa Fe Drive. The group will do lunch afterwards.

MTB P2-3, T2 9:30 AM Last year we got snowed out. Once again, join *Laurie* to explore the new Spring Bok trail system at Marshall Mesa (Hwy 93 and 170). For central or south Denver folks, carpool meet at Lakewood 4th Ave and Union Blvd Cold-spring RTD at 8:45 AM. Laurie Armijo (303-717-7676).

**Wednesday,
April 21**

FUN-H1-29-SE 10:00 AM Meet *Russ Tempelman* (303-617-0260) at the Cottonwood Trailhead (located on Cottonwood Drive about 1/2 mile North of E-470 between Jordan Road and Parker Road). We'll go South on the Cherry Creek Trail to Scott Road. Then turn back North to pick up the Sulphur Gulch trail that goes east through Parker and then return to the start. The trails on this ride are all paved. Lunch afterwards if the group wishes.

"Roses" H1-20-NW 10:00 AM Meet *Andree Vetter* (303-466-6509) at Twin Lakes Park, About a block west of Broadway on south side of 70th. From south, exit I-25 at 58th Ave, go west to Broadway, north to 70th. for a ride east on Clear Creek, north on the Platte River Trail. Bring a snack, and money for lunch following the ride.

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

**Thursday,
April 22
Earth Day**

FUN-H1-25-NW 9:45AM Meet *Steve Stevens* (720-497-1100) at the Golden Oldy Cyclery, 17224 W 17th Place in Golden. The ride will be slow paced in the Golden / South Table Mountain Area with stops at appropriate Earth Sustainability events. Rear View Mirrors recommended for safety!

**Saturday,
April 24**

FUN-H1-30-SE 9:30 AM Meet *Susan Gregory* (303-477-9233) at Fairmont Cemetery (Alameda & Quebec), using the Quebec St. entrance. Please park to the left of the driveway you come in on at the east end of this lot, under the evergreens. We will ride the Highline Canal and Cherry Creek trails to the Market in Larimer Square for coffee, pastries, and deli food. This is pretty flat and suitable for skinny tires, but due to length this is not a beginner ride.

FUN-H1-22-NW 9:30 AM Post Earth Day Ride Meet *Steve Stevens* (720-497-1100) at the Golden Oldy Cyclery, 17224 W 17th Place in Golden. The ride will be slow paced in the Golden / South Table Mountain Area with stops at appropriate Earth Sustainability events. Rear View Mirrors recommended for safety!

Advanced FUN/INT-H1-35-Central 10:00AM SINGLES RIDE Meet *Ellen Chilikas* (303-750-5099 (h), 720-670-0296 (c)) at the Starbucks at 100 E. 6th Ave #5, Denver 80203 (at 6th and Grant) ready to ride. Please arrive early because you may need to search out parking on nearby neighborhood streets. We'll meet and greet over a cup of coffee and then leave on our bikes from the Starbucks around 10:30 for an out and back ride down Cherry Creek trail and then north along the Platte until the trail ends. We'll stop at the north end of the Platte Trail for snacks and more socializing. Optional lunch afterwards at Racine's. This will be a 'signpost' ride - the second rider in the group will stop at each turn and wait for the sweep - no one gets lost this way and the group stays together. While this is a SINGLES ride, couples are welcome to join as well. If the weather is bad, we'll still meet at the Starbucks for coffee

ROAD-H2-42-NE 10:00AM Meet *John Mues* (303-795-6167 [home]) at the Super Target in Brighton (I-76 NE to Exit 21/144th Ave, West to Prairie Center Shopping Center, park in NE part of Target lot behind Taco Bell) for a loop on country roads to Hudson and Keenesburg. Lunch is optional after the ride at one of the nearby eateries.

MTB P2-4, T2-4 9:30 AM *Jeff Baysinger* (303-969-9241) at the Rooney Road lot, west side of Green Mtn. Three park hill ride. Start first on Green Mtn, second looping over the hogback via the Zorro Trail, finishing with the Matthews Winters "Slide" trail.

**Sunday,
April 25**

FUN-H2-20-NW 10:00 AM Meet *Merri Bruntz* (303-517-9781) at Prospect Park (44th and Robb St). We will ride west along the Clear Creek Trail to Golden where we will ride east along 32nd Ave to Pierce St. in Wheat Ridge. We will then ride north to the Clear Creek Trail and back to Prospect Park.

FUN-H1-25-SE 10:00 AM CHEAP EATS RIDE! Meet *Sandra Newton* (303-731-5588, cell 443 540 9414) at the NW corner of Colfax & Cherry between Auto Zone & Pizza Hut. Please park away from the entrance. The ride will be a Big City circle riding through many urban neighborhoods -- all around the town! Lunch is at Authentico Taco Y Chorizo stand.

INT-H1-40-NE 10:00 AM Meet *Jim McClain*, (303-715-9335) for a spring warm up (H1) intermediate ride at E. Colfax and Chambers in Aurora (North East Corner, bank parking lot) for a ride on the I-70 frontage road to Bennett and back. There are but just a few stoplights to slow you down. MAPS WILL NOT BE PROVIDED. Bring a snack, as lunch is not scheduled. Check weather, if it is 40 degrees or below or raining or snowing we will not ride. There is a Starbucks at near by.

MTB P1-2, T1-2 9:30 AM Bear Creek Park Today's ride is for anyone new to mountain bike riding on the single track dirt trails and of course anyone else who may want to join along. Hook up with Dick "*Steve Martin*" *Plastino* 303-988-5359 for an introductory morning. (303-988-5359)

**Wednesday,
April 28**

"Roses" H1-15 NW 9:30 AM Meet *Susan Gregory* (303-477-9233), at the NW corner parking lot of Sloan's Lake 25th & Sheridan, for a ride through the Highlands neighborhood, with stops at a Panaderia Mexican bakery, and the best outdoor sculpture (rusted metal) studio in the Metro area. Bring money for an optional restaurant lunch after the ride.

FUN/INT-H1/H2-30-SW 10: 00 AM Meet *Joyce Terlaje* at 807 S. Owens Ct, Lakewood, CO 80226, (303-986-2011) for a loop down to Bear Creek Trail, Platte River Trail to REI (Break at REI to refuel body) then on to Crown Hill Park, Garrison back to her Residence. There will be some snacks & goodies after the ride.

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