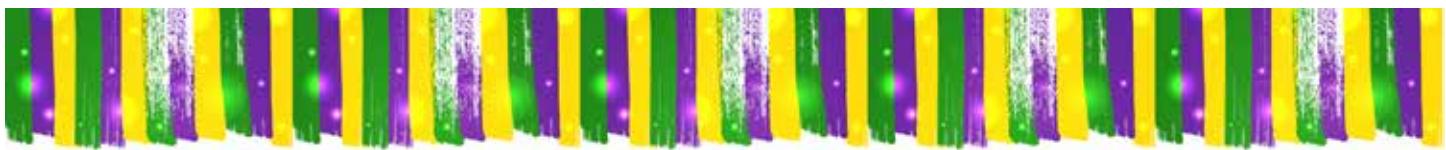




# The Colorado Bicyclist

Newsletter of the  
Denver Bicycle Touring Club

APRIL 2016



## Get Your Ride Leader Starter Kit

By Kathy Stommel and Patty Gaspar

The DBTC Board is committed to recruiting new ride leaders and providing greater support to our veteran leaders. Fantastic new Ride Leader Starter Kits, including everything you will need, will be distributed at the April 9th Spring Kickoff to any member that commits to leading rides this year. The minimum commitment to receive a Kit is two ride leads by July 1 and at least two more before October 31 - that's only one commitment every two months!

### The Ride Leader Kits will contain the following:

- An orange string-type backpack bag, with DBTC logo
- A low-profile clipboard
- Four waiver forms
- Ride Leader Guidelines
- DBTC Business Cards and membership applications for potential new members
- CPR and Basic First Aid instructions
- A bicycle tube patch kit

Being a Ride Leader means YOU get to choose the route, your preferred pace and introduce a lot of people to your favorite destinations and eateries. After deciding on a date for the ride and writing the ride description, your event is promoted in DBTC's monthly newsletter and on-line MeetUp notification. You just need to send the details to a Ride Coordinator by the 20th of each month.

### Additional benefits of being a Ride Leader are:

- Increasing your time in the saddle.
- Meeting new people who share some of your interests and will reward you with more riding partners and friends.
- Sharing your interests, knowledge, or talents with people by leading theme rides. Some past themes include railroad history rides, antiquing rides, farmer's market rides, moonlight rides, bakery rides, ride to an outdoor concert and a multitude of other themes.

You can inspire people by getting them excited about bicycling. Ride leaders who lead regularly have countless tales of novices who can barely shift gears on their first ride, but who blossom into avid cyclists by the end of a season.

Remember to sign-up as a Ride Leader during the Spring Kickoff to receive your FREE RIDE LEADER STARTER KIT!

## Hope to see you at the DBTC SPRING KICK-OFF!

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## DBTC's Officers

<b>President</b> Kathy Stommel <a href="mailto:president@dbtc.org">president@dbtc.org</a>	719-671-5579
<b>Vice President</b> Cyndy Klepinger <a href="mailto:vicepresident@dbtc.org">vicepresident@dbtc.org</a>	303-725-1565
<b>Secretary</b> Dick Shelton <a href="mailto:secretary@dbtc.org">secretary@dbtc.org</a>	720-934-9824
<b>Treasurer</b> Steve Thomas <a href="mailto:treasurer@dbtc.org">treasurer@dbtc.org</a>	303-419-2531
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Lin Hark <a href="mailto:mtnlin08@gmail.com">mtnlin08@gmail.com</a>	303-578-9369
Scott Houchin <a href="mailto:sparky9cougar@comcast.net">sparky9cougar@comcast.net</a>	303-321-3863
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## Directors and Staff

<b>Director of Ride Activities</b> Patty Gaspar <a href="mailto:RideCoordinator@dbtc.org">RideCoordinator@dbtc.org</a>	303-989-8268
<b>Out of Town Tour Director</b> Ellen Chilikas <a href="mailto:outdoorsdiva@yahoo.com">outdoorsdiva@yahoo.com</a>	
<b>MTB Coordinator</b> Cathy Leibowitz <a href="mailto:FunMTB@dbtc.org">FunMTB@dbtc.org</a>	720-644-7189
<b>Fun Ride Coordinator North</b> Rick Clauder <a href="mailto:FunRideNorth@dbtc.org">FunRideNorth@dbtc.org</a>	303-463-1875
<b>Fun Ride Coordinator South</b> Ellen Fitzpatrick <a href="mailto:FunRideSouth@dbtc.org">FunRideSouth@dbtc.org</a>	303-756-2517
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<b>Wednesday Fun/Int Ride Coordinator</b> Patty Gaspar <a href="mailto:webfunrides@dbtc1.org">webfunrides@dbtc1.org</a>	<b>303-618-5069</b>
<b>"Roses" Ride Coordinator</b> Melba Bouquet <a href="mailto:melbab09@q.com">melbab09@q.com</a>	720-493-0564
<b>Historian</b> <b>OPEN</b> <a href="mailto:Historian@dbtc.org">Historian@dbtc.org</a>	
<b>Membership Database/Webmaster</b> Jeff Krinsky <a href="mailto:webmaster@dbtc.org">webmaster@dbtc.org</a>	720-373-9107
<b>Newsletter Design</b> Lise Neer <a href="mailto:lisegneer@yahoo.com">lisegneer@yahoo.com</a>	303-249-8621
<b>Map Sales (wholesale)</b> Doug Schuler <a href="mailto:Mapsales@dbtc.org">Mapsales@dbtc.org</a>	303-829-5861
<b>Photo Gallery</b> Jeff Krinsky <a href="mailto:photogallery@dbtc.org">photogallery@dbtc.org</a>	720-373-9107

## Board Meeting

Any member wishing to attend a board meeting is welcome. The next board meeting date is Monday, April 4 at Southwest YMCA, 5181 W. Kenyon Ave, at 6:30PM. If you wish to address the board, contact the president, Kathy Stommel: [cyclekats@gmail.com](mailto:cyclekats@gmail.com), or call 719-671-5579 so that your topic can be placed on the agenda.

## The President's Page

### Kathy Stommel

It's officially Springtime – let the good times roll (as in, let's get those bike wheels rolling)! The DBTC bike riding season is underway and there are plenty of social ride options this month to help get you back in cycling shape.



### Spring Kickoff

Our first major event of 2016 is the Spring Kickoff dinner on Saturday, April 9 at Lucile's Creole Cafe. Hopefully you registered before the March 25 deadline when the final count was required by the restaurant. Sorry, but there are no event-day registrations. There are at least two options for a bike ride before the dinner to help build your appetite. Both rides start from the tennis bubble at Bowles & Federal, just west of Santa Fe Drive. Please check the April ride schedule for start times and route details. Everyone is welcome to participate in the rides whether or not you are registered for the Kickoff.

### Ride Leader Starter Kits

Ride leaders are the heart and soul of this club. In an effort to recruit new leaders and encourage the veterans, the Board has assembled Starter Kits with all the supplies you need. The first distribution of kits will be made at the Spring Kickoff. Please look for the full article in this newsletter for more details.

### Legacy Lifetime Membership

The Board has initiated a new free lifetime membership for anyone reaching age 90 and that has at least 10 years of prior DBTC membership. Our goal is to ensure these people are eligible to participate in club events and enjoy the fellowship of fellow cyclists regardless of their biking abilities. Unfortunately, our special friend and longtime member, Don Pearson, passed away before learning of this special honor.

### 2016 Budget

The Board approved the 2016 budget plan to ensure the DBTC financial position remains strong. Thanks to the continued success of the DBTC Denver Bicycle Bike Route map sales, we all get to enjoy low membership rates, subsidized cost for our social events, and various other amenities

*Continued on pg. 3*

**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 20th, but please send your articles earlier.

*President from pg. 2*

along the way. Please contact me if you'd like to see a copy of the budget or have questions about any aspect of the club's financial records.

## Thank you Volunteers!

This message can't be broadcast often enough. DBTC does not exist without the dedication of so many volunteers - Board members, Staff, Ride Coordinators, Ride Leaders, Event Workers. In fact most of our volunteers carry more than one of these titles. Unfortunately, when responsibilities are left on the shoulders of these volunteers too long, the burnout effect takes hold. Please do the right thing to protect the endangered species of DBTC Volunteers - step up and help carry the load.

Until next month, enjoy the ride and I hope to see you at the Spring Kickoff!

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**The bicycle...has now been elevated to icon status because, presumably, it can move the human form from pillar to post without damage to the environment.**

– Brock Yates

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## Remembering Don Pearson

Compiled by Kathy Stommel

Denver Bicycling Touring Club lost one of its members on Sunday, March 13. Don Pearson had recently celebrated his 91st birthday with DBTC friends who showered him with the admiration he so greatly deserved. Don was known affectionately as COG which could stand for Crazy Old Goat or Cool Old Guy depending on who was asked.

Don joined DBTC in 1989 when an ankle injury forced him to switch sports from skiing to cycling. The club was definitely the beneficiary of this prolific ride leader and mountain biking trainer. Don continued to lead rides throughout his long membership, although in more recent years they were shorter in length and at the Roses level – in fact he led a ride prior to last year's picnic. Although Don couldn't ride much, he still loved attending DBTC events to visit with old friends. Everyone who came in contact with Don was touched by his ever-present smile and infectious laugh.

Here are comments from fellow DBTC member Gordon Valentine, whose birthday is only four days earlier than Don's: "he always seemed cheerful and was fun to be with. I greatly admired him for that. My special condolences and thanks to his closest friends who kept an eye on him as he lived alone, and helped him when he needed help. I regret that I did not

live near him and was not able to join you in bringing some sunshine into his life. I am also very sorry that he may have left us before he learned that he had been honored as an over 90-year-old with a Lifetime Membership in the club that he loved so much. I hope he knows it now."

Patty Gaspar submitted:

"I think that Gordon expressed the sadness we felt with the passing of Don Pearson. Twenty members joined him to celebrate his 91st birthday and I know that he was absolutely thrilled to have everyone there; in fact, he danced a jig.

Don led many rides over the years and taught many people how to ride a mountain bike. His proudest accomplishment was the 10 years he spent at Mount Saint Vincent Home fixing bikes for the kids. Don loved the kids and spent many hours not only fixing bikes but teaching them how to ride those bikes. He loved to show off that—in his 80s—he could still do a wheelie.

If there is any message it is this: take a few minutes to make someone else's life a little brighter. You will never regret it."

Carl Gaspar posted this on Facebook "Rest in Peace friend. If there is a Heaven, I have to think they need a



"COG" with kids' bikes at the Mount Saint Vincent Home.

great piano player who drives a red GTO."

Lin Hark responded to Don's passing this way: "I lost a wonderful friend when Don Pearson passed away last Sunday. I loved him very much! If you have ever met Donald Pearson you won't ever forget him. Rest in Peace, dear friend. He will definitely be missed by our club members."

These are just a few of the sentiments received from those who fondly remember our friend Don Pearson. Rest in Peace, dear friend; you will be missed by the entire DBTC family.

Don't forget to always tip the piano player generously in memory of Don, the piano man.

**DBTC MEMBERS  
JOINING  
AND/OR  
RENEWING SINCE  
FEBRUARY**

DAVID DAMOUTH  
PAUL ERNST  
MAYNARD HERSHON  
BETH MARLIN  
ROBYN MCDANIEL  
ANITA MCGUE  
CARLO MORALES  
JENNIFER PICHE  
MARTY SWISHER  
TOM TOBIASSEN

## **OFF THE BEATEN PATH: TUCSON BIKE TRIP NOVEMBER 14-19**

**Monday – Sunday, with the El Tour de Tucson on Saturday**

**Tour Leader – Cyndy Klepinger**

You will experience an unforgettable week of expansive mountain vistas, peaceful desert scenery and extraordinary bike rides, including the popular **El Tour de Tucson** presented by Casino del Sol Resort! The event is for cyclists of all ages and abilities who ride 104, 75, 55, 40 or 25 miles.



*View from the Arizona Sonoran Desert Museum*

On this small group tour of 12 – 14 individuals, you will have time to play as well as enjoy a couple of "can't miss" local area rides through the natural beauty of the desert. One ride will be through the Saguaro National Park. Officially designated as wilderness in 1976, this park protects some of the most impressive forests of saguaro cactus. Although for many the symbol of the West, this mammoth cactus is only found here in the Sonoran Desert.

Another activity features a visit to the Arizona-Sonoran Desert Museum. The museum offers more of a "zoo" like atmosphere for an up close look at life in the desert. See more than 300 animal species and 1200 kinds of plants over the 21 acre property.

November is an awesome time of year to ride in Tucson with average highs about 80 degrees and lows in the mid 50's.



### **Online Construction Detours & Updates from RTD:**

<https://www.google.com/maps/d/viewer?ll=39.805899,-104.984665&t=m&source=embed&ie=UTF8&msa=0&spn=0.158248,0.342636&z=11&mid=zVMIVSdJQnac.kopSvxexlmc>

### **Ditto from Denver Parks & Recreation:**

[www.denvergov.org/parksandrecreation/DenverParksandRecreation/Parks/Trails/TrailDetours/tabid/445331/Default.aspx](http://www.denvergov.org/parksandrecreation/DenverParksandRecreation/Parks/Trails/TrailDetours/tabid/445331/Default.aspx)

You should be an independent, intermediate level rider capable of doing your own tire and bicycle repairs if needed. You must be comfortable riding on roads with traffic.

### **Start/Finish Tucson, Arizona**

You'll need to be in Tucson by 3 p.m. on Monday for a bike ride starting near the hotel in the fun and centrally located 4th Avenue Shopping District. We will cruise through the best sections of Tucson's historic neighborhoods, including:

Iron Horse – Ride your two wheeled steel horse through a massive rattlesnake bridge.

Downtown – Go inside the building where Southwest Deco was perfected and where an infamous gangster met his end!

Presidio – This is where so much began: ancient Hohokam settlements, Tucson's first structures, and the birthplace of the chimichanga!

### **Lodging**

At a Rated AAA-3 Diamonds hotel with an outdoor heated pool and spa.

Cost: \$750/per person double occupancy. \$300 single supplement available.

### **Registration**

To register, please mail a \$100 deposit check payable to Cyndy Klepinger along with DBTC liability waiver and registration/medical form ([http://www.dbtc.org/page\\_1568909](http://www.dbtc.org/page_1568909)) to: Cyndy Klepinger, 5401 East Dakota Ave #9, Denver, CO 80246. Final payments will be due no later than September 15, 2016. Remember that registration funds are non-refundable, but may be transferrable. Direct questions to: [matilda@msn.com](mailto:matilda@msn.com), or by phone (303) 394-4962.



## TOUR THE VINEYARDS 2016

AUGUST 18-22

Tour Leader – Helen Berkman

Only 3 spots left on this lovely tour, to include 3 days of riding in Colorado's Grand Valley, plus an additional half day in Vail on the way back to Denver. (Single woman still needed to share one room). All rides will be Fun-paced with leisurely distances. Included will be: a tranquil tour of the vineyards with wine tastings and an official winery tour; biking Rim Rock Drive in the Colorado National Monument, and a morning ride along the beautiful Colorado River to Fruita with an afternoon visit to the Palisade Peach Festival.

We'll be staying at a newly-updated hotel right on Grand Junction's Main Street that is within walking distance of shopping and restaurants. Amenities include breakfast, pool, fitness center, maps, and bicycles okay inside. Non-riding spouses/partners are welcome. Social events will include a pre-ride meeting, a "peaches" happy hour, and Friday dinner at a local wine restaurant.



Estimated double occupancy cost will be \$450 per person for 4 nights. Due date for payment of \$125 to hold your spot, with forms mailed, will be 6/15/16; remaining amount due by 7/15/16. Deposits are non-refundable but may be transferrable if a replacement for your spot can be secured. Email Helen Berkman at [h.berkman@comcast.net](mailto:h.berkman@comcast.net) for further details.

## COME RIDE WITH US!

*This is a new section for you when you are planning something and would like to invite others to join you. It is not advertising for tours unless YOU, a member, are going. Please keep your post to a single paragraph and include a link to the tour details or your home email so people can contact you.*

### Wednesday, April 13, 2016 – A Day Trek in Breckenridge

Join Lin Hark in Breckenridge to enjoy a day of trekking (X-country skiing, snowshoeing or hiking) on Boreas Pass, a soak in the hot tub and/or pool and dinner at a Breckenridge restaurant after. Meet at the parking area on the west side of Boreas Pass at 10 AM for a hike or ski depending on the weather and snow report. Sign up by April 8th. Lin will send out more info on the itinerary on April 10th to those who RSVP and sign up for this outing. Contact Lin Hark at [mtnlin08@gmail.com](mailto:mtnlin08@gmail.com) or 303-578-9369 [www.summitpost.org/boreas-pass-trailhead/166134](http://www.summitpost.org/boreas-pass-trailhead/166134)

### Come ride the Subaru Elephant Rock

...on June 7 with me. Registration is now open, and please feel welcome to call or email me as I'm a 2016 ERock Ambassador and can offer you a discount registration code. The Elephant Rock is a popular cycling event in Rocky Mountain Region and is the unofficial start of the Colorado cycling season. For more information on the ride, go to [www.elephantrockride.com](http://www.elephantrockride.com). I'm also hosting training rides on April 14 and May 16, see the calendar for details. Cyndy Klepinger (303) 725.1565 or [matilda8@msn.com](mailto:matilda8@msn.com)

### "BORDEAUX – CHATEAUX, RIVERS AND WINE", BIKE AND BOAT TRIP

Patsy and John Venema are going to bike and boat lovely southwest France in mid-September using bike trip specialists PACK AND PEDAL EUROPE ([www.tripsite.com](http://www.tripsite.com)). If you are interested in joining them on this non-club-sanctioned trip, check out the trip, "BORDEAUX – CHATEAUX, RIVERS AND WINE", on the internet and email Patsy ([patsy44venema@ecentral.com](mailto:patsy44venema@ecentral.com)). The trip is Sept. 17-24, rated easy to moderate and is booked with the same company club members are using for other European bicycle adventures. If you are a single lady wishing to share a room, we can put you in touch with a lady friend of ours who is looking for a roommate. It's time to plan for fall adventures! France at grape harvesting time! Think about it.

*This disclaimer is part of this section: DBTC members are invited to submit events for this "Come Play With Us" forum as a method to share information and invite others to an upcoming adventure. Be advised these events are not sponsored or led by DBTC and therefore participants will not be covered by the club's insurance coverage.*

*More opportunities to join DBTC friends' adventures on page 6...*

## COME RIDE WITH US!

### SEA TO SEA TOUR • June 4–Sept 10

Ride for Hope with Dan and his Team



Last June, Dan Zimmerman, founder of Spokes Fighting Strokes pedaled through Denver and – as many of you remember – enjoyed three organized rides in one week while sharing his story with members of DBTC. This year's tour will traverse the country from Anacortes, WA to Boston, MA. Interested cyclists are invited to participate in this Adaptive Cycling journey to help raise awareness and hope for stroke survivors. Lise Neer will be riding Sea to Sea, and would love to have another DBTCer or two along!

As of this writing, there is one rider spot left on the epic, three-month tour. Riderships of shorter lengths are also available; you can join for just one week, up to a full month, or longer.

To register, view Dan's story on video, plus more information, visit [www.Spokesfightingstrokes.org](http://www.Spokesfightingstrokes.org). If you can't make the ride, you can still help defray costs by donating on Dan's website (Paypal and check-by-mail accepted). No amount is too small!

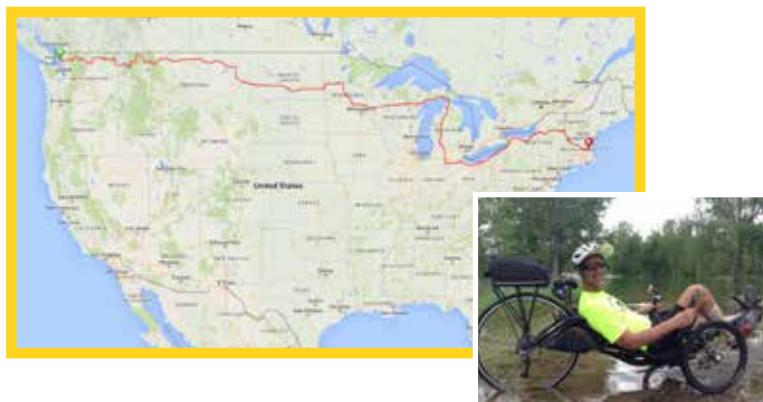
The breakdown on pricing is\*:

Entire three-month trip,	RV \$4,000	Tent \$3,000
1 month	RV \$1,600	Tent \$1,200
1 week	RV \$500	Tent \$400

\*Approximately \$85/week additional food cost per person.

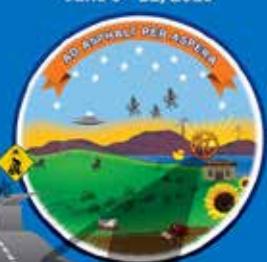
**The cost of the trip is tax-deductible, as are any donations.**

On the return trip from Boston to Phoenix, Dan will stop in Denver again and looks forward to riding with DBTC.



### Kandango 4

June 9 - 12, 2016



### KANDANGO (KANSAS) JUNE 9 – 12

Let's ride the back roads of Kansas, June 9 - 12! I'm planning on riding the four-day Kandango, which begins in Hays, Kansas and ends in Junction City. There are four days of great bicycle rides and three nights filled with fun and festivities...with a choice of sleeping in a hotel or camping each night!

The cost for the tour is \$95 for all four days. If you want to camp, it's an additional \$25, which includes restrooms, showers and a place to pitch a tent. For those who don't camp, there are hotel options available at your own expense.

If there's enough interest, the organizers will provide a bus from Denver to the start of the ride in Hays and a return trip – for just \$55.

For more information about this ride, go to <http://www.ridekandango.com/>. If you're interested in this adventure, contact Cyndy Klepinger, 303.725.1565 or [vicepresident@dbtc.org](mailto:vicepresident@dbtc.org).

### WATERTON CANYON UPDATE

Beginning Feb. 2, 2016, the lower portion of Waterton Canyon, including the main entrance and parking lot, will be closed Monday through Saturday until May 15, 2016, while crews repair the High Line Canal diversion structure in the South Platte River. The canyon will be fully open to recreation on Sundays during the project.



Lise Neer, Kevin Burns and Steve Schwartz celebrate the First Day of Spring, with Cyndy Klepinger and John Klever.

## Ride Leaders:

Remember, if you have a guest/non-member on any of your rides, the Membership Committee needs to know so we can invite them to join us on future rides as a NEW (or renewing) MEMBER! Please photocopy your Sign-in Sheet and email a scan of it to Lin Hark at: [guestrelations@dbtc.org](mailto:guestrelations@dbtc.org).

Thanks for helping us grow our Club!

## Important Notice Regarding DBTC Insurance Exclusions

Kathy Stommel

You probably already knew that DBTC carries a liability insurance policy – but are you aware of the exclusions?

Our policy covers a wide-range of activities including cycling, hiking, snowshoeing, cross-country skiing and even our club meetings, luncheons and picnics. However, to keep the insurance rates at a reasonable level, the Directors have selected a plan that excludes international tours and "higher" risk activities – most notably downhill skiing and snowboarding.

DBTC does offer winter snowshoeing and cross-country ski trips. Participants on these trips are of course free to independently choose something other than the groups' scheduled activities; however, the individual is then solely responsible for their own safety.

## Find More Fun Outings on MeetUp!

Lin Hark

Don't miss out on impromptu rides, ski trips and events. Join your DBTC friends for a ski trip, a ride, a movie or lunch. Look for unscheduled activities in your email.

It is as simple as that if you join the DBTC email list or the DBTC MeetUp group.

Not a member? Join by sending an email to [coloradobicyclist-subscribe@yahoogroups.com](mailto:coloradobicyclist-subscribe@yahoogroups.com) and/or go to [www.MeetUp.com/Denver-Bicycle-Touring-Club/](http://www.MeetUp.com/Denver-Bicycle-Touring-Club/) and sign up.

If you would like to lead a ride, trip or activity just send an email to [coloradobicyclist@yahoogroups.com](mailto:coloradobicyclist@yahoogroups.com) or put it on the MeetUp group. (You must be a DBTC member to post and get approval from one of the moderators.)

## 2016 DBTC Activity and Tour Calendar

Email the tour contact for more information. Email Ellen ([outdoorsdiva@yahoo.com](mailto:outdoorsdiva@yahoo.com)) to add your tour or trip to this list.

### June 22-26

#### Salida Art and Ride Tour

Road Riding, Intermediate Level  
Lodging: Hotel, Option for camping  
Location: Salida, CO  
Leaders: Kelly and Joe Stommel  
[cyclerats@gmail.com](mailto:cyclerats@gmail.com)  
Status: FULL/WAITLIST

### August 18-22

#### Tour the Vineyards in Grand Junction

Road riding  
Lodging: Hotel  
Location: Grand Junction, CO  
Leader: Helen Berkman  
[h.berkman@comcast.net](mailto:h.berkman@comcast.net)  
Status: Open

### November 14-19

#### Tucson Off-the-Beaten-Path

Road riding, hiking, El Tour de Tucson  
Lodging: Hotel  
Location: Tucson, AZ  
Leader: Cyndy Klepinger  
[matilda8@msn.com](mailto:matilda8@msn.com)  
Status: Open

Visit [www.DBTC.org](http://www.DBTC.org) and click on "Tours" for updates on trips, and to learn how to organize your own tour or trip!

# Guide to Reading the Ride Schedule

by Patty Gaspar and Kathy Stommel

Have you ever looked at the monthly ride schedule and wondered what all those abbreviations stand for? Here's an example of a ride description and the important information it contains:



**FUN-H2-20-SW-9:00 AM** Meet *Kathy Stommel* (cell #719-671-5579) . . .  
#1 #2 #3 #4 #5 #6

**Item #1** is the pace of ride planned:

Roses is leisurely pace, 8-10 mph average  
Fun is comfortable pace, 9-12 mph average  
INT (Intermediate) is brisk pace, 12-15 mph average  
Road is fast pace of 15+ mph average  
ATB\*\* is All Terrain Bike ride for unpaved routes  
MTB\*\* indicates Mountain Bike Ride

**Item #2** is the terrain/hill rating:

H1 indicates mostly flat terrain  
H2 means some hills will be encountered  
H3 means the route is hilly  
H4 indicates serious, lung-busting climbs are expected

**Item #3** is the estimated mileage of the planned route; options may be offered depending on attendees, weather conditions, etc

**Item #4** is the quadrant of the Denver Metro area - Northwest, Northeast, Southeast, Southwest or West indicating the foothills or mountain areas

**Item #5** is the ride's planned departure time. Arrive early enough so you are ready to roll!

**Item #6** is the ride leader's name and contact information, followed by a general description of the route.

\*\*ATB and MTB rides are rated by Technical rating of T1 (easiest) to T4 (most difficult) and Physical exertion rating of P1 (easiest) to P4 (most difficult).

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.

Sometimes a ride leader will use FUN/INT which will indicate that while it's not at the INT level it is not a ride for someone who wants a slower paced ride. Or they may indicate that they have two ride leaders - one FUN and one INT. Be sure to read the ride description.

Please feel free to contact the ride leader if you have any questions about their ride. Be aware of the pace and difficulty ratings to be sure the route is a good choice for your abilities. It's great to challenge yourself but can be frustrating to struggle at the back or to be waiting for a group riding slower than you expected. Most of all - HAPPY PEDALING!!



## CPR/First Aid Classes

Scott Houchin

The first round of CPR and Bicyclist First Aid Classes that were held in February were a great success, and we have decided to add another class date for those that did not or could not make the February classes. Board member, Scott Houchin will be conducting CPR/AED and Bicyclist First Aid Classes on Saturday, April 23 at the Treads Bike Shop in Aurora. There is a lot of material to cover so expect the class to last between 4 to 6 hours and we will start at 10 am. There will be a lunch break, so bring your own beverage and a lunch, or some cash if you'd like to join others in ordering pizza.

Knowing how to do CPR correctly is something you must know for yourself, family and friends - especially those over age 50; taking the class is clearly essential. The First Aid course is the standard American Heart Association First Aid course but it has been adapted to include how to treat many of the typical bicycle accident related injuries that DBTC folks are likely to experience and/ or witness while on bike rides. The essential skill – HOW TO MAKE AN ACCIDENT SCENE SAFE for you, the first aid provider, the patient, and other bicyclists in the area – is a very necessary, but overlooked skill to have in your pocket. DBTC members will be getting a super discount – less than half the cost of traditional Red Cross classes – and everyone who completes the course will be issued an American Heart Association CPR/First Aid Card that is good for two years. MORE IMPORTANTLY, by the time you complete the course, you will know what to do if a friend or family member suddenly has a heart attack or is in a serious bicycle accident. Knowing what to do in the first 10 minutes before the ambulance arrives could mean the difference between life and death.

TREADS is located at 16701 E Iliff Ave, Aurora, CO 80013. If you are interested in taking the course, contact Scott Houchin at [Sparky9cougar@comcast.net](mailto:Sparky9cougar@comcast.net) and be sure to reference "CPR Class" in the subject line. Current DBTC members are encouraged to participate in this class for the very reasonable cost of only the cost \$50, payable by cash or check at beginning of the class.

PLEASE NOTE: As a special THANK YOU to Ride Leaders who led five or more rides in 2015, the Board will pay half the class fee leaving only \$25 for you!

## Eight More Miles of Multi-use Trail Coming to Southeast Aurora and Parker

Dick Shelton

Officials of the E-470 Authority recently revealed plans for expansion of the road to three lanes in each direction between Parker Road and Quincy Avenue. Of special interest to cyclists, skaters and joggers, a 10-foot wide multi-use concrete trail will be installed along the western side of the right-of-way in conjunction with the widening. Phase I, between Parker and Gartrell, is expected to finish this Fall followed by phase II up to Smokey Hill and the final phase to Quincy finishing by the end of 2017.

Final details are still being designed, but engineers said it is likely the connection from the existing Cherry Creek trail will use the Cottonwood Drive corridor and the crossing at Piney Creek may use Aurora's trail to provide safe crossing of Arapahoe Road. Plans, schedules and maps can be found at <https://www.e-470.com/Pages/DrivingE470/E-470-Road-Widening-Project.aspx>.

Cyclists will appreciate the additional off-road trails, and some may enjoy the approximately 300-foot climb from Parker to Smokey Hill.

## SAVE THE DATE FOR THESE

### 2016 EVENTS:

**Spring Kickoff Dinner**  
Saturday, April 9  
at Lucile's Creole Cafe  
(Bowles & Santa Fe Dr)

**Frisco Ice Cream Social**  
Saturday, June 18  
hosted by Kathy & Joe Stommel

**Summer Picnic**  
Saturday, July 9  
at Wheat Ridge Prospect Park

**Volunteer Recognition Luncheon**  
Saturday, November 12  
at Cherry Creek Holiday Inn

# DBTC SPRING RIDES 2016

Spring has sprung and we will have some beautiful riding weather – not too hot, not too cold. Let's hope not too rainy.

If you'd like to include an activity in the newsletter, please email it to [ridecoordinator@dbtc.org](mailto:ridecoordinator@dbtc.org) by the 20th for the next newsletter, or contact Patty at 303-989-8268.

Pace of Ride	Difficulty of Terrain	Distance	Quadrant of City	Departure Time
Roses – Leisurely (Avg. 8-10 mph)	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 (10-12)	H2 – Some Hills		NE	
Int. – Brisk (12-16)	H3 – Hilly		SE	
Road – Fast (16-20+)	H4 – Serious climbs		SW	
ATB – Unpaved Roads	Two ratings: technical skill T1 to T4		W	
MTB – Mountain Bikes	and Physical exertion P1 to P4			

## Spring Riding Information

**Rides are cancelled if the temperature is below 40 degrees at start time or it is raining or snowing.** Be ready to start at the time listed – tires pumped up and bike ready. The ride leader is not a mechanic so if your bike needs repair, please take it to the shop.

**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 or Google Maps 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](mailto:ridecoordinator@dbtc.org) by the 20th for the following newsletter or contact Patty at 303-989-8268.

### DBTC's Emailing Lists

Get late breaking news, last minute ride updates, and short-notice of weekday rides, all emailed directly to you as soon as the information is posted. If the weather is "iffy", a ride leader can post a notice to let you know if the ride will go or be cancelled.

**DBTC Message Board** is the DBTC General Email List. To join, send an email to: [ColoradoBicyclist-subscribe@yahoogroups.com](mailto:ColoradoBicyclist-subscribe@yahoogroups.com)

### DBTC Mountain Biking Email List

To join, send an email to:

[COrtnbikers-subscribe@yahoogroups.com](mailto:COrtnbikers-subscribe@yahoogroups.com)

**Twitter** account is @DenverBikeClub – note that many members do not tweet.

**DBTC MeetUp group** at [www.MeetUp.com/Denver-Bicycle-Touring-Club/](http://www.MeetUp.com/Denver-Bicycle-Touring-Club/) be used to post rides as well. Once you have posted your ride, we will review the ride information to be sure it complies with the club requirements then upload it to the MeetUp web site where you can edit your ride. MeetUp is open to the public and can increase the number of riders on your rides and, hopefully, club members. Rides cannot conflict with the ride schedule. If you have registered with MeetUp, we will post your scheduled rides. We are also on Facebook if you want to share pictures or bike related news.

The DBTC Website operates independently from the Yahoo Groups. The Yahoo Groups send only email messages concerning some upcoming events. The DBTC monthly Newsletter, The Colorado Bicyclist, is sent to you from the DBTC Website via email only if you have so requested.

**You can join any or all groups.** After you send the email requesting to join, you will be contacted via email 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. See the website for posting rules.

### Please Note:

Joining Facebook or any other group does not make you valid member of the DBTC.

If your email address changes, you must send your new email address to the DBTC webmaster ([webmaster@dbtc.org](mailto:webmaster@dbtc.org)). The DBTC monthly Newsletter, The Colorado Bicyclist, is sent to you from the DBTC Website via email only if you have so requested.

### Cycling Tip:

To avoid muscle soreness and fatigue, don't hunch your shoulders while riding. Also, tilt your head every few minutes to prevent tight neck muscles. Better yet: Stop to admire the scenery.

## 2016 DBTC Spring Training Road Rides with Donald Schmertz – Saturdays at 10:00 AM – MeetUp.com

### Davie's Chuck Wagon Diner

10151 West 26th Avenue , Wheat Ridge, CO, Wheat Ridge, CO (map) Meet in west parking lot.

These early-season rides are set up for Road Riders who wish to improve their overall cycling fitness for the upcoming season.

Cancellation of the ride can occur if temperatures are below 40 F and/or roads are wet. Start times will be 10:00AM unless weather determines a different time. All rides will start at Davie's Chuck Wagon Diner, 10151 W. 26 Ave & Kipling, Wheat Ridge, CO.

This location is just across Kipling St. from the Crown Hill Park. Please park your car on the northwest corner of the parking lot. Mileage is from 20 miles to 35 miles. The routes are not too hilly and have been used before. This time of the year, there is no reason to climb mountains. Spring training road rides pace will be 15-25 MPH on flat ground with regrouping.

## APRIL RIDE SCHEDULE

**Saturday,  
April 2nd**

**FUN H1-20-NW 10:00 AM** Meet *Jeff Krinsky* (720-373-9107) at Prospect Park in Wheat Ridge for the OFFICIAL FIRST RIDE OF SPRING RIDE!! Experience this classic DBTC ride on the trails of Ralston Creek and Clear Creek as we knock the cobwebs off of our equipment and get our biking legs back! All riders will be awarded with a special spring surprise.

**MTB P2, T2, South Valley Open Space THE RIDE:** Meet *Mark Shimoda* (303-514-6248) for a nice gentle ride on our first day of the season. We will ride the South Valley and Grazing Elk trails. These have some short steep climbs, but are basically non-technical. There are several options to add more miles and/or for a more technical ride. **THE TIME:** 10:15AM (WHEELS ROLLING AT THAT TIME! PLEASE ARRIVE ENOUGH EARLIER TO GIVE YOURSELF TIME TO PREPARE FOR THAT START TIME.) **THE DIRECTIONS:** From the interchange of Key Caryl and C-470, go west a short distance to the first signalized (and somewhat oddly configured) intersection. Turn left (south) and climb the curving road to the stop sign at the three-way intersection at the top of the hill. Continue straight (and downhill). In a very short distance, you will see the South Valley parking lot and restrooms off to your left. Drive past those to the entrance road a short distance beyond. **THE FOOD:** Bring tailgate picnic food and beverages to share post-ride. Also bring folding chairs - and tables - if you have them. **THE FINE PRINT:** The weather can be poor at this time of the year, the trails might be muddy and eating outside or even riding might not be pleasant. If trails are muddy, we will not ride. If the temperature is below 55 degrees Fahrenheit, we will not ride. If winds are blowing and the sun is shy and hiding behind clouds, we might head for a restaurant instead of eating in the parking lot under adverse conditions.

**Sunday  
April 3rd:**

**FUN-H2-20-NW 10:00 AM** Meet *Merri Bruntz* (303-517-9781) at Crown Hill Park (26th & Garrison) for a ride to Sloans Lake via a route that first goes west through Wheat Ridge neighborhoods and then heads east to the lake. Every portion of this route is on roads with bike lanes or the Clear Creek Trail which has been augmented to avoid the "dreaded dirt road."

**INT-H-2-25 +-NE 10:30 AM** Each Sunday until fall meet DBTC riders at Cake Crumbs Bakery and Coffee shop located at 2216 Kearney Street, Denver. These rides will be lead by various ride leaders. The April rides will begin at 10:30 a.m. May rides will begin at 9:00 a.m. and will start earlier as it warms up. Each Sunday we pick a different route and the distances vary from 25 miles up to 50 miles by mid summer. We ride east towards DIA and Watkins, sometimes north to Brighton, southeast to Aurora Reservoir or Cherry Creek or maybe north east to Broomfield The rides are coordinated by Doug Schuler, and sometimes are led by other club members. Reminders are announced on Meet Up and Yahoo as well as changing start times. Questions, call *Doug* 303-829-5861

**Tuesday,  
April 5th –  
Easy Tuesday!**

**FUN-H1to2-25-SE 11:00 AM** Meet *Cyndy Klepinger* at Lowry Soccer Fields, Fairmont Blvd and Sports Blvd near the outdoor restrooms on the west end of the park. (303) 725-1565 or matilda8@msn.com. We'll ride a loop on Highline Canal and other bike paths to enter the Cherry Creek Reservoir on the east. Depending on the group, a loop around the reservoir is possible. Return on Cherry Creek and Highline Canal Path. This is a no-drop ride.

**Wednesday,  
April 6th**

**"ROSES"-H1-14-NW 10:00 AM** Meet *Wes and Dianne Chowen*, 303-204-5887, at City of Cuernavaca Park for a ride on the Platte and Sand Creek to explore the construction of the North Commuter Rail Line, including what will be the longest bridge in Colorado! Bring a snack and money for an optional lunch following the ride.

**FUN/INT-Show and Go**-You can join the "Roses" to explore the rail line and ride at their pace or you can ride the trail out to 104th and back.

**MTB P2.5, T2, 6:00PM, Green Mountain. SHOW AND GO.** Meet at the Florida trailhead, at the top of Alameda Boulevard at the intersection of West Florida Drive and Alameda Boulevard in Lakewood.

<b>Saturday April 9th</b>	<b>MTB P2, T2, Hidden Mesa</b> THE RIDE: Meet <i>Larry Leeds</i> (303-483-5036) for a warm up ride on the Cherry Creek Trail south to Hidden Mesa, then a couple loops on the paths at Hidden Mesa and then back north to the cars. THE TIME: 10:00AM (WHEELS ROLLING AT THAT TIME! PLEASE ARRIVE ENOUGH EARLIER TO GIVE YOURSELF TIME TO PREPARE FOR THAT START TIME.) THE DIRECTIONS: Drive south on Parker Road to Indianpipe Lane in 2 the formerly lovely hamlet of Parker, Colorado. If you blink, you'll probably miss Indianpipe Lane, which, according to Google Maps, is the first street (on your right - and opposite South Pine Drive on your left) south of the Kohl's store in Parker. That store is on your right, just south of the Parker Road/Twenty Mile Road (on your right)/Hilltop Road (on your left) intersection. Turn right on Indian Pipe Lane, then immediately right again into a trail access parking lot with bathrooms. THE FOOD: Bring tailgate picnic food and beverages to share post-ride. Also bring folding chairs—and tables—if you have them.
<b>RIDE TO THE KICKOFF PARTY</b>	<b>INT/ROAD-H2/3-33-SW 2:00PM</b> <i>Lise Neer</i> (303-249-8621) This ride will go South on the Platte River trail, then West on the 470 trail to Bear Creek Lake Park, and back via Bear Creek and Platte trails. We'll take a break halfway around at the Conoco in Morrison. Meet behind the tennis bubble (SE side) at Bowles & Federal. Check out the map here: <a href="http://www.mapmyride.com/routes/view/1004756639">http://www.mapmyride.com/routes/view/1004756639</a> .
	<b>FUN-H2/3-18-SW 2:30 PM</b> <i>Kathy Stommel</i> (719-671-5579) Meet behind the tennis bubble (SE side along the river) at Bowles & Federal. Ride will make an interesting loop including segments of Columbine Trail, C470 trail, Deer Creek Canyon Rd, Chatfield State Park and finally Platte River trail, returning to the tennis bubble in plenty of time for the Spring Kickoff which is right across the street.
<b>Sunday, April 10th</b>	<b>FUN-H2-24-NW-10:00 AM</b> Meet <i>Jeff Krinsky</i> (720-373-9107) for this brand new ride, THE HIDDEN GEMS OF INTERLOCKEN! The adventure begins at the Safeway at the Rock Creek Village Shopping Center in Superior. We will take secret trails and use portions of the new HWY 36 Trail to take us on a loop that includes the hidden gems of Flatirons Mall, Interlocken, Standley Lake, and Rock Creek Village! Rock Creek Village Safeway is centrally located in Superior at the NW corner of Coalton and Rock Creek Parkway (Address is 1601 Coalton Road Superior, CO. 80027.) The ride is mostly on paved trails but there are a couple of quarter-mile segments of lightly-graveled well-kept, un-paved trails.
	<b>INT-H-2-25 +-NE 10:30 AM</b> Each Sunday until fall meet DBTC riders at Cake Crumbs Bakery and Coffee shop located at 2216 Kearney Street, Denver. These rides will be lead by various ride leaders. The April rides will begin at 10:30 a.m. May rides will begin at 9:00 a.m. and will start earlier as it warms up. Each Sunday we pick a different route and the distances vary from 25 miles up to 50 miles by mid summer. We ride east towards DIA and Watkins, sometimes north to Brighton, southeast to Aurora Reservoir or Cherry Creek or maybe north east to Broomfield. The rides are coordinated by Doug Schuler, and sometimes are led by other club members. Reminders are announced on Meet Up and Yahoo as well as changing start times. Questions, call <i>Doug</i> 303-829-5861
<b>Monday, April 11th</b>	<b>FUN-H1-28-SE-10:00 AM</b> Meet <i>Ellen Fitzpatrick</i> at Village Greens Park. We will ride through the Cherry Creek reservoir, head south on Jordan Road, hook up with the Cherry Creek Trail and take it to Parker. We will lock up our bikes and have a light snack at the frozen yogurt place or other place. This ride will be at a slow, 10-12 mph pace).
<b>Wednesday, April 13th</b>	<b>FUN-H1-20-SW 10:00AM</b> Meet <i>Merri Bruntz</i> (303-517-9781) at the Stone House (Estes & Yale along the Bear Creek Trail). We will ride east on the Bear Creek Trail to the South Platte Trail taking it south to Hudson Gardens for a break. We will return via the same route.
	<b>"Roses" H1-20-SE 10:00 AM</b> Meet <i>Judy Deist</i> , 303-841-4792, CP 303-906-4305 at the Broncos Parkway Trailhead, entrance on So side of Broncos Parkway between Jordan Rd. and Parker Rd. for a ride along the Cherry Creek Trail. Bring a snack, and money for lunch at a favorite restaurant following the ride.
	<b>MTB P2.5, T2, 6:00PM, Green Mountain. SHOW AND GO.</b> Meet at the Florida trailhead, at the top of Alameda Boulevard at the intersection of West Florida Drive and Alameda Boulevard in Lakewood.
	<b>A Day Trek in Breckenridge</b> Join <i>Lin Hark</i> in Breckenridge to enjoy a day of trekking (X-country skiing, snowshoeing or hiking) on Boreas Pass, a soak in the hot tub and/or pool and dinner at a Breckenridge restaurant after. Meet at the parking area on the west side of Boreas Pass at 10 AM for a hike or ski depending on the weather and snow report. Sign up by April 8th. Lin will send out more info on the itinerary on April 10th to those who RSVP and sign up for this outing. Contact Lin Hark at <a href="mailto:mtnlin08@gmail.com">mtnlin08@gmail.com</a> or 303-578-9369 <a href="http://www.summitpost.org/boreas-pass-trailhead/166134">www.summitpost.org/boreas-pass-trailhead/166134</a>

- Thursday,  
April 14th** **INT-MostlyH1- 26 +/- 4:00 PM** Meet *Cyndy Klepinger* at the Cook Rec Center parking lot at Cherry Street (between Monaco and Quebec) for a training ride for those participating in the popular Elephant Rock ride. Also, if you are going on a tour and need a longer training ride, come join us. (303) 725-1565 or [matilda8@msn.com](mailto:matilda8@msn.com) The plan is to ride to Cherry Creek Reservoir, circle one way, then possibly turn around and circle the other way. Pace will be about 15 mph typical cruising speed (not an end of ride average). The Subaru Elephant Rock, June 5, is a popular cycling event in Rocky Mountain Region and is the unofficial start of the Colorado cycling season. For more information on the ride, go to [www.elephantrockride.com](http://www.elephantrockride.com).
- Saturday,  
April 16th** **FUN-H1-20-SE 10:00 AM** Meet *Dick Shelton* (720-934-9823) at the Cherry Creek Trailhead on Broncos Parkway, adjacent to Tarawa Gardens, for an easy 20 mile ride to Scott Road and back.
- MTB P2, T1, first day of Pueblo weekend** **THE RIDE:** Join *Jeff Baysinger* (303-969-9241) for 2 days exploring bike paths and trails around Pueblo, Lake Pueblo State Park and the Arkansas River. Expand upon your Colorado history knowledge. The Saturday afternoon ride will use the Arkansas River bike path, below the dam, near the state park. The path follows the north river side and has a great stop at a Nature Center. **THE TIME:** 12:45PM (WHEELS ROLLING AT THAT TIME! PLEASE ARRIVE ENOUGH EARLIER TO GIVE YOURSELF TIME TO PREPARE FOR THAT START TIME.) **THE DIRECTIONS:** Meet at the Econo Lodge motel at 71 South Radnor Drive. This motel is in the Pueblo West area, on the south side of Highway 50. **THE FOOD:** Get together for dinner in the evening at a restaurant by the revitalized and historic River Walk Area of downtown Pueblo. **THE FINE PRINT:** Please RSVP by Friday, April 15, to Jeff Baysinger at 303-969-9241. **MORE FINE PRINT:** In addition to many motels in the Pueblo area, camping is available in Lake Pueblo State Park. To reach the camping area, take I-25 south to Highway 50 (exit 101); go 2.9 miles west (toward Canon City); turn left (south) on North Pueblo Boulevard (Highway 45); go 4.0 miles to Highway 96 (Thatcher 3 Avenue); turn right for about 4 miles; turn right on South Marina Road, which will take you into the park and to the camping area
- Sunday,  
April 17th** **INT-H-2-25 +-NE 10:30 AM** Each Sunday until fall meet DBTC riders at Cake Crumbs Bakery and Coffee shop located at 2216 Kearney Street, Denver. These rides will be lead by various ride leaders. The April rides will begin at 10:30 a.m. May rides will begin at 9:00 a.m. and will start earlier as it warms up. Each Sunday we pick a different route and the distances vary from 25 miles up to 50 miles by mid summer. We ride east towards DIA and Watkins, sometimes north to Brighton, southeast to Aurora Reservoir or Cherry Creek or maybe north east to Broomfield. The rides are coordinated by Doug Schuler, and sometimes are led by other club members. Reminders are announced on Meet Up and Yahoo as well as changing start times. Questions, call *Doug* 303-829-5861
- MTB P3, T2-3, second day of Pueblo weekend** **THE RIDE:** On Sunday, wander about the 50+ miles of trails located south of the reservoir in Lake Pueblo State Park. The ride will venture along the arroyo arms of the reservoir. Keep an eye out for bald eagles and pelicans. Voodoo Loop will definitely put a spell on you. **THE TIME:** 10:30AM (WHEELS ROLLING AT THAT TIME! PLEASE ARRIVE ENOUGH EARLIER TO GIVE YOURSELF TIME TO PREPARE FOR THAT START TIME.) **THE DIRECTIONS:** Meet inside the park, near the parking lot by the Arkansas Point Campground. For directions, see "MORE FINE PRINT" above in the description for Saturday. There is a small vehicle fee to pay for entering, but remember these fees help support the park. Parking is safer and trails start right there.
- FUN-H1-15-20-NW-10AM** Meet Wes and Dianne Chowen at City of Cuernavaca Park for a ride on the Platt and Sand Creek trails and some streets to explore the construction of the North Commuter Line, and what will be the longest bridge in Colorado. Optional lunch afterwards.
- Tuesday,  
April 19th –  
Easy Tuesday!** **FUN-H1to2-25 SE 11:00 AM** Meet *Cyndy Klepinger* at the Cook Rec Center parking lot at Cherry Street (between Monaco and Quebec). (303) 725-1565 or [matilda8@msn.com](mailto:matilda8@msn.com). We'll ride a loop on Highline Canal to Dartmouth Street, to Franklin Street to Washington Park. Return on Cherry Creek. This is a no-drop ride.
- Wednesday,  
April 20th** **FUN-H2-15-SE 10:00 AM** Join *Ida Sansoucy* (303-888-4485) at South Hlgh School to ride 15 miles. We'll head over to Cherry Creek and then downtown on the trail and back along the Platte and wander back to Washington Park. Let's start the season slow....and build up. Lunch after to catch up with everyone.
- "Roses" H1-15- SE 10:00 AM** Meet in the shopping center on the northeast corner of Parker Rd and Quincy Ave, Aurora; park away from the stores. We will ride trails and roads within Cherry Creek State Park, observing boats, birds and other bikers, avoiding the hills near the dam, total of about 15 miles. Bring a snack, and money for lunch, optional, at Emerald Isle. *Jean Stevenson*, H. 303-699-5135, c. 303-349-1596. Do not call after 9 PM or before 7 AM.
- MTB P2.5, T2, 6:00 PM, Green Mountain. SHOW AND GO.** Meet at the Florida trailhead, at the top of Alameda Boulevard at the intersection of West Florida Drive and Alameda Boulevard in Lakewood.

**Saturday,  
April 23rd**

**FUN-H2-25-SE 9:00 AM - Mt Nebo!** Meet Gaar Potter (303-691-0938) at Eisenhower Park Rec Center (SE Corner of Dartmouth and Colorado Blvd). We will ride to 3 cemeteries and place a rock at Mt. Nebo. We also visit Hampden Hts. Cemetery, Fairmount Cemetery and Lowry. You won't believe the SNEAKY way we get to Hampden Hts. Cemetery!

**MTB P2, T1.5, Spruce Mountain - Spruce Meadow THE RIDE:** Meet Mary Sue Dickerson (720-209-8126) at the Greenland Open Space trailhead. Starting at the Greenland trailhead, we will ride the Spruce Meadow Trail to the Spruce Mountain Trailhead. Then it's up and over Spruce Mountain and complete a loop over Eagle Pass. We will stop at the first lookout on Spruce Mountain for a snack and to admire the views of surrounding buttes, Pikes Peak, the Palmer Divide, Carpenter Creek and thousands of acres of protected open space as part of an animal corridor to Pikes Peak National Forest. Once we finish Eagle Pass, you will have a choice of riding the rest of Spruce Meadow Trail or taking the gravel road back to Greenland trailhead. Spruce Mountain with Eagle Pass Loop is about 8 miles and has two or three moderately challenging sections. Spruce Meadow would be rated as easy and is 8.5 miles long. If people want to ride more, ride part of Greenland Open Space. 4

**THE TIME:** 10:30AM (WHEELS ROLLING AT THAT TIME! PLEASE ARRIVE ENOUGH EARLIER TO GIVE YOURSELF TIME TO PREPARE FOR THAT START TIME.) **THE DIRECTIONS:** Take I-25 south past Larkspur approximately four miles to Greenland Road (exit 167); turn west (right) for 0.2 miles on Greenland Road; then turn south (left) for 0.5 miles on Noe Road to the Greenland Open Space trailhead. **THE FOOD:** Bring tailgate picnic food and beverages to share post-ride. Also bring folding chairs—and tables—if you have them.

**Sunday,  
April 24th.**

**FUN-H2+-22-SW 10:00 AM** Meet Lin Hark (303-578-9369) at Reynolds Landing (1 mile north of Carson Nature Center and Aspen Grove) at 6745 S Santa Fe Dr. There is a signal at the street named Brewery Lane, turn west, toward the river, and go past Breckenridge Brewery all the way to the parking lot at the end of the road. We will ride to Chatfield State Park on the South Platte Trail, climb the dam, ride around the lake, take a break at the Marina, ride back around the lake and back to our cars.. Lin rides at a slower pace of around 10 mph. We will regroup after climbing the dam to enjoy the beautiful view of the lake and the foothills (and catch our breath). Lunch after at the Breckenridge Brewery.

**INT-H-2-25 +-NE 10:30 AM** Each Sunday until fall meet DBTC riders at Cake Crumbs Bakery and Coffee shop located at 2216 Kearney Street, Denver. These rides will be lead by various ride leaders. The April rides will begin at 10:30 a.m. May rides will begin at 9:00 a.m. and will start earlier as it warms up. Each Sunday we pick a different route and the distances vary from 25 miles up to 50 miles by mid summer. We ride east towards DIA and Watkins, sometimes north to Brighton, southeast to Aurora Reservoir or Cherry Creek or maybe north east to Broomfield The rides are coordinated by Doug Schuler, and sometimes are led by other club members. Reminders are announced on Meet Up and Yahoo as well as changing start times. Questions, call Doug 303-829-5861

**Monday,  
April 25th**

**FUN-H2-26-SE 10:00 AM** Meet Ellen Fitzpatrick (720-209-2269) at Eisenhower Park Rec Center (SE Corner of Dartmouth and Colorado Blvd). We will bike the unpaved portion of the Highline Canal through Greenwood Village to the Goodson Recreation Center and beyond, crossing Broadway, catching the Lee Gulch Trail for a short distance to the Platte River. From there we will head North, stopping for refreshment along the way before continuing on to Dartmouth and east back to our start. Highland Canal and Lee's Gulch trail portions of this route are unpaved so hybrid or wider tire bikes are advised.

**Wednesday,  
April 27th**

**"Roses" H1-18-SE 10:00 AM** Meet Anne Layshock, 303-771-6353, Cell: 303-818-5094, in the East parking lot on the SE corner of Cherry Creek Mall, for a ride on the Cherry Creek Trail & Highline Canal to Bible Park and on to Hampden Heights to return to the Cherry Creek Trail. This is a loop ride, gradual uphill, downhill all the way back. Bring a snack and money for an optional lunch following the ride.

**FUN/INT FUN-H2/H3-25 SW 10:00 AM** Meet Patty Gaspar (303-618-5069) behind the McDonald's at Sheridan and Hampden. We'll head to the Tech Center on various trails. We have to climb some hills and there are sections on the Highline Canal (pea gravel), and then we'll have our morning latte ON DBTC then loop back to Bear Valley. This used to be my bike commute and It is a beautiful ride. We get a wonderful downhill back to Bear Valley. Lunch is in Bear Valley. If trails are muddy we will take an alternate ride on paved trails.

**MTB P2.5, T2, 6:00 PM, Green Mountain. SHOW AND GO.** Meet at the Florida trailhead, at the top of Alameda Boulevard at the intersection of West Florida Drive and Alameda Boulevard in Lakewood

<b>Saturday, April 30th</b>	<b>FUN/INT-H2/3-20-SW 10:00 AM</b> Meet <i>Kathy Stommel</i> (719-671-5579) at Reynolds Landing for a loop ride starting south on the Platte River Trail to the C470 trail where we will head west with some significant hills before being rewarded with a nice downhill stretch on S. Clarkson St before working our way back to the Platte River Trail, returning to Reynolds Landing. Optional lunch afterwards at Breckenridge Brewery. This is a training ride for Salida Art and Ride Tour participants, however all others are welcome to come along. Reynolds Landing is accessed by turning west off Santa Fe Drive at the traffic light with Brewery Dr, continue past Breckenridge Brewery all the way to the Reynolds Landing parking lot near the Platte River Trail.
	<b>MTB P2, T2, South Table Mountain THE RIDE:</b> Meet <i>Steve Farley</i> (303-437-5442) to ride to the top of the mesa and then over to the overlook of Coors Brewery and the view of North Table Mountain. We will then head toward the Castle Rock and walk up the rock steps to the top. We'll return past the Colorado State Patrol track. Many trail options are available for the adventurous. <b>THE TIME:</b> 10:00AM (WHEELS ROLLING AT THAT TIME! PLEASE ARRIVE ENOUGH EARLIER TO GIVE YOURSELF TIME TO PREPARE FOR THAT START TIME.) <b>THE DIRECTIONS:</b> From the intersection of Colfax Avenue and Denver West Marriott Boulevard (to the north) and Colorado Mills Parkway (to the south), go north on Denver West Marriott Boulevard, cross over I-70 and turn left (west) at Denver West Parkway. Find the access road to the parking lot of the Jefferson County Schools Administration Building, 1829 Denver West Drive, Golden, CO 80401 (just west of the Marriott hotel) (according to Google Maps, by turning south (left) from Denver West Parkway onto Denver West Drive). Go to the large open field at the end of the access road and park. <b>THE FOOD:</b> Bring tailgate picnic food and beverages to share post-ride. Also bring folding chairs—and tables—if you have them.
<b>Sunday, May 1st</b>	<b>FUN-H2-20-SW 9:00 AM - Amazing Maze Ride</b> - Meet <i>JEFF Messerschmidt</i> (303.904-0573, leave message) at the Stone House, 2900 S. Estes, Lakewood, and cycle west through Lakewood and Morrison, then south and east through unincorporated South JEFFco.
<b>Wednesday, May 4th</b>	<b>FUN-H2-18-SW 10:00 AM</b> Meet <i>Kathy Stommel</i> (719-671-5579) at the Highland Ranch Redstone Park, parking lot off Town Center Dr. between the baseball fields and playground equipment. We will ride a loop of the Highland Canal to Lee's Gulch to Platte River and finally back on C470 trail - so secluded and beautiful you'll forget we're in the city. Highland Canal and Lee's Gulch trail portions of this route are unpaved so hybrid or wider tire bikes are advised.
<b>Friday, May 6th</b>	<b>INT-MostlyH1- 26 +/- 10:00 AM</b> Meet <i>Cyndy Klepinger</i> at the Cook Rec Center parking lot at Cherry Street (between Monaco and Quebec) for a training ride for those participating in the popular Elephant Rock ride. Also, if you are going on a tour and need a longer training ride, come join us. (303) 725-1565 or matilda8@msn.com The plan is to ride to Cherry Creek Reservoir, circle one way, then possibly turn around and circle the other way. Pace will be about 15 mph typical cruising speed (not an end of ride average). The Subaru Elephant Rock, June 5, is a popular cycling event in Rocky Mountain Region and is the unofficial start of the Colorado cycling season. For more information on the ride, go to <a href="http://www.elephantrockride.com">www.elephantrockride.com</a> .

### DBTC SPONSORING SHOPS

DBTC members receive a 10% discount off purchases (excluding bicycles and sale items) at these sponsoring retailers.  
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BIG KAHUNA BICYCLES 8246 W BOWLES AVE UNIT J LITTLETON CO 80123 720-981-5199 <a href="http://www.bigkahunabicycles.com/site/intro.cfm">www.bigkahunabicycles.com/site/intro.cfm</a>	CHERRY CREEK VELO 1435 S HOLLY ST DENVER CO 80222 303-691-5650 <a href="http://www.sampsonsports.com">www.sampsonsports.com</a>	GOLDEN BEAR BIKES 290 NICKEL ST SUITE 100 BROOMFIELD CO 80020 303-469-7273 <a href="http://www.goldenbearbikes.com">www.goldenbearbikes.com</a>	SCHWAB CYCLES 1565 PIERCE ST LAKEWOOD CO 80214 303-238-0243 <a href="http://www.schwabcycles.com">www.schwabcycles.com</a>	TREADS BICYCLE OUTFITTERS 269 E BRIDGE AVE BRIGHTON, CO, 80601 720-263-3360 <a href="http://www.treads.com">www.treads.com</a>
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# 2016 Advance Planning Calendar

April 2 <b>AntiEpic Gravel Grinder</b> <a href="http://www.ridinggravel.com/event/antiepic-160/">www.ridinggravel.com/event/antiepic-160/</a> Monument, CO	June 18 <b>Starlight Spectacular</b> <a href="http://www.starlightspectacular.org">www.starlightspectacular.org</a> Colorado Springs, CO	July 30 <b>Grin &amp; Barrett Black Canyon ButtKicker</b> <a href="http://www.atech1.com/gbbiketour/">www.atech1.com/gbbiketour/</a> Montrose, CO	September, TBD <b>Durango Fall Blaze</b> <a href="http://www.durangofallblaze.com">www.durangofallblaze.com</a> Durango, CO
April 2 <b>Bike 2 Build</b> <a href="http://www.slvhabitat.org/">http://www.slvhabitat.org/</a> Alamosa, CO	June 18 <b>The Denver Century Ride</b> <a href="http://www.denvercenturyride.com">www.denvercenturyride.com</a> Denver, CO	July 31-Aug 6 <b>Colorado Rocky Mountain Bike Tour</b> <a href="http://www.crmbt.com">www.crmbt.com</a> Idaho Springs, CO	September 4 <b>West Elk Bicycle Classic</b> <a href="http://www.westelkbicycleclassic.com/">www.westelkbicycleclassic.com/</a> Gunnison, CO
April 28 – May 1 <b>Fruita Fat Tire Festival</b> <a href="http://www.fruitafattirefestival.com">www.fruitafattirefestival.com</a> Fruita, CO	June 19-25 <b>Bicycle Tour of Colorado</b> <a href="http://www.bicycletourcolorado.com">www.bicycletourcolorado.com</a> Montrose-Telluride loop	August, TBD <b>Greenwood Goosechase</b> 303-290-9922 Greenwood Village, CO	September 11 <b>Buffalo Bicycle Classic</b> <a href="http://www.buffalobicycleclassic.com">www.buffalobicycleclassic.com</a> Boulder, CO
May, TBD <b>Mission to Ride</b> <a href="http://www.missiontoride.com/">www.missiontoride.com/</a> Montrose, CO	June, TBD <b>Bike to Work Day</b> <a href="http://www.drcog.org">www.drcog.org</a> Denver Metro area	August 6-13 <b>CANDIS-Cycling Around North Dakota In Sakakawea Country</b> <a href="http://www.candisc.net/">www.candisc.net/</a> Garrison, ND	September 11 <b>Wacky Bike Ride</b> <a href="http://www.wackybikeride.com/">www.wackybikeride.com/</a> Highlands Ranch, CO
May 21 <b>Ride for the Pass</b> <a href="http://www.independencepass.org/ride/">www.independencepass.org/ride/</a> Aspen, CO	June 25-26 <b>MS 150 Bike Tour</b> <a href="http://www.bikecoc.nationalms-society.org/site/TR?fr_id=2703&amp;pg=entry">www.bikecoc.nationalms-society.org/site/TR?fr_id=2703&amp;pg=entry</a> Westminster, CO	August 6 <b>Stonewall Century Ride</b> <a href="http://www.spicycling.org">www.spicycling.org</a> La Veta, CO	September 16-18 <b>Pedal the Plains</b> <a href="http://www.pedaltheplains.com">www.pedaltheplains.com</a> TBD
May 22 <b>Community Classic Bike Tour</b> <a href="http://www.McKeefoundation.com">www.McKeefoundation.com</a> Loveland, CO	July, TBD <b>Colorado-Eagle River Ride</b> <a href="http://www.vailvelo.com">www.vailvelo.com</a> Avon, CO	August 13 <b>Red Rocks Gran Fondo</b> <a href="http://www.redrocksgranfondo.com/">www.redrocksgranfondo.com/</a> Morrison, CO	September 17 <b>Tour of the Vineyards</b> <a href="http://www.tourdevineyards.com">www.tourdevineyards.com</a> Palisade, CO
May 22 <b>Santa Fe Century</b> <a href="http://www.santafecentury.com">www.santafecentury.com</a> Santa Fe, NM	July, TBD <b>Moonlight Classic</b> <a href="http://www.moonlight-classic.com">www.moonlight-classic.com</a> Denver, CO	August 13 <b>Vuelta a Keystone</b> <a href="http://www.vueltakeystone.com">www.vueltakeystone.com</a> Keystone Village, CO	September 24 <b>Bike &amp; Brews</b> <a href="http://www.bikesandbrews.org">www.bikesandbrews.org</a> Cañon City, CO
May 28-30 <b>Iron Horse Bicycle Classic</b> <a href="http://www.ironhorsebicycleclassic.com">www.ironhorsebicycleclassic.com</a> Durango, CO	July 9-10 <b>Triple Bypass</b> <a href="http://www.teamevergreen.org">www.teamevergreen.org</a> Evergreen, CO	August 16 <b>Circle the Summit (aka Bob Guthrie Memorial Ride)</b> <a href="http://www.Circlethesummit.com">www.Circlethesummit.com</a> Frisco, CO	September 24 <b>Mountains to the Desert</b> <a href="http://www.m2dbikeride.com">www.m2dbikeride.com</a> Telluride, CO
June 4 <b>Buena Vista Bike Fest</b> <a href="http://www.bvbf.org">www.bvbf.org</a> Buena Vista, CO	July 16 <b>Breck 100 Mountain Bike Challenge</b> <a href="http://www.warriorschycling.com/races/breckenridge-100/">www.warriorschycling.com/races/breckenridge-100/</a> Breckenridge, CO	August 16 <b>Copper Triangle Alpine Classic</b> <a href="http://www.coppertriangle.com">www.coppertriangle.com</a> Copper Mountain, CO	September 24 <b>Tour de Cure</b> <a href="http://www.diabetes.org">www.diabetes.org</a> Woodland Park, CO
June 5 <b>Elephant Rock Ride</b> <a href="http://www.elephantrockride.com">www.elephantrockride.com</a> Castle Rock, CO	July 17-22 <b>Tour de Wyoming</b> <a href="http://www.cyclewyoming.org">www.cyclewyoming.org</a> Sheridan, WY	August 16 <b>Tour de Cure</b> <a href="http://www.diabetes.org">www.diabetes.org</a> Longmont, CO	September 27 <b>Tour de Cure</b> <a href="http://www.diabetes.org">www.diabetes.org</a> Colorado Springs Area
June 11 <b>Mountain Top Experience Ride</b> <a href="http://www.mountaintopcyclingclub.com/experience-ride/">www.mountaintopcyclingclub.com/experience-ride/</a> Florissant, CO	July 23-24 <b>Courage Classic</b> <a href="http://www.couragetours.com">www.couragetours.com</a> Copper Mountain, CO	August 27 <b>Cycle for Life</b> <a href="http://www.fightcfcff.org/site/TR/Cycle/22_Colorado_Denver?fr_id=5334&amp;pg=entry">www.fightcfcff.org/site/TR/Cycle/22_Colorado_Denver?fr_id=5334&amp;pg=entry</a> Highlands Ranch, CO	October, TBD <b>Santa Fe Gourmet Classic</b> <a href="http://www.santafegourmetclassic.com">www.santafegourmetclassic.com</a> Santa Fe, NM
June 11 <b>Pedaling 4 Parkinson's</b> <a href="http://www.pedaling4parkinsons.org/">www.pedaling4parkinsons.org/</a> Glendale, CO	July 23 <b>Tour De Steamboat</b> <a href="http://www.tourdesteamboat.com/">www.tourdesteamboat.com/</a> Steamboat Springs, CO	August 27 <b>Venus de Miles</b> <a href="http://www.venusdemiles.com">www.venusdemiles.com</a> Boulder County, CO	October 1 <b>Moab Century Tour</b> <a href="http://www.skinnytirefestival.com">www.skinnytirefestival.com</a> Moab, UT
June 11 <b>COCO Century</b> <a href="http://www.arkvalleyhospice.org/9.html">www.arkvalleyhospice.org/9.html</a> La Junta, CO	July 23 <b>Bob Cook Memorial Mt Evans Hill Climb</b> <a href="http://www.bicyclerace.com/">www.bicyclerace.com/</a> Idaho Springs, CO	August 28 <b>Golden Gran Fondo</b> <a href="https://granfondonation-alchampionshipseries.com/golden-gran-fondo/">https://granfondonation-alchampionshipseries.com/golden-gran-fondo/</a> Golden, CO	October 1 <b>Tour of the Moon</b> <a href="http://www.tourofthemoon.com">www.tourofthemoon.com</a> Grand Junction, CO
June 11-13 <b>Death Ride Tour</b> <a href="http://www.deathridetour.com/">www.deathridetour.com/</a> Silverton, CO	July 24-30 <b>RAGBRAI</b> <a href="http://www.ragbrai.org">www.ragbrai.org</a> Glenwood, IA	September, TBD <b>Tour de Prairie</b> <a href="http://www.cheyenneicity.org/DocumentView.aspx?DID=3562">www.cheyenneicity.org/DocumentView.aspx?DID=3562</a> Cheyenne, WY	October 16 <b>Rock 'n' Roll Denver Bike Tour</b> <a href="http://www.runrocknroll.com/denver">http://www.runrocknroll.com/denver</a> Denver, CO
June 11-17 <b>Ride the Rockies</b> <a href="http://www.ridetherockies.com">www.ridetherockies.com</a> Carbondale to Ft Collins	May 14 <b>Symphony Cycle</b> <a href="http://symphonycycle.org/">http://symphonycycle.org/</a> Waterloo, IA		

For additional cycling event listings, visit the following website: [www.kansascyclist.com/events/Colorado\\_Calendar.html](http://www.kansascyclist.com/events/Colorado_Calendar.html)