



The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

JAN-FEB 2016

OFF THE BEATEN PATH: TUCSON BIKE TOUR • NOVEMBER 14 – 19



(Monday – Saturday, with El Tour de Tucson on Saturday)

Both Bicycling and Outside magazines ranked Tucson as one of the best bike towns. And Tucson is surrounded by desert, including the Sonoran Desert with some of the toughest plants and animals on the planet, yet has mountains and rolling hills. Join the DBTC in discovering this cycling mecca that may be off the beaten path, but it doesn't matter!

Trip Highlights

- Biking under blue skies with endless vistas featuring towering peaks and saguaro cacti.
- Participating in one of the largest road rides in the United States, the 34th El Tour de Tucson presented by Casino Del Sol Resort. This bicycling event features routes of 104, 75, 55 or 40 miles — you choose!
- Enjoying the Tour's Bike expo that features a hundred booths
- Hiking through landscapes ranging from a sandy desert dotted with cactus to rustling groves of aspen and pine.
- Visiting the famous Arizona Sonora Desert Museum
- Enjoying a boutique wine tour
- And much more!

This tour will be rated as intermediate with daily averages of 50–70 miles; there will be one rest day. November in southern Arizona is generally warm and dry, with temperatures during the day in the 70s, and at night in the 50s.

The cost will be around \$1,000 per person/double occupancy. More details on the trip will be available mid-March. For more information, please contact Cyndy Klepinger @ matilda8@msn.com.



HELP WANTED ! !

The DBTC Board is seeking someone with an accounting background and a working knowledge of QuickBooks software. This position will transfer treasurer transactions to QuickBooks for quarterly and annual reports. In addition, this person will produce 1099-Misc forms and file the DBTC tax report.

Please contact Kathy Stommel @ president@dbtc.org if interested.

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DBTC's Officers

President Kathy Stommel president@dbtc.org	719-671-5579
Vice President Cyndy Klepinger vicepresident@dbtc.org	303-725-1565
Secretary Dick Shelton secretary@dbtc.org	720-934-9824
Treasurer Steve Thomas treasurer@dbtc.org	303-419-2531

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Scott Houchin sparky9cougar@comcast.net	303-321-3863
Jeff Krinsky jkrinsky2003@yahoo.com	720-373-9107
Linda Wheeler 528tiernan@gmail.com	419-973-8282
John Wren johnwren@yahoo.com	970-456-2908

Directors and Staff

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Out of Town Tour Director Ellen Chilikas outdoorsdiva@yahoo.com	
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Fun Ride Coordinator South Ellen Fitzpatrick FunRideSouth@dbtc.org	303-756-2517
Road Ride Coordinator OPEN roadrides@dbtc.org	
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Wednesday Fun/Int Ride Coordinator OPEN wedfunrides@dbtc.org	
"Roses" Ride Coordinator Melba Bouquet melbabo9@q.com	720-493-0564
Historian OPEN Historian@dbtc.org	
Membership Database/Webmaster Jeff Krinsky webmaster@dbtc.org	720-373-9107
Newsletter Design Lise Neer guestrelations@dbtc.org	303-249-8621
Map Sales (wholesale) Doug Schuler Mapsales@dbtc.org	303-829-5861
Photo Gallery Jeff Krinsky photogallery@dbtc.org	720-373-9107

Board Meeting

Any member wishing to attend a board meeting is welcome. The next board meeting date is Monday, January 11 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, or call 719-671-5579 so that your topic can be placed on the agenda.

The President's Page

Kathy Stommel



There is no need to clean your glasses or adjust your set – this article is the real deal. Another year has begun and I am still here to serve a second term as DBTC President. Elections for 2016 DBTC Board officers were held immediately following the Volunteer Recognition Luncheon and I am proud to announce this fantastic lineup of Board officers:

President – yours truly, Kathy Stommel

Vice-President – Cyndy Klepinger

Secretary – Dick Shelton

Treasurer – Steve Thomas

Members at Large: Jeff Krinsky, Scott Houchin, John Wren, Lin Hark and Linda Wheeler

I'd like to once again extend my personal thank you to retiring Board members Brad West and Lise Neer as well as out-going South Fun Coordinator, Gaar Potter. Your past contributions to DBTC are much appreciated!

The 2016 Board has set ambitious goals for 2016 including the following:

- CPR & First Aid training with subsidized fee for qualified ride leaders
- Increased support and training for ride leaders and out of town tour leaders
- Enhancement of DBTC website
- Additional efforts by to recruit new members and retain existing members
- Improve access to DBTC newsletter

We welcome your input on any of these topics or suggestions for additional projects.

The ride schedule is limited this time of year, but there are still "Show & Go" ride opportunities for days when weather allows. Remember to consult the website for details and start planning some dates to lead a ride in 2016.

Happy New Year and I hope to see you on the trails soon.

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 20th, but please send your articles earlier.



CPR and Bicyclist First Aid Classes in February

Scott Houchin

DBTC members: we will be conducting CPR/First Aid Classes this February at the Treads Bike Shop in Aurora. Since both CPR and First Aid can take up to 3-5 hours at a time, we have come up with two different types of classes. One will be held on 2 different nights (both are required) with shorter time commitments per night, and then another class will be the whole thing at one time (a kind of long day). Here are the tentative dates: the two-day class will be held Tuesday February 23rd and Thursday February 25th. These two sessions will each be about 2 hours long – the Tuesday session will cover CPR and then go into the intro to Bicyclist First Aid. The Thursday session (again 1-2 hours) will go into detailed First Aid. Sunday Feb. 28 will be an all-day class and will cover everything in one day. So, you can decide how you want to take the class.

Knowing how to do CPR correctly is something you must know for yourself and your friends over 50; taking the class is clearly essential. The First Aid course is the standard AHA 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 and be sure and put CPR Class in the subject line. Any DBTC member who led five or more rides in 2015 can attend the class for \$25, with DBTC picking up the remainder of the fee.

Tour the Vineyards in 2016!

August 18-22, 2016

Tour Leader – Helen Berkman



Planning for a wonderful 4 day tour to Colorado's premier wine district is well underway, now scheduled for August 2016 due to cost issues with September. This lovely tour will include three days of riding in Colorado's Grand Valley, plus an additional half day in Vail on the way back to Denver. All rides will be Fun-paced with leisurely distances. Tour includes: 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. More details will be available on the DBTC website in the coming months.

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. Space is first come, first served, and trip is limited to fourteen club members, so send your check in early to reserve a spot! 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 with any questions.

SALIDA ART & BIKING TOUR • June 22-26, 2016

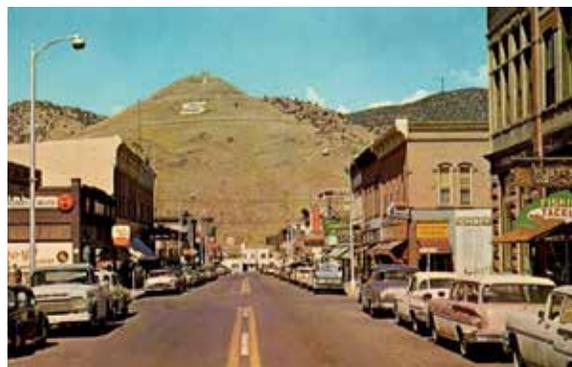
Tour Leader – Kathy Stommel

Salida is known as the “Gem of the Rockies,” has been listed in the guidebook for “America’s 100 Best Small Art Towns,” and is home to Colorado’s largest historic district. The downtown area was designated by the Governor’s office as one of only two Colorado Creative Districts with more than enough art galleries to explore all week along with breweries, a vodka distillery, quaint outdoor cafés and fine dining. Each June, Salida highlights their numerous galleries with the Art Walk Festival. Tour Leaders, Kathy and Joe Stommel have planned an extended weekend tour for June 22-26, 2016 to coordinate with this fun-filled festival.

Tour leaders are often asked for exceptions to the standard policy of tour pricing which is inclusive of lodging, social events and scheduled rides. The Salida tour will offer an experimental “Lodging Optional” feature. You make the decision of which registration level you prefer:

Option #1 - \$375 Full Registration INCLUDING LODGING for four nights double-occupancy at a centrally located Salida hotel with complimentary continental breakfast, two queen beds, WiFi, in-room microwave and refrigerator PLUS all social events and scheduled rides.

Option #2 - \$175 Registration WITHOUT LODGING, to include participation in all scheduled tour events and rides, plus your share of DBTC fees and ride leader expenses. You are responsible for your own lodging arrangements whether that be camping or any other alternative.



Highlights of this brand new Out of Town Tour:

- Before checking into our hotel, enjoy an optional ride on Leadville’s Mineral Belt trail
- Four nights lodging with continental breakfast, two queen beds, WiFi, in-room microwaves & refrigerators
- Ride to Mt Princeton Hot Springs Resort where we will enjoy a leisurely soak and lunch
- Ride to Poncha Pass summit
- Loop ride around Salida
- One group meal and refreshments at happy hour gatherings
- Tours of a vodka distillery and a local brewery
- Options for hiking, river rafting, mountain biking, fishing, exploring nearby ghost towns or any other outdoor activity you can imagine.

Tour participants should be independent, intermediate level riders capable of doing their own tire and bicycle repairs if needed. Sag support will be provided only on the day we ride to Mt Princeton Hot Springs so you won’t have to worry about carrying your swimsuit or towel. While the scheduled tour routes are on paved roads, we also welcome DBTC members who are willing to find their own mountain bike trails. This tour will be limited to 20 participants. To register, please mail a \$100 deposit check payable to Kathy Stommel along with DBTC liability waiver and registration/medical form to: Kathy Stommel, 9631 Autumnwood Pl, Highlands Ranch, CO 80129. Be sure to indicate on your forms whether you are registering for Option #1 Full Registration including lodging or Option #2 Registration without lodging. Final payments will be due no later than May 7, 2016. Remember that registration funds are non-refundable but may be transferrable. Direct questions to: cyclekats@gmail.com, or by phone to Kathy at 719-671-5579.

2015 Volunteer Recognition Luncheon

The annual Volunteer Recognition Luncheon is a very special event held each November to recognize and honor our wonderful members who generously volunteer their time and talents to keep DBTC rolling throughout the year. On Saturday, November 14 around ninety-five members and guests gathered at the Cherry Creek Holiday Inn for an afternoon of friendship, food and festivities.

Delicious Italian entrees and desserts were enjoyed by all prior to the program. The guest speaker was author Neil Hanson, who presented a motivating slideshow and spoke about his experiences on a cross-country bicycle tour in 2014. In his book, *Pilgrim Wheels*, Neil recounts his reflections along the way – and as he mentioned, this book is not a “how to” but rather an inspiring tale of self-discovery along the first half of his tour. Afterwards, Neil stayed around to answer questions and sign copies of his book.

Next on the program was a general membership meeting, including election of our 2016 Board members. Four Board openings were evenly matched with four candidates so the election should have been a simple process, right? Not so quick, mi amigo! The candidates were “vetted” with a series of silly questions to assure they have the mental stability to hold a position on the DBTC Board. Questions included: “What would your Rap artist name be?” “What superhero power would you most like to have?”; “Have you ever been voted off *Survivor* or *Dancing with the Stars*?” All candidates were good sports and entertained everyone with their creative answers.

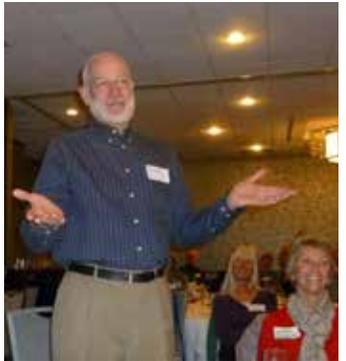
Finally, the 2015 volunteers including ride leaders, tour leaders, ride coordinators, on-going staff, and Board members were recognized and gifts awarded to those who qualified. Special recognition was given to retiring Board members, Brad West & Lise Neer, and Ride Coordinator, Gaar Potter. The top ride leaders for 2015 were Doug Schuler & Team, Wayne Tomasello and Merri Bruntz. Vice-President, Cyndy Klepinger was honored with the President’s Award for her tireless work on the Board, membership

and marketing committee, Spring Kickoff event coordinator, Denver Bicycle Route map revisions, out of town tour leader, Menopause Monday ride leader, spearhead of FixIt station purchase and donation, etc, etc, etc.

Bottom line, the 2015 Volunteer Recognition Luncheon was a blast and many members reported that it was the most entertaining VRL they had ever attended. Thank you to the entire Board for your part in organizing the event. See you all at the 2016 Spring Kickoff!!



Continued on pg. 6



See more VRL photos at:
DBTC.org !

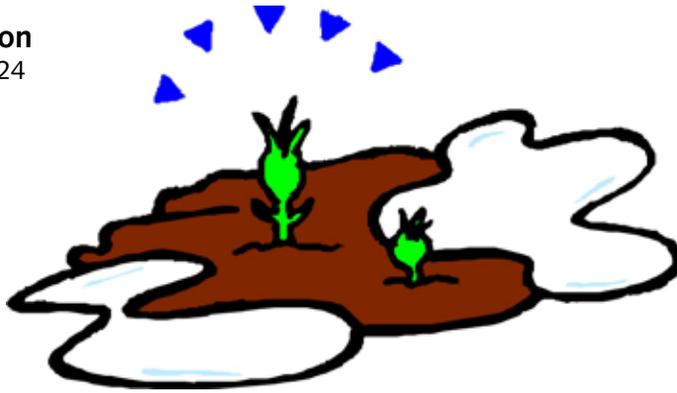
Bicycle Aurora

It may seem strange to think about bicycling when there is snow on the ground but some diehard riders are looking forward to resumption of Thursday evening "Peak to Peak" rides. Beginning in early May, these rides will start at 5pm from the parking lot adjacent to Treads Bicycle Outfitters on Iliff. The usual route will cover about 18 miles following the Spillway Trail and a circuit around Cherry Creek State Park. The average pace of 12 mph will be comfortable for beginning riders and hybrid or commuter bikes. Ride start times will move to 5:30 and then 6pm as the days grow longer.

Peak to Peak Taproom (in the same building with Treads) offers a "Bicycle Aurora" discount of \$1 off the first pint of craft beer and Pride of Philly sandwiches are excellent recovery refreshments.

Stay tuned for further updates when the snow melts!

Dick Shelton
720-934-9824



She who succeeds in gaining the mastery of the bicycle will gain the mastery of life.

– Susan B. Anthony

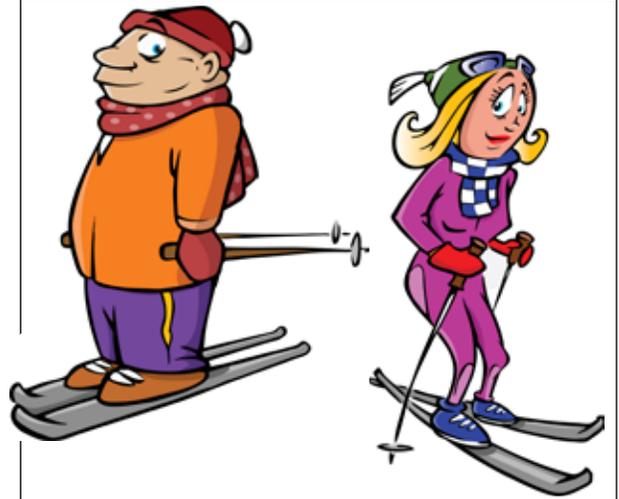
Important Notice Regarding DBTC Insurance Exclusions

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.



Alpine and X-country Ski Buddies Wanted

Scott Houchin

DBTC Folks! I will be leading small ski trips to Alpine and x-country ski/Nordic centers and x-country skiing in City Park (Denver). For the trips up into the high country, I will be looking for folks to fill my car when I go. I will not be planning these trips weeks in advance; in fact, the whole point is to come up with a groups I can contact on Facebook and by e-mail and let them know about the trips on short notice – Impromptu and spontaneous. Also, once I have the list, folks can contact me about a trip they may want to go on.

MORE INFO! I have a SuperPass which is good at Eldora, Winter Park, and Copper. These trips will greatly depend upon amount of snow, WIND, and I-70 conditions. Probably none of the I-70 trips will be on weekends. However, I am always up for cross country skiing; I patrol at Eldora Nordic and Devil's Thumb for VERY small groups so I may even be able to help out on fees.

SO LET'S GO SKIING! The first step is to come up with a Facebook list and e-mail list of folks that are interested in these sorts of trips. So, please respond by sending your email address, phone number, and what sort of trips you are interested in.

Sparky9cougar@comcast.net

About my car, it is a Subaru Outback, AWD with lots of airbags. Also, snow tires – the REAL snow tires with steel studs.

Alpine skiing with your DBTC friends is offered as a gathering of friends and is NOT a sanctioned activity of Denver Bicycle Touring Club. Participating in skiing with DBTC friends means you will accept full responsibility for your own safety

Find More Fun Outings on MeetUp!

Lin Hark

Don't miss out on impromptu winter rides, ski trips and events. Join your DBTC friends for a ski trip, a ride, a movie or lunch. During the winter 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@yahoo.com and/or go to www.meetup.com/Denver-Bicycle-Touring-Club/ and sign up.

The mountain bike group frequently rides on roads in winter. To join this fun sub group send an email to comtnbikers-subscribe@yahoo.com.

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

Holiday Lights Ride, Dec 19

– Leader Lin Hark



Solstice Ride – MeetUps with Lin Hark and Jeff Baysinger

December 22

Above, Jerry poses with some of the better-looking members of the group at Red Rocks Trading Post.

At right, riders enjoy a post-ride lunch at Moe's Barbecue, near Kipling & Morrison Rd.



In Case You Didn't Get Everything on Your Christmas List...

By Cyndy Klepinger

I subscribe to the e-newsletter that **I Love Bicycling** produces. Its website (ilovebicycling.com) is geared toward cycling for beginners with road cycling tips, training articles, nutrition tips, weight loss, how to's and bike repair articles. A recent article, *25 of the Best Gifts for Cyclists*, written by Lee Agur, featured some of the latest gadgets available to cyclists. I selected some of the more unique ones to share with you. In my opinion, these gadgets are pretty cool, but do I need them? Maybe.

Giant Sock

Price: \$60

The Velo Sock fits over a bike to keep sand and other dirt off the floor. The bike sock, which comes in a choice of colors and patterns, is machine washable.



Battery Charger

Price: \$130

Transform energy from your next ride into reserve power by downloading your energy into a removable battery pack. This little powerhouse pack takes less than two minutes to install on your back wheel and lets you use the momentum you create while biking to fill the removable battery. This weather-proof charger/battery comes to your aid when you're biking to an outdoor destination, such as a campsite or park, and will revive your phone, GPS, camera, or any of your other go-to devices.



Folding Helmet

Price: \$99 – \$200

Not sure why you would need a folding helmet, but they're out there. Utilizing an elastic system, the helmet from Carrera folds up when it's not in use, making it easy to store in your bag while you're shopping, eating or otherwise off your bike. While it does collapse when you're not using it, the brand ensures that top level safety is their priority when the helmet is strapped on your head.



Ass Savers

Price: \$2 – \$15

This one is a no-brainer if you cycle in wet weather, or maybe commute and just don't want to show up at work with the tell-tale stripe up your butt. Constructed from recycled materials, the lightweight mudguards fit on your seat rails in minutes to help prevent embarrassing stains from showing up on your backside.



Phone Controlled Lock

Price: \$139 – Not available yet... coming soon.

This gift is for all those cyclists who do everything with their phone. The phone technology is infused into the old-school, mechanical bike lock. Built from cut-resistant stainless steel, the BitLock employs a proximity sensor that automatically locks/unlocks your bike when your mobile phone – equipped with the app – is within a 3-foot radius. It also lets you grant access to other users, track calories burned, map your ride, and has GPS.



Crash Sensor

Price: \$100 – \$135

This gift could literally save your life. The ICEDot Crash Sensor, attaches to your helmet, and sends alerts to your contacts, with GPS coordinates, when you're in an accident. A countdown on the sensor app is triggered during the accident. If you're not injured, you can shut it down.



OOT Tour Leaders Wanted

Ellen Chilikas

In order to keep the TOURING in Denver Bicycle TOURING Club we need people willing to put together out-of-town tours in addition to touring the local trails and streets of the metro area. This year we had recently minted tour leaders: Kathy and Joe Stommel led the Door County Ditto Tour, Lin Hark and Richard Geisler led the Glenwood Canyon Tour, and Cyndy Klepinger and Helen Berkman put together the Fort Collins Bike Tour. Other tours were also led by seasoned leaders, Ellen Chilikas and Don and Marilyn Swett. This training is aimed at anyone wanting to lead full service tours on roads or dirt trails for the DBTC.

If there is interest, training will be held this spring with the new leaders running their own tours in 2017. Please contact ELLEN by February 15th at outdoorsdiva@yahoo.com if interested.

2016 DBTC Activity and Tour Calendar

Email the tour contact for more information. Email Ellen (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 or Option for camping
Location: Salida, CO
Leaders: Kathy and Joe Stommel
cyclekats@gmail.com
Status: Open

August 18-22

Tour the Vineyards in Grand Junction

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

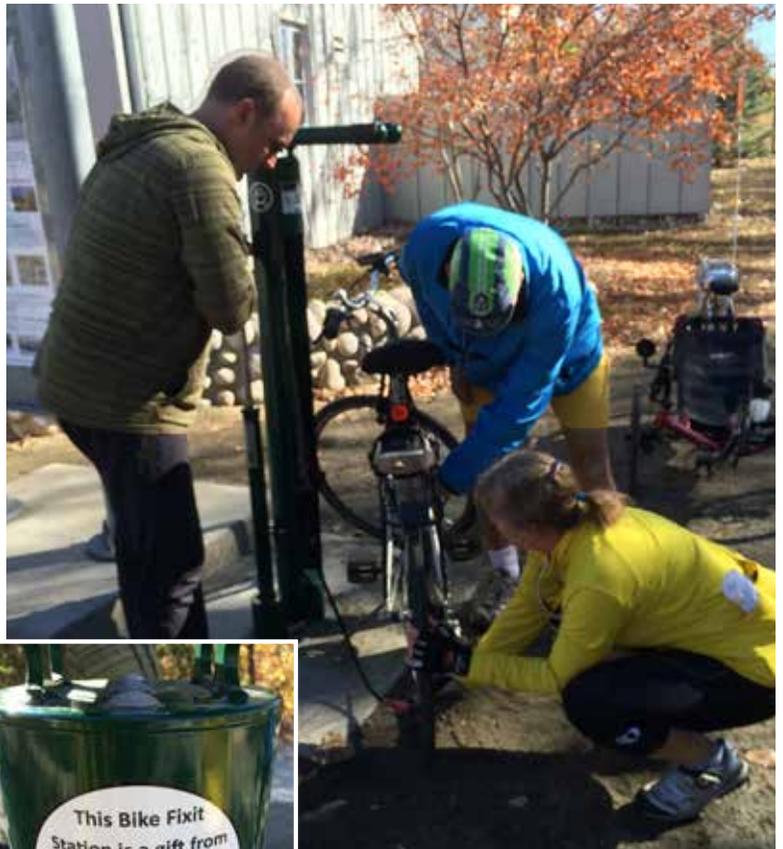
November 14-19

Tucson Off-the-Beaten-Path

Road riding, hiking, El Tour de Tucson
Lodging: Hotel
Location: Tucson, AZ
Leader: Cyndy Klepinger
matilda8@msn.com
Status: Planning

Visit DBTC.org and click on "Tours" for updates on trips, and to learn how to organize your own tour or trip!

Ride with Anne Gerleman to the Taste of Denmark, November 8



"How many DBTC members does it take to fix a flat?"

Riders making use of DBTC's donated Bike Fixit Station installed in fall of 2015 at Four-Mile Historic Park (along the Cherry Creek Trail).

White Ranch Snowshoe Hike, Nov 29

– Leader Donald Schmertz



The DBTC MeetUp group is a great way to organize last-minute events. Pictured are Pam, Mary and Diane.

Graveyard/Largest Pumpkins in Colorado Ride, October 31

– Leader Jeff Krinsky



members showed up for the ride in costume and got crazy. The hardest to find of the three graveyards visited is shown here. Lin and Merri pose with three of the largest pumpkins in Colorado including a 1400 and an 800 pound giant!!!

The annual DBTC Halloween Graveyard Ride was another great success this year. From left: Four



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 mail it to: DBTC Guest Relations (Attn. Lise Neer), 1735 Bellaire St., Denver, CO 80220 OR email a scan of it to: guestrelations@dbtc.org. Thanks for helping us grow our Club!



It's Dark Out There!

Remember to wear reflective clothing and use plenty of lighting on your bike. Be Safe... Be SEEN!

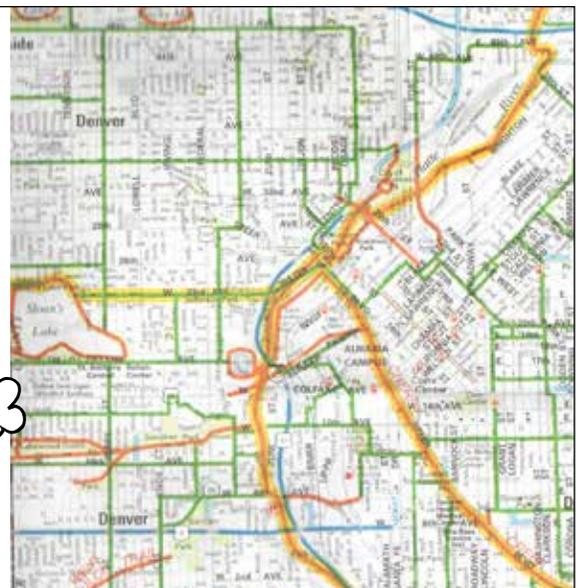
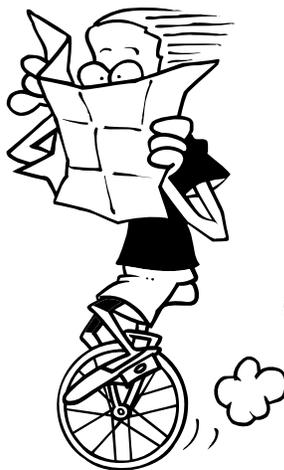
DBTC MEMBERS JOINING AND/OR RENEWING SINCE OCTOBER

MARVIN DWORKIN
ALAN TEMPLIN
DEBRA TEMPLIN

DID YOU KNOW ? ?

DBTC publishes the "Bicycling the Greater Denver Area Route Map. In fact, we've sold over 20,000 copies in the past three years. Do you have a copy? Maps can be purchased from Bike Denver, bookstores such as Tattered Cover, and bike shops including REI, Bicycle Village and many others. **Keep an eye out for our newly updated map – Now Available!**

And next time you're patronizing your local bike shop, ask them if they stock our map—if they don't (or have run out of maps), PLEASE have them contact Map Sales Coordinator, Doug Schuler at mapsales@dbtc.org.



DBTC WINTER FUN RIDES 2016

Winter has arrived but some of our intrepid riders continue throughout the year. Our ride coordinators are taking a much-deserved break. Therefore, our scheduled rides become Show-N-Go with a few holiday or special events.

If you'd like to include an activity in the newsletter, please email it to ridecoordinator@dbtc.org by February 20th for the March newsletter or contact Patty at 303-989-8268.

Many of our members love winter sports and want to continue enjoying the outdoors with their DBTC friends. The DBTC Message Board will be our main means of communication through the winter months. If you'd like to post an event, simply go into the site. Remember not all members have email so if you have it in the newsletter all members are notified.

Pace of Ride	Difficulty of Terrain	Distance	Quadrant of City	Departure Time
Roses – Leisurely (Avg. 8-10 mph) Fun – Comfortable (10-12) Int. – Brisk (12-16) Road – Fast (16-20+) 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 at the time shown.

Fall/Winter Riding Guidelines

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. 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 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. 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 E-Mail List. To join, send an e-mail to: ColoradoBicyclist-subscribe@yahoogroups.com

DBTC Mountain Biking E-Mail List

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

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

DBTC Meetup group at 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 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.

You can join any or all 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. 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 e-mail address changes, you must send your new e-mail address to the DBTC webmaster (webmaster@dbtc.org). The DBTC monthly Newsletter, The Colorado Bicyclist, is sent to you from the DBTC Website via e-mail only if you have so requested.

Wednesday "Roses" Group

Due to last year's "Wednesday jinx" weather-wise, let's try something different. You will have to join the Yahoo group to find out where/when we will ride. Melba will try to pick a day with good weather and post a ride on the Yahoo group a couple of days ahead. We may also vary the ride location. Leaders: Please volunteer your choice of day/place, e-mail or phone me early in the week, and I will post it on the Yahoo group. To sign up for the Yahoo Group, send an e-mail to: ColoradoBicyclist-subscribe@yahoogroups.com

Questions: Contact Melba Bouquet, melbabo9@q.com or 720-493-0564.

Weekday Skiing with DBTC

Lin Hark and Sue Frakes will be leading weekday ski trips to Loveland this season. If you would like to join these trips you will want to be on the Yahoo Group list. Loveland also has the Ski Hooky Days which are the second Thursday of the month, December – March.

Watch for updates and more info in the Yahoo Group emails. There may be some snowshoe and cross country ski days too, so watch for these too.

To join the Colorado Bicyclist Yahoo Group send blank email to ColoradoBicyclist-subscribe@yahoogroups.com).

If you would like to get a group together to go to another area simply put it on **Yahoo** and/or **MeetUp**.

Alpine skiing with your DBTC friends is offered as a gathering of friends and is NOT a sanctioned activity of Denver Bicycle Touring Club. Participating in skiing with DBTC friends means you will accept full responsibility for your own safety.

WINTER SHOW-N-GO AND HOLIDAY RIDES

FUN/INT-2to3-20to30-Location Varies-11:00 AM. Unless there is a leader named, WINTER rides will be Show-N-Go. The riders who show up on these days will decide among themselves the route, the mileage, the pace and the after-ride restaurant. The starting locations will be places where many rides have begun in the past and thus several riders will have an idea of possible routes to be taken. You can go to www.dbtc.org and hit the Start Locations button for more detailed directions to most of the starting points or possibly maps of rides from that location.

Weather: forecast temperature above freezing with dry conditions

Clothing: wear layers, outer windbreaker, hat/ear covers, gloves, toe covers and riding/sports pants covering the knees

Other: bring water, repair items and a snack

January, 2016 Winter Fun Ride Schedule

Sat, Jan 2nd	Central – City of Cuernavaca parking area
Sun, Jan 3rd	NW – Crown Hill Park, just east of 26th & Kipling
Wed, Jan 6 th	SE – Meet at Village Green parking lot by the Dam Road and E Union
Sat, Jan 9 th	SE – South High School, E. Louisiana & S Franklin, near Wash Park
Sun, Jan 10 th	Central – City of Cuernavaca Park
Wed, Jan 13 th	SE – Corner of Orchard and Parker Rd.
Sat, Jan 16 th	SE – Corner of Orchard and Parker Rd.
Sun, Jan 17 th	SE – Goodson Recreation Center, near S University Blvd and Arapahoe Rd.
Wed, Jan 20 th	SE – Behind the tennis bubble, Federal and Bowles.
Sat, Jan 23 rd	SE – Village Greens Park, just east of Union and Dayton

- Sun, Jan 24th NW – Olde Town Park-N-Ride, just north of W 55th Ave & Wadsworth on Vance
- Wed, Jan 27th SE – Goodson Recreation Center, near S University Blvd and Arapahoe Rd.
- Sat, Jan 30th NW – Olde Town Park-N-Ride, just north of W 55th Ave & Wadsworth on Vance
- Sun, Jan 31st NW – Park-N-Ride, NW corner of 70th and Broadway

February, 2016 Winter Fun Ride Schedule

- Wed, Feb 3rd SE – Meet at Village Green parking lot by the Dam Road and E Union
- Sat, Feb 6th NW – Prospect Park, W 44th Ave at Robb St.
- Sun, Feb 7th SW – Morrison PNR, NW corner of 470 and Morrison Rd.
- Wed, Feb 10th SE – Village Green parking lot by the Dam Road and E Union Ave.
- Sat, Feb 13th SW – Carson Nature Center (N on South Platte Parkway, West of Mineral and Santa Fe)
- Sun, Feb 14th NW – Scott Carpenter Park, SW corner of 30th & Arapahoe in Boulder
- Wed, Feb 17th SE – Corner of Orchard and Parker Rd.
- Sat, Feb 20th NW – Westminster Mall, southeast corner of W 92nd Ave & Harlan St
- Sun, Feb 21st SE – Carson Nature Center (N on South Platte Parkway, West of Mineral and Santa Fe)
- Wed, Feb 24th SE – Meet at Village Green parking lot by the Dam Road and E Union
- Sat, Feb 27th SE – South High School, E. Louisiana & S Franklin, near Wash Park
- Sun, Feb 28th Central – City of Cuernavaca Park

DBTC SPONSORING SHOPS

DBTC members receive a 10% discount off purchases (excluding bicycles and sale items) at these sponsoring retailers. Is your favorite shop a DBTC sponsor?

ARAPAHOE CYCLERY
6905 S BROADWAY UNIT 169
LITTLETON CO 80122
303-797-1858
arapahoecyclery.com

ARVADA BICYCLE COMPANY
6595 WADSWORTH BLVD
ARVADA CO 80003
303-420-3854
arvadabike.com

BIG KAHUNA BICYCLES
8246 W BOWLES AVE UNIT J
LITTLETON CO 80123
720-981-5199
bigkahunabicycles.com/site/intro.cfm

Discount Includes 10% discount on bikes!

BIKESOURCE #7
2665 S COLORADO BLVD
DENVER CO 80222
303-759-5099
bikesourcenorcolorado.com

BIKESOURCE #8
2690 E COUNTY LINE RD
LITTLETON CO 80126
303-221-4840
bikesourcenorcolorado.com

CAMPUS CYCLES
2102 S WASHINGTON ST
DENVER CO 80210
303-698-2811
campuscycles.com

CHERRY CREEK VELO
1435 S HOLLY ST
DENVER CO 80222
303-691-5650
sampsports.com
No discount on labor.

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

ELEVATIONS
2030 E COUNTY LINE RD
LITTLETON CO 80126
303-730-8038
bicyclepedalr.com/

FOOTHILLS CYCLING
4990 KIPLING PKWY SUITE B-7
WHEAT RIDGE CO 80033
303-420-0815
foothillscycling.net

GOLDEN BEAR BIKES
290 NICKEL ST SUITE 100
BROOMFIELD CO 80020
303-469-7273
goldenbearbikes.com

GOLDEN BIKE SHOP
722 WASHINGTON AVE
GOLDEN CO 80401
303-278-6545
goldenbikeshop.com

GREEN MOUNTAIN SPORTS
12364 W ALAMEDA AVE
LAKEWOOD CO 80228
303-987-8758
greenmountainsports.com

PEAK CYCLES
1224 WASHINGTON ST
STE 145
GOLDEN CO 80401
303-216-1616
bikeparts.com

SCHWAB CYCLES
1565 PIERCE ST
LAKEWOOD CO 80214
303-238-0243
schwabcycles.com

No discount on Shimano and Campagnolo

SPORTS PLUS
1055 S GAYLORD ST
DENVER CO 80209
303-777-6613
sportsplusdenver.com

TREADS BICYCLE OUTFITTERS
16701 E ILIFF AVE
AURORA CO 80013
303-750-1671
treads.com

TREADS BICYCLE OUTFITTERS
3234 S WADSWORTH BLVD
LAKEWOOD CO 80227
303-781-1162
treads.com

TREADS BICYCLE OUTFITTERS
269 E BRIDGE AVE
BRIGHTON, CO, 80601
720-263-3360
treads.com

TREADS BICYCLE OUTFITTERS
10831 S CROSSROADS DR
PARKER, CO, 80134
303-690-2900
treads.com