

The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

JULY 2016

DBTC Summer Picnic

Date: Saturday, July 9

Where: Wheat Ridge
Prospect Park,
W 44th Ave
& Robb St

Time: Lunch served at
12:00 Noon

Build up an appetite by joining a bike ride with fellow DBTC members before lunch.

Check the July ride schedule for ride options.

Catered lunch featuring BBQ pulled pork, rolls, baked beans, potato salad, fruit, dessert and lemonade.

All this for only \$5 per person for current members who pre-register; \$12 for guests and everyone registering after July 5.

A veggie burger option is available, if requested with registration.

Register here: <http://dbtc.org/event-2150762>

ON-LINE REGISTRATION must be received no later than July 5.

Organizer, Linda Wheeler, needs a few helpers! Please contact her at 528tiernan@gmail.com



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|------------------------------|----------|--------------------------------|----------|
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DBTC's Officers

| | |
|--|--------------|
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| Linda Wheeler 528tiernan@gmail.com | 419-973-8282 |
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Directors and Staff

| | |
|--|---------------|
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| 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, July 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



Picnic

The summer picnic is quickly approaching - Saturday, July 9 at Wheat Ridge's Prospect Park. Be sure to complete your online registration no later than Tuesday, July 5. Mail-in registrations must be received by July 5 so we can give an accurate count to the caterer. Current members that register by the deadline can attend for only \$5 and your guests are welcome for \$12. Lunch will be served at 12:00 noon. The delicious catered meal will feature barbequed pulled pork, buns, baked beans, potato salad, fruit, dessert and lemonade. A veggie burger option is available with your registration.

If you happen to have some fun yard games, please bring them along. Picnic organizer, Linda Wheeler, is also looking for a few volunteers to help with serving and clean-up. Please contact her at 528tiernan@gmail.com.

Remember our second annual Bicycle Equipment Swap/Sale will be held in conjunction with the picnic. You know what they say: "One biker's trash is another biker's treasure". Be sure to mark your items with a price plus your name and phone number. Everyone is responsible for displaying their items, collecting money and most importantly - taking home any unsold items.

Rider Courtesy and Safety

We are very fortunate to have an abundance of bike trails and bike lanes available in the Denver metro area. With a large percentage of our population at least occasionally being cyclists, most vehicle drivers are courteous and careful around bike riders. However, we are sometimes guilty of not returning the same level of awareness. Please be respectful representatives of DBTC and be cautious of where you choose to stop your bike so you're not impeding other cyclists or motorists. It's only

Continued on pg. 3

Every day since the start of the Tour de France, the popular 'Le Parisien' newspaper has published a story about a book written with the bicycle in mind.

– Elaine Sciolino

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.

President from pg. 2

common sense to safely move off the the side of the trail or road. Isn't that what we expect others to do for us? Thanks for listening.

Ice Cream Social

Saturday, June 18 was a wonderful day in Frisco for some bike riding, barbeque eating and then Ice Cream, Ice Cream, Ice Cream to top it all off. With near record high temperatures in Denver, it was sure nice to be at 9,000+ feet elevation. Thank you to Steve Thomas, Lin Hark, Darlene Dietzler and Bill Sanders for leading rides and of course to Jeff Krinsky for taking photos. I can't wait to see his new photo postings.

Until next month... see you on the trails!



Bike to Work Day on Wednesday, June 22nd, 2016



Doug Schuler and Ellen Fitzpatrick manned our booth for the Bike to Work Day. Many members and some past members stopped by to say "Hello." People were delighted to discover that there is a bicycle club that offers multiple levels of rides throughout the city.

Doug had the new map on display and Way to Go at the booth next door was GIVING OUR MAPS AWAY! Since they had bought them from us, we were very pleased to get so many of our new, easier to read maps into the hands of riders (including me). Way to Go provides reliable, easy, environmentally-friendly, no-nonsense commuting options to Denver area commuters. waytogo@drcog.org is their website with information about commuting.

Nine riders then joined Patty Gaspar to ride through north Denver and down the Clear Creek path & back for lunch at My Brother's Bar. A perfect biking day – and no flooding, like we had last year!

THANK YOU to all who volunteered!

New Revised DBTC Cycling Maps Are Here!

Cyndy Klepinger

As cycling great Eddy Merckx said, "Ride as much or as little, or as long or as short as you feel. But ride." But how do you decide where to ride? Now, it's even easier with the NEW REVISED DBTC Cycling Map. The map highlights many of the new bike paths, lanes and routes available to area cyclists in



an easy-to-read format. This tool will help you find safe routes for commuting or recreational riding. But as we all know, new routes are being identified and marked almost on a daily basis; please share updates with us, so when the map is revised in the next year, your favorite new route will be included. Send changes or comments to info@dbtc.org.

Look for these new maps at your favorite bike store!

Traveling with your bike this season?

Do it the easy way... DBTC has hard-sided bike transport boxes that can be checked out to current members. Contact any Board officer for more information.



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

STEVEN ANDERSON
LEN BANKES
NATHALIE BLEUZE
JAN BLUE
KEN CLEVELAND
NEIL DUNBAR
ESTELLE KLEIN
MIKE KORN
JANE MEURET
ROBERT NELSON

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. Thanks for helping us grow our Club!

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

Monday – Sunday, with the El Tour de Tucson on Saturday
Tour Leader – Cyndy Klepinger



View from the Arizona Sonoran Desert Museum

From paths to open roads, the upcoming TUCSON BIKE TRIP promises to take you off the beaten path! Be prepared for some long distance cycling with expansive mountain vistas and peaceful desert scenery as well as cruising along the bike paths. Finish the week of riding by completing the El Tour de Tucson presented by Casino del Sol.

NOW IS THE TIME TO REGISTER!

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!

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.

Trip Details

Included

Daily breakfast, a group dinner, welcome party, entry into Tour de Tucson (you choose your distance) and more!

Activities

Biking, hiking, wine tasting, Arizona Sonora Desert Museum tour and more!

Days

6 days – Monday - Sunday

Daily Mileage

Standard route: avg. 40, range 25 – 75

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>) 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: matilda8@msn.com, or by phone (303) 394-4962.

Join SFS on the Sea to Sea Tour!

June 4–Sept 10

Lise Neer, Sea to Sea Participant
SpokesFightingStrokes.org



On June 25th, Dan Z. was interviewed by reporter, Dan M. of the Whitefish, MT Pilot and showed off his Catrike 700s.

Interested cyclists are invited to participate in this Adaptive Cycling journey to help raise awareness and hope for HHT and stroke survivors. Join us for a week, a month, or anything in between... One space left for the whole journey, and more opening up in late June!

Along the way, we will stop at strategic locations to share with the local bike clubs, elected officials and media, as we demonstrate with Dan's fleet of Catrikes how cycling can bring freedom and greater health for those recovering from stroke.

On the return trip from Boston to Phoenix, Dan will stop in Denver again and looks forward to riding with us as a new DBTC member!

Follow us on facebook and Twitter as well as Dan's website, SpokesFightingStrokes.org as we blog our way across the US.



Spokes Fighting Strokes Sea to Sea Day 1: Riding from Anacortes to Bay View State Park, WA.

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.



Grand County Getaway

July 21, 22 and/or 23

Come join Anne Gerleman, 970-531-7441, for one, two or three days playing in the Winter Park-Granby area. On Thursday July 21st we will have a FUN/INT bike ride about 30 miles from Winter Park to Pole Creek Golf Course. On Friday, July 22nd, we will have a bike ride from Granby to Hot Sulphur Springs along rolling hills - my favorite ride. And on Saturday we will do a hike up the Second Creek Trailhead. Details of the rides and hike will be in the July newsletter. You are welcome to come up one day or come for all three. There are lots of other activities in the area so even if you don't want to ride or hike, you can enjoy a summer break in the mountains, including a picnic in the park in the evening.

If you would like to stay in the area here are three hotels with rooms available, but they are filling fast so you had better make reservations:

The Inn at SilverCreek 970-887-2131.

TrailRider Motel 970-887-3738

Little Tree Inn 970-887-2551

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 covered by the club's insurance coverage.

ICE CREAM SOCIAL!

Saturday, June 18



The Annual DBTC Ice Cream Social was on Saturday June 18, 2016 in Frisco, Colorado



It was an ice cream smorgasboard!!!



After the ride and before the Ice Cream Social, riders enjoyed the BAR BQ Challenge including the Pig and Duck Races.



Jim K from Adelaide, Australia rode with DBTC on a recent Cake Crumbs ride, and we were impressed with his solution for getting around locally. He bought the bike used and found the wheel for trailering his panniers at a community bike shop!



All nine riders received flags on June 14 for the second annual Flag Day Ride!!!



The DBTC MTB Group kicked off the Memorial Day Weekend on Saturday, May 28, 2016 with a great ride on the trails of Marshall Mesa, Dowdy Draw, and Community Ditch.



On the Summer Solstice Ride (left), four riders ignored the scary cloud situation and rode the HWY 36 Trail East and returned on the trails of Stanley Lake, Interlocken, and Rock Creek Village. (right) The next day, on the HWY 36 Trail West a fellow rider, at the scenic overlook makes use of a Dero Fixit stand—one of many more cropping up around the metro area.

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.

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

**VINEYARDS TOUR IS FULL;
ACCEPTING WAIT LIST**

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: Open

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

SAVE THE DATE FOR THESE 2016 EVENTS:

Summer Picnic –

Saturday, July 9 at Wheat Ridge's Prospect Park
Registration due July 5!

Volunteer Recognition Luncheon –

Saturday, November 12
at Cherry Creek Holiday Inn

New Relaxed Ride Waiver Policy!

By Kathy Stommel

You asked for a change and we listened! The Board has approved a change in the requirements for our social ride waiver forms. Starting immediately, any current DBTC member needs to only check "yes" to the membership question then provide a signature and legibly printed name on the waiver form. Ride Leaders are not required to collect phone number, email address or emergency contact information for members.

It remains mandatory, however, that any guest or non-member participant complete all information listed on our waiver forms so that our Guest Relations volunteer can invite those guests to become members.

Everyone is encouraged to carry emergency contact and critical medical information somewhere in their seat pack or helmet pouch. Please use the handy dandy cut-out card below if you don't already have a method to carry this information.

In the unfortunate event of an accident or medical emergency during the ride, the ride leader will call for the appropriate emergency response and any personal contact that the injured rider provides at the time.

We sincerely hope all members will appreciate the new relaxed waiver requirements!

Emergency Information Card

Full Name: _____

Emergency Contact Person & Phone #: _____

Critical Medical Information (allergies, medications, etc.): _____



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=zVMlvSdJQnac.kopSvxexl_mc

Ditto from Denver Parks & Rec:

www.denvergov.org/parksandrecreation/DenverParksandRecreation/Parks/Trails/TrailDetours/tabid/445331/Default.aspx



Five riders braved the threatening storms to ride down the Cherry Creek Bike Path to the Four Mile Historic House where the DBTC-sponsored Bike Fix-it lives. Free beverages followed at REI Starbucks as the sun went down. Somewhere along the way, this happened (below)...

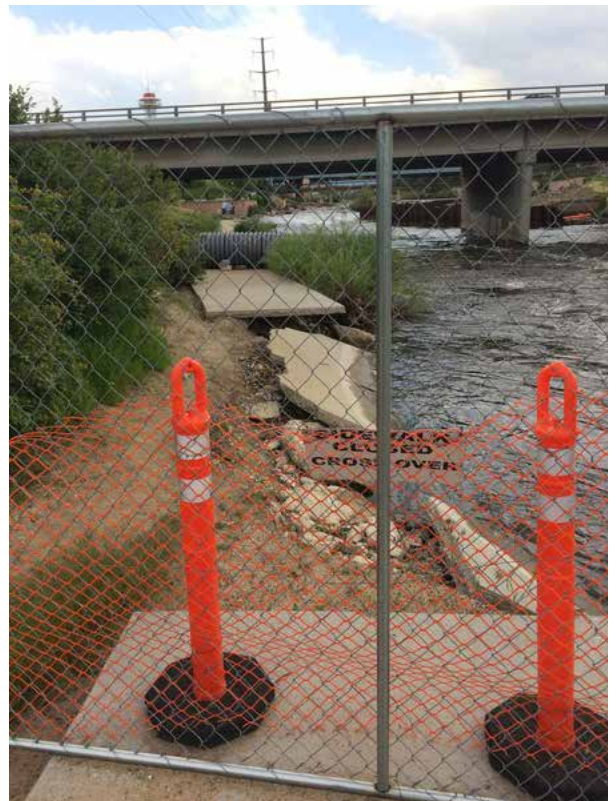
Find More Fun Outings on **MeetUp!**

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 and/or go to 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 or put it on the MeetUp group. (You must be a DBTC member to post and get approval from one of the moderators.)



FOR SALE:

(1) DT Swiss XR 4.20 26" mountain bike rims + spokes. \$200.

(2) Yakima roof top bike rack, with jaws to hold down tube, plus third tray (Thule) with hook to hold tire. \$200.

Jim Black: 303-733-7312





Salida in June: Biking, Distillery Tour and Air Show

See more photos on our website,
DBTC.org!



Important Notice Re: DBTC Insurance Exclusions

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.



DBTC SUMMER RIDES 2016

Summer is here and it is SOOOOO short.

If you'd like to include an activity in the newsletter, please email it to 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) 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. |

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. 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 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

DBTC Mountain Biking Email List

To join, send an email to:

COmntnbikers-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 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). The DBTC monthly Newsletter, The Colorado Bicyclist, is sent to you from the DBTC Website via email only if you have so requested.

REI National Parks Guide and Maps (there's an app for that)

REI has developed an app that might be of interest to anyone visiting a national park to celebrate the 100th anniversary of the National Park Service: <https://www.rei.com/h/national-parks>

DBTC Ride Schedule • July 2016

Summer Riding Guidelines

- Weather:** No thunder, lightning or rain
Clothing: Wear layers and SUNSCREEN!!!!!!
Other: Bring water, repair items and a snack

Friday, July 1 **FUN-H2-25-NW-2:00 PM Afternoon Ride** Meet *Tom Hurja* (303-903-4449) at 2:00pm at Prospect Park for a Clear Creek Ride to Golden, streets and paths. In case it's quite hot, take a cloth for your dry face and we could soak our feet in the Creek. Return via West 32nd.

Saturday, July 2nd **MTB P3, T2, Centennial Cone** THE RIDE: Meet *Chuck Caldwell* (303-807-1562) at the north parking lot of Centennial Cone. The loop is around 12-14 miles. Online description at <http://jeffco.us/open-space/parks/centennial-cone-park/>. THE TIME: 10:00AM (WHEELS ROLLING! PLEASE ARRIVE EARLY ENOUGH TO START AT THAT TIME.) THE DIRECTIONS: To find the parking lot, google "4306 Camino Perdido Road Golden CO." Or follow these directions: Take Colorado Hwy. 93 north from Golden approximately one mile to Golden Gate Canyon Rd. Travel west about 8 miles to Robinson Hill Rd. Turn left and continue to Camino Perdido, the north access road into the park. The trailhead is approximately one mile to the south. THE FOOD: Bring food and drink for a picnic lunch afterward in the Centennial Cone parking lot. Remember your folding chair!

Sunday, July 3rd **FUN-H2-35-SE 8:00 AM – 20 PARKS WEST** Meet *Gaar Potter* (303-691-0938) at Eisenhower Park Rec Center parking lot (SE Corner of Colorado BLVD and Dartmouth) for a ride to Belmar with return down the amazing Florida slide. Lotsa lakes on this ride.

INT-H2-25 +-NE 8:00 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 led by various ride leaders. 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 and the new Highway 36 Trail. The rides are coordinated by Doug Schuler, and are led by various club members. In order to accommodate riders of different abilities rides maybe split into two groups The A group riding at a 14-15 mile pace for forty or more miles and the B Group 11-13 mile pace for twenty to thirty miles. Reminders are announced on Meet Up and Yahoo as well as changing start times. Questions call *Doug* 303-829-5861.

Tuesday, July 5th Evening **FUN-H2-20-NW 5:45 PM MAJESTIC BUBBLE RIDE** Meet *Jeff Krinsky* (720-373-9107) at the Majestic view Nature Center north parking lot (north on Wadsworth to W 72nd Ave, west on 72nd, just west of Carr on the south side. THIS IS NOT THE ENTRANCE at GARRISON ST. or 71st ST!) The ride will go west on Ridge Road and van Bibber Creek Trail, north on the new Blunn Trail and then return on the entire length of Ralston Creek Trail. The theme of this ride is bubbles so bubble wands will be provided to all participants during the Ralston Creek Golf Course break.

Wednesday, July 6th **"Roses"-H1-16-SE 8:30 AM** Meet *Richard Gieseler* (303-722-1475) at Cherry Creek Shopping Center SE parking lot near the bike path, for "Marijuana, Whiskey, and Ice Cream" The ride will be flat, to a bike path Richard discovered this spring! We ride past several mysterious buildings with large ventilation systems, a known dispensary, a known distillery, and Richard's favorite ice cream parlor. Bring money, bike lock, and identification. for shopping and possible lunch at the distillery. Questions? Call Richard. NOTE earlier ride time, beat the heat!?

FUN-H1-22-SE 9:00 AM Meet *Dick Shelton* (720-934-9824) at Lowry Sports Complex, Fairmont Blvd and Sports Blvd - park near the tennis courts. We'll ride east on High Line Canal to see the latest trail addition at the Triple Creek Trailhead then visit the Aurora Sports Park and Beck Recreation Center. Mostly trail with a couple of short on-street sections. This is a no-drop ride.

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.

How Can I Get Better at Riding Hills? by Coach Rick Schultz, www.RoadBikeRider.com

The most common question I'm asked as a coach is, "How can I get better at riding hills?" The answer isn't really a simple one, but I can distill it into three parts: 1) Change Your Gearing; 2) Change Your Weight; 3) Change Your Training.

- Thursday, July 7th** **FUN-H1-16-SE 6:00 PM Peak-to-Peak** Join *Dick Shelton* (720-934-9824) at Treads Bicycle Outfitters, 16701 East Iloff Ave, just West of Buckley Road. for an early evening ride through Cherry Creek State Park. Afterwards Joy and Gordon Mckennon invite you to enjoy refreshments at Peak to Peak Tap Room with \$1 off your first pint! www.peaktopeaktaproom.com.
- Saturday, July 9th** **PICNIC RIDE AT Prospect Park FUN-H2-20-NW 10:00 AM** Meet *Tom Hurja* (303-903-4449) at Prospect Park for a pleasant out and back ride heading East on the Clear Creek Path for 10 miles before turning back and arriving at the Park for the picnic.
- PICNIC RIDE FUN/INT H2-23-NW 9:30 AM** Meet *Jeff Krinsky* (720-373-9107) at Prospect Park for this Pre-Picnic Adventure. We will ride up Easley Road to the Van Bibber Creek and Blunn Trails. Next we will experience the entire Trail of Ralston Creek and return on Clear Creek Trail. We will be rewarded with the incredible DBTC summer picnic fare back at Prospect Park!
- PICNIC RIDE INT H1/2-30 NW 9:30AM** Meet *Darrell and Jean Deering*(303-697-6126) at Prospect Park parking lot. We will ride into Golden on the Clear Cr. Trail to ride over the Dinosaur Ridge. If we are out of time we may shorten the ride by heading east on Colfax then back to Golden so we are in time for the picnic.
- PICNIC RIDE MTB P2-3, T1-3 NW 10:00 AM** Ride to South Table Mtn via the Rolling Rock Trail. The real climb begins there. Take a spin around the top and cruise back to the picnic. Show and Go.
- Sunday, July 10th** **FUN-H2-25-SE-8:00 AM - South Cemeteries** Meet *Gaar Potter* at the Eisenhower Park Recreation Center Parking lot (SE corner of Colorado Blvd and Dartmouth) to burn off some picnic calories with a brisk ride to Littleton Cemetery to pay respects to Alferd Packer and to Chapel Hill Cemetery because....well....it's a Cemetery! I will try to have you home safe by 11 AM!
- INT-H2-25 +-NE 8:00 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 led by various ride leaders. 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 and the new Highway 36 Trail. The rides are coordinated by Doug Schuler, and are led by various club members. In order to accommodate riders of different abilities rides maybe split into two groups The A group riding at a 14-15 mile pace for forty or more miles and the B Group 11-13 mile pace for twenty to thirty miles. Reminders are announced on Meet Up and Yahoo as well as changing start times. Questions call *Doug* 303-829-5861.
- MTB P2.5, T3 8:00 AM sharp** Meet *Eric Esswein* (303 638-2300, mobile) in back of the Kum and Go convenience store south of Conifer at the corner of Kings Valley Drive and HWY 285. We will drive to Staunton State Park (5 min in car), go through the gate and park in the lower lot (junction of Staunton Ranch and Mason Creek trails), turn right shortly after you go through the ranger/pass building. From the Kum and Go I can take one person with a bike and I have a state parks pass. If you don't have a state parks pass, the entry per car is \$7.00. Wheels rolling at 8:45AM. THE RIDE: We will ride at a reasonable pace, making 2-3 stops along the way. The ride involves several nice sustained climbs and descents and an excellent flowy roll back to the finish. We'll roll from the lower parking lot at 8:45 am riding from the Staunton Ranch Trail to Marmot Passage, up and over Marmot Passage and down to the Davis Falls pond for a short break. We'll then ride Bugling Elk to Borderline take in the scenic view overlook on Bugling Elk (short rest break) then after a short climb up to a small pass, we have the fabulous ride down Mason Creek, back to the parking lot. Note: there are three short sections on this ride that require attention and are worth mentioning if you don't enjoy hanging your butt off the back of your bike while braking and negotiating somewhat steep terrain. While none are super technical and completely rideable, the short (< 50 feet) slickrock section at the top of Marmot Passage requires some attention as you descend over the rocks, just walk your bike down the rocks if you prefer. On the same trail about 10 mins. later, there's a section on the trail where a natural spring comes from a notable rock wall on the right of the trail. The water runs across the trail; to prevent erosion the Park has "armored" the trail (meaning large stones have been set in place to walk and ride on. Some of the gaps between these stones, or the stones themselves can present wheel traps, the stones can be slippery if wet. Just walk your bike down these section if you prefer. Lastly, a short (<100 feet) section of the descent on Mason Creek trail (about 1/2 way down the trail) involves a somewhat steep section of trail that includes loose rock, gravel and scree. Just walk your bike if you are uncomfortable descending and braking in this type of terrain. The rest of the ride is excellent singletrack. Remember to yield to horses and hikers and uphill riders have right of way over descending riders. THE DIRECTIONS: Get to Hwy 285 going south toward Fairplay, go through Aspen Park (the King Soopers shopping center is on right and then Conifer (the Bradley gas station and Staples shopping center are both on the right) and keep going straight south on 285 and after about 4 miles you will go under an overpass then down a short hill, the Kum and Go is obvious on the right. Turn right on Kings Valley Drive and look for my rig (Silver Toyota 4Runner, CO plates W8ST-DP with a Thule double rack on the back). THE FOOD and BEVERAGE: Bring high quality tailgate-type picnic food for post-ride sharing and camaraderie. Bring alcohol based hand sanitizer or wipes after the ride (and use them) before taking a handful of communal food. Bring appropriate quality beverages and a folding chair, although there are picnic tables available at the lower lot that we can use and a restroom. Bring a sun hat for post ride. Apply sunscreen before the ride. Link to map. <http://cpw.state.co.us/placestogo/parks/Staunton/Documents/StauntonStateParkMap.pdf>

- Monday, July 11th** **FUN-H1-30-SE 9:00 AM** Meet *Wayne Tomasello* (720-854-8767) at the Cherry Creek Shopping Center near Bed Bath and Beyond (at the corner of University and Cherry Creek Dr. North, park on the South side) for a ride on the Cherry Creek trail to the Highline Canal to Dartmouth St. to the Platte River trail. It is a ride mostly on paved bike path with some street riding. An optional lunch is at the Cherry Cricket.
- Tuesday, July 12th Evening** **FUN/INT-H2-20-Downtown 5:45 PM** Meet *Jeff Krinsky* (720-373-9107) for this Dog Days of Summer Sunset Ride. We will meet at the City of Cuernavaca Park downtown (23rd Ave Exit from I-25, go down the hill, drive by the REI Superstore going NE, cross 15th St and keep going till you see the parking lot directly in front of you) for this fantastic ride down the Cherry Creek Bike Path towards the Cherry Creek Reservoir and back. A beverage of your choice will be provided to all riders at the break on the return voyage at the REI Starbucks where we will watch the sun start to set before we head back to the cars.
- Wednesday, July 13th** **"Roses" H2-20-SE 8:30 AM** Meet *Judy or Harold Deist*, 303-841-4792, at Challenger Park/Parker Rec Center, (North side of Lincoln, between Jordan Rd. and Parker Rd.) for a ride along Cherry Creek and up Sulphur Gulch. Lovely ride, uphill going, great downhill coming back. Bring a snack, and money for lunch at a favorite restaurant after the ride.
- FUN/INT-H2-25-NW 9:00 AM** Meet *Merri Bruntz* (303-517-9781) at Crown Hill Park (26th & Garrison) for a ride south to the Stone House and then east along the Bear Creek Trail connecting to the South Platte Trail. We will then ride north to REI and then back to the start via the Highlands and Wheat Ridge neighborhoods.
- 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.
- Thursday, July 14th** **FUN-H1-16-SE 6:00 PM Peak-to-Peak** Join *Dick Shelton* (720-934-9824) at Treads Bicycle Outfitters, 16701 East Iloff Ave, just West of Buckley Road. for an early evening ride through Cherry Creek State Park. Afterwards Joy and Gordon Mckennon invite you to enjoy refreshments at Peak to Peak Tap Room with \$1 off your first pint! www.peaktopeaktaproom.com.
- Saturday, July 16th** **FUN-H2-20-SW 9:00 AM** Meet *Dave Noble* (home 303-694-2008, cell 303-906-3163) at the south parking lot of the Breckenridge Brewery (Santa Fe and Brewery Lane) for a loop on the Platte River, Big Dry Creek, Highline, and C-470 trails. Lunch afterwards at the brewery.
- MTB Colorado Trailblazers Trail Maintenance Day** The Colorado Trailblazers need your help with trail maintenance and repair. Our July 2016 trail day is Saturday 7/16/16. We will most likely be working at Reynolds Park on the North Fork Trail but it's best to sign up, so you get all the details for the event. In order to have enough crew leaders, tools, food and beverages, we need everyone to sign up (no charge) at coloradotrailblazers.org. Please sign up early. All details will be provided for time, location, etc. at the sign up website.
- Sunday, July 17th** **FUN-H1-28-SE- 9:00 AM** Meet *Ellen Fitzpatrick* at Village Greens Park. We will ride through the Cherry Creek reservoir, head south on the bike path that hooks up with the Cherry Creek Trail and take it to Parker. Bring some money and a bike lock as we can snack at the farmers market happening on Main Street.
- INT-H2-25 +-NE 8:00 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 led by various ride leaders. 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 and the new Highway 36 Trail. The rides are coordinated by Doug Schuler, and are led by various club members. In order to accommodate riders of different abilities rides maybe split into two groups The A group riding at a 14-15 mile pace for forty or more miles and the B Group 11-13 mile pace for twenty to thirty miles. Reminders are announced on Meet Up and Yahoo as well as changing start times. Questions call *Doug* 303-829-5861.
- MTB P2, T2, Segment 3 of the Colorado Trail (Buffalo Creek)** THE RIDE: Meet *Jennifer Saxhaug* (720-260-8595) for a ride on segment 3. If you have ridden Segment 1 and 2 with me, you will love riding Segment 3. This is a fairly easy 13.5 miles one way. We will begin riding at the terminal end of Segment 3 (Wellington Lake Road/FS Rd. 560) and end at the beginning of segment 3 (Little Scraggy Trailhead). There is a parking fee at Little Scraggy Trailhead. Depending on the number of riders, we will either do a key exchange, or you will be shuttled to the Wellington Lake Road trailhead. Therefore, I will need to know by July 14 whether you plan to ride (saxcpa@gmail.com or 720-260-8595). I will send out the final instructions on July 15. THE TIME: Contact Jennifer. THE DIRECTIONS: Contact Jennifer. THE FOOD: Bring tables, chairs and food for a parking lot picnic post-ride. THE FINE PRINT: For those who wish to carpool, meet at The Fort at 9:15AM.
- Monday, July 18th** **FUN-H2-22-NE 9:00 AM** Meet *Wayne Tomasello* (720-854-8767) at Cinzetti's Restaurant off 104th at I-25 for a ride along the Farmers Highline Canal to Standley Lake. The ride is on mostly paved bike path with some dirt path. There is some street riding. Lunch after the ride is at Cinzetti's.

- Evening** **FUN/INT-H3-24-NW-5:30 PM** Meet *Jeff Krinsky* (720-373-9107) PART 1: HWY 36 EAST & THE HIDDEN GEMS OF INTERLOCKEN! This exciting ride full of twists and turns uses 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! We will meet at the Rock Creek village Safeway which 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.
- Tuesday, July 19th Evening** **FUN/INT-H3-20-NW-5:30 PM** Meet *Jeff Krinsky* (720-373-9107) PART 2: HWY 36 WEST & THE HIDDEN GEMS OF LOUISVILLE!!! This exciting ride full of twists and turns uses the newest portion of the HWY 36 trail that goes west from Interlocken into Boulder then loops back using some interesting secret trails. See you at the Safeway at the Rock Creek village Shopping Center in Superior for this new tour of the trails of Superior, Louisville, and South Boulder (with a few roads mixed in as required). Rock Creek village is centrally located in Superior at the NW corner of Coalton and Rock Creek Parkway (Address is 1601 Coalton Road Superior, CO. 80027.)
- Wednesday, July 20th** **"Roses" H1-12-SW 8:30 AM** Meet *Peggy Occhiato* 393-850-9731, for a ride up lovely Waterton Canyon. South on Wadsworth past Chatfield State Park, L on Waterton Rd 1/8 mile to the parking lot on the left. Bring a snack and money for an optional restaurant lunch following the ride.
- FUN/INT-H2to3-25-SW 9:00 AM** Meet *Patty Gaspar* (303-618-5069) behind the tennis bubble, W Bowles & S Federal in Littleton, ride the Platte River Trail to Chatfield then east on C-470 Trail for a mostly gentle climb then across on Clarkson with a great downhill to Little Dry Creek to finish the loop. Lunch afterwards is at one of the nearby eateries.
- 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.
- Thursday, July 21st** **FUN-H1-16-SE 6:00 PM Peak-to-Peak** Join *Dick Shelton* (720-934-9824) at Treads Bicycle Outfitters, 16701 East Iloff Ave, just West of Buckley Road. for an early evening ride through Cherry Creek State Park. Afterwards Joy and Gordon Mckennon invite you to enjoy refreshments at Peak to Peak Tap Room with \$1 off your first pint! www.peaktopeaktaproom.com.
- FUN/INT-H2-30 W 10:00** Join *Anne Gerleman* 970-531-7441 for a 30 mile round Trip ride. Meet at the Vintage parking lot at the Winter Park Ski Area. Ride bike path and small country roads Through Winter Park, Fraser, Continue to Pole Creek Golf Course. Enjoy a nice view of the Continental Divide and enjoy a beverage. On the ride back to Winter Park there is one big hill! Lunch in Winter Park! Think about staying over and doing another bike ride and a hike next couple days. If you just want to come up for the day you might be able to carpool from the Stegosaurus parking lot on the SE corner of I-70 and Morrison Road at 8:00 AM - I will meet you in Winter Park.
- Friday, July 22nd** **FUN/INT-H2-30 W 10:00 AM** Meet *Anne Gerleman* 970-531-7441 in the Town of Granby parking lot next to the Brickhouse 40 at 10:00 am. Ride to Hot Sulphur Springs, rolling hills along the Colorado River on US40 with a nice shoulder. It's my favorite ride ! In Hot Sulphur we can visit the Grand County Museum And have lunch before the ride back to Granby! If you just want to come up for the day you might be able to carpool from the Stegosaurus parking lot on the SE corner of I-70 and Morrison Road at 8:00 AM - I will meet you in Granby..
- Saturday, July 23rd** **FUN/INT-H2-30+SW 8:30 AM** Meet *Tom Hurja* (303-903-4449) at Bear Valley McDonalds for ride along Bear Creek/ Platte River Path to Chatfield. Take funds for break and lunch at Chatfield Marina - Check out the menu! Return same way.
- FUN-H3-25+SW 8:30 AM** Meet *Carol Bennett* 720-425-6124 for Highlands Ranch Mansion Ride at Target parking lot (Exit C470 at the Lucent off ramp and drive about half a mile south and enter the Target Parking Lot at SSgt Jon Sills Drive and follow the entrance until the south west corner of the Target Parking Lot just north of the Kaiser Building. Meet at the South West Corner of Highlands Ranch Parkway and Lucent Blvd). We will ride the streets and green belts in Highlands Ranch and will backtrack to the west part of HR and make our way to the north and will continue to the extreme east portion of Highlands Ranch. The route is general at this time and I can add or delete portions of the ride by request of the group. This is a no drop ride. Bring some snacks and plenty of water. There are bathroom stops in most of the parks. I'm hoping for good weather. There will be some flowers blooming and a few creeks maybe running as well. The group can decide if they wish to stop at a local eatery after the ride.
- MTB P3, T3, Little Scraggy (Buffalo Creek)** THE RIDE: Meet *Sandi Jones* (720-363-9589) for a ride on the entire and recently completed Little Scraggy Trail. THE TIME: 8:00AM (WHEELS ROLLING! PLEASE ARRIVE EARLY ENOUGH TO START AT THAT TIME.) THE DIRECTIONS: Take Hwy. 285 to Pine Junction. Turn left at the light onto Hwy. 126. Turn right onto Forest Road 550 (also called Redskin Creek Road; about four miles past the Hamlet of Pine). Turn right again almost immediately into the Little Scraggy parking lot. There is \$6 fee. THE FOOD: Zokas, 16940 S. Pine Valley Road, Pine, CO THE FINE PRINT: For additional info, a good video and map, see: <http://www.comba.org/projects/little-scraggy-trail/little-scraggy-east-trail-officially-open#.VWZkSUZVeM8> AND: <http://www.mtbproject.com/trail/6377597> MORE FINE PRINT: For car pooling, meet at The Fort at 7:00AM sharp!

HIKE - Meet *Anne Gerleman* / 970-531-7441 at the Second Creek Trailhead Mile Marker 240 US 40 on Berthoud Pass. We will meet at 9:30 am to hike to the Twin Cones area! The trail starts to ascend quickly to the Broome Hut which is at 0.8 miles and 11,300 feet! From there we will continue up another 700 feet and 1 .5 miles on a nice trail along 2nd creek, followed by a trek across rocky fields to the highest point! This is a moderately difficult hike! Beautiful wildflower and awesome views! You can see Parsenn Bowl at the Winter Park Ski Area from this spot! From here we will head back down following the trail along the creek! Bring lunch and water!

**Sunday,
July 24th**

FUN/INT- H1.5-23 - Downtown 9:00 AM Meet *Jeff Krinsky* (720-373-9107) for this Incredible FREE DRINK Summer Adventure! We will meet at the City of Cuernavaca Park downtown (23rd Ave Exit from I25, go down the hill, drive by the REI Superstore going NE, cross 15th St and keep going till you see the parking lot directly in front of you) for this fantastic ride down the Platte River Bike Path towards the infamous Hudson Gardens and back. A complimentary beverage of your choice will be provided to all riders by DBTC at the break at Hudson Gardens.

INT-H2-25 +-NE 8:00 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 led by various ride leaders. 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 and the new Highway 36 Trail. The rides are coordinated by Doug Schuler, and are led by various club members. In order to accommodate riders of different abilities rides maybe split into two groups The A group riding at a 14-15 mile pace for forty or more miles and the B Group 11-13 mile pace for twenty to thirty miles. Reminders are announced on Meet Up and Yahoo as well as changing start times. Questions call *Doug* 303-829-5861.

**Monday,
July 25th**

FUN-H2-25-SW 9:00 AM Meet *Wayne Tomasello* (720-854-8767) at the Platte River Grill located at 5995 Santa Fe Drive. From C-470 take the Santa Fe Dr. exit going north for about 3 miles. The Platte River Bar & Grill is on the left (West) side. Enter the parking lot and drive to the rear of the restaurant and park towards the rear of the lot. We will ride the Platte River trail South to the Lee Gulch Trail to the Highline Canal Trail to the top of the Chatfield reservoir dam back to the Platte river trail . The ride is on paved and gravel bike trails. An optional lunch is at the Platte river grill.

**Tuesday,
July 26th**

INT-H3 to H4-38-SW 9:00 AM Meet *Row Helman* (303-669-5075) at the second set of railroad tracks in Sedalia for a Bike and Brew ride for Boomers on Bikes (or anyone else who cares to join us)! We'll ride to Larkspur and back via Hwy 105 and enjoy the beautiful scenery as we pedal through the Douglas County countryside. We'll enjoy snacks at the Larkspur Corner Market before we return to Sedalia. The ride is hilly with a few good hill climbs. We'll decide on a suitable place for brews and lunch after the ride.

FUN/INT-H2-23-NW-5:30 PM Meet *Jeff Krinsky* (720-373-9107) for THE SPACE, TIME, 9/11 RIDE or THE HIDDEN GEMS OF BROOMFIELD! This brand new adventure begins near the SE corner of Sheridan and 120th at the new Whole Foods in Westminster (1/2 mile east of Sheridan at Vrain and 120th.) (4451 Main Street 303-439-7000) We will take secret trails around Broomfield where we will experience three incredible hidden displays including THE SOLAR SYSTEM, a brief history of GEOLOGIC COLORADO TIME, and a 9/11 MONUMENT. Possible lunch afterwards at Whole Foods.

**Wednesday,
July 27th**

"Roses" H1-16-20 SW 8:30 AM Meet *Richard Gieseler* (303-722-1475) at the Stone House 2900 S Estes St, Lakewood, CO 80227 for a bike path ride from Stone house park to the Platte trail south to the Breckenridge brewhouse entrance. I want to see how the parking lot and access is configured so I can find the lot in heavy traffic on Santa Fe Drive. Possible combo pizza lunch at Costco on me and free food samples if Costco members and me bring our new Costco cards. Any questions, please call Richard. Better bring a lock.

FUN/INT-H2-28-SW 9:00 AM Meet *Merri Bruntz* (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 up the Chatfield dam. We will return the same route along the South Platte Trail and have a nice break at Hudson Gardens before returning along the Bear Creek Trail.

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.

**Thursday,
July 28th**

FUN-H1-16-SE 6:00 PM Peak-to-Peak Join *Dick Shelton* (720-934-9824) at Treads Bicycle Outfitters, 16701 East Iloff Ave, just West of Buckley Road. for an early evening ride through Cherry Creek State Park. Afterwards Joy and Gordon Mckennon invite you to enjoy refreshments at Peak to Peak Tap Room with \$1 off your first pint! www.peaktopeaktaproom.com.

**Saturday,
July 30th**

FUN-H1-25-SE 9:00 AM Meet *Dick Shelton* (720-934-9824) at Treads Bicycle Outfitters, 16701 E Iloff Ave, Aurora, 80013. We'll ride around Cherry Creek State Park and south on Cherry Creek Trail to the trailhead on Broncos Parkway. Mostly concrete trail with a couple of short on-street sections. This is a no-drop ride.

FUN/INT-H3-30-W 9:00 Meet *Lily Schumann* (303 463 0117) at Idaho Springs, second exit 1-70 exit, parking lot behind Beau Jo's; ride to Georgetown and back. Stop at Eat Cake for coffee/pastries in Georgetown - continue to Bakerville, optional - and/or lunch in Idaho Springs afterwards (Smoking Yard). Bring rain gear, just in case.

MTB P3, T3, Dirty Copper and Segment 8 of the Colorado Trail THE RIDE: Meet *Russ Peterson* (mtbruss2013@gmail.com; 720-2998269) at the Copper Mountain Alpine Parking Lot. We will ride segment 8 of the Colorado Trail over Searle and Kokomo Passes, then drop down into Camp Hale. From Camp Hale we will climb up Resolution Mountain Road to Ptarmigan Pass then descend Wilder Gulch to the Copper Mountain/Vail Pass bike path, which we will follow back to Copper. This is a difficult ride (32.3 miles, 5,400' of climbing and multiple stream crossings). Bring clothing for freezing rain and 12,000' elevation and enough food for a 9 hour ride. THE TIME: 7:00AM (WHEELS ROLLING! PLEASE ARRIVE EARLY ENOUGH TO START AT THAT TIME.) THE DIRECTIONS: Take I-70 to the Hwy. 91 (Leadville) exit. Follow Hwy. 91 toward Leadville for 0.4 miles. The Alpine parking lot is on the right. THE FOOD: Bring tables, chairs and food for a parking lot picnic post-ride. THE FINE PRINT: For additional information, see: <http://www.mtbproject.com/trail/648142>.

**Sunday,
July 31st.**

FUN-H2-26-SE 9:00 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 on Caley Dr., 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 near Hudson Gardens 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.

INT-H2-25 +-NE 8:00 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 led by various ride leaders. 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 and the new Highway 36 Trail. The rides are coordinated by Doug Schuler, and are led by various club members. In order to accommodate riders of different abilities rides maybe split into two groups The A group riding at a 14-15 mile pace for forty or more miles and the B Group 11-13 mile pace for twenty to thirty miles. Reminders are announced on Meet Up and Yahoo as well as changing start times. Questions call *Doug* 303-829-5861.

**Monday,
August 1st**

FUN-H1-26-Central 9:00 AM Meet *Wayne Tomasello* (720-854-8767) at Cuernevaca Park for a ride on the Platte River Trail North to 104th street and Back. The ride is on paved bike trails. An optional lunch is at McLoughlin's.

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
www.arapahoecyclery.com

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

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

Discount Includes 10% discount on bikes!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

2016 Advance Planning Calendar

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|---|---|--|---|
| <p>July 9 Tour de Ladies www.tourdeladies.com Parker, CO</p> | <p>July 31-Aug 6 Colorado Rocky Mountain Bike Tour www.crmmt.com Idaho Springs, CO</p> | <p>August 27 Venus de Miles www.venusdemiles.com Boulder County, CO</p> | <p>September 17 Tour of the Vineyards www.tourdevineyards.com Palisade, CO</p> |
| <p>July 9-10 Triple Bypass www.teamevergreen.org Evergreen, CO</p> | <p>August, TBD Greenwood Goosechase 303-290-9922 Greenwood Village, CO</p> | <p>August 28 Good Sam Bike Jam www.goodsambikejam.org Lafayette, CO</p> | <p>September 24 Bike & Brews www.bikesandbrews.org Cañon City, CO</p> |
| <p>July 16 Breck 100 Mountain Bike Challenge www.warriorscycling.com/races/breckenridge-100/ Breckenridge, CO</p> | <p>August 6-13 CANDISC – Cycling Around North Dakota In Sakakawea Country www.candisc.net/ Garrison, ND</p> | <p>August 28 Golden Gran Fondo https://granfondo.nationalchampionshipseries.com/golden-gran-fondo/ Golden, CO</p> | <p>September 24 Mountains to the Desert www.m2dbikeride.com Telluride, CO</p> |
| <p>July 17-22 Tour de Wyoming www.cyclewyoming.org Sheridan, WY</p> | <p>August 6 Stonewall Century Ride www.spcycling.org La Veta, CO</p> | <p>September, TBD Tour de Prairie www.cheyennecity.org/DocumentView.aspx?DID=3562 Cheyenne, WY</p> | <p>September 24 Tour de Cure www.diabetes.org Woodland Park, CO</p> |
| <p>July 23-24 Courage Classic www.couragegetours.com Copper Mountain, CO</p> | <p>August 13 Red Rocks Gran Fondo www.redrocksganfondo.com/ Morrison, CO</p> | <p>September, TBD Durango Fall Blaze www.durangofallblaze.com Durango, CO</p> | <p>September 27 Tour de Cure www.diabetes.org Colorado Springs Area</p> |
| <p>July 23 Tour De Steamboat www.tourdesteamboat.com/ Steamboat Springs, CO</p> | <p>August 13 Vuelta a Keystone www.vueltakeystone.com Keystone Village, CO</p> | <p>September 4 West Elk Bicycle Classic www.westelkbicycleclassic.com/ Gunnison, CO</p> | <p>October, TBD Santa Fe Gourmet Classic www.santafegourmetclassic.com Santa Fe, NM</p> |
| <p>July 23 Bob Cook Memorial Mt Evans Hill Climb www.bicyclerace.com/ Idaho Springs, CO</p> | <p>August 16 Circle the Summit (aka Bob Guthrie Memorial Ride) www.Circlethesummit.com Frisco, CO</p> | <p>September 11 Buffalo Bicycle Classic www.buffalobicycleclassic.com Boulder, CO</p> | <p>October 1 Moab Century Tour www.skinnytirefestival.com Moab, UT</p> |
| <p>July 24-30 RAGBRAI www.ragbrai.org Glenwood, IA</p> | <p>August 16 Copper Triangle Alpine Classic www.coppertriangle.com Copper Mountain, CO</p> | <p>September 11 Wacky Bike Ride www.wackybikeride.com/ Highlands Ranch, CO</p> | <p>October 1 Tour of the Moon www.tourofthemoon.com Grand Junction, CO</p> |
| <p>July 26 Colorado-Eagle River Ride www.vailvelo.com Avon, CO</p> | <p>August 16 Tour de Cure www.diabetes.org Longmont, CO</p> | <p>September 16-18 Mickelson Trail Trek www.MickelsonTrail.com Custer, SD</p> | <p>October 1 Adaptive Adventures Challenge Tour Colorado https://adaptiveadventures.org/event/2016/adaptive-adventures-challenge-tour-colorado-2016 Littleton, CO</p> |
| <p>July 30 Grin & Barrett Black Canyon Butticker www.atech1.com/gbbiketour/ Montrose, CO</p> | <p>August 27 Cycle for Life www.fightcf.cff.org/site/TR/Cycle/22_Colorado_Denver?frid=5334&pg=entry Highlands Ranch, CO</p> | <p>September 16-18 Pedal the Plains www.pedaltheplains.com TBD</p> | <p>October 16 Rock 'n' Roll Denver Bike Tour http://www.runrocknroll.com/denver Denver, CO</p> |

For additional cycling event listings, visit the following website: www.kansascyclist.com/events/Colorado_Calendar.html