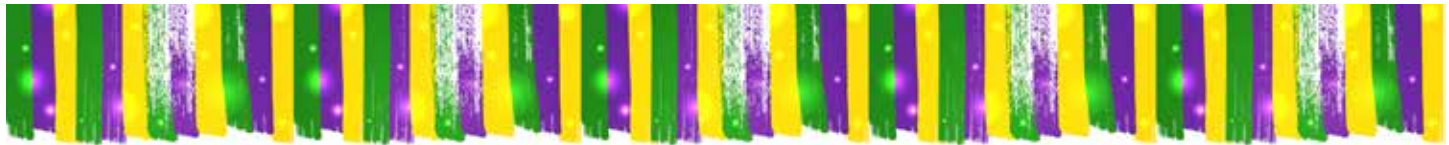


The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

MARCH 2016



AIYEEEE! Ok Sha! listen up!

Biking to the Bayou

DBTC SPRING KICK-OFF

Saturday, April 9 • 5:30 p.m.



Lucile's Creole Cafe

2853 West Bowles Ave., Littleton (W. of Santa Fe)

**\$13 person/member, \$26/guest
includes gumbo, red beans/rice, Zydeco salad, beignets**

RESERVATIONS BY MARCH 25

**RSVP at www.dbtc.org (click Kickoff link) or mail check to
DBTC, P.O. Box 260517, Denver 80226-0517**

Checks must be received by March 25th

No tickets sold at the door



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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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Jeff Krinsky jkrinsky2003@yahoo.com	720-373-9107
Linda Wheeler 528tiernan@gmail.com	419-973-8282
John Wren johnvwren@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 North Rick Clauder FunRideNorth@dbtc.org	303-463-1875
Fun Ride Coordinator South Ellen Fitzpatrick FunRideSouth@dbtc.org	303-756-2517
Road Ride Coordinator OPEN roadrides@dbtc.org	
Intermediate Ride Coordinator Rick Clauder intermediaterides@dbtc.org	303-709-5489
Wednesday Fun/Int Ride Coordinator wedfunrides@dbtc1.org OPEN	
"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, March 14 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



I truly love this time of year. Early Spring renews my energy to get things accomplished, and in fact, I almost got this article submitted by the deadline . . . almost! Despite my personal procrastination trends, I am very proud to report that the DBTC Board has been moving forward on our 2016 goals.

New Board member, Linda Wheeler, is the Event Committee chairperson and has secured dates and venues for our 2016 events:

- 1) **The Spring Kickoff** dinner will be held on Saturday, April 9 at Lucile's Creole Cafe located on Bowles just west of Santa Fe Drive. There will be bike ride options prior to dinner, so keep an eye on the ride schedule for time and route details.
- 2) **Our Summer Picnic** has been scheduled for Saturday, July 9 at Wheat Ridge Prospect Park. On this date we will also host the second annual bike equipment swap; start searching your closets and garages for unwanted bike parts, accessories or clothing items.
- 3) **The Volunteer Recognition Luncheon** is set for Saturday, November 12 at the Cherry Creek Holiday Inn.

One important goal of the Board is improving support to our dedicated ride coordinators and ride leaders. Thanks to Board Member, Scott Houchin, CPR and First Aid classes were conducted in February with special encouragement to ride leaders, coordinators and OOTT leaders. Future class dates may be offered if there is enough additional interest.

To help motivate ride leaders, the Board will be offering a "Starter Kit" at the Spring Kickoff to anyone that will commit to leading a specified number of rides. I don't want to spoil the fun, so just be sure to attend the Kickoff event then simply make your commitment to lead rides in order to earn a kit for yourself.

Our Website Enhancement Committee is compiling ideas for making our site even better. The Board has some thoughts, but would love to hear from our members. Please contact Jeff Krinsky or Cyndy Klepinger if you

Continued on pg. 3

Pictures and Articles for the Newsletter... This newsletter belongs to the members. If you have pictures or an article to share, please email them to ridecoordinator@dbtc.org. 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

have suggestions.

Although our ride schedule is mostly “show and go” events this month, there are plenty of nice weather days in March to get some miles in the saddle. Please join us on DBTC rides as often as you can – In my humble opinion, it’s simply more fun to ride with friends.

I hope to see you on the road, and be sure to register early for the April 9 Spring Kickoff Dinner!

Come Play 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.

“BORDEAUX – CHATEAUX, RIVERS AND WINE”, BIKE AND BOAT TRIP

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

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



*More opportunities
to join DBTC
friends' adventures
on page 11...*

Re-introducing North Ride Coordinator, Rick Clauder

The ride coordinators work all summer to put a schedule together to appeal to as many riders as possible. Without their efforts, you would have nowhere to ride. Please help make their job easier by volunteering to lead at least one ride this season. You don’t have to have a detailed map, a lot of training or even be the strongest rider in the group. It’s perfectly fine to lead from the middle, or even the back, up a hill – I do it all the time!

Rick Clauder North Fun and Intermediate Ride Coordinator



Hi, I’m Rick Clauder, Ride coordinator for North Fun and Intermediate rides. I joined DBTC one year after moving here from Columbus, OH in 2004. I was Club president one year, served on the Club Board for four years as well as coordinating rides for some years. I love riding with the DBTC, and I consider many of its members to be friends. Last year Nancy, my girlfriend and I bought a Tandem bike, and we rode often with the club. When I’m not riding the tandem, I ride a road bike.

A few things worthy of mentioning about me are:

- I graduated from Ohio State University with a German teaching degree;
- I served in Vietnam in 1968;
- I sold heavy equipment for 25 years;
- I was married for 29 years to a woman who is so devoted that she still cares for our two disabled children, Zach and Mike – one suffers from Tourette’s syndrome while the other suffers from Autism. She is a special lady. I visit often and help her out financially.
- I retired to move here to ski, enjoy the somewhat mild winters and the sunshine.

DBTC MEMBERS JOINING AND/OR RENEWING SINCE DECEMBER

DEBORAH ALPER
SUSAN BARKLEY
DAVID DAMOUTH
DAVID DUNLOP
JIM HELMKAMP
KAREN KREIFELS
ANITA MCGUE
PATRICIA NAKAOKI
LARYL ROUS
MARTY SWISHER
TOM TOBIASSEN
JUDITH YOUNG-PIEL



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.kopSvxexlmc>

Ditto from Denver Parks & Recreation:

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

SALIDA TRIP NEARLY FULL • June 22-26

Tour Leader – Kathy Stommel

Only a few slots remain for the Salida Art and Ride Tour. Each June, Salida highlights their numerous galleries with the Art Walk Festival. Tour Leaders, Kathy and Joe Stommel have planned an extended weekend fixed-base tour for June 22-26 to coordinate with this fun-filled festival.

Tour participants should be independent, intermediate level riders capable of moderate uphill riding conditions, able to handle their own tire and bicycle repairs if needed. Here is the preliminary tour schedule:

Wed, June 22 - Optional afternoon ride of Leadville's Mineral Belt Trail (12 mile loop, 926' elevation gain/loss); Drive to Salida for hotel check-in and evening welcome meeting

Thur, June 23 - Ride to Mt Princeton Hot Springs, entrance fee and lunch provided! (approx 40 miles round trip with 1,656' elevation gain/loss).

Fri, June 24 - Ride to Poncha Pass summit (26 total miles out and back ride with 2,071' elevation gain/loss); Tours of local brewery and distillery. Salida Art Walk Festival begins!

Sat, June 25 - Salida area loop ride (approx 15-20 miles with 800' elevation gain/loss). Free afternoon to enjoy Art Walk Festival before the group farewell meal.

Sun, June 26 - One more short Salida area ride (route to be determined), then depart hotel. Consider enjoying an optional Arkansas River raft trip, hike or any other activity of your choice.

This tour is limited to 20 participants. Non-riding partners are welcome to register as well as DBTC members who prefer to find their own mountain bike routes.

\$375 Full Registration per person includes four nights double-occupancy lodging 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. An option for registration without lodging is available at a rate of \$175 per person for all tour activities plus your share of DBTC fees and ride leader expenses. Contact tour leaders for more information.



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. Final payments will be due no later than May 7, 2016. Remember that registration funds are non-refundable but may be transferable. Direct questions to: cyclekats@gmail.com, or by phone to Kathy at 719-671-5579.



TOUR THE VINEYARDS 2016

August 18–22

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 3 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. Included will be: a tranquil tour of the vineyards with wine tastings and an official winery tour; biking Rim Rock Drive in the Colorado National Monument; and a morning ride along the beautiful Colorado River to Fruita with an afternoon visit to the Palisade Peach Festival.

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

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

Tour Leader – Cyndy Klepinger

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

Both *Bicycling* and *Outside* magazines have 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!



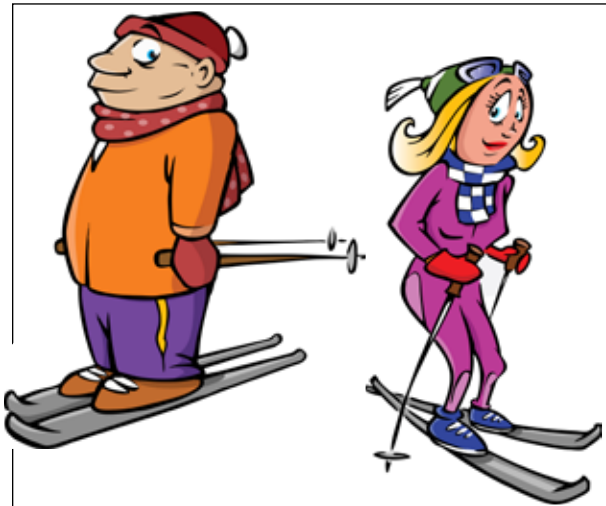
Trip Highlights

- 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.





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 email 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 email 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

Closure of the Golden Optimists Bicycle Workshop

Howard Bagdad

The Golden Optimist Club has operated a bicycle recycle program from a workshop at Heritage Square since 1995. Heritage Square provided the space including electrical power at no cost. But now Heritage Square is partially closing down. Golden Optimists have until the end of April, 2016 to vacate the location.

Many DBTC members have assisted with repairing the bikes over the years. Last year about 400 bicycles were provided at little or no cost to people in need. This includes a trip to the Navajo and Hopi reservations in northern Arizona to distribute bikes. Many bicycles have been provided to international students from the Colorado School of Mines.

A temporary new location for the bicycle shop is on Golden Road on a corner of the parking lot of Golden Real Estate, Inc. The address is 17695 South Golden Road. The bicycle shop will operate out of two 20 foot shipping containers when weather permits. The Golden Optimists are currently searching for an optimal permanent location.

An assortment of used bicycle parts are available for little or no cost. Contact Howard Bagdad at 303-278-0541 or hbagdad@aol.com.

SAVE THE DATE FOR THESE 2016 EVENTS:

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

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

Summer Picnic
Saturday, July 9
at Wheat Ridge Prospect Park

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

Mid Winter Birthday Party

Lin Hark

On February 10th we celebrated Donald Pearson's 91st birthday with 22 people for lunch at the Black-eyed Pea. Don, the COG (Don says Crazy Old Goat, I say Cool Old Guy) even danced for us. For several years Sue Frakes has had a party to celebrate February birthdays – Don Pearson, Gordon Valentine, herself and any others who showed up. Continuing it as a lunch is a great excuse to get together. Three people even rode their bikes over.

And to make his special day even more special the Broncos won the Super Bowl 50 on his birthday!

The invitation went out on the Yahoo group (see the ride schedule for how to sign up if you aren't in that group) since it was a last minute addition. (Below: kisses from Sue and Lin.)



MTBers on Hiatus from the Dark Side

This group's normal habitat is among the dirt trails and parking lots of the foothills and beyond. During the cold season, however, they tend to break out the skinny tires for a day of play in the sun.

Sunday Cake Crumbs MeetUp Invades Arvada

On Feb. 21st, the usual suspects and a couple of new guests went on a 30-mile excursion to The Bluegrass cafe in Old Town Arvada. L to R: Erin, Mark, Lise, Denis, Cyndy, John and Doug. The sweet potato breakfast burritos here are legendary!



Find More Fun Outings on MeetUp!

Lin Hark

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

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

Not a member? Join by sending an email to coloradobicyclist-subscribe@yahoogroups.com 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@yahoogroups.com.

If you would like to lead a ride, ski 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.)



A benefit of joining the DBTC is making friends. Recently, DBTC Vice President Cyndy Klepinger traveled to Yuma to cycle with Club members Greg and Mandy Foure, who winter in this Arizona city where there's an active cycle club that, like DBTC, combines rides with food stops.

In the next few weeks, the Club will be sending out a survey by email to ask you what you like – or perhaps dislike – about Denver's oldest cycling club. When you get it, please take the few minutes to respond as it will help the DBTC Board make plans for the future!

Confucious say, "he who overlaps wheels, goes down."

Donald Schmertz

Riding in a paceline allows you to increase your distance while expending less energy. However, you must be able to ride correctly or you become a hazard to yourself and the other riders. Follow this attachment to learn the ins and outs of proper paceline procedure: <http://www.pearlandcyclingclub.org/safety-SpaceCity.pdf>.

You can practice your newfound skills by watching the MeetUp group and joining the road riders. Reply to me by email at roadrider80226@yahoo.com to learn more about the rides. Hope to see you there!!!

Note from the editor, most road rides (rides averaging more than 15 miles per hour) are not listed in the newsletter, but we would gladly list them if you wish to become Road Ride Leader.

To these ideals which were instilled in me when I was a youth, I attribute in a large degree the success that was mine on the bicycle tracks of the world.

– Major Taylor



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.

E-Newsletters You May Actually Read

By Cyndy Klepinger

Email newsletters and blogs have been around since the early days of the Internet, and of course, there are several cycling related ones that are FREE. Here's a sampling of some you may want to subscribe to if you want to know how to make energy drinks; the truth about brain injuries and cycling; how to climb faster and more!

www.Bicycling.com features the latest cycling news, thousands of reviews and interactive tools to inform and inspire. It also provides information about the latest in bikes and gear, training and nutrition.

www.roadbikerider.com focuses on road cycling and the how-to aspects of road riding for the recreational rider. Its mission is to help other road riders by sharing experience-driven how-to knowledge.

www.pedaldancer.com, written by Denver-area resident Karen Rakestraw, is for travelers, cyclists and cycling fans and features bike maps, climb profiles, recommended rides and Tour de France info.

www.ilovebicycling.com is a website and e-newsletter that is geared towards cycling for beginners with road cycling tips, training articles, nutrition tips, weight loss, how tos and cycling humor.

And for women, the Britain-based www.totalwomenscycling.com is the voice of a growing community of female cyclists, sharing news, tips and inspiring stories.

Note: I selected these newsletters because I enjoy reading them, and these choices reflect my personal opinion, and not that of DBTC.



Even though it's been windy, we've been fortunate to be able to enjoy several days of riding in mid-February. However the wind can create some challenges! And one was when a plastic bag blew into my cassette! I couldn't figure out why my chain suddenly wouldn't move! Luckily, it was an easy fix – get off the bike and rip out the bag. What challenges have you experienced with the wind?

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 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: ALMOST FULL!

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

2016 Advance Planning Calendar

March 12-15
Moab Skinny Tire Festival
www.skinnytirefestival.com
 Moab, UT

April 2
AntiEpic Gravel Grinder
www.ridinggravel.com/event/antiepic-160/
 Monument, CO

April 2
Bike 2 Build
<http://www.slvhabitat.org/Alamosa>, CO

April 28 – May 1
Fruita Fat Tire Festival
www.fruitafatirefestival.com
 Fruita, CO

May, TBD
Mission to Ride
www.missiontoride.com/
 Montrose, CO

May 21
Ride for the Pass
www.independencepass.org/ride/
 Aspen, CO

May 22
Community Classic Bike Tour
www.McKeefoundation.com
 Loveland, CO

May 22
Santa Fe Century
www.santafecentury.com
 Santa Fe, NM

May 28-30
Iron Horse Bicycle Classic
www.ironhorsebicycleclassic.com
 Durango, CO

June 4
Buena Vista Bike Fest
www.bvbf.org
 Buena Vista, CO

June 5
Elephant Rock Ride
www.elephantrockride.com
 Castle Rock, CO

June 11
Mountain Top Experience Ride
www.mountaintopcyclingclub.com/experience-ride/
 Florissant, CO

June 11
Pedaling 4 Parkinson's
www.pedaling4parkinsons.org/
 Glendale, CO

June 11
COCO Century
www.arkvalleyhospice.org/9.html
 La Junta, CO

June 11-13
Death Ride Tour
www.deathridetour.com/
 Silverton, CO

June 11-17
Ride the Rockies
www.ridetherockies.com
 Carbondale to Ft Collins

June 18
Starlight Spectacular
www.starlightspectacular.org
 Colorado Springs, CO

June 18
The Denver Century Ride
www.denvercenturyride.com
 Denver, CO

June 19-25
Bicycle Tour of Colorado
www.bicycletourcolorado.com
 Montrose–Telluride loop

June, TBD
Bike to Work Day
www.drcog.org
 Denver Metro area

June 25-26
MS 150 Bike Tour
www.bikecoc.nationalms-society.org/site/TR?fr_id=27037&pg=entry
 Westminster, CO

July, TBD
Colorado-Eagle River Ride
www.vailvelo.com
 Avon, CO

July, TBD
Moonlight Classic
www.moonlight-classic.com
 Denver, CO

July 9-10
Triple Bypass
www.teamevergreen.org
 Evergreen, CO

July 16
Breck 100 Mountain Bike Challenge
www.warriorcycling.com/races/breckenridge-100/
 Breckenridge, CO

July 17-22
Tour de Wyoming
www.cyclewyoming.org
 Sheridan, WY

July 23-24
Courage Classic
www.couragetours.com
 Copper Mountain, CO

July 23
Tour De Steamboat
www.tourdesteamboat.com/Steamboat
 Springs, CO

July 23
Bob Cook Memorial Mt Evans Hill Climb
www.bicyclerace.com/
 Idaho Springs, CO

July 24-30
RAGBRAI
www.ragbrai.org
 Glenwood, IA

July 30
Grin & Barrett Black Canyon Butticker
www.atech1.com/gbbiketour/
 Montrose, CO

July 31-Aug 6
Colorado Rocky Mountain Bike Tour
www.crbmt.com
 Idaho Springs, CO

August, TBD
Greenwood Goosechase
 303-290-9922
 Greenwood Village, CO

August 6-13
CANDISC– Cycling Around North Dakota In Sakakawea Country
www.candisc.net/

Garrison, ND

August 6
Stonewall Century Ride
www.spcycling.org
 La Veta, CO

August 13
Red Rocks Gran Fondo
www.redrocksggranfondo.com/
 Morrison, CO

August 13
Vuelta a Keystone
www.vueltakeystone.com
 Keystone Village, CO

August 16
Circle the Summit (aka Bob Guthrie Memorial Ride)
www.Circlethesummit.com
 Frisco, CO

August 16
Copper Triangle Alpine Classic
www.coppertriangle.com
 Copper Mountain, CO

August 16
Tour de Cure
www.diabetes.org
 Longmont, CO

August 27
Cycle for Life
www.fightcfcff.org/site/TR/Cycle/22_Colorado_Denver?fr_id=5334&pg=entry
 Highlands Ranch, CO

August 27
Venus de Miles
www.venusdemiles.com
 Boulder County, CO

August 28
Golden Gran Fondo
<https://granfondonation-alchampionshipseries.com/golden-gran-fondo/>
 Golden, CO

September, TBD
Tour de Prairie
www.cheyennecity.org/DocumentView.aspx?DID=3562
 Cheyenne, WY

September, TBD
Durango Fall Blaze
www.durangofallblaze.com
 Durango, CO

September 4
West Elk Bicycle Classic
www.westelkbicycleclassic.com/
 Gunnison, CO

September 11
Buffalo Bicycle Classic
www.buffalobicycleclassic.com
 Boulder, CO

September 11
Wacky Bike Ride
www.wackybikeride.com/
 Highlands Ranch, CO

September 16-18
Mickelson Trail Trek
www.MickelsonTrail.com
 Custer, SD

September 16-18
Pedal the Plains
www.pedaltheplains.com
 TBD

September 17
Tour of the Vineyards
www.tourdevineyards.com
 Palisade, CO

September 24
Bike & Brews
www.bikesandbrews.org
 Cañon City, CO

September 24
Mountains to the Desert
www.m2dbikeride.com
 Telluride, CO

September 24
Tour de Cure
www.diabetes.org
 Woodland Park, CO

September 27
Tour de Cure
www.diabetes.org
 Colorado Springs Area

October, TBD
Santa Fe Gourmet Classic
www.santafegourmetclassic.com
 Santa Fe, NM

October 1
Moab Century Tour
www.skinnytirefestival.com
 Moab, UT

October 1
Tour of the Moon
www.tourofthemoon.com
 Grand Junction, CO

October 16
Rock 'n' Roll Denver Bike Tour
<http://www.runrocknroll.com/denver>
 Denver, CO

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

COME RIDE WITH US!

SEA TO SEA TOUR • June 4–Sept 10

Ride for Hope with Dan and Cat

Lise Neer



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

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

To register, or more information, visit www.hopefortrauma.org and www.Spokesfightingstrokes.org.

The breakdown on pricing is:

Entire three month trip, \$4000 + food*

1 month \$1600 + food*

1 week \$500 + food*

*Approximately \$85/week for food.

The cost of the trip is tax-deductible.

On their return trip from Boston to Phoenix, Dan and Cat will stop in Denver again with plans to ride with DBTC. F



www.Facebook.com/irideforhope



KANDANGO (KANSAS) JUNE 9 – 12

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

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

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

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

WATERTON CANYON UPDATE

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

DBTC WINTER/SPRING RIDES 2016

Winter is almost done. Our ride coordinators are doing something very different for Kick Off so it will be in April. But the coordinators will be contacting you soon to get the April schedule together.

If you'd like to include an activity in the newsletter, please email it to ridecoordinator@dbtc.org by March 20th for the April 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.

Winter/Spring 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 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: COmntbikers-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.

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, email 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 email 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 are 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.

Spring Training Rides

<http://www.MeetUp.com/Denver-Bicycle-Touring-Club/events/220238413/>

These early-season rides are set up for Road Riders who wish to improve their overall cycling fitness for the upcoming season. Cancellation of the ride can occur if temperatures are below 30 F and/or roads are wet. Start times will be 11:00AM unless weather determines a different time. All rides will start at Davie's Chuck Wagon Diner, 10151 W. 26 Ave & Kipling, Wheat Ridge, CO.

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

There will be two basic rides to that will alternate each week. The following are the links to the rides.

South ride - <http://www.mapmyride.com/us/wheat-ridge-co/south-ride-red-rocks-route-27190350>

North ride - <http://www.mapmyride.com/us/wheat-ridge-co/north-ride-quaker-route-27191152>

Please reply to me by email at roadrider80226@yahoo.com to learn more about the rides. Hope to see you there!!!

– Donald

WINTER/SPRING SHOW-N-GO RIDES

EARLIER START TIME – Daylight Savings Time starting

FUN/INT-2/3-20/30-NESW-10:00 AM Start Time. 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.

Winter/Spring Riding Guidelines

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

March, 2016 Winter/Spring Fun Ride Schedule

Wed, March 2nd	Central – City of Cuenavaca Park
Sat, March 5th	SE – Corner of Orchard and Parker RD
Sun, March 6th	NW – Crown Hill Park, just east of 26th & Kipling
Wed, March 9th	SE – Meet at Village Green parking lot by the Dam Road and E Union
Sat, March 12th	SE – South High School, E. Louisiana & S Franklin, near Wash Park
Sun, March 13th	Central – City of Cuenavaca Park
Wed, March 16th	SE – Corner of Orchard and Parker RD
Sat, March 19th	NW – Crown Hill Park, just east of 26th & Kipling
Sun, March 20th	SE – Goodson Recreation, near S University Blvd and Arapahoe RD
Wed, March 23rd	SW – Behind the tennis bubble Federal and Bowles
Sat, March 26th	SE – Village Greens Park, just east of Union and Dayton
Sun, March 27th	NW – Olde Town Park-N-Ride, just north of W 55th Ave & Wadsworth

REGULAR SEASON STARTS IN APRIL
CONTACT YOUR RIDE COORDINATOR TO GET YOUR RIDES ON THE SCHEDULE!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

GOLDEN BIKE SHOP
 722 WASHINGTON AVE
 GOLDEN CO 80401
 303-278-6545
www.goldenbikeshop.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
 10831 S CROSSROADS DR
 PARKER, CO, 80134
 303-690-2900
www.treads.com