



# The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

MAY 2016

## SPRING KICKOFF A BooCoo Good Time F'Sho!



Photo coverage on page \_\_\_\_.  
Also on MeetUp and coming soon  
to the DBTC website!

## Welcome our New Weekday FUN/INT Coordinator, Merri Bruntz



I have been a member of DBTC since 2005. By 2006, I was leading rides after a ride leader suggested that perhaps I would like to lead rides since I enjoyed going on so many rides with the club. He was right and I have been leading rides ever since. I am also a veteran of several Ride the Rockies, riding in 2006, 2007, 2008 and 2012. After I rode over Trail Ridge Road in 2012 I then decided that my bicycle and I had climbed nearly every mountain pass in Colorado and we would never be able to "top" the experience. That also was the year that I rode over Independence Pass for the second time as well, so it was time for me to retire from RTR.

When I was still working I was envious of those who got to ride with the club during the week. Now that I am retired I'm thrilled to get to ride with the club during the week. Send in those rides and let's go have some fun.

*Editor's Note: If you are planning a weekday ride other than Wednesday, please let Merri know so that she can ensure that your ride is included and that we don't have a similar ride scheduled at the same time. We want all of our leaders to have the best chance of a great turnout. WeekdayFunRides@DBTC.org.*

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## DBTC's Officers

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<b>Photo Gallery</b> Jeff Krinsky <a href="mailto:photogallery@dbtc.org">photogallery@dbtc.org</a>	720-373-9107

### Board Meeting

Any member wishing to attend a board meeting is welcome. The next board meeting date is Monday, May 9 at Southwest YMCA, 5181 W. Kenyon Ave, at 6:30PM. If you wish to address the board, contact the president, Kathy Stommel: [cyclekats@gmail.com](mailto:cyclekats@gmail.com), or call 719-671-5579 so that your topic can be placed on the agenda.

## The President's Page

Kathy Stommel



### Spring Kickoff: Fun People + Good Location + Great Food = Successful Event!

Thank you everyone who attended the Spring Kickoff dinner at Lucile's Creole Cafe on Saturday, April 9. We had reservations for 107, a slightly larger turnout than last year which shows the popularity of this type of event. Two pre-event rides also drew more participants than last year and both groups finished before the brief rain showers.

The program included a tribute to our departed friend, Don Pearson, with a number of people sharing personal stories. We honored Gordon Valentine as our first Legacy member so that he can continue enjoying the fellowship of the DBTC family. Congratulations to Mary Stewart as the big winner of the quarter game - with the large turnout that was quite a haul! Ride Leader packets were introduced and quite a few members took advantage of the opportunity to take one home.

**Congratulations to Event Chairperson, Linda Wheeler**, for a successful event and thanks to the volunteers, Joe Stommel, Steve Thomas, Ellen Fitzpatrick, Melba Bouquet, Cyndy Klepinger, Lise Neer, Jeff Krinsky and Dick Shelton for helping things to run smoothly. Be sure to check out the photo album posted on the DBTC website.

### Ride Leader Packets are still available!

These useful kits include everything you need to get started (or continue) as a ride leader. We have included four waiver forms, ride leader guidelines, membership forms, business cards, CPR & First Aid instructions, incident report, a clipboard and tire patch kit - all wrapped up nicely in a bright orange string-type backpack bag.

Ride Coordinators, Vice President Cyndy Klepinger and I all have a supply of extra kits just waiting for you! Contact any one of us, pledge to lead four rides this year and make arrangements to pick up your very own ride leader kit.

### Welcome Merri Bruntz as new Ride Coordinator!

The Wednesday Fun Ride Coordinator position has been officially vacant for quite a while with Patty Gaspar filling in on top of her other numerous volunteer jobs with DBTC. Now our always prolific ride leader, Merri

*Continued on pg. 3*

**Pictures and Articles for the Newsletter...** This newsletter belongs to the members. If you have pictures or an article to share, please email them to [ridecoordinator@dbtc.org](mailto:ridecoordinator@dbtc.org). Only send one or two pictures, so you don't clog up my computer! Be sure to include details about who, when and where the picture was taken. If you have a photo to mail, contact the Ride Coordinator for the address. Remember we must give credit to the author. If you are a writer with an article of interest, we may make you a published author! The deadline for publishing is the 20th, but please send your articles earlier.

President from pg. 2

Bruntz will be taking over with a title change to Weekday Fun Ride Coordinator which better fits the increasing number of social rides being scheduled throughout the week, not just Wednesday. Thanks Merri for stepping up to this position.

Well folks - the ride season is just getting started and our calendar of social rides is looking great. Please take advantage of our wonderful Colorado weather and pick a date to ride with your fellow DBTC members. Until next month - Happy Trails!

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**“The bicycle was the last advance in technology everybody understands. Anybody who can ride one can understand how it works.”**

**– Stewart Parker, Spokesong**

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## Women's Bike Workshop

The Women's Bike Workshop is now being offered at Bikes Together the last Wednesday of each month. Bring in your bike to wrench on, or practice wrenching on donated bikes. Ask questions, build your skills, meet other women, and have fun. This is a free event. Stands and tools will be available on a first come first serve basis. Women volunteers will be present to answer questions and to provide assistance.

### DATES:

Last Wednesdays of each month:  
May 25, June 29, July 27, Aug 31,  
Sept 28, Oct 26, Nov 30, Dec 28

### LOCATION:

Bikes Together (formerly Bike Depot)  
2825 Fairfax St, Denver, Co

### TIME: 7-9pm

Bikes Together is Denver's non-profit bike shop. To see the website and its mission statement, click here:

<http://bikestogether.org/>

[http://bikestogether.org/mission\\_vision\\_values/](http://bikestogether.org/mission_vision_values/)



## VOLUNTEER AT THE BIKE EXPO

Cyndy Klepinger

Need volunteers to help staff the DBTC booth at Colorado's largest consumer bike show, the Primal Colorado Bike Expo outdoor venue to be held at Sports Authority Field on Friday, May 13 and Saturday, May 14.

If you have two hours to help promote the DBTC and cycling, either on Friday, noon – 7 p.m. or Saturday, 9 a.m. – 6 p.m., contact Cyndy at [vicepresident@dbtc.org](mailto:vicepresident@dbtc.org). It promises to be a great opportunity to get involved!

Here's more information about the Expo; In its second year, the Primal Colorado Bike Expo will be held in conjunction with the Kaiser Permanente Colfax Marathon Health + Wellness Expo going on simultaneously which will attract over 30,000 athletes to Sports Authority Field during those two days. The 2016 Bike Expo will be free and open to the general public, and will be held in parking lot J, just West of the stadium and feature over 100 bike exhibitors presenting the latest in bikes, gear, nutrition and lifestyle offerings.

Billed as the official kickoff to the cycling season, this celebration of bikes and community will provide recreational riders, cycling enthusiasts, roadies, mountain bikers and athletes the opportunity to learn about the latest products, consumer trends, organized rides, competitive races, clubs, teams, advocacy groups and cycling destinations.

New for 2016 will be live music, a beer garden, expanded kids zone and a demo and test area for riders of all ages and abilities. Bike valet parking will be provided by Wish for Wheels adjacent to the Bike Expo.

Meet Lin Hark (303-578-9369) at 'Bout Time Bar and Grill at River Point across from the Regal Cinema 14 Theater. We will ride from the Bear Creek/ South Platte River Confluence to Sports Authority Field along the South Platte River Trail to the Primal Colorado Bike Expo at Sports Authority Field. Lin rides at a slower pace of around 10-11 mph.

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

CHARLOTTE CLARK  
MARK DOWLING  
MICHELLE KENNARD  
TOM KRUSKO  
NANCY MEURET  
THOMAS PATTERSON  
NANCY RASSBACH  
MARCIA RODNEY  
STEVE SCHWARTZ  
BILL SCHWARZ  
MARK SMITH  
GARY UPSON  
SUSAN UPSON  
CLARK WILSON



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

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

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

**Tour Leader – Cyndy Klepinger**

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



*View from the Arizona Sonoran Desert Museum*

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

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

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

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





## **VOLUNTEERS NEEDED for Bike To Work Day**

**Bike to Work Day in Colorado is Wednesday, June 22nd!**

**Doug Schuler**

Bike to Work Day is a national event to celebrate alternate transportation. You can go to <http://biketoworkday.us/> for more information. DBTC will again have a table at the event so stop by to wander Civic Center and have breakfast - there are usually lots of vendors giving away food. If you can, I need 2-3 people for an hour shift. 6:30-7:30, 7:30-8:30, 8:30-9:30. [dougschuler@comcast.net](mailto:dougschuler@comcast.net).

We will have a ride starting at 9:30. Leader and route to be determined. If you would like to be the leader, please contact Patty at [ridecoordinator@dbtc.org](mailto:ridecoordinator@dbtc.org).

Just a thought. Last year we had a flood along Cherry Creek when there was a downpour at 5:00 PM, just when all those riders were heading home. A couple of our members had to climb out of the channel to keep from being swept away. Details in last year's July newsletter.

## **TOUR THE VINEYARDS AUGUST 18-22 IS FULL**

**Tour Leader – Helen Berkman**

**TOUR IS FULL!** Contact Helen to be added to the wait list



## **SAVE THE DATE FOR THESE**

# **2016 EVENTS:**

**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

## **Ride Leaders:**

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

Thanks for helping us grow our Club!

## 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.*

### Come ride the Subaru Elephant Rock

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

*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.*

## Important Notice Regarding 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.

## Follow SFS on the SEA to SEA TOUR June 4–Sept 10

Lise Neer, Sea to Sea Participant



### Dan and his team are on Facebook, Twitter (@DanTriKeman) and SpokesFightingStrokes.org

This year's tour will traverse the country from Anacortes, WA to Boston, MA. Interested cyclists are invited to participate in this Adaptive Cycling journey to help raise awareness and hope for stroke survivors. Join us for a week, a month, or anything in between...

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](http://SpokesFightingStrokes.org) as we blog our way across the US.





Inaugural Spring Training Mellow Ride with Donald Schmetz. Perfect weather, just chilly enough for all the climbing!

## Expanded Weekday Schedule

Patty Gaspar

**Monday:** Wayne Tomasello will again lead his Monday rides throughout the metro area. Wayne's rides are at a pleasant pace with lunch always following. A nice, social way to begin your week.

**Row Helman** has invited club members to join her on **Boomers on Bikes**. It appears that they will make you work much harder as these rides are at the INT level and go much farther and faster than the rides we have been offering during the week. If you want a challenge, this looks like the place to go.

We will continue to have our **Weekday FUN/INT with a new ride coordinator - Merri Bruntz**. Merri is a retired physician who put "making sure that there is an interesting ride on Weekdays for [me] to go on" as one of her goals. Let's all help her by volunteering to lead, or just by joining her.

**Melba Bouquet** will continue with her group of **"Roses"** riders. This is the perfect place for anyone who wants to "stop and smell the roses." They have one rule – the last person to the rest stop determines when it is time to go.

**MTB riders have a Show and Go every Wednesday** to take advantage of our beautiful summer evenings.

**Cyndy Klepinger** wants to train for some of the upcoming tours and event rides. Wednesday doesn't work for her so she is leading rides on various days at different levels. Many of her rides are **longer than the usual rides**.

**Dick Shelton** has invited us to join **Bicycle Aurora on Thursday nights** throughout the summer for a 6:00 PM bike ride followed by dinner at the brewery next door. If it rains or is too hot to ride, no problem. Riding on those perfect summer evenings after a full day at work is the best way I can think of to relax.

Even **Jeff Krinsky** has added a **Tuesday** and a **Thursday evening ride** this month. Since Jeff went back to work we have missed him during the week, but greatly appreciate all the rides he leads on weekends.

## 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>

## 2016 DBTC Activity and Tour Calendar

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

**June 22-26**

### Salida Art and Ride Tour

Road Riding, Intermediate Level  
Lodging: Hotel or Option 1: camping  
Location: Salida, CO  
Leaders: **KATY and Joe Stommel**  
[cyclekats@gmail.com](mailto:cyclekats@gmail.com)  
Status: FULL / WAITLIST

**August 18-22**

### Tour the Vineyards in Grand Junction

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

**November 14-19**

### Tucson Off-the-Beaten-Path

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

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

# CYCLE University

We had a safe ride today but it's time for a refresher on group riding.

<http://www.cycleu.com/how-to-ride-a-paceline-and-not-fall-down/>

Donald Schmertz roadrider80226@yahoo.com



## Hidden Trails of Interlocken

Seven riders braved the cold morning on April 10th to experience wonderful hidden trails and hidden totem poles!!! This ride will be offered again soon for those who feared the weather.



## Bubble Ride with Jeff, April 2nd

Twelve lucky riders were rewarded on Jeff Krinsky's first ride of the season on April 2 with bubble wands during the Ralston Creek Golf Course break.



## Mt. Nebo with Gaar, April 23

On April 23rd Gaar Potter took 7 riders on a thrilling tour of 3 cemeteries...well 2 as the Jewish cemetery was unexpectedly closed for the Sabbath.



Sometimes it's just a non-starter. I gave up after this—these guys were heroic but I had the wrong tube for the job—and took my ride to the Bike Depot in Park Hill. Once there, I managed to cut into a brand-new innertube while remounting the tire. Maybe a Fix-A-Flat course is in order! There's a Mechanics 101 class coming up on May 4th... <http://store.bikestogether.org/products/mechanics-101-at-the-bike-depot>



# KickOff 2016



The Intermediate (above) and Fun (below) groups gather for Pre-Kickoff Rides on the afternoon of April 9th 2016. Everyone made it back to Lucile's in time for a nice big rainstorm!



Kick-Off dinner with members and guests... aka "The First Supper"!



Continued on pg. 10

More Smiles  
from the  
Spring Kick-Off



Melba Bouquet is "Queen for a Day"... Happy Birthday, Melba!!

# DBTC SPRING RIDES 2016

We have rides EVERY DAY OF THE WEEK. Some exciting additions this month. We have greatly expanded the weekday schedule so take a few minutes to look over the schedule. I find that if I copy and paste the rides I might be interested in onto my calendar I'm much more likely to remember. Also, watch for alerts on MeetUp and Colorado Bicyclist or COMtnbikers - you need to sign up (directions below) to get alerts.

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

Pace of Ride	Difficulty of Terrain	Distance	Quadrant of City	Departure Time
Roses – Leisurely (Avg. 8-10 mph) 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](http://www.dbtc.org). It provides the information you need to use Map Quest or Google Maps to make a map to the starting location.

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

### DBTC's Emailing Lists

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

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

### DBTC Mountain Biking Email List

To join, send an email to:

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

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

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

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

**You can join any or all groups.** After you send the email requesting to join, you will be contacted via email with a confirmation. If you'd like to post an event, simply go into the site. Remember that only club-related activities can be posted. We reserve the right to cancel any posting we don't think is appropriate. See the website for posting rules.

### Please Note:

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

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

## Cycling Tip:

By sliding rearward or forward on the saddle, you can emphasize different muscle groups. This is useful on a long climb as a way to give various muscles a rest while others take over the work. Moving forward accentuates the quadriceps, while moving back emphasizes the hamstrings and glutes.

# DBTC Ride Schedule May 2016

## Spring/Summer Riding Guidelines

**Weather:** No snow, thunder, lightning or rain  
**Clothing:** wear layers and SUNSCREEN!!!!!!  
**Other:** bring water, repair items and a snack

**MTB P2, T2, South Table Mountain THE RIDE:** Meet *Steve Farley* (303-437-5442) to ride to the top of the mesa and then over to the overlook of Coors Brewery and the view of North Table Mountain. We will then head toward the Castle Rock and walk up the rock steps to the top. We'll return past the Colorado State Patrol track. Many trail options are available for the adventurous. **THE TIME:** 10:00AM (WHEELS ROLLING AT THAT TIME! PLEASE ARRIVE ENOUGH EARLIER TO GIVE YOURSELF TIME TO PREPARE FOR THAT START TIME.) **THE DIRECTIONS:** From the intersection of Colfax Avenue and Denver West Marriott Boulevard (to the north) and Colorado Mills Parkway (to the south), go north on Denver West Marriott Boulevard, cross over I-70 and turn left (west) at Denver West Parkway. Find the access road to the parking lot of the Jefferson County Schools Administration Building, 1829 Denver West Drive, Golden, CO 80401 (just west of the Marriott hotel) (according to Google Maps, by turning south (left) from Denver West Parkway onto Denver West Drive). Go to the large open field at the end of the access road and park. **THE FOOD:** Bring tailgate picnic food and beverages to share post-ride. Also bring folding chairs - and tables - if you have them.

**Sunday, May 1st** **INT-H-2-25 +-NE 9:30 AM** Each Sunday until fall meet DBTC riders at Cake Crumbs Bakery and Coffee shop located at 2216 Kearney Street, Denver. These rides will be 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 The rides are coordinated by Doug Schuler, and sometimes are led by other club members. Reminders are announced on Meet Up and Yahoo as well as changing start times. Questions call *Doug* 303-829-5861.

**FUN-H2-20-SW 9:00 AM – Amazing Maze Ride –** Meet *Jeff Messerschmidt* (303-904-0573, leave message) at the Stone House, 2900 S. Estes, Lakewood, and cycle west through Lakewood and Morrison, then south and east through unincorporated South JEFFco.

**Monday, May 2nd** **FUN-H2-18-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 the rear of the restaurant and park towards the rear of the lot. We will ride the Platte River Trail north to the Big Dry Creek Trail to the Highline Canal Trail to the Lee Gulch Trail. The ride is on paved and gravel bike trails. An optional lunch will be at the Platte River Grill.

**Tuesday, May 3rd** **FUN/INT H2-22-SW 10:00 AM** Meet *Row Helman* in the parking lot behind Platte River Bar and Grill on Santa Fe across from Arapahoe Community College for a Bike and Brew ride for Boomers on Bikes (or anyone else who cares to join us!) We will head south to Chatfield State Park and ride to the Marina and back. We will then enjoy lunch and brews on the beautiful patio at the grill.

**FUN/INT-H2/3-20-SW 10:00 AM** Meet *Kathy Stommel* (719-671-5579) at Reynolds Landing for a loop ride starting south on the Platte River Trail to the C470 trail where we will head west with some significant hills before being rewarded with a nice downhill stretch on S. Clarkson St before working our way back to the Platte River Trail, returning to Reynolds Landing. Optional lunch afterwards at Breckenridge Brewery. This is a training ride for Salida Art and Ride Tour participants, however all others are welcome to come along. Reynolds Landing is accessed by turning west off Santa Fe Drive at the traffic light with Brewery Dr, continue past Breckenridge Brewery all the way to the Reynolds Landing parking lot near the Platte River Trail.

**Wednesday, May 4th** **"Roses" H1-20-SE 9:30 AM** Meet *Julie Brown*, 303-988-5941 in the Parking Lot at Bible Park. (From Yale and Monaco, go east and turn south into the parking lot.) This is an out-and-back heading east on the Highline Canal. We will ride to Fairmount Cemetery to view some of the 59 varieties of heritage roses. Bring a snack and money for lunch after the ride. Please arrive early, as we will leave at the designated time.

**FUN-H2-18-SW 10:00 AM** Meet *Kathy Stommel* (719-671-5579) at the Highland Ranch Redstone Park, parking lot off Town Center Dr. between the baseball fields and playground equipment. We will ride a loop of the Highland Canal to Lee's Gulch to Platte River and finally back on C470 trail - so secluded and beautiful you'll forget we're in the city. Highland Canal and Lee's Gulch trail portions of this route are unpaved so hybrid or wider tire bikes are advised. Directions to Redstone Park in Highlands Ranch: From Hwy C470, go south on Santa Fe Drive (Hwy 85); in approx 1.4 miles at second stop light turn left onto Town Center Drive, Redstone Park will on the right and we will meet in the parking area closest to the playground equipment.

**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, May 6th** **FUN/INT -H2-20-NW 5:30 PM** *Jeff Krinsky*. (720-373-9107) BRAND NEW FIRST TIME EXPLORATORY ROUTE!!! Come check out the newest portion of the HWY 36 trail that goes west from Interlocken into Boulder then loop back using some interesting 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.)
- Friday, May 6th** **INT-MostlyH1- 26 + 10:00 AM** Meet *Cyndy Klepinger* at the Cook Rec Center parking lot at Cherry Street (between Monaco and Quebec) for a training ride for those participating in the popular Elephant Rock ride. Also, if you are going on a tour and need a longer training ride, come join us. (303) 725-1565 or [matilda8@msn.com](mailto:matilda8@msn.com) The plan is to ride to Cherry Creek Reservoir, circle one way, then possibly turn around and circle the other way. Pace will be about 15 mph typical cruising speed (not an end of ride average). The Subaru Elephant Rock, June 5, is a popular cycling event in Rocky Mountain Region and is the unofficial start of the Colorado cycling season. For more information on the ride, go to [www.elephantrockride.com](http://www.elephantrockride.com)
- Saturday, May 7th** **FUN-H3-25+ SW Highlands Ranch Mansion Ride 9:00AM** Meet at Target Parking Lot. *Carol Bennett* 720-425-6124. Exit C470 at the Lucent off ramp and drive about half a mile south and turn left into 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. This will be 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 back track 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 maybe some early spring flowers blooming and a few creeks that maybe running as well. The group can decide if they wish to stop at a local eatery after the ride.
- FUN-H1-18-SE 9:00 AM** Meet *Dick Shelton* (720-934-9824) at Treads Bicycle Outfitters, 16701 E Iliff, Aurora 80013, for an easy ride around Cherry Creek State Park.
- MTB P2-3, T2-3, first day of Fruita Spring Trails weekend** THE RIDE: Join *Jeff Baysinger* (303-969-9241) for a ride on Mary's - Horsethief Bench - Steve's Loop. This is about a 14 mile trail system, a favorite for the local area. Follow trails about the cliffs and benches on the north side of the Colorado River before the water drains to Utah. There are only a few T3 obstacles on the trail; most is T2 level. THE TIME: 1:00PM (WHEELS ROLLING! PLEASE ARRIVE EARLY ENOUGH TO START AT THAT TIME.) THE DIRECTIONS: Meet at the Kokopelli Trailhead, located at I-70 exit 15, southwest side. THE FOOD: Group dinner in Fruita in the evening. THE FINE PRINT: Contact Jeff for advance info: 303-969-9241. MORE FINE PRINT: This is day 1 of a 3 day camping weekend (or motel, your choice) exploring trails around Fruita.
- Sunday, May 8th** **FUN/INT-H-2-30+ 9:00 AM** Meet *Tom Hurja* behind Beau Jo's, Idaho Springs to Georgetown/Bakerville/Loveland.
- INT-H-2-25 +-NE 9:30 AM** Each Sunday until fall meet DBTC riders at Cake Crumbs Bakery and Coffee shop located at 2216 Kearney Street, Denver. These rides will be 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 The rides are coordinated by Doug Schuler, and sometimes are led by other club members. Reminders are announced on Meet Up and Yahoo as well as changing start times. Questions call *Doug* 303-829-5861.
- MTB P3, T3, second day of Fruita Spring Trails weekend** THE RIDE: On Sunday, ride the Western Rim trail. Enjoy spectacular scenery and thrills while riding along the sandstone vertical cliff ledges that overlook the Colorado River. The trail actually goes into Utah and is a scenic parallel to the Kokopelli Trail. Total loop distance is around 18 miles. THE TIME: 10:30AM (WHEELS ROLLING! PLEASE ARRIVE EARLY ENOUGH TO START AT THAT TIME.) THE DIRECTIONS: Meet at the trailhead located at I-70 exit 2, south side. Follow the road south from the interstate, go left at first intersection, and the trailhead is seen nearby. THE FINE PRINT: Contact Jeff for advance info: 303-969-9241. MORE FINE PRINT: This is day 2 of a 3 day camping weekend (or motel, your choice) exploring trails around Fruita. AND MORE FINE PRINT: Bring LOTS of water - at least two bottles.
- Monday, May 9th** **FUN-H1-23-NW 9:00 AM** Meet *Wayne Tomasello* (720-854-8767) at Cuernavaca Park for a ride on the Cherry Creek Trail to the Highline Canal and back. The ride is on paved bike paths. An optional lunch will be at McLoughlin's.
- MTB P2-3, T1-4, third day of Fruita Spring Trails weekend** THE RIDE: On Monday, ride in the Bookcliffs - Road 18 area. There is a nice variety of trails to choose from this morning. Trails can be easy to steep! THE TIME: 10:30AM (WHEELS ROLLING! PLEASE ARRIVE EARLY ENOUGH TO START AT THAT TIME.) THE DIRECTIONS: Either gather in town by Over the Edge bike shop at 10:00AM or meet at the Road 18 trailhead at 10:30AM. THE FINE PRINT: Contact Jeff for advance info: 303-969-9241. MORE FINE PRINT: This is day 3 of a 3 day camping weekend (or motel, your choice) exploring trails around Fruita.

- Tuesday, May 10th** **INT- H3toH4-31-SW 9:30 AM** Meet *Row Helman* in the parking lot behind the Breckenridge Brewery on Santa Fe and Brewery Blvd. for a Bike and Brew ride for Boomers on Bikes (or anyone else who cares to join us!) We will head south to Chatfield State Park and then ride up to the top of Deer Creek Canyon Road and back. We will then enjoy lunch and brews at the Breckenridge Brewery. This ride has a steady hill climb with over 2000 feet of climbing. Come and ride as much or as little of the ride as you like.
- Wednesday, May 11th** **"Roses" H2 15 SE 9:30 AM** Meet *Judy or Harold Deist* (303-841-4792, Cell 303-906-4305) at the south side of the Walmart parking lot off Aurora Parkway and Commons, which is in the Southlands shopping mall north of Smokey Hill road and west of Aurora Parkway in Aurora. Walmart is just north of Sams Club. From Parker Road, take E. Quincy east to Smoky Hill Road which is 2 blocks east of Parker Road. Stay in the far right lane of E. Quincy and turn right onto Smoky Hill road for about 6 miles. Go past E-470 about half a mile and turn left (North) on S. Aurora Parkway. Take the second left onto E. Commons Avenue and the Walmart is on your right (North). Stay in the parking lot close to E. Commons Ave and Sam's Club which is on the left (South) side of E. Commons and Walmart. from E-470 get off at Smoky Hill exit and go East to S Aurora Parkway. Also you can go south on S. Gun Club road that turns into S. Aurora Parkway. We will ride around the Aurora reservoir and more. For a shorter option, meet at the announced meeting place, ask for directions to meet the group after avoiding some hill climbing. Bring a snack, and money for a restaurant lunch after the ride
- FUN-H2-25-NW 9:00 AM** Meet *Merri Bruntz* (303-517-9781) at Prospect Park (44th & Robb St.) for a ride west on the Clear Creek Trail to Easley Road. We will ride to the Ralston Creek Trail and ride its entire length connecting to the Clear Creek Trail west back to Prospect Park.
- 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, May 12th** **FUN-H1-24-NE 10:00 AM** Meet *Helen Berkman* (720-355-5687) at Central Park Rec Center (MLK Blvd at Clinton St.) for a ride to Cook Park via Stapleton and Lowry neighborhoods and bike trails. If it's nice weather, put some drinks in your car and I'll pick up some sandwiches for a tailgate or patio picnic afterwards. If not, we'll hop over to Mici's on Central Park Blvd for an inside lunch (optional). Reminders or any changes in start time etc. are announced on Meetup.
- Saturday, May 14th** **FUN-H1-16-SW-10:30 AM** Meet *Lin Hark* (303-578-9369) at River Point Target 3650 Riverpoint Pkwy, Sheridan, CO 80110 in the west parking area away from the store entrance. We will ride from the Bear Creek/South Platte River Confluence to Mile High Sports Authority Field along the South Platte River Trail to the Primal Colorado Bike Expo. Lin will be volunteering at the Primal Colorado Bike Expo and will designate someone to lead the group back after cruising the event. Bring a lock, a snack and money in case you find something to buy. Please contact Cyndy Klepinger [matilda8@earthlink.net](mailto:matilda8@earthlink.net) if you can volunteer at the DBTC TENT.
- FUN/INT - H3 - 50K (31 miles) – NW 9:00 AM** Meet *Jeff Krinsky*, 720-373-9107 at Prospect Park (by the picnic shelter) for an exciting Half Metric Century ride to the scenic Golden Circle and over the challenging Arvada Reservoir! We will then return on the Ralston Creek and Clear Creek Loop. All survivors will be rewarded with a huge sense of accomplishment!
- Sunday, May 15th** **FUN-H1-15-20-NW-10AM** Meet *Wes and Dianne Chowen* at City of Cuernavaca Park for a ride on the Platte and Sand Creek trails and some streets to explore the construction of the North Commuter Line, and what will be the longest bridge in Colorado. Optional lunch afterwards.
- INT-H-2-25 +-NE 9:30 AM** Each Sunday until fall meet DBTC riders at Cake Crumbs Bakery and Coffee shop located at 2216 Kearney Street, Denver. These rides will be 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 The rides are coordinated by Doug Schuler, and sometimes are led by other club members. Reminders are announced on Meet Up and Yahoo as well as changing start times. Questions call *Doug* 303-829-5861.
- MTB P2-3, T2-3, Falcon Trail at the US Air Force Academy** THE RIDE: Join *Bob Kochevar* (303-870-6833) on this fun, roughly 13.5 mile, dirt, 95% single track loop trail which tours the grounds of the US Air Force Academy. Rebuilt about ten years ago, the well-marked trail boasts long climbs, fun, flowy single track downhills and beautiful views as it crosses rolling high prairie and low mountain woodland terrain. There are both exposed plateau and shaded forest sections. A few stream crossings and couple of short, moderately technical sections add interest, although one potential hike-a-bike section can be avoided by a 0.2 mile easier detour. The first part of the trail generally climbs to the high point on the west side of the Academy grounds, about 1,400 feet above the start of the loop. From there, the rest of the loop is mostly downhill, with a few climbs to keep you honest, back to where you started. THE TIME: 11:00AM (WHEELS ROLLING! PLEASE ARRIVE EARLY ENOUGH TO START AT THAT TIME.) THE DIRECTIONS: Take I-25 south to exit 156B (Air Force Academy, North Gate); drive west on Northgate Blvd. approximately 1 mile; bear left onto Stadium Blvd.; drive south on Stadium Blvd. for about 1.3 miles; turn right onto Academy Drive and go west for about 0.5 miles; bear right into the Falcon Trail parking lot. The trailhead is at the west end of the parking lot. THE FOOD: Following the ride, we will have lunch at a local brew pub on the north side of

Colorado Springs or in Monument. 3 THE FINE PRINT: PLEASE NOTE WELL that a GOVERNMENT-ISSUED PHOTO ID will be REQUIRED of each person entering the Academy grounds. In addition, cars may be randomly checked. MORE FINE PRINT: Further details on the Falcon Trail Loop, including a ride profile, can be found on the MTBProject app. And/or google "USAF Trails Map" for a PDF map.

**Monday, May 16th** **FUN-H1-22-SE 9:00 AM** Meet *Wayne Tomasello* (720-854-8767) at DeKoevend Park on University Blvd for a ride on the Highline Canal through Greenwood Village and Cherry Hills Village. The ride is on a gravel bike path. An optional lunch after the ride is at Shanghai Gardens.

**Tuesday, May 17th** **INT-H3toH4-38-SW 9:00 AM** Meet *Row Helman* 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.

**Wednesday, May 18th** **"Roses" H1-12 SW 9:30 AM** Meet *Jean Stevenson*, 303-699-5135 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. Waterton Canyon has been closed for some time, but is scheduled to open before this ride. In case opening is delayed, parking lot closed, go to the Audobon Lot, just N of the Waterton lot, at 11280 Waterton Rd, and we will ride from there into Chatfield State Park.

**FUN/INT-H2to3-20-SW 10:00 AM** Meet *Patty Gaspar* at the Sheridan High School Parking lot near Federal and Oxford. We'll head toward the used-to-be upscale Bow Mar area and go to Bowles Lake, Grant Ranch to Wadsworth and back to Sheridan High School. Some hills and lots of ups and downs, some beautiful quiet streets and pleasant bike paths. They always have beautiful spring flowers. I've added a great downhill to this route (we'll ignore that we have to come back). Lunch is afterwards.

**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, May 19th** **INT-H2- 26 + 10:00 AM** Meet *Cyndy Klepinger* at the Cook Rec Center parking lot at Cherry Street (between Monaco and Quebec) for a training ride for those participating in the popular Elephant Rock ride. Also, if you are going on a tour and need a longer training ride, come join us. (303) 725-1565 or [matilda8@msn.com](mailto:matilda8@msn.com) The plan is to ride to Cherry Creek Reservoir, circle one way, then possibly turn around and circle the other way. Pace will be about 15 mph typical cruising speed (not an end of ride average). The Subaru Elephant Rock, June 5, is a popular cycling event in Rocky Mountain Region and is the unofficial start of the Colorado cycling season. For more information on the ride, go to [www.elephantrockride.com](http://www.elephantrockride.com). If you are doing the ride and haven't registered, contact Cyndy for a discount code.

**FUN-H1-16-SE 6:00 PM– Peak-to-Peak** Join *Dick Shelton* (720-934-9824) at Treads Bicycle Outfitters, 16701 East Iliff 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](http://www.peaktopeaktaproom.com).

**Saturday, May 21st** **FUN-H2-23-SW 9:00 AM** Meet *Tom Hurja* (303-903-4449) at Bear Valley McDonalds for a ride on Streets and Paths to Chatfield Reservoir. Check out the herons and other birds. Options to the marina. Lunch afterward at New Happy Chinese if you please.

**FUN -H2-24-NW 9:00 AM** Meet *Jeff Krinsky* (720-373-9107) for an exciting ride full of unexpected twists, turns, and surprises! We will meet at the parking lot WEST of the baseball diamonds in Westminster City Park . (Directions: From US36 and Church Ranch Blvd/104th Ave. exit, east on 104th about 1/2 mile to the first left after the Westminster Blvd light, then go LEFT again into the parking lot. The address for the park is 10455 Sheridan Blvd but note again that we are meeting WEST of the buildings and baseball fields.) This ride takes us through the Westminster, Northglenn and Thornton area, including the Farmer's Highline Canal , Lee Lateral, and Grange Hall Creek trails. Optional lunch is after the ride at a nearby restaurant.

**Sunday, May 22nd** **FUN-H2-22-SW 9:30 AM** Meet *Bob Shedd* (720-290-6014) at the RTD Littleton Downtown Station, in the northwest quadrant of the parking lot located at Alamo Avenue & Prince Street. Ride will go south and west on "secret" bike paths (all fully paved) that Bob has scouted in the Columbine and Ken Caryl areas. Optional lunch afterward at Merle's Restaurant on Main Street, within 3 blocks of the starting location.

**INT-H2-25 +-NE 9:30 AM** Each Sunday until fall meet DBTC riders at Cake Crumbs Bakery and Coffee shop located at 2216 Kearney Street, Denver. These rides will be 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 The rides are coordinated by

Doug Schuler, and sometimes are led by other club members. Reminders are announced on Meet Up and Yahoo as well as changing start times. Questions call *Doug* 303-829-5861.

**MTB P2, T2, North Fork Trail** THE RIDE: This ride starts at the main Reynolds Park parking area and goes south about 10 miles to the South Platte Hotel. This is a shuttle ride. There is 1,800 feet of fairly easy climbing and lots of wonderful downhill in the north to south direction. We will walk the first ¼ mile of very steep trail. The ride leader is *Dick Plastino* (303-988-5359). THE TIME: 10:30AM (Note that, because of the shuttle, this is NOT a wheels rolling time, but rather the time the shuttling will begin. Therefore please still arrive early enough to have yourself and your bike ready to go at 10:30AM, because that is when the shuttling will begin, with the ride to commence just as soon as the shuttling is completed.) THE DIRECTIONS: Take Hwy. 285 to the west side of Conifer and continue past the interchange that is signed "Conifer Town Center Parkway." About 1.0 miles past that interchange, look for a sign that says "Kennedy Gulch/Foxton Road." Turn right there, go to the stop sign and turn left onto Foxton Road. Go about 5 miles to the main Reynolds Park parking lot on your right. It is hard to see from the road, so look for a pedestrian crossing sign. There is one entrance before the sign and one after. (These are directions for those who want to ride one way north to south and use a shuttle arrangement. Dick strongly recommends the one way ride. He will be there to organize the shuttle of cars.) THE FOOD: Bring tables, chairs and food for a parking lot picnic at the main Reynolds Park parking lot. THE FINE PRINT: For those who would prefer a non-shuttle, RIDE OPTION (from hell): Continue past the parking lot for 3 miles to a stop sign. Turn left and follow the Platte River for about 5.74 miles to the South Platte Hotel and park on the left side of the road across from the hotel. The trailhead is across from the hotel. You'll grunt your way up over 3,000 feet of vertical and then turn around and come back. Ugh! (N.B.: All editorializing about the ride option is that of the ride leader and does not necessarily represent the opinion of the DBTC.)

- Monday, May 23rd** **FUN-H1-25-SE 9:00AM** Meet *Wayne Tomasello* (720-854-8767) at the parking lot of Famous Dave's 15725 E. Briarwood Cir., Aurora in the Cornerstar Shopping Center near the intersection of S. Parker Rd. and E. Arapahoe Rd. We will ride to the Cherry Creek Reservoir and back. An optional lunch will be at Famous Dave's.
- Tuesday, May 24th** **FUN – H2–20 - Downtown 5:30 PM** Meet *Jeff Krinsky* (720-373-9107) for this Dog Days of Spring Sunset Ride. 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 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, May 25th** **FUN-H3-22-NW 9:00 AM** Meet *Merri Bruntz* (303-517-9781) at Prospect Park (44th & Robb St.) for a ride west along the Clear Creek Trail to Easley Rd to the Arvada Reservoir. We will ride a loop over the reservoir and back to the start via the same route.
- "Roses" H1-20-SE 9:30 AM** Meet *Anne Layshock*, 303-771-6353, at Cottonwood Trailhead So side of Cottonwood, between Jordan Rd. and Parker Rd. for a ride along the Cherry Creek Trail to the Pinery and return. Bring a snack, and money for an optional lunch at Chipotle's following the ride. Since this ride is out and back, there is opportunity for a shorter ride for anyone wishing that option.
- 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.
- Wednesday May 25 INT H2-H3 40 10:00AM** Meet *Darrell and Jean Deering* (303-697-6126) in Sedalia and ride to Larkspur. This will be "Tandem Speed" slower going uphill and slightly faster downhill. Drive south on Sante Fe to Hwy 67 to Sedalia. Heading west on Hwy 67 thru town we will park next to the rail road tracks on the right. We will ride on Hwy 105 to Fox Farm Rd. into Larkspur have lunch in town and head back on Perry Park Rd. / Hwy 105.
- Thursday, May 26th** **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](http://www.peaktopeaktaproom.com).
- Saturday, May 28th** **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 new routed bike path that hooks up with the Cherry Creek Trail and take it to Parker. We will lock up our bikes and have a light snack at the frozen yogurt and cafe on Main St Parker. This ride will be at a slow, 11-13 mph fun pace.
- Sunday, May 29th** **FUN/INT-H2to3-30-W 9:00 AM** Meet *Lily Schumann* 303 463 0117 at Idaho Springs, second 1-70 exit, parking lot behind Beau Jo's; ride to Georgetown and back. Stop at Eat Cake for coffee/pastries in Georgetown, and/or lunch in Idaho Springs afterwards (Smoking Yard). Bring warm clothes and rain gear.



**INT-H-2-25 +-NE 9:30 AM** Each Sunday until fall meet DBTC riders at Cake Crumbs Bakery and Coffee shop located at 2216 Kearney Street, Denver. These rides will be 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 The rides are coordinated by Doug Schuler, and sometimes are led by other club members. Reminders are announced on Meet Up and Yahoo as well as changing start times. Questions call *Doug* 303-829-5861.

**MTB P2-3, T1-3, Marshall Mesa and Doudy Draw** THE RIDE: Start your Memorial Day weekend right! Enjoy trails that are part of the fabulous Boulder Greenbelt. The ride today will follow Community Ditch trail east, then climb southward onto the mesa, cross Hwy. 93, explore the trails of Doudy Draw and finally return via the new underpass of Hwy. 93. The ride leader is Jeff Baysinger (303-969-9241). THE TIME: 10:30 AM (WHEELS ROLLING! PLEASE ARRIVE EARLY ENOUGH TO START AT THAT TIME.) THE DIRECTIONS: Meet at the trailhead at the intersection of Hwys. 93 and 170 (Marshall Road). Park on the northeast side of the intersection. THE FOOD: Afterward, enjoy a burger and cold brew at Southern Sun Brewpub in Boulder.

**Monday,  
May 30th**

**MEMORIAL DAY FUN-H2-30-SW 8:00 AM** Meet *Gaar Potter* (303-691-0938) at the Stone House (2900 S. Estes Street, Lakewood, CO 80227, Just South of Yale, about a mile West of Wadsworth) for a ride to Chatfield Dam via Bear CK – Platt trails returning DIRECTLY THROUGH THE W. LITTLETON MAZE. Never culled a sac like this! – make sure your affairs are in order.

**Below is a ride already scheduled for June.**

**More will be listed in the June schedule, but this is just to let you plan a bit ahead.**

**Thursday,  
June 2nd**

**FUN-H1-16-SE-6:00 PM – Peak-to-Peak** Join *Dick Shelton* (720-934-9824) at Treads Bicycle Outfitters, 16701 East Iliff 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](http://www.peaktopeaktaproom.com).

### 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](http://www.arapahoecyclery.com)

ARVADA BICYCLE COMPANY  
6595 WADSWORTH BLVD  
ARVADA CO 80003  
303-420-3854  
[www.arvadabike.com](http://www.arvadabike.com)

BIG KAHUNA BICYCLES  
8246 W BOWLES AVE UNIT J  
LITTLETON CO 80123  
720-981-5199  
[www.bigkahunabicycles.com/site/intro.cfm](http://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](http://www.bikesourcedenver.com)

BIKESOURCE #8  
2690 E COUNTY LINE RD  
LITTLETON CO 80126  
303-221-4840  
[www.bikesourcedenver.com](http://www.bikesourcedenver.com)

CAMPUS CYCLES  
2102 S WASHINGTON ST  
DENVER CO 80210  
303-698-2811  
[www.campuscycles.com](http://www.campuscycles.com)

DERBY BICYCLE CENTER  
410 E 104TH AVE  
THORNTON CO 80233  
303-288-4100  
[www.derbybicyclecenter.com](http://www.derbybicyclecenter.com)

ELEVATIONS  
2030 E COUNTY LINE RD  
LITTLETON CO 80126  
303-730-8038  
[www.bicycledpedalr.com/](http://www.bicycledpedalr.com/)

FOOTHILLS CYCLING  
4990 KIPLING PKWY  
SUITE B-7  
WHEAT RIDGE CO 80033  
303-420-0815  
[www.foothillscycling.net](http://www.foothillscycling.net)

GOLDEN BEAR BIKES  
290 NICKEL ST SUITE 100  
BROOMFIELD CO 80020  
303-469-7273  
[www.goldenbearbikes.com](http://www.goldenbearbikes.com)

GOLDEN BIKE SHOP  
722 WASHINGTON AVE  
GOLDEN CO 80401  
303-278-6545  
[www.goldenbikeshop.com](http://www.goldenbikeshop.com)

GREEN MOUNTAIN SPORTS  
12364 W ALAMEDA AVE  
LAKEWOOD CO 80228  
303-987-8758  
[www.greenmountainsports.com](http://www.greenmountainsports.com)

PEAK CYCLES  
1224 WASHINGTON ST  
STE 145  
GOLDEN CO 80401  
303-216-1616  
[www.bikeparts.com](http://www.bikeparts.com)

SCHWAB CYCLES  
1565 PIERCE ST  
LAKEWOOD CO 80214  
303-238-0243  
[www.schwabcycles.com](http://www.schwabcycles.com)  
No discount on Shimano and Campagnolo

SPORTS PLUS  
1055 S GAYLORD ST  
DENVER CO 80209  
303-777-6613  
[www.sportsplusdenver.com](http://www.sportsplusdenver.com)

TREADS BICYCLE OUTFITTERS  
16701 E ILIFF AVE  
AURORA CO 80013  
303-750-1671  
[www.treads.com](http://www.treads.com)

TREADS BICYCLE OUTFITTERS  
3234 S WADSWORTH BLVD  
LAKEWOOD CO 80227  
303-781-1162  
[www.treads.com](http://www.treads.com)

TREADS BICYCLE OUTFITTERS  
269 E BRIDGE AVE BRIGHTON,  
CO, 80601  
720-263-3360  
[www.treads.com](http://www.treads.com)

TREADS BICYCLE OUTFITTERS  
10831 S CROSSROADS DR  
PARKER, CO, 80134  
303-690-2900  
[www.treads.com](http://www.treads.com)

# 2016 Advance Planning Calendar

- May 9  
**Mission to Ride**  
[www.missiontoride.com/](http://www.missiontoride.com/)  
Montrose, CO
- May 21  
**Ride for the Pass**  
[www.independencepass.org/ride/](http://www.independencepass.org/ride/)  
Aspen, CO
- May 22  
**Community Classic Bike Tour**  
[www.McKeefoundation.com](http://www.McKeefoundation.com)  
Loveland, CO
- May 22  
**Santa Fe Century**  
[www.santafecentury.com](http://www.santafecentury.com)  
Santa Fe, NM
- May 28-30  
**Iron Horse Bicycle Classic**  
[www.ironhorsebicycleclassic.com](http://www.ironhorsebicycleclassic.com)  
Durango, CO
- June 4  
**Buena Vista Bike Fest**  
[www.bvbf.org](http://www.bvbf.org)  
Buena Vista, CO
- June 5  
**Elephant Rock Ride**  
[www.elephantrockride.com](http://www.elephantrockride.com)  
Castle Rock, CO
- June 11  
**Mountain Top Experience Ride**  
[www.mountaintopcyclingclub.com/experience-ride/](http://www.mountaintopcyclingclub.com/experience-ride/)  
Florissant, CO
- June 11  
**Pedaling 4 Parkinson's**  
[www.pedaling4parkinsons.org/](http://www.pedaling4parkinsons.org/)  
Glendale, CO
- June 11  
**COCO Century**  
[www.arkvalleyhospice.org/9.html](http://www.arkvalleyhospice.org/9.html)  
La Junta, CO
- June 11-13  
**Death Ride Tour**  
[www.deathridetour.com/](http://www.deathridetour.com/)  
Silverton, CO
- June 11-17  
**Ride the Rockies**  
[www.ridetherockies.com](http://www.ridetherockies.com)  
Carbondale to Ft Collins
- June 18  
**Starlight Spectacular**  
[www.starlightspectacular.org](http://www.starlightspectacular.org)  
Colorado Springs, CO
- June 18  
**The Denver Century Ride**  
[www.denvercenturyride.com](http://www.denvercenturyride.com)  
Denver, CO
- June 19-25  
**Bicycle Tour of Colorado**  
[www.bicycletourcolorado.com](http://www.bicycletourcolorado.com)  
Montrose–Telluride loop
- June 22  
**Bike to Work Day**  
[www.drcog.org](http://www.drcog.org)  
Denver Metro area
- June 25-26  
**MS 150 Bike Tour**  
[www.bikecoc.nationalms-society.org/site/TR?frid=27037&pg=entry](http://www.bikecoc.nationalms-society.org/site/TR?frid=27037&pg=entry)  
Westminster, CO
- July 26  
**Colorado-Eagle River Ride**  
[www.vailvelo.com](http://www.vailvelo.com)  
Avon, CO
- July  
**Moonlight Classic**  
[www.moonlight-classic.com](http://www.moonlight-classic.com)  
Denver, CO
- July 9-10  
**Triple Bypass**  
[www.teamevergreen.org](http://www.teamevergreen.org)  
Evergreen, CO
- July 16  
**Breck 100 Mountain Bike Challenge**  
[www.warriorcycling.com/races/breckenridge-100/](http://www.warriorcycling.com/races/breckenridge-100/)  
Breckenridge, CO
- July 17-22  
**Tour de Wyoming**  
[www.cyclewyoming.org](http://www.cyclewyoming.org)  
Sheridan, WY
- July 23-24  
**Courage Classic**  
[www.couragetours.com](http://www.couragetours.com)  
Copper Mountain, CO
- July 23  
**Tour De Steamboat**  
[www.tourdesteamboat.com/Steamboat](http://www.tourdesteamboat.com/Steamboat) Springs, CO
- July 23  
**Bob Cook Memorial Mt Evans Hill Climb**  
[www.bicyclerace.com/](http://www.bicyclerace.com/)  
Idaho Springs, CO
- July 24-30  
**RAGBRAI**  
[www.ragbrai.org](http://www.ragbrai.org)  
Glenwood, IA
- May 14  
**Symphony Cycle**  
<http://symphonycycle.org/>  
Waterloo, IA
- July 30  
**Grin & Barrett Black Canyon Butt kicker**  
[www.atech1.com/gbbiketour/](http://www.atech1.com/gbbiketour/)  
Montrose, CO
- July 31-Aug 6  
**Colorado Rocky Mountain Bike Tour**  
[www.crmbt.com](http://www.crmbt.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/](http://www.candisc.net/)  
Garrison, ND
- August 6  
**Stonewall Century Ride**  
[www.spcycling.org](http://www.spcycling.org)  
La Veta, CO
- August 13  
**Red Rocks Gran Fondo**  
[www.redrocksggranfondo.com/](http://www.redrocksggranfondo.com/)  
Morrison, CO
- August 13  
**Vuelta a Keystone**  
[www.vueltakeystone.com](http://www.vueltakeystone.com)  
Keystone Village, CO
- August 16  
**Circle the Summit (aka Bob Guthrie Memorial Ride)**  
[www.Circlethesummit.com](http://www.Circlethesummit.com)  
Frisco, CO
- August 16  
**Copper Triangle Alpine Classic**  
[www.coppertriangle.com](http://www.coppertriangle.com)  
Copper Mountain, CO
- August 16  
**Tour de Cure**  
[www.diabetes.org](http://www.diabetes.org)  
Longmont, CO
- August 27  
**Cycle for Life**  
[www.fightcfcff.org/site/TR/Cycle/22\\_Colorado\\_Denver?frid=5334&pg=entry](http://www.fightcfcff.org/site/TR/Cycle/22_Colorado_Denver?frid=5334&pg=entry)  
Highlands Ranch, CO
- August 27  
**Venus de Miles**  
[www.venusdemiles.com](http://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/Document\\_View.aspx?DID=3562](http://www.cheyennecity.org/Document_View.aspx?DID=3562)  
Cheyenne, WY
- September, TBD  
**Durango Fall Blaze**  
[www.durangofallblaze.com](http://www.durangofallblaze.com)  
Durango, CO
- September 4  
**West Elk Bicycle Classic**  
[www.westelkbicycleclassic.com/](http://www.westelkbicycleclassic.com/)  
Gunnison, CO
- September 11  
**Buffalo Bicycle Classic**  
[www.buffalobicycleclassic.com](http://www.buffalobicycleclassic.com)  
Boulder, CO
- September 11  
**Wacky Bike Ride**  
[www.wackybikeride.com/](http://www.wackybikeride.com/)  
Highlands Ranch, CO
- September 16-18  
**Mickelson Trail Trek**  
[www.MickelsonTrail.com](http://www.MickelsonTrail.com)  
Custer, SD
- September 16-18  
**Pedal the Plains**  
[www.pedaltheplains.com](http://www.pedaltheplains.com)  
TBD
- September 17  
**Tour of the Vineyards**  
[www.tourdevineyards.com](http://www.tourdevineyards.com)  
Palisade, CO
- September 24  
**Bike & Brews**  
[www.bikesandbrews.org](http://www.bikesandbrews.org)  
Cañon City, CO
- September 24  
**Mountains to the Desert**  
[www.m2dbikeride.com](http://www.m2dbikeride.com)  
Telluride, CO
- September 24  
**Tour de Cure**  
[www.diabetes.org](http://www.diabetes.org)  
Woodland Park, CO
- September 27  
**Tour de Cure**  
[www.diabetes.org](http://www.diabetes.org)  
Colorado Springs Area
- October, TBD  
**Santa Fe Gourmet Classic**  
[www.santafegourmetclassic.com](http://www.santafegourmetclassic.com)  
Santa Fe, NM
- October 1  
**Moab Century Tour**  
[www.skinnytirefestival.com](http://www.skinnytirefestival.com)  
Moab, UT
- October 1  
**Tour of the Moon**  
[www.tourofthemoon.com](http://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](http://www.kansascyclist.com/events/Colorado_Calendar.html)