



The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

AUGUST 2017

IT IS GOING TO BE A WILD RIDE!

Team DBTC is a featured team with Pedal the Plains, a three-day supported bike tour in Northeast Colorado on September 15-17.

This tour will take riders on a 177-mile adventure highlighting three unique and quaint communities in Weld and Morgan Counties: Kersey, Keenesburg and Brush. Experience the rolling hills, majestic bluffs and native grasslands of our state's eastern plains.

Highlights of this tour are scheduled to include the Wild Animal Sanctuary, Auer Bird Valley Hunting Preserve, Cooksey Farm, Bijou's Canals & Reservoirs, 70 Ranch and Chapin Dairy.

We will plan some training rides in late August and early September.

Even though you will be part of the DBTC team, you can ride your own pace, and either camp or make other lodging arrangements. There will be some team activities during the three-day ride, such as a group social hour. The tour is all about having a "wild" time while enjoying the outstanding rest stops and catered lunches on the route!

[Find out more about Pedal the Plains here.](#) To join our team, go to the [registration page](#), select "Join a Team", then

select Team DBTC and then you will be walked through the rest of the registration.

If you have questions, contact Cyndy Klepinger @ president@dbtc.org. (NOTE: She won't be responding to emails or phone calls until after August 18.)



INSIDE...			
Club News from the President	p. 2	2-Week Tour Options with SFS	p. 4
New Information Coordinator		Salida Tour Report	p. 5
& Thanks to Cindy Ferry	p. 3	2017 Advance Planning Calendar	p. 10
		August Ride Schedule	p. 12-16

DBTC's Officers

President Cyndy Klepinger president@dbtc.org	303-725-1565
Vice President Scott Houchin vicepresident@dbtc.org	303-321-3863
Secretary Dick Shelton secretary@dbtc.org	720-934-9824
Treasurer Steve Thomas treasurer@dbtc.org	303-419-2531
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Helen Berkman h.berkman@comcast.net	720-355-5687
Lin Hark mtnlin08@gmail.com	303-578-9369
Jeff Krinsky jkrinsky2003@yahoo.com	720-373-9107
Linda Wheeler 528tiernan@gmail.com	419-973-8282
Clark Wilson clarkwilson@gmail.com	303-495-0671

Directors and Staff

Director of Ride Activities Patty Gaspar RideCoordinator@dbtc.org	303-989-8268
Out of Town Tour Director Kathy Stommel OutOfTownTours@dbtc.org	719-671-5579
MTB Coordinator	OPEN
Fun Ride Coordinator North Jeff Krinsky jkrinsky2003@yahoo.com	720-373-9107
Fun Ride Coordinator South Ellen Fitzpatrick FunRideSouth@dbtc.org	303-756-2517
Road Ride Coordinator	OPEN
roadrides@dbtc.org	
Intermediate Ride Coordinator Jeff Krinsky jkrinsky2003@yahoo.com	720-373-9107
Weekday Fun/Int Ride Coordinator Merri Bruntz bruntzm@gmail.com	303-517-9781
"Roses" Ride Coordinator Lin Hark mtnlin08@gmail.com	303-578-9369
Information Coordinator Ellen Chilikas info@dbtc.org	
Membership Database/Webmaster Jeff Krinsky webmaster@dbtc.org	720-373-9107
Communications Director	OPEN
Map Sales (wholesale) Doug Schuler Mapsales@dbtc.org	303-829-5861

Board Meetings

Any member wishing to attend a board meeting is welcome. The DBTC board meets the second Monday of each month at 6 p.m. at Perkin's Restaurant (1995 S. Colorado Blvd., Denver). If you wish to address the board, contact the president at president@dbtc.org or call 303-725-1565 so that your topic can be placed on the agenda.

The President's Page

Cyndy Klepinger

We all have an opinion about the cycling career of Lance Armstrong, but you can't but help but like one of his quotes he shared in 2001 after winning the Tour de France, "Chasing records doesn't keep me on my bike. Happiness does."

And with end of summer rapidly approaching, I hope you have had a "happy" summer cycling. Hopefully, you have had the opportunity to join one of DBTC's many rides. But there can be more rides if you volunteer to lead one! We all know that there's plenty of riding to come.

Do you have a favorite ride or two? If you do, why not think about sharing it by leading a ride. For more information on becoming a ride leader, contact Ride Coordinator Patty Gaspar, ridecoordinator@dbtc.org.

If you don't want to lead a ride, why not think about other volunteer opportunities, such as serving on the Board, coordinating the club's outreach events, helping with financial records or managing the communications program. Information on these volunteer activities can be found on page 6.

It is the volunteers and their enthusiasm who make the club what it is, so think about joining us to make our club even better.



Definitions of a cycling addict:

You take your bike along when buying a car to make sure your bike will fit.

You drive farther to the start of a ride than the distance of the ride.

You spend more on your jerseys than your dress shirts.

"If it's not the serial killers then it's the bears. If it's not the bears then it's the weather. There are just too many fears to keep track of. It's easier to stop fearing them."

— endurance cyclist Lael Wilcox

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.

BIKE TO WORK DAY ANOTHER SUCCESS

Denver's Civic Center Park was the central hub for Bike to Work Day on June 28, 2017, and DBTC volunteers were there handing out information and answering questions about the club. Denver's Bike to Work Day is the second largest in the nation, and organizers estimated that more than 34,000 people biked to work in metro Denver that day. The annual event featured about 250 stations for cyclists to stop at on their way to work.



Thank you to the volunteers who helped: Doug Schuler, Lin Hark, Patty Gaspar, Jeff Krinsky, Richard Gieseler; Linda Wheeler, and Judy Schure. And another thank you to all DBTC members who stopped by to say Hello!

CHILIKAS NAMED NEW INFORMATION COORDINATOR

After 10 years, DBTC Information Coordinator Cindy Ferry decided to let another person respond to the various requests received through the club's website. Ellen Chilikas is the new coordinator.



According to Cindy, Ellen will have some interesting requests, such as the one she received from a company asking for some male extras to be in a commercial, but the models could not be athletic-looking! Others include product information, upcoming rides, area cycling updates, etc.

Cindy, like Ellen, is a volunteer ride leader, and both have served on the Board in the past.

Ellen was the Out-of-Town-Tour Coordinator for about 10 years, and has been involved in the club since 1996 when she moved back to Colorado from Alaska. But more importantly, Ellen has recently retired and is excited about her future!

Thank you, Cindy! And welcome, Ellen!

Ellen's favorite ride

Riding up through Ken Caryl ranch is great, as is any ride with a brewery stop.

Cindy's favorite ride

Prospect Park to Van Bibber, through Arvada on Simms, to Little Dry Creek trail, back to Clear Creek and back to Prospect Park.

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

SALIDA: "Rockin" and "Rollin"

By Patsy Venema



Hot Springs. At the springs, we soaked in the pools at the foot of the lovely Collegiate Range and then enjoyed a lunch in the restaurant. After a little rest back in Salida, many chose a downtown dinner spot followed by a concert in the park in the balmy evening and the peaking Arkansas River rushing by provided additional atmosphere. Eight members of our group participated in the wine glass painting event complete with free wine tasting and plenty of hor d'oeuvres.

Summitting Poncha Pass was our goal for day three, and about half of our group shared the rewarding valley and mountains views from this 9,010 foot summit. Joe was there to cheer us up the final pitch and provide photo evidence of our successes. A delicious dinner at Grimo's Italian Restaurant in Poncha Springs



Traveling with your bike this season?

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



In late June, Kathy and Joe Stommel led 21 mostly senior, but young of heart club members on a four-day cycling-plus adventure in Colorado's Arkansas Valley. The PLUS is that you don't just cycle with Joe and Kathy; you see and learn about what's happening in the area.

It began in Leadville with a picnic lunch at Ice Palace Park. This historic landmark made a good start point to cycle the Mineral Belt Trail. The 12-mile loop skirts Leadville and features interpretive signs and artifacts describing the life of miners who struggled to succeed at 10,000 feet elevation. Scenic vistas and colorful wildflowers were a bonus.

In route to Salida, we stopped for mid-afternoon snacks at the Jumpin Good Goat Cheese Farm. Their friendly staff offers samples and a surprising variety of cheeses to buy. Kathy chose some for our Salida Happy Hours - Yummy. We missed the farm tour, but you should check it out if in the area.

The next day provided several cycling and driving options to visit Mt. Princeton

crowned the day's events.

The Mt. Shavano Fish Hatchery near Salida was the highlight of our final day of cycling. We were very lucky to see a mounted specimen of Colorado's rare furry fish, no doubt evolved to survive our cold winters! Darwin strikes again!

Our delightfully congenial group gathered for a farewell dinner on the final evening. We emphasized our thanks to Joe and Kathy with songs and skits highlighting the fun, thrills and personalities on the trip. Salida is a lovely little mountain town, and I think we could all agree that especially during the Art Walk Festival, it is a "rockin" place.

Two-Week Segments Offered on East Coast Freedom Ride

Lise Neer & Dan Zimmerman

Join us in 2018 for the Bike Tour of Your Dreams and Support a Worthy Cause!

- Is a tour of the East Coast (Hwy. 1-A and rail trails) on your bucket list?
- Ever wanted to ride the Causeway all the way to Key West?

As you may remember, Dan Zimmerman has crossed the US three times on his recumbent trike, to raise awareness for stroke and HHT (a hereditary disease that caused his stroke).

We invite you, as a DBTC member to join one of the following two-week tour segments and support our mission. Please look at our website, SpokesFightingStrokes.org to learn more about our mission of Hope Freedom and Recovery for stroke and brain injury survivors.

Alternatively, if you want to ride the full East Coast Freedom Ride — 4 months priced at \$7,000 in the air-conditioned RV (3 bunks available as of July 20, 2017) or \$5,500 for tent camping — it is not a DBTC-sanctioned event.

ERIE CANAL TOUR - 8 Days \$945

Daily Riding Average = 58 miles (flat terrain)
One rest day
Fly in to Buffalo, NY 6/24/18
Ride 6/25 - 7/2
Fly out of Albany, NY on 7/3/18

East Coast Freedom Ride — Choice of any of the following 2-week segments

Option #1 / Section 4 — HISTORIC BOSTON to PHILADELPHIA \$1,700

Daily Average = 44 miles
Three rest days: 8/11, 12 & 13
Fly in to Boston 8/4/18
Ride 8/5 - 8/19
Fly out on 8/20 from Philadelphia, PA or Trenton, NJ

Option #2 / Section 10 — MID-ATLANTIC to the OLD SOUTH \$1,700

Daily Average = 43 miles
Two rest days: 10/13 & 14
Fly in to either Wilmington, NC or Charleston, SC on 10/7/2018
Ride 10/8 - 10/21
Fly out of Jacksonville, FL on 10/22

Option #3 / Section 12 — FLORIDA FINALE ! \$1,700

Daily Average = 45 miles (flat!)
One rest day: 11/11
Fly in to Orlando, FL 11/4/18
Ride 11/5 - 11/15 (including ending party)
Fly out of Miami on 11/16

Registration fees include airport shuttle, all meals (good home-cooking!), daily ride support, lodging in 10-person tent, and gourmet coffee every morning! Also includes storage space for one duffel bag (pack enough clothes for one week). Commemorative T-shirt included in rider fee. Also, as part of your registration, an OOTT 5% fee goes back to the Denver Bicycle Touring Club!



All riders and team members are expected to help with chores (kitchen prep, cooking, housekeeping, laundry), and maintain your own bike & equipment (any major repairs will be available at bike shops en route).

This tour benefits Spokes Fighting Strokes' "Spokes Adaptive Cycling" program and outreach for stroke and HHT. SpokesFightingStrokes.org is an all volunteer-run 501(c)3 non-profit organization. No one receives a salary.

All ECFR and ECT participants must show proof of medical as well as travel insurance. We are not a tour company, but want this to be a great experience for all concerned. A couple of recommended travel insurers are Lonely Planet and World Nomads.

Register via email to Lise@SpokesFightingStrokes.org and pay via "Donate" tab on our website: SpokesFightingStrokes.org (tax-deductible to the fullest extent of the law). Check out the itinerary by clicking "Schedule" and then "this link" on that page, for more info about the East Coast Freedom Ride.

Alternatively, mail a check (include your email address so we can send you a donation receipt) to:

David Babcock, Treasurer, Spokes Fighting Strokes
1425 E. El Parque Drive, Tempe, AZ 85282 USA

A 10% non-refundable deposit is due by Dec. 31, 2017
Payment in full by June 1, 2018

SpokesFightingStrokes' mission is to reach every stroke survivor and show them that recovery is possible!

Through our Spokes Adaptive Cycling Clinics, we help stroke survivors to get their life back, regaining strength and ability, hope and freedom.

The goal is to increase awareness about stroke and HHT (Hereditary Hemorrhagic Telangiectasia), the cause of Dan's stroke, and to put Adaptive Cycling into the hands of the stroke community.



Monarch Crest Ride – August 26

Mountain bike riders, come join Steve Thomas on the Monarch Crest Trail August 26th. See the ride description for details; the ride is excellent with much of it above timberline with great views. The high point will be 11,960 feet and the total climbing will be about 2,200 ft, with a total descent of 6,000 ft. There are a few technical sections but overall it's a fairly smooth ride. There is even a shuttle to get to the top of the pass! Please let Steve know if you are coming at steve.thomas001@yahoo.com

Below are a few photos of Jeff Krinsky & friends on the trail last year.

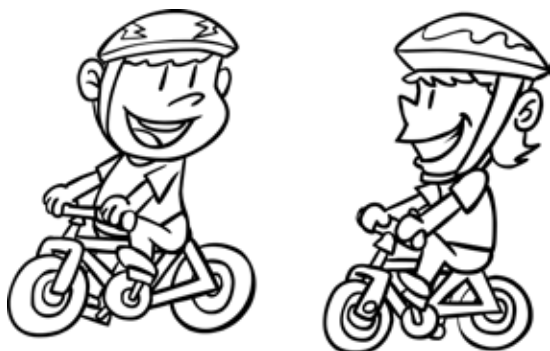


Bicycle Safety Note: Helmets

Age of Helmet: The Styrofoam in helmets deteriorates after about 5 years and won't absorb an impact properly. There should be a sticker inside the helmet telling you the date of manufacture. Replace an older helmet to be safer. Replace a helmet that has ever been in a crash or shows cracks in the Styrofoam.

Fitting your helmet: Your helmet should sit level on your head and be about two finger widths above your eyebrows. The sliders on the straps should meet just under your ears. The buckle under your chin should be tight but not uncomfortable. If you can slip two fingers under the strap and open your mouth comfortably you have a good fit. The helmet should be snug on your head so you can't shake it off even with the buckle unbuckled.

Test for fit: With your helmet on press your thumb upward against your helmet near your forehead. If the helmet slides up more than an inch (revealing 4 or more fingers of forehead) you need to tighten the front straps only on the helmet. (Some helmets can slide all the way off the head with this test). Sources, and for more information: www.bhsi.org and www.helmets.org/replace.htm



WELCOME TO NEW DBTC MEMBERS

ROBERT FOX	ANDREA
COURTNEY	MORGAN
FROLA	JUDITH NOVAK
CAM GLEESON	TERRY SHIPPY
GEORGE LANIK	MARY ANN
NICK LYNN	WALLACE
	BARBARA WELLS



We need you to be involved in the Denver Bicycle Touring Club! We have several volunteer opportunities as well as a paid part-time job. Without you, our Club would not exist.

COMMUNICATIONS DIRECTOR

With a goal of improving the various avenues of communication with our members, the Board is recruiting a Communications Director.

This person will be responsible for a wide range of communications matters within DBTC as well as public relations with other organizations and media outlets. Major duties shall include timely production of the DBTC newsletter, drafting email blasts to members, oversight of club postings via social media (MeetUp, Yahoo groups, Facebook), partnering with Webmaster on website enhancements and other communications related tasks as required. Since this position requires specialized skills with design/publishing software and public relations, a \$250 monthly stipend will be given. Interested members should submit a resume of their qualifications by August 17 to president@dbtc.org.

For a job description, visit:
<http://www.dbtc.org/COMMUNICATIONS-DIRECTOR>

EVENT COORDINATOR

We need a volunteer to help manage DBTC's outreach efforts, which include Bike to Work Day and the Subaru VeloSwap. The job involves coordinating the details of events, recruiting and managing the volunteers to staff events, and setting up and tearing down the exhibit display. VeloSwap is Saturday, November 4, 9 AM–4 PM.

While the rewards are non-monetary in nature, you will gain the satisfaction of making a difference, as well as promoting the joys of bicycling. BONUS: You meet some great people!

BOOKKEEPER

Establish and/or update quarterly financial records for income, expenses and budget using Quickbooks software. Information provided by Treasurer. For more information, contact Steve Thomas: 303-419-2531; treasurer@dbtc.org

THE 2017 ANNUAL SUMMER PICNIC

More than 100 club members gathered at Prospect Park for the Annual Picnic. Before the picnic, many worked up an appetite by riding on one of five rides offered!

A special thank you to Board Member Linda Wheeler for coordinating the event, as well as those who volunteered to help.

Did you make it into one of the Annual Picnic photos? As usual, Jeff Krinsky, was taking pictures. Here's a sampling....

More photos can be viewed at:

www.meetup.com/Denver-Bicycle-Touring-Club/photos/



SUMMERTIME RIDES WITH DBTC FRIENDS

Photos by Jeff Krinsky



On Saturday June 24th, Dick Plastino led us on this great ride where we learned all about BMI as it relates to weight!! We also discussed my MapMyRide map and statistics (shown at the end of this group, at www.meetup.com/Denver-Bicycle-Touring-Club/photos/28023148/).



Sunday riders from Cake Crumbs usually head east, aiming for Watkins and beyond.



Above, 10 riders enjoyed the new trails of The Westminster Classic on July 2nd!

Below, Val and Ron try out a different kind of cycle! (July 2, Westminster)



Above, the famous totem poles of the Standley Lake neighborhood!!!

(Left) we found and rescued a turtle on the Hidden Gems of Interlocken Evening Ride of Tuesday, June 27!



DBTC MTB-ers pausing to enjoy the view.



Chain repair 101: "Which end is which??"



Online Construction Detours & Updates from RTD:

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

Ditto from Denver Parks & Rec:

<https://www.denvergov.org/content/denvergov/en/denver-parks-and-recreation/parks/trails/trail-detours.html>

Post ride led by Doug Schuler starts at 8:30 Sunday August 13. Ride starts and ends at Station 26 Brewery 38th Ave and Pontiac about 30 miles. Around 11:00 a Blue Grass Band, beer, food truck and doughnuts will be available.

2017 Advance Planning Calendar

- | | |
|---|--|
| <p>August 5
Copper Triangle
www.coppertriangle.com
Copper Mountain, CO</p> <p>August 5
Stonewall Century Ride
www.spcycling.org
La Veta, CO</p> <p>August 12
Vuelta a Dillon Fondo
www.vueltafondo.com
Dillon, CO</p> <p>August 19
Wacky Bike Ride
www.wackybikeride.com
Highlands Ranch, CO</p> <p>August 26
Venus de Miles
www.venusdemiles.com
Longmont, CO</p> <p>August 27
Golden Gran Fondo
bit.ly/2mcW1Ug
Golden, CO</p> <p>September 2
Red Rocks Gran Fondo
www.redrocksggranfondo.com
Morrison, CO</p> <p>September 3
Royal Gorge Century
www.bikesandbrews.org/road.html
Cañon City, CO</p> <p>September 9
Tour de Cure CO
tour.diabetes.org
Parker, CO</p> <p>September 9-16
Cycle Oregon
www.cycleoregon.com
Tumalo, OR</p> <p>September 10
Buffalo Bicycle Classic
www.buffalobicycleclassic.com
Boulder, CO</p> | <p>September 14-17
Salida Bike Fest
www.salidabikefest.com
Salida, CO</p> <p>September 15-17
Pedal the Plains
www.pedaltheplains.com
Eastern Plains, CO</p> <p>September 16
Pedal 4 Possible
https://craighospital.org/events/2017-pedal-4-possible
Louisville, CO</p> <p>September 16
Tour de Vineyards
www.tourdevineyards.com
Palisade, CO</p> <p>September 23
Bike & Brews
www.bikesandbrews.org
Cañon City, CO</p> <p>September 23
Moab Century Tour
http://skinnytireevents.com/page.cfm?pageid=20054
Moab, UT</p> <p>September 24
Mountains to the Desert
www.m2dbikeride.com
Telluride, CO</p> <p>September 30
Tour of the Moon
www.tourofthemoon.com
Grand Junction, CO</p> <p>November 18
El Tour de Tucson
www.perimeterbicycling.com/el-tour-de-tucson</p> |
|---|--|

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

2017 DBTC Activity and Tour Calendar

Email the tour contact for more information. Email Kathy (outoftowntours@dbtc.org) to add your tour or trip to this list.

Two Openings!

GEMS OF THE PACIFIC NORTHWEST September 10 – 17, 2017

There has been a cancellation resulting in space for two participants sharing one room, double occupancy. Gems of Pacific Northwest tour details can be found at the dbtc.org website "Out of Town Tours" page. The total price of \$1,200 per person must be submitted immediately along with the DBTC Registration/Medical form and Liability Waiver form. If interested or for additional information, please contact tour leader, Kathy Stommel, by email: cyclekats@gmail.com or cell phone #719/671-5579.

Waitlist

The following out of town tour is full, but waitlist applications are still being accepted:

DISCOVER COEUR D'ALENE, IDAHO
August 6 – 12, 2017
Contact Marilyn Choske at mchoske@juno.com or 303-905-8510

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



BEGINNER RIDES!

New to riding? Want to dust off that old bike and ride again, but don't know how to get started? Don't know the rules of the trail? Uncomfortable on busy roads or even busy trails? Doubt you can keep up with "real bicyclers"? Unsure of what distance to ride when getting back in shape after an injury or years of not riding?

Join select "Roses" beginner rides to get started again! An experienced rider will guide you at your own pace for a comfortable distance on a trail without lots of other riders to distract you from learning to get back on the bike. If you show up for any of these rides, Lin Hark or another qualified leader, will join you at the beginning of each ride and choose a direction for an out-and-back, either with the ride leader or at a slower pace, either in the same direction of the official ride or a different direction.

Don't see any beginner rides in the schedule? Call or email Lin Hark at (303) 578-9369 or mtnlin08@gmail.com and she will let you know what ride someone can meet you on for a shorter, easier ride.

Already an experienced rider? If you would like to help fellow members rediscover the joy of bicycling, please let Lin know: (303) 578-9369 or mtnlin08@yahoo.com. Your assistance may be needed only once or twice a summer.

LOOKING FOR BOARD CANDIDATES

If you have an interest in contributing to the success of DBTC, we need you!

The DBTC Board is now accepting applications for nomination to the Board of Directors. This presents an excellent opportunity for someone new to join the Board and bring some fresh ideas and perspective as we continue to move the club forward in 2018.

Vice President of the Board Scott Houchin is coordinating the nominating committee. A slate of candidates will be proposed at the November Volunteer Recognition Luncheon where the membership will vote on the candidates.

The DBTC Board is a working board. Members are expected to carry out duties of running the organization. The Board meets once a month and members also have additional assignments, including service on committees. The minimum time commitment is about 6-7 hours per month. The Board term is for two years.

For further information, please contact Scott at sparky9cougar@comcast.net or (303) 321-3863.

Being a member of the DBTC Board is an excellent way to give back to your bike club!

FALL CENTURY RIDE & PICNIC
Saturday, Oct. 7
10:00 a.m.
Lyons Park, Golden

VOLUNTEER RECOGNITION LUNCHEON
Saturday, Nov. 11
12:00 p.m.
Cherry Creek Holiday Inn

DBTC SUMMER RIDES 2017

Summer is HERE! The season is almost over (ALREADY) so get your September rides in to your ride coordinator. Holes in the schedule? Without leaders, there is not a schedule -- and everyone has at least one favorite ride to share.

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

Pace of Ride	Difficulty of Terrain	Distance	Quadrant of City	Departure Time
Roses – Leisurely (Avg. 8-10 mph) Fun – Comfortable (10-12) Int. – Brisk (12-16) Road – Fast (16-20+) ATB – Unpaved Roads MTB – Mountain Bikes	H1 – Flat H2 – Some Hills H3 – Hilly H4 – Serious climbs Two ratings: technical skill T1 to T4 and Physical exertion P1 to P4	This is an estimate – options may be offered	NW NE SE SW W	Arrive early enough to unload your bike and be ready to leave at the time shown.

Summer Riding Information

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

Ride Locator: There is a guide to the most frequent start locations on our website – www.dbtc.org. It provides the information you need to use Map Quest or Google Maps to make a map to the starting location.

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

DBTC's Emailing Lists

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

DBTC Message Board is the DBTC General Email List. To join, send an email to: ColoradoBicyclist-subscribe@yahoogroups.com

DBTC Mountain Biking Email List

To join, send an email to:
COmntnbikers-subscribe@yahoogroups.com

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

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

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

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

Please Note:

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

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

"How do I get to the start of that ride?"

Not certain where to meet your DBTC friends to ride?

Many of our start locations are available on our website: dbtc.org/page-1533322

DBTC Ride Schedule • August 2017

Summer Riding Guidelines

Weather: Thunderstorms are a danger - watch the forecast. Be aware of possible areas subject to flooding.

Clothing: Rain gear may be needed

Other: Sunscreen, lots of water, repair items and a snack

Tuesday, August 1st

5:45 PM FUN-H2-16-DOWNTOWN Meet *Jeff Krinsky* (720-373-9107) for this Free Beverage Summer Sunset Ride. We will meet at the City of Cuernavaca Park downtown (Exit at 20th Ave going east away from the mountains. Turn right over the bridge onto Little Raven, then turn right onto 19th Street, then right onto Platte River which becomes Rockmont Drive, and go until you dead end into the parking lot) for this fantastic ride down the Cherry Creek Bike Path to the 4 Mile Historic House 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, August 2nd

8:30 AM FUN-H2-20-NW Arrive early to join *Linda Wheeler* (419-973-8282) at 5340 Coffee (6474 Ward Rd, Arvada) before riding parts of the Ralston Creek Trail, Interurban Trail, and Van Bibber Trail.

8:30 AM Leisure/"Roses" H1/H2-17 NE Meet *Richard Giesler* (cell 303-722-1475) for a ride on the Farmer's Highline, Signal Ditch, and Lee Lateral bike trails and then through Eastlake Park. Lunch will follow at Cinzzetti's restaurant. (Directions to start: From I-25 and 104th – exit 221 – go west and take first north/right turn into the Marketplace Shopping Center. Drive north to rear of shopping center and park in front of Cinzzetti's).

Thursday, August 3rd

6:00 PM FUN-H2-16-SE Join *Dick Shelton* (720-934-9824) at Treads Bicycle Outfitters, 16701 East Iliff, just west of Buckley Road, for an early evening ride around Cherry Creek State Park. Afterwards, Joy and Gordon McKennon invite you to enjoy refreshments at Peak-to-Peak Tap & Brew (adjacent to Treads) with \$1 off your first pint!

Friday, August 4th

5:30 PM, INT-H2-24-SE Meet *Clark Wilson*, (303)495-0671, at Garland Park softball fields (Kearney St. north from Cherry Cr. Dr. North) for a ride along 7th Ave., Cherry Creek Bike Path and N.W. Denver neighborhoods.

Saturday, August 5th

8:00 AM FUN-H2-20-SE – GW Reunion Ride (everyone welcome) Meet *Gaar Potter* (303-691-0938) at the Eisenhower Park Recreation Center Parking lot (SE corner of Colorado Blvd and Dartmouth) to cap off your HOT reunion with a nice cool early start as we ride to Cory/Merril Jr. High, Hill Jr. High, Hilltop, Crestmoor Park, Lowry, Fairmount Cemetery, Old GW, and Place Jr. High. Shorter and much less grueling than last time because I'm getting OLDE! Expect to finish by 10:30 AM.

Sunday, August 6th

8:00 AM FUN/INT-H2-35-SW Meet *Ellen Fitzpatrick* (720-209-2269) at Reynolds Landing (Santa Fe turn on Brewery Lane and go to end parking lot past the brewery) for a ride out to Morrison and back. We will take the Platte River greenway north to the Bear Creek trail, through Fox Hollow golf course through Bear Lake Park and into Morrison and have a coffee stop (coffee on DBTC). We will return through the park back to the Bear Lake trail to the Platte and back to the Landing. Optional lunch after at Farm House at the Breckenridge Brewery.

8:30 AM INT-H2-25 +-NE Meet at Cake Crumbs Bakery, 2216 Kearney St., Denver, for an intermediate ride of 20 - 30 miles. Join MeetUp to see weekly changes or details about this week's ride.

9:00 AM FUN-H1-20-SE, ready to ride at 9:00 AM Meet *Kathy Stommel* (719/671-5579) at Parker's O'Brien Park; located on Main St just one block east of Parker Rd. We'll ride an out and back on Cherry Creek Trail and then enjoy walking through Parker's fabulous farmer's market. Everyone can purchase munchies of their choice before settling down in O'Brien Park for some relaxation. Past year's we've been treated to live music so pack a chair or blanket in your car and keep fingers crossed that will be the case again this year. Either way, it's always a fun place to spend a morning.

Monday, August 7th

9:00 AM FUN-H1-25-SW Meet *Wayne Tomasello* (720-854-8767) at River Point Shopping area off Santa Fe and Oxford near the HuHot Mongolian Restaurant. (<https://goo.gl/maps/qvUgNBnt5xm>) The ride will be going North on the South Platte trail to REI and back. An optional lunch is at HuHot Mongolian restaurant.

Wednesday, August 9th

9:00 AM FUN/INT-H2-25-SW Meet *Patty Gaspar* 303-618-5069 behind the tennis bubble, W Bowles & S Federal in Littleton, ride the Platte River Trail to Chatfield then east on C-470 Trail for a mostly gentle climb then across on Clarkson with a great downhill to Little Dry Creek to finish the loop. Lunch afterwards is at one of the nearby eateries.

8:30 AM Leisure/"Roses" Ride H1-20 SE McCabe Meadows Meet *Harold Deist* 303-841-4792, cp 303-906-4305, at McCabe Meadows, (formerly East Bank Park,) It is about 1 1/2 miles south of Main Street on Parker Road, and is the first right turn past Hilltop (or 20 Mile Road on the west side) into the park on S. Pine Drive on the east, (Indian Pipe on the west). It will be out and back south past the Pinery toward Franktown total about 20 miles. Shorter option is available. There is only 1 short hill, short packed gravel road. Bring a snack, money for optional restaurant lunch after the ride.

Thursday, August 10th

6:00 PM FUN-H2-16-SE Join *Dick Shelton* (720-934-9824) at Treads Bicycle Outfitters, 16701 East Iliff, just west of Buckley Road, for an early evening ride around Cherry Creek State Park. Afterwards, Joy and Gordon McKennon invite you to enjoy refreshments at Peak-to-Peak Tap & Brew (adjacent to Treads) with \$1 off your first pint!

Saturday, August 12th

9:00 AM FUN-H1-19-SE *Linda Lewis* will lead a ride along the newly resurfaced Toll Gate Creek trail and then Highline Canal to Westerly Creek and a circuit of Jewell Wetlands. Meet at Treads Bicycle Outfitters, 16701 East Iliff Ave, just West of Buckley Road. 19 miles, flat.

Sunday, August 13th

8:00 AM FUN-H2-29-SE Meet *Ellen Fitzpatrick* (720-209-2269) at Village Green Park (Dayton and Union at Dam Road near Cherry Creek Reservoir) for a ride to and from the Parker Farmer's Market. We will ride through the state park and catch the Cherry Creek bike trail to Sulphur Gulch trail to downtown Parker. We will spend maybe less than an hour or so sampling, snacking and savoring the active market.

8:30 AM INT-H2-25 +-NE Meet at Cake Crumbs Bakery, 2216 Kearney St., Denver, for an intermediate ride of 20 - 30 miles. Join MeetUp to see weekly changes or details about this week's ride.

Monday, August 14th

9:00 AM FUN-H2-20-SW Meet *Wayne Tomasello* (720-854-8767) at SW corner of Kipling and Jewell, Lakewood, at Safeway Shopping Center for a ride on the Bear Creek Trail to the Platte River Trail to the Sanderson Gulch Trail. An optional lunch is at Café Jordano.

Tuesday, August 15th

5:30 PM INT-H3-20-NW Meet *Jeff Krinsky* (720-373-9107) THE HIDDEN GEMS OF LOUISVILLE!!! This exciting ride full of twists and turns uses the newest portion of the HWY 36 trail that goes west from Interlocken into Boulder then loops back through Louisville and Superior using some interesting secret trails including the Lombard Street Experience and the famous Black Hole of Louisville! See you at the Safeway at the Rock Creek village Shopping Center in Superior for this somewhat new tour of the trails of Superior, Louisville, and South Boulder (with a few roads mixed in as required). Rock Creek village is centrally located in Superior at the NW corner of Coalton and Rock Creek Parkway (Address is 1601 Coalton Road Superior, CO. 80027.)

Wednesday, August 16th

8:00 AM FUN-H2-28-NW Meet *Merri Bruntz* (303-517-9781) at Crown Hill Park (26th & Garrison) for a ride to Sloans Lake. We will then ride west to Golden through Wheat Ridge neighborhoods and the Clear Creek Trail, returning to the start on 32nd and 26th Avenues.

8:30 AM Leisure/"Roses" H1/H2-16-SE Meet *Jill McMahon* (303 888-0314 cell) in the Homestead Farm II neighborhood pool parking lot across the street from 7676 S Krameria Street, Centennial. (This is south and east of Dry Creek and Holly.) We will ride through the Willow Spring open space, the Centennial Link Trail and the Highline Canal Trail to the Goodson Rec Center and back. Lunch will follow at our house for riders and others who did not ride and just want to come to lunch. If you would like to bring a dish to share - that would be wonderful but not required. Please RSVP no later than Monday August 14 at noon to my cell number if you wish to come to the lunch. If you want to drop off food earlier, call or text for my address. Bring a snack for the ride.

Thursday, August 17th

6:00 PM FUN-H2-16-SE Join *Dick Shelton* (720-934-9824) at Treads Bicycle Outfitters, 16701 East Iliff, just west of Buckley Road, for an early evening ride around Cherry Creek State Park. Afterwards, Joy and Gordon McKennon invite you to enjoy refreshments at Peak-to-Peak Tap & Brew (adjacent to Treads) with \$1 off your first pint!

Friday, August 18

5:30 PM INT-H2-20-SE Meet *Clark Wilson* (303-495-0671), at Garland Park softball fields (Kearney St. north from Cherry Cr. Dr. North) along Highline Canal, Platte River, through Englewood and Cherry Hills Village.

Saturday, August 19th

7:30 AM FUN-H2-20/30-NW Meet *Tom Hurja* (cell: 303-903-4449) at Kipling and 26th, at the Chuckwagon Restaurant, NW corner. Route: East along west 26th Ave to REI, then north along the Platte River Path to end of bike path-left to park. Reverse on the return. Bring lock and \$ for lunch.

9:00 AM INT-H3-24-NW Meet *Jeff Krinsky* (720-373-9107) for THE HIDDEN GEMS OF INTERLOCKEN! This exciting ride full of twists and turns uses portions of the new Hwy. 36 Trail to take us on a loop that includes the hidden gems of Flatirons Mall, Interlocken, Standley Lake, and Rock Creek Village! We will meet at the Rock Creek Village Safeway, which is centrally located in Superior at the NW corner of Coalton and Rock Creek Parkway (Address is 1601 Coalton Rd., Superior). The ride is mostly on paved trails, but there are a couple of short segments of lightly-graveled well-kept, unpaved trails.

Sunday, August 20th

9:00 AM FUN-H2- 20-SW, ready to ride at 9:00 AM Meet *Kathy Stommel* (719-671-5579) at the Littleton tennis bubble located at S. Federal and Bowles, just west of Santa Fe Dr. Meet in the parking area on the east side of the bubble, closest to the Platte River. We'll ride a loop of approx 20 miles through Columbine Country Club area to the Columbine Trail, and then into Chatfield State Park before returning via Platte River trail. Optional lunch afterwards. This is a training ride for participants of Gems of Pacific Northwest OOT but everyone is welcome to come along.

8:30 AM INT-H2-25 +-NE Meet at Cake Crumbs Bakery, 2216 Kearney St., Denver, for an intermediate ride of 20 - 30 miles. Join MeetUp to see weekly changes or details about this week's ride.

Monday, August 21st

9:00 AM FUN-H2-18-SW Meet *Wayne Tomasello* (720-854-8767) at the Platte River Grill located at 5995 Santa Fe Drive. From C-470 take Santa Fe Dr. exit going north for about 3 Miles. The Platte River Grill is on the left (West) side. Enter the parking lot and drive to the rear of the restaurant and park towards the rear of the lot. We will ride the Platte River trail 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 is at the Platte River Grill.

Wednesday, August 23rd

7:30 AM FUN-H2-35+-NW Early meet to beat the heat! Join ride leader, *Marilyn Choske* (303-905-8510), at Crown Hill Park in Wheat Ridge, 26th & Garland. We'll ride this loop trip on Clear Creek, Ralston Creek, and Lakewood Gulch trails. Ride includes the Ralston Reservoir climb and overlook, and some other short hill climbs. Enjoy diverse neighborhoods, flora, and trail twists along the way! Expect some bike-friendly road/street riding. Oh--and did I mention leader treats riders to ice cream cone stop along the way? Comfy 10-14mph pace. Leader rides a hybrid. Ready to ride at 7:30.

9:00 AM Leisure MTB Ride H1-5-10 W Meet *Richard Geiseler* (303.722.1475) at the furniture store parking lot at the NW corner of 6th Avenue and Kipling to carpool to Silver Plume. This will be a leisurely paced ride on the Argentine Central Railroad grade of only 4% up and back. Air up that dusty mountain bike of yours for an authentic Colorado adventure on Leisure ride standards. We will carpool to Silver Plume to start our adventure up the side of the ridge just south of I-70. Bring money for the intermittent restaurants in Silver Plume or Georgetown. Call Richard with any questions.

Thursday, August 24th

6:00 PM FUN-H2-16-SE Join *Dick Shelton* (720-934-9824) at Treads Bicycle Outfitters, 16701 East Iliff, just west of Buckley Road, for an early evening ride around Cherry Creek State Park. Afterwards, Joy and Gordon McKennon invite you to enjoy refreshments at Peak-to-Peak Tap & Brew (adjacent to Treads) with \$1 off your first pint!

Saturday, August 26th

8:30 AM FUN-H2-26-SE Meet *Gary Pratt* at the new trailhead just west of Jordan Rd on the south side of Arapahoe Rd. This new trailhead has a big parking lot with nice restrooms. Only access is from eastbound lanes. Gary will lead a 26-mile ride south along the Cherry Creek Trail south towards Parker then east.

MTB 10AM P3, T2, Monarch Crest Trail THE RIDE: Meet *Steve Thomas* (303-419-2531) for a ride on the Monarch Crest Trail. From Monarch Pass we ride to Marshall Pass (about 10 miles and a bail out point), then on to the Silver Creek Trail, then on a forest service road down to Highway 285, then down 285 back to the start point at Poncha Springs. The full ride is about 30 miles. The ride is excellent with much of it above timberline with great views. The high point will be 11,960 feet and the total climbing will be about 2,200 ft. with a total descent of 6,000 ft. There are a few technical sections but overall it's a fairly smooth ride. **THE TIME:** We will take the 10:00AM shuttle from Poncha Springs to Monarch Pass. **THE DIRECTIONS:** Take Hwy 285 to Poncha Springs where the Happy Valley Bike Shuttle is located on the east side of 285. Everyone needs to make their own reservations for the 10:00AM shuttle (need to be at the shuttle by 9:30AM) at www.monarchcrest.com or calling 719-539-6089. The cost is \$20.00 cash, or \$25 credit card, to be dropped off at Monarch Pass. The shuttle leaves from the Happy Valley Bike Shuttle (it's in a convenience store) located on Hwy 285 in Poncha Springs. You can leave cars at the store to pick up at the end of the ride. It's about a 2.5 hour drive (125 miles) from Denver (Hwy 285 and C-470). **THE FOOD:** Bring lunch for a stop at about the mid-point on the trail (at the lean-to if you check maps/Google Earth). The ride will take about 5 hours. I plan on staying in Salida the night after the ride and can meet up with anyone else staying the night for Dinner in Salida. **THE FINE PRINT:** For additional information on the trail and the bike shuttle: www.monarchcrest.com. Please let me know, steve.thomas001@yahoo.com if you plan to go so I have some idea how many will be riding.

Sunday, August 27th

9:00 AM FUN-H2-29-SW 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, and includes a climb up to the dam at Chatfield State Park. Today we will add 3 or 4 miles to view the South Platte River Run surfing area. Optional lunch afterward at Merle's Restaurant on Main Street, within 3 blocks of the starting location.

8:30 AM INT-H2-25 +-NE Meet at Cake Crumbs Bakery, 2216 Kearney St., Denver, for an intermediate ride of 20 - 30 miles. Join MeetUp to see weekly changes or details about this week's ride.

Monday, August 28th

9:00 AM FUN-H2-21-SE Meet *Wayne Tomasello* (720-854-8767) at the corner of Alameda and Sable rd. in the parking lot of BJ's restaurant for a ride on the Highline trail to the Tollgate trail to the Cherry Creek trail for a loop. The ride is on paved bike trails. An optional lunch is at BJ's.

9:00 AM FUN-H2/H3-25 SE. BIG DRY CREEK/PLATTE RIVER LOOP Meet *Helen Berkman* (h.berkman@comcast.net) at South High School Parking Lot for a tour of contrasting Denver neighborhoods, from Cherry Hills to College View, Ruby Hill, and Wash Park, all woven together by the Big Dry Creek, South Platte, and Cherry Creek Trails. A few hills on Zuni but note that I take hills fairly slowly, to enjoy the scenery! Optional lunch afterward at Agave Taco Bar, 2217 E. Mississippi St.

Tuesday, August 29th

5:30 PM FUN-H2-20-NW MAJESTIC MYSTERY RIDE Meet *Jeff Krinsky* (720-373-9107) at the Majestic view Nature Center north parking lot (north on Wadsworth to W 72nd Ave, west on 72nd, just west of Carr on the south side. THIS IS NOT THE ENTRANCE at GARRISON ST. or 71st ST!) The ride will go west on Ridge Road and van Bibber Creek Trail, north on the new Blunn Trail and then return on the entire length of Ralston Creek Trail. The theme of this ride is a mystery so a mystery prize will be provided to all participants during the Ralston Creek Golf Course break!

Wednesday, August 30th

3:00 PM INT-H1/2-20-SW Meet *Ellen Chilikas* (outdoorsdiva@yahoo.com) at Riverside Downs Park (2600 W Belleview Ave, Littleton, CO 80123 – park on the far east end of the parking lot close to the river, across from the 24 Hour Fitness; this is also near the Pedal Bike Shop). This is another BREWERY RIDE! Please arrive early, since we will leave at 3 p.m. sharp. The ride may be on either paved or unpaved trails like the Highline Canal and will up to 20 miles round trip. Ellen will send out details of the ride via the list server once we get closer to the date. The ride will be at a brisk pace of at least 12 mph, so please make sure you can keep up. No maps, we will ride together as a group.

8:00 AM FUN-H2-28-SW Meet *Merri Bruntz* (303-517-9781) at the Stone House (Estes & Yale along the Bear Creek Trail). We will ride east on the Bear Creek Trail to the South Platte Trail taking it south up the Chatfield dam. We will return the same route along the South Platte Trail and have a nice break at Hudson Gardens before returning along the Bear Creek Trail.

8:30 AM Leisure/"Roses" H2-16-SW Meet *Jill McMahon* (303 888-0314 cell) in the Aspen Grove Shopping Center (Santa Fe Dr, just north of Mineral) in the far southeast corner near Pier One. This is a loop ride on the Platte River Trail, the Big Dry Creek Trail, the Highline Trail and the Lee Gulch Trail. It winds around some very pretty areas - mostly on paved trails but some hard gravel and a short distance on residential streets. There will be an optional lunch afterwards at Panera. Bring a snack, and money for lunch if you plan to join us.