



The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

September, 2017

Join us for the Annual Front Range Metric Century (also known as the Carmel Apple Rides) on Saturday, October 7

The fun starts at Lions Park, which is on 10th St in Golden about five blocks west of Washington Avenue. The Board has reserved the pavilion on the east end of the park where refreshments will be available for all DBTC members starting around 1 pm, whether you choose to ride or not.



Please note that the rides have staggered start times with a goal of getting everyone back to the park around the same time.

Here are a few details to get the excitement building:

Wave #1:

The full metric century route, or 67 miles. Okay – this distance may seem daunting – however if you’ve been riding steadily this season, why not challenge yourself. This ride will leave Lions Park at 7:30 am. There will be strategic breaks along the way, including Hudson Gardens and REI.

Wave #2:

A FUN category ride, which will be approximately a 20 mile route that will depart from Lions Park at 10:30 am heading towards the Arvada Reservoir then returning via Easley Rd and the Clear Creek Trail. This area is somewhat hilly, but we’ll take things easy.

A “Show & Go” Mountain Bike ride will also start at 10:30 am to North Table Mesa area.

Wave #3:

A ROSES level ride will start at 11:00 am with an out and back ride on the Clear Creek Trail with the distance to be determined by those that attend.

Grand Finale:

Join us for the refreshments and celebration back at Lions Park beginning around 1:00 pm.

We’ve heard from many folks that the thing they enjoy most about being a member of DBTC is the chance to socialize with fellow cyclists so here’s another opportunity to get together. Please plan to join us on Saturday, October 7 at Lions Park in Golden. Questions can be directed to president@dbtc.org

MORE INFORMATION WILL BE IN THE OCTOBER NEWSLETTER

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The President's Page

By Cyndy Klepinger, President

A new study estimates the number of bicycle injuries has spiked in the United States. [According to the study published in the journal "Injury Prevention,"](#) the number of cycling injuries among adults increased by approximately 6,500 incidents each year. That is a 28% increase over 15 years.

Not surprisingly, the study found the more serious injuries involved collisions with motor vehicles.

Unfortunately, members of the DBTC have had some bike accidents, as well as a few emergency situations.

A long time member, Marlene Patacky was recently hit by a truck while riding her bike on Central Park Ave. Marlene was crossing at a cross walk - LEGALLY. The numbers were counting down and the next thing she knew, she was in the ER.

At this time, she cannot get around very easily because of a leg injury. She is stuck at home, if you'd like to give her a call, her number is 720-838-7338. Let's

ALL wish Marlene a quick recovery!

Recently a long time DBTC member suffered a heart attack while on a ride with friends. He rides regularly and takes care of himself. Here is his story:

"What was a shock to me was that there was no indication (and I have EKG's regularly). While bicycling with friends (luckily I was with people), I became very faint and laid down on the grass. They called the ambulance and very soon after that I had a stent put in one of my heart arteries."

The lesson learned? Call 911 if you think something is wrong. Waiting can be fatal.

He has recovered nicely and recently took a bike ride from Vienna to Prague, which was already planned and paid, so he decided to go.

Bottom line: while riding, please be alert and use common sense!



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. If you share an article from another source, remember we must give credit to that author. If you are a writer who has written an article of interest, we may make you a published author! **The deadline for submitting article is the 20th,** but please send your articles earlier.



Board Meeting

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.

WELCOME

Here are those who joined their DBTC membership during the month of August.

KIMI GRZYB
CLAIRE INGEVELD
JEANNE OHSANN
JOHN AND SUE
TIERNEY

DBTC BOARD MEMBERS NEEDED

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. There will be 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 @ sparky9cougar@comcast.net or (303) 321-3863.

FULL MOON HIKE ON SEPTEMBER 6

Join Club members on Wednesday, September 6 on a three-mile **Full Moon Hike and Solar Home Tour**.

The hike starts at 6:30 PM and only gains 500 feet. Join Lin Hark at Steve Stevens' house in Golden, 17224 W 17th Place, Golden. Participants will hike up South Table Mountain to the Castle Rock where the old Aerial

Tram ended at the burnt down Dance Hall and watch the moon rise and the sunset. Sunset is at 7:23pm and September's Corn Moon Rise is at 7:56pm.

Bring a flashlight and your eclipse glasses for a different view of the sunset. Afterwards Steve will give a short Solar Home Tour of his amazingly transformed 1970's home and Bicycle Museum..

Find DBTC on Social Media

Become a member of these social media sites for relevant cycling news, last-minute rides and social activities with fellow members, such as ski trips and movies.

To join Meetup:

Go to www.meetup.com and join the DBTC Meetup by searching for "Denver Bicycle Touring Club" in Groups or going to [www.meetup.com/ Denver-Bicycle-Touring-Club/](http://www.meetup.com/Denver-Bicycle-Touring-Club/).

To join Yahoo Groups:

To receive email updates from the Yahoo Group or Mountain Biking Yahoo Group, you can join by sending an email to coloradobicyclist-subscribe@yahoo.com or comtnbikers-subscribe@yahoo.com. You'll then receive emails about upcoming rides for those respective groups. You can also check out the latest at [https://groups.yahoo.com/group/ ColoradoBicyclist/](https://groups.yahoo.com/group/ColoradoBicyclist/) or <http://groups.yahoo.com/group/>

East Coast Freedom Ride opportunities for you

Is a tour of the East Coast (Hwy. 1-A and rail trails) on your bucket list?

Have you wanted to ride the Causeway all the way to Key West?

If so, join the 2018 East Coast Freedom Ride!

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). And he has another adventure planned for 2018!

We invite you, as a DBTC member, to join one of the following two-week tour segments and help support our mission.

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 September 1, 2017) or \$5,500 for tent camping — **this segment is not a DBTC-sanctioned event.**

Other opportunities:

Erie Canal Tour - 8 Days \$945
Daily Riding Average = 58 miles (flat terrain)
Ride 6/25 - 7/2

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

Option #1 / Section 4 — HISTORIC BOSTON to PHILADELPHIA \$1,700
Daily Average = 44 miles
Ride 8/5 - 8/19

Option #2 / Section 10 — MID-ATLANTIC to the OLD SOUTH \$1,700
Daily Average = 43 miles
Ride 10/8 - 10/21

Option #3 / Section 12 — FLORIDA FINALE ! \$1,700
Daily Average = 45 miles (flat!)
Ride 11/5 - 11/15 (including ending party)

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. Commemorative T-shirt included in rider fee. Also, as part of your registration, an OOTT 5% fee goes back to DBTC



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

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).

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

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.

Check out the itinerary by going to spokesfightingstrokes.org and clicking “Schedule” and then “this link” on that page, for more info about the East Coast Freedom Ride.

Please look at our website, SpokesFightingStrokes.org to learn more about our mission of Hope, Freedom and Recovery for stroke and brain injury survivors.

HIGHLIGHTS FROM AUGUST RIDES



Aug 19th: The Hidden Gems of Interlocken



July 23rd: Space Time 911 Ride



July 29th: Hidden Gems of Arvada



Aug 5th: Gaar Potter's GW Reunion Ride



**WHAT DBTC RIDES
WILL YOU DO IN
SEPTEMBER?**

Aug 13th: Cake Crumbs to Bluegrass

HIGHLIGHTS FROM NORTHERN IDAHO TOUR

By Marilyn Choske, Tour Leader

I like the way things happen for reasons: If both another DBTC member and I hadn't been on the 2016 Salida trip, we wouldn't have met and talked about a DBTC Coeur d'Alene bike tour that was offered years ago and that piqued my interest. And the 2017 "Discover Coeur d'Alene" tour, August 6-12, wouldn't have happened a few short weeks ago.

Our group of 13 riders gathered in Kellogg, Idaho, on Sunday, August 6 to kick off a five-day bicycle tour of the Northern Idaho Panhandle trail system. We literally had a lot of trail and ground to cover!

Monday: The Trail of the Coeur d'Alene is a 72-mile paved bikepath in the Idaho Panhandle. It is conveniently situated adjacent to our hotel parking lot, and we rode eastward to the historic town of Wallace. A few riders opted to stay and explore the town while the rest of us continued another eight miles, gaining a total of 969' elevation, to the eastern terminus in Mullan.

Tuesday: Today we bicycled westward on the TCdA from our hotel, 20 miles to the Bull Run TH. Returning the way we came, a few of us at the tail end approached a large group of on-coming bicyclists who were stopped and looking at something. "Is it a moose?" I hopefully asked. Sure enough, about 150 yards into the brush and willows, there she was, grazing and caring nothing about her audience.



NOTE: When you're in Idaho or Montana (or even now in Colorado!), hearing the word that brings a smile to your lips is their mountain-grown berry, the huckleberry. And once you've had anything huckleberry and hear that word again (and again!), the smile turns into a toothy grin! Try a huckleberry truffle or milkshake or ice cream cone or jam or . . . the list goes on!

Wednesday: The Route of the Hiawatha is a 15-mile, crushed-gravel, rails-to-trails route that starts at East Portal, Montana, and curves and descends at a 1-2% grade 15 miles to its western terminus at Pearson, Idaho. The "big deal" here is the St. Paul Pass or "Taft" Tunnel that burrows through the Bitterroot Mountains under the MT/ID state line. And it's BYOLs--Bring Your Own Lights.: this cavernous and flat-surfaced 1.66-mile (8,771foot)-long tunnel. It's not just a one-way ride -- you must return through the tunnel to your parked car. We enjoyed riding through and over nine tunnels and seven train trestles and oh -- did I mention the views? After our ride, we travelled west to Coeur d'Alene and settled into the hotel. Our bicycles enjoyed a good washing-down after all the dust and dirt from the Hiawatha!

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Northern Idaho trip highlights, continued

Thursday: Today the group enjoyed the North Idaho Centennial Trail at the Idaho/Washington state line. After a short break at the visitor center, riders decided on doing either a loop ride with leader or returning on the same route and doing some on-their-own exploring. The loop route consisted of mostly 2-lane, soft-shouldered roads in rural setting with some passing traffic that for the most part gave us the space we needed for mental and physical riding comfort. The last 3.5 miles was on a paved ped/bike path that connected us to the Centennial Trail across from the hotel.

Friday: Today's destination was a shorter ride alongside the Spokane River and finally with close views along Lake Coeur d'Alene. We pedaled past the lake's city beaches (where some of us later couldn't resist stopping to shed bike socks and shoes and wade in the waters lapping upon the shore) and through the lakefront parks to Higgins Point, the Trail's eastern terminus. One of our rider's great-grandfather is buried in the Coeur d'Alene



Forest Cemetery, and a bunch of us rode the short distance from the Trail to the cemetery to help her look for the grave marker. An eagle-eye found it; and as we gathered around the site, she wondered who had placed the plastic flowers on his marker!

Saturday: After breakfast and hotel checkout, everyone went their various ways. Seven of us stopped just outside of Wallace and hiked the four-mile roundtrip Pulaski Tunnel Trail. Ed Pulaski was a park ranger and forest firefighter who not only led 45 men (6 of whom did die) to an old mine tunnel and to safety during the Big Fire of 1910 but is also credited (posthumously) for "creating" the Pulaski, a firefighting and trailmaking/maintenance tool still widely used today.

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.



IMPROVE YOUR RIDING SKILLS

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? Don't feel comfortable on busy roads or even busy trails? Don't think you can keep up with "real bicyclers"? Don't know what distance to go 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](tel: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](tel:303-578-9369) or mtnlin08@yahoo.com. Your assistance may only be needed once or twice a summer.

2017 ADVANCE PLANNING CALENDAR

September 2
Red Rocks Gran Fondo
www.redrocksggranfondo.com
Morrison, CO

September 3
Royal Gorge Century
www.bikesandbrews.org/road.html
Cañon City, CO

September 9
Tour de Cure CO
tour.diabetes.org
Parker, CO

September 10
Buffalo Bicycle Classic
www.buffalobicycleclassic.com
Boulder, CO

September 14-17
Salida Bike Fest
www.salidabikefest.com
Salida, CO

September 15-17
Pedal the Plains
www.pedalth plains.com
Eastern Plains, CO

September 16
Pedal 4 Possible
<https://craighospital.org/events/2017-pedal-4-possible>
Louisville, CO

September 16
Tour de Vineyards
www.tourdevineyards.com
Palisade, CO

September 23
Bike & Brews
www.bikesandbrews.org
Cañon City, CO

September 23
Moab Century Tour
<http://skinnytireevents.com/page.cfm?pageid=20054>
Moab, UT

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

September 30
Tour of the Moon
www.tourofthemoon.com
Grand Junction, CO

November 18
El Tour de Tucson
www.perimeterbicycling.com/el-tour-de-tucson
Tucson, AZ

WEIRD THINGS THAT HAPPEN TO YOUR BODY WHILE RIDING

We all know that cycling is good for us; however, it does have some strange side effects. In a recent *Bicycling* article by Selene Yeager, she listed seven weird things that happen to our bodies while riding.

One weird thing is a running nose. But why? Experts said that exercise-induced rhinitis can result from allergens like pollen, dust and dry air. Our nasal passages get irritated and mucus production begins. Interestingly, others believe that air pollution, particularly the nitrogen dioxide found in car exhaust, is a big trigger. The solution may be the use of a nasal spray.

Another weird thing is tingly fingers. This can be alarming as we use our hands to control our bikes. This sensation may be caused by placing too much pressure on one or both of the major nerves that run very close to the skin under your wrist. The solution is to wear padded gloves to reduce pressure and move your hands around the bars to limit the amount of sustained pressure in one spot.

It may not be weird, but it affects most of us: brain fog. You finish your ride and then you can't figure out where you parked the car. . . or what your car looks like . . . or whether you even drove there in the first place. Fuzzy-headedness is normal after long, hard bouts of physical exertion because you've sucked all your glycogen—your brain's only fuel store—dry. Snap back to reality by sucking down a recovery drink and having a snack ASAP.

What are some of the weird things that happen to you while riding?

SEPTEMBER Ride Schedule

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

Fall 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

Rides are cancelled if the temperature is below 40 degrees at start time or it is raining or snowing.

Information to use:

Pace of Ride	Difficulty of Terrain	Mileage	Quadrant of City	Departure Time
ROSES - Leisurely	H1 - Flat	This is an estimate —options may be offered	NW	Arrive early enough to unload your bike and be ready to leave at the time shown.
FUN - Comfortable	H2 - Small Hills		NE	
INT - Brisk	H3 - Some Climbs		SE	
ROAD - Fast	H4 - Serious Climbs		SW	
ATB- Unpaved Roads	T1 Beginner to T4 Highly skilled riders P1 to P4 physical conditioning required		W	
MTB - Mountain Bikes				

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.

DBTC's E-Mailing Lists

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

DBTC Message Board is the DBTC General E-Mail List

To join, send an e-mail to: ColoradoBicyclist-subscribe@yahoo.com

DBTC Mountain Biking E-Mail List

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

DBTC Meetup group at <http://www.meetup.com/Denver-Bicycle-Touring-Club/> be used to post rides as well.

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.

We are also on Facebook if you want to share pictures or bike related news.

You can join all four groups.

Please Note; Joining either of these Yahoo Groups, Facebook or the MeetUp Group does not make you valid member of the DBTC.

If your e-mail address changes, you must send your new e-mail address to both the Yahoo Group and to the DBTC webmaster (webmaster@dbtc.org).

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

Thanks for helping us grow our Club!

Saturday, September 2nd

9:00 AM FUN-H1-20-Downtown PART 1 CHERRY CREEK: Meet **Jeff Krinsky** (720-373-9107) for this **Incredible FREE BEVERAGE FAREWELL to Summer Adventure**. We will meet at the City of Cuernavaca Park downtown (Exit at 20th Ave going east. 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 beyond. A beverage of your choice will be provided to all riders on the return voyage at the REI Starbucks before we head back to the cars.

Sunday, September 3rd

9:00 AM FUN-H1-23-Downtown PART 2 PLATTE RIVER: Meet **Jeff Krinsky** (720-373-9107) for this **Incredible FREE BEVERAGE FAREWELL to Hudson Gardens Adventure** before they close for the season tomorrow! We will meet at the City of Cuernavaca Park downtown (Exit at 20th Ave going east 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 Platte River Bike Path to the infamous Hudson Gardens and back. A beverage of your choice will be provided to all riders by DBTC at Nixon's Coffee House at Hudson Gardens.

INT-H2-35 +-NE 8:00 AM, PTP Ride. Meet **Cyndy Klepinger** (303-725-1565 or matilda8@msn.com) at Cake Crumbs Bakery and Coffee shop, located at 2216 Kearney Street, Denver. We will go east toward Watkins on city streets and country rides – it will be similar to the roads we will experience for Pedal the Plains. All riders welcome. The pace will average between 12 – 14 mph.

Monday, September 4th (Labor Day)

8:00 AM FUN-H2-25-SE – BACK TO SCHOOL Meet **Gaar Potter** (303-691-0938) at Eisenhower Park Rec Center (4300 E Dartmouth Ave, Denver) for a visit to Denver's coolest High Schools and a number of Junior High Schools (as I still call them) Be prepared for abuse if you didn't go to George Washington – Cream of the Crop High School.

Tuesday Evening, September 5th

5:15 PM INT-H3-20-NW - Meet **Jeff Krinsky** (720-373-9107) for 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 Double 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, September 6th

8:30 AM FUN-H1-30-SE Meet **Pete Steele** (303-979-4634) at South High School parking lot for a loop ride to Stapleton. We will ride Florida Ave to the Cherry Creek Trail and then the Highline Canal. We will then ride north on Moline St to MLK with a rest stop at the pavilion at Stapleton. Our return will include 26th Ave to Montview through City Park, and 21st Ave to Franklin through Cheesman Park. We will then right south to Wash Park and back to the start.

9:30 AM Leisure/"Roses" H1-18-SE Meet **Cathy Woody** (303-781-1164 home; 720-530-3940 cell) at an entrance to the Highline Canal Trail. From Hampden (HWY 285) and Colorado Blvd go south one block (past the church) and turn right (west) on Jefferson. Go to the end of Jefferson (a block or two) and turn right on Monroe. There is parallel parking on the street near an entrance to the Highline Canal Trail. We will ride approximately 9 miles on the Highline Canal Trail (hard-packed gravel) and then return the same way, an out and back ride. Bring a snack and money for optional restaurant lunch after the ride. There is a Chipolte and Einstein Bagel nearby. Canal Trail. From Hampden (HWY 285) and Colorado Blvd go south one block (past the church) and turn right (west) on Jefferson. Go to the end of Jefferson (a block or two) and turn right on Monroe. There is parallel parking on the street near an entrance to the Highline Canal Trail. We will ride approximately 9 miles on the

Highline Canal Trail (hard-packed gravel) and then return the same way, an out and back ride. Bring a snack and money for optional restaurant lunch after the ride at nearby Chipotle or Einstein Bagel.

Wednesday, September 6th

6:30 PM 3 mile / 500 foot elevation gain HIKE Join **Lin Hark** at Steve Stevens' house in Golden for a **Full Moon Hike and Solar Home Tour**. We will hike up South Table Mountain to the Castle Rock where the old Aerial Tram ended at the burnt down Dance Hall and watch the moon rise and the sun set. Sunset is at 7:23pm and September's Corn Moon Rise is at 7:56pm. Bring a flashlight and your eclipse glasses for a different view of the sunset. Steve will give a short Solar Home Tour of his amazingly transformed 1970's home and Bicycle Museum after the hike.

Directions to Steve's -- 17224 W 17th Pl in Golden Directions: West on US-6 W 8.5 mi, Slight left onto US-6 W/6th Ave 0.5 mi, Turn right onto Ulysses St 0.9 mi, At the traffic circle, take the 2nd exit onto S Golden Rd 0.2 mi, At the traffic circle, take the 1st exit onto Utah St, 0.3 mi, Steve's house is on the corner of Utah and W 17th Pl.

Thursday Evening, September 7th

5:15 PM FUN-H2-20-NW MAJESTIC FAREWELL SURPRISE 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. nor 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 most of the length of Ralston Creek Trail. The theme of this ride is a "farewell to summer" so a surprise to remember the 2017 biking season will be provided to all participants during the Ralston Creek Golf Course break!

Saturday, September 9th

7:30 AM INT-H3-28-W Climb to Vail Pass! Meet **Carol Bennett** (720-425-6124) at Woolly Mammoth Parking Lot, section 'LL' to carpool to Ten Mile Creek Trailhead. Take I-70 west and exit the second exit to Frisco. Head around the roundabout and exit heading south. The trailhead is on the south west side of the intersection just past the freeway. **We will meet there at 0900** and depart shortly after. The ride is early because parking there has limited space. I will return calls in the evening.

Sunday, September 10th

9:00 AM FUN/INT-H2-18/23-NW- EARLY PATRIOT DAY RIDE. Meet **Jeff Krinsky** (720-373-9107) to honor Patriot Day with a visit to the 9/11 Monument in Broomfield during **THE SPACE, TIME, 9/11 RIDE or THE HIDDEN GEMS OF BROOMFIELD!** It begins near the SE corner of Sheridan and 120th at the new Whole Foods in Westminster (1/2 mile east of Sheridan at Vrain and 120th.) (4451 Main Street 303-439-7000) We will take secret trails around Westminster and Broomfield where we will experience three incredible hidden displays including THE SOLAR SYSTEM, a brief history of GEOLOGIC COLORADO TIME, and most importantly, the 9/11 MONUMENT. (This ride has an escape option at the 18 mile marker for riders who run out of time and/or steam.) Enjoy a post ride patriotic lunch at Whole Foods. **This new adventure has received rave reviews with 4 and a half stars from the ride critics!**

Monday, September 11th

9:00 AM FUN-H1-23-NW Meet **Wayne Tomasello** (720-854-8767) at Gold Strike Park for a ride on the Ralston Creek path to Easley Rd to Clear Creek path back to Ralston Creek path. Directions to the start: From I-70 take Sheridan Blvd to Ralston Rd. Turn left onto Ralston Rd and go to the next left turn onto W 56th Ave. The park is on the left in about 300 feet. An optional lunch is at Beau Jo's.

Tuesday Evening, September 12th

5:15 PM FUN-H2-16-Downtown Meet **Jeff Krinsky** (720-373-9107) for this Fantastic Friendly Final Free Frothy Farewell 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 final 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 one last time before we head back to the cars.

Wednesday, September 13th

10:00 AM Leisure/"Roses" Ride H1-15-20 SE Highline Canal from Goodson Rec Center Meet **Harold Deist** (303-906-4305) at the Goodson Rec Center for a ride on the Highline Canal Trail. We will ride on the Highline Canal for a total of 15-20 miles, depending on wishes of the group. Bring a snack, and money for lunch at a favorite eatery after the ride.

9:30 AM FUN/INT-H2-20to25-SE Meet **Patty Gaspar** (303-618-5069) at Village Greens Park – NE corner of Union and Dayton for a loop ride from the park through Denver and Aurora on trails and then a lap around the reservoir on our return. We haven't been there for awhile so seems like something we should do. Lunch, of course.

3:00 PM INT-H1/2-20-SW – Meet **Ellen Chilikas** (outdoorsdiva@ yahoo.com) at Riverside Downs Park (2600 W Belleview Ave, Littleton) – 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.

Thursday, September 14th

9:00 am FUN-H2-20-N - Meet **Robert Svensen** (303-289-5563) at Cinzetti's restaurant- I-25 & 104th @ Marketplace Shopping Center for a ride on Highline, thru Legacy Ridge Golf Course down to the intersection with Big Dry trail (north), stop at Westminster Rec and then up the hill to Stanley State Park on the trail. Lunch at Atlanta Bread very close to the parking lot.

Saturday, September 16th

9:00 AM FUN-H2-15-SE Meet **Tom and Carol Tobiassen** at the Aurora History Museum 15051 E. Alameda Pkwy, between the Aurora Central Library and the Aurora Municipal Center. Tom & Carol will lead this ride and tour of famous gravesites in Fairmount Cemetery including Barry Fey, the concert promoter.

Sunday, September 17th

9:00 AM INT-H3-24-NW Meet **Jeff Krinsky**, (720-373-9107) by the picnic shelter at Prospect Park (W 44th Ave at Robb St, Wheat Ridge) for an exciting ride to the beautiful trails of the Golden Circle and then via portions of the Van Bibber Trail and the Blunn Trail to the death defying Arvada Reservoir! This ride will remind everyone why we chose to live in Colorado!!!

Monday, September 18th

9:00 AM FUN-H1-20-NE Meet **Helen Berkman** (720-355-5687) at Central Park Rec Center, 9651 Martin Luther King Blvd., for a loop over to explore the River North District (RiNo) via Park Hill, then return on the Sand Creek Trail. RiNo map and info will be provided for those not familiar with this new art and restaurant neighborhood.

Monday, September 18th

9:00 AM FUN-H1-28-NW Meet **Wayne Tomasello** (720-854-8767) at Twin Lakes Park on 70th Ave. one block West of Broadway for a ride on the Platte River Trail north to 104th Ave and return. An optional lunch is at Micky's.

Tuesday Evening, September 19th

5:00 PM INT-H3-20-NW - Meet **Jeff Krinsky** (720-373-9107) for his final evening ride, 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 Double 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 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, September 20th

9:30 AM Leisure/"Roses" Ride H2-18 SW Meet **Jill McMahon** (cell 303 888-0314) at Reynolds Landing (Go west on Brewery Lane at Santa Fe Drive where there is a light. Continue past the Breckenridge Brewery to the big parking lot at the end of the road on the right.) This ride will be on the Platte Trail, Lily Gulch Trail, Dutch Creek Trail, and some Littleton streets. Bring a snack and money for an optional lunch afterwards.

8:00 AM FUN-H2/3-30-35-SW Another "which way are we going?" Meet **Marilyn Choske** (303-905-8510), at Crown Hill Park in Wheat Ridge, 26th & Garland, for another mostly SW adventure loop-de-loop trip. Street, sidewalk, and trail riding including Weir, Sanderson, & Lakewood Gulches, Platte River, Bear Creek, & C-470. Expect possible construction detours (it's always a surprise). Early easy pace with later hills. Your reward: leader treats riders to ice cream stop along the way.

Saturday, September 23rd

9:00 AM FUN-H2-24-SE **George Bartling Memorial Sand Creek Fat Tire Ride** Meet **Tom & Carol Tobiassen** at the Aurora Central Library, 14949 E Alameda Parkway, to remember George on his traditional ride along Sand Creek on gravel trails. Definitely not for skinny tires. 24 miles and mostly flat. Meet at Treads Bicycle Outfitters, 16701 East Iliff Ave, just West of Buckley Rd.

8:45 AM INT H2/3-25 SE Meet **Denny Martin** (303-793-0395 res., 303-328-5950 cell), Meet at the Arapahoe County Community Park at 7900 S. Potomac in Englewood south of Arapahoe Rd. and cad-dy corner to the Denver Broncos football facility. This route will take us south on Jordan and Chambers Rds. to Hess Rd. and by the Reuter Hess Reservoir over to Castles Pines for a rest stop. We'll return back on Charter Oaks Drive to Havana along side I-25, Ridge Gate then Peoria. There is consistent mild climbing plus a steeper four mile climb getting to Castle Pines. Expect to average 12-14 mph. Map provided for faster or slower riders. Optional lunch afterwards – probably Tokyo Joe's at Parker Rd. and Arapahoe.

Sunday, September 24th

9:00 AM INT-H2-55-SW OVERCONSUMPTION, OVERPOPULATION SPRAWL RIDE, aber mit wunderschönen Aussichten Meet **Jeff Messerschmidt** (303-904-0573, leave message) near the King Soopers pharmacy drive-through at Kipling and Belleview (9820 W. Belleview Avenue, Littleton): we'll ride to Daniel's Park. Tired? Bad weather? No problemo; we can turn back at will.

10:00 AM FUN/INT ATB H2 28 miles SW South Platte Hotel to Decker's Corner Meet **Lin Hark** (mtnlin08@gmail.com or 303-578-9369) at The Fort Restaurant to carpool at **9:00 AM** or meet at the South Platte Hotel on Foxton Road near the intersection of N Platte River Rd at 9:45 AM for a 10:00 AM start. We will ride a dirt road along the South Platte River for several miles to pavement which continues to Decker's Corner where we will stop for a snack or lunch.

This ride is a mostly gentle climb of 330 feet elevation gain up-stream with a few rolling hills. Because of the dirt section of the road a cross bike or mountain bike is preferred, but a road bike with not-too-skinny tires will work fine. Lin will be riding her ebike and will set a pace of around 12-13 mph average with regrouping.

Monday, September 25th

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

Wednesday, September 27th

9:00 AM FUN-H2-25-NW Meet **Merri Bruntz** (303-517-9781) at Crown Hill Park (26th & Garrison) for a ride south to the Stone House and then east along the Bear Creek Trail connecting to the South Platte Trail. We will then ride north to REI and then back to the start via the Highlands and Wheat Ridge neighborhoods.

“Roses/Leisure H2-20-SW 9:30 AM Meet **Lin Hark** (303-578-9369) at Englewood Wal-Mart parking area, 601 West Hampden, for a loop ride around Englewood, Cherry Hills Village and through some neighborhoods. Part of the ride will be on the gravel trail along the Highline Canal. We will stop at a couple of parks along the way. Bring a snack and money for an optional lunch at a nearby restaurant after the ride.

3:00 PM INT-H1/2-20-SW – Meet **Ellen Chilikas** (*outdoorsdiva@yahoo.com*) at Riverside Downs Park (2600 W Belleview Ave, Littleton) – 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.

Saturday, September 30

9:00 AM FUN/INT-H2-25 SE Meet **Ellen Fitzpatrick** (720-209-2269) at Eisenhower Park (southeast corner Dartmouth and Colorado Blvd at the rec center) and we will ride out to Cherry Creek reservoir on roads through the Denver Tech center, loop the reservoir, and return on the Cherry Creek bike path to Cook Park and meander our way on bike friendly neighborhood streets back to the start. Optional lunch after.

Sunday, October 1st

9:30 AM FUN/INT-H3-25 NW Meet **Jeff Krinsky** (720-373-9107) for the award winning Tour De Boulder that includes an amazing JUGGLING and Magic presentation. The ride will concentrate on the Boulder Creek, Skunk Creek and Bear Creek paths that are pretty flat but we will also take Boulder Creek a little ways up into the foothills (those who hate climbing can wait at the park). The adventure begins at the parking lot near the jungle gym rocket at Scott Carpenter Park in Boulder at the SW corner of 30th ST and Arapahoe Avenue. This year the first 100 attendees get to ride for free!!!

10:00 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. (Our route may be modified if there are trail closures for C-470 construction.) Optional lunch afterward at Merle's Restaurant on Main Street, within 3 blocks of the starting location.