



The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

AUGUST 2018

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2018 Summer Picnic Recap

The annual DBTC Summer Picnic and rides brought more than 100 club members to beautiful Lions Park in Golden. Members and guests enjoyed choosing from the many pre-picnic rides offered by some of our ride leaders. With the fun and hilly rides, attendees worked up appetites to enjoy all the picnic goodies. A big thank you to Board Member Sunnye Keeley for coordinating and planning the event and to everyone who volunteered to help!



DBTC's Officers

President Cyndy Klepinger president@dbtc.org	303-725-1565
Vice President Scott Houchin vicepresident@dbtc.org	303-321-3863
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Sunnye Keeley slkeeley@yahoo.com	941-228-0319
Linda Wheeler 528tiernan@gmail.com	419-973-8282
Clark Wilson clarkwilson@gmail.com	303-495-0671

Directors and Staff

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MTB Coordinator Chuck Caldwell ccaldwe@yahoo.com	303-807-1562
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 roadrides@dbtc.org	OPEN
Intermediate Ride Coordinator Jeff Krinsky jkrinsky2003@yahoo.com	720-373-9107
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Information Coordinator Ellen Chilikas info@dbtc.org	
Membership Database/Webmaster Jeff Krinsky webmaster@dbtc.org	720-373-9107
Communications Director Kathleen Shelton communications@dbtc.org	303-264-9878
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

I was reading an interesting ad produced by Bontrager the other day about the need to always use front and rear lights not only at night, but during the day. Using lights decrease the likelihood of a collision by 33%. If you are not doing something to be seen, there's a good chance you won't be. Do you use lights while riding?

The article also claimed that when cyclists effectively draw attention to their moving parts, they are up to 83% more noticeable. Wearing fluorescent socks, leggings, shoes, knee warmers, etc. are all ways to highlight your moving parts.

I usually wear a fluorescent helmet, and according to the experts this helps me stand out during daylight hours. Do you see me now?

If you haven't given much thought about how to become more visible as rider, please do. The roads and bike paths in the Denver metro area are becoming busier and busier, and we don't want anything unfortunate happening to our club members!

In this newsletter, there's information about how you can become involved in club activities. Consider joining the DBTC Pedal the Plains team, volunteer to be on the Board, and think about joining one of the many rides published in the monthly newsletter as well as the many posted last minute on Meetup or Yahoo.

If you have any suggestions on rides or activities that DBTC could offer, please let me or another Board member know. After all, it's you that make the club!



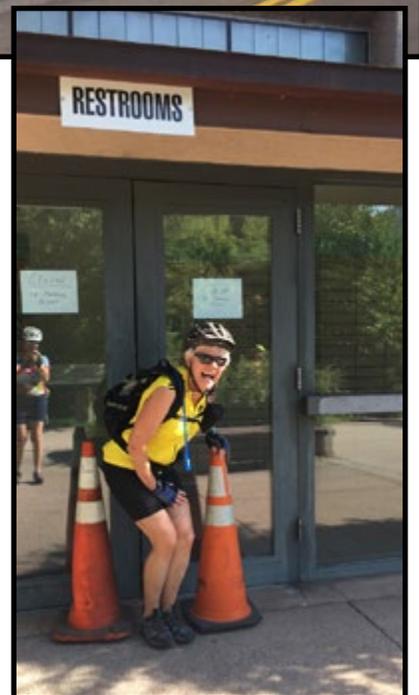
Pictures and Articles for the Newsletter... This newsletter belongs to the members. If you have pictures or an article to share, please email them to ridecoordinator@dbtc.org. Only send one or two pictures, so you don't clog up my computer! Be sure to include details about who, when and where the picture 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.

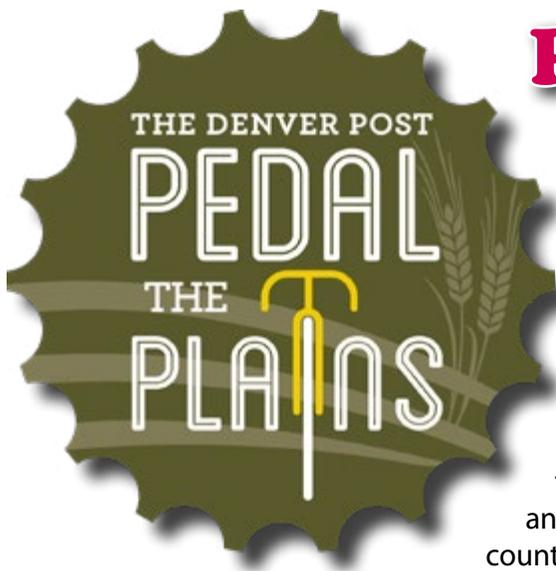
Grand Valley Tour

by Helen Berkman

From deep canyons to grand mesas, 19 DBTC members enjoyed a "monumental" tour of Western Colorado in July, with rides starting from both Glenwood Springs and Grand Junction. Lucky riders had both INT and FUN rides to choose from, as well as two delicious group dinners and several happy hours tasting Colorado wines. Cyndy Klepinger led the INT group riders down Glenwood Canyon, up to Aspen and back, and up the Grand Mesa. FUN group riders led by Helen Berkman also experienced the beauty of Glenwood Canyon, and then both groups merged for some riding and wine tasting on a "tour of the vineyards" to Palisade from Grand Junction. INT riders successfully tackled the Colorado National Monument full loop, while FUN riders enjoyed a 24-mile ride along Rim Rock Drive in the Monument. Both groups feasted on a picnic lunch at the top while savoring the incomparable views. On Saturday the riders biked the River Trail to Fruita together, including two delightful farm loops around Fruita. All braved the heat and uphill climbs to reach actual or personal "summits" while enjoying the splendor of our state. Last but not least, each participant contributed to a marvelous group camaraderie resulting in new friendships and great memories. Truly, it's a privilege to live in Colorado and to be a member of DBTC!







PTP September 14-16th

Pedal The Plains (PTP) is an initiative of The Denver Post and the State of Colorado. This annual cycling event celebrates the agricultural roots and frontier heritage of the Eastern Plains of Colorado. The ride creates an opportunity for cyclists from the Front Range and beyond to learn about farming and ranching, while experiencing the culture, history and landscape of Colorado's high plains. The Tour incorporates interactive on-route experiences by staging rest stops on farms, posting educational points of interest and serving community meals composed of locally sourced food. In addition to farm fresh meals, entertainment will also include a beer garden and local flair from country bands to existing harvest festivals and county fairs. Host communities benefit economically through associated fundraising initiatives and the influx of riders and their families. Vehicles for economic gain include, but are not limited to, food and beverage sales, lodging, retail and entertainment.

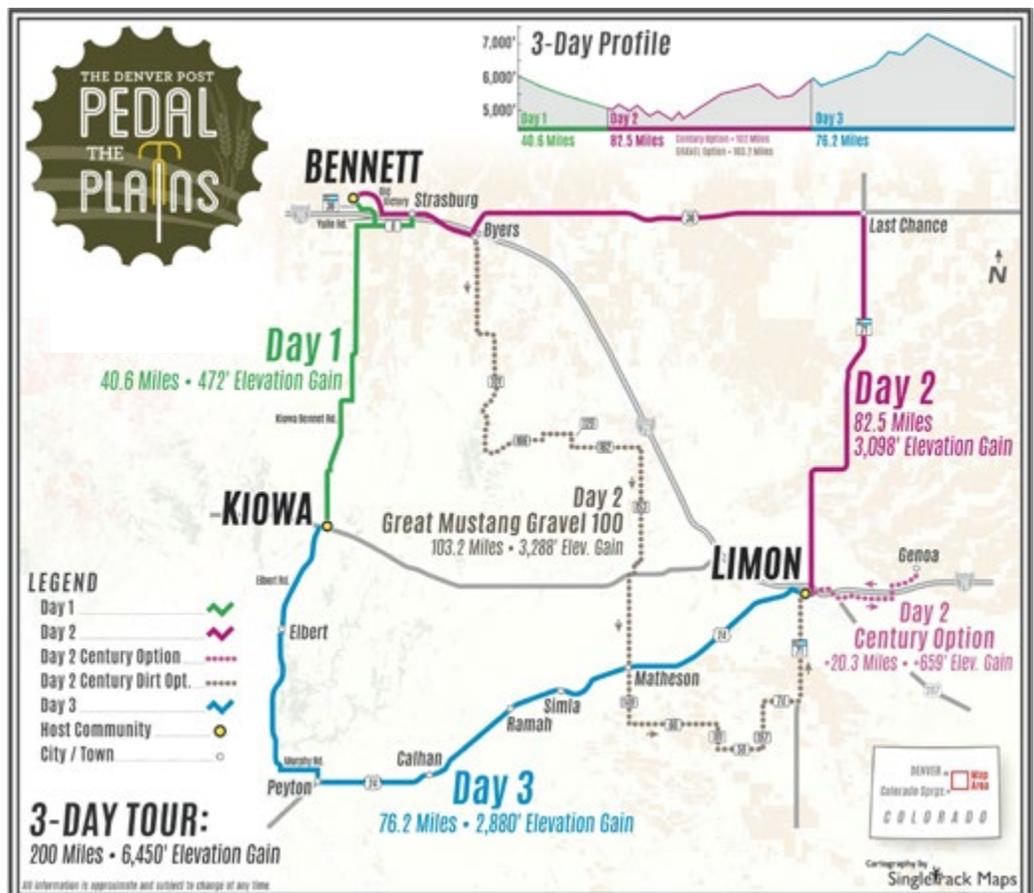
PTP is a 3 day tour (Friday through Sunday) that averages 50 to 80 miles per day. The event includes a family fun ride for novice cyclists and a century option for seasoned riders. The route is unique every year, highlighting different communities, based on requests for proposal and an internal selection process.

Pedal The Plains is a Signature Event of The Denver Post Community Foundation and helps support nonprofit agencies that work to improve the lives of Coloradans in the towns hosting the Tour. Pedal The Plains and The Denver Post Community Foundation Grant Program allow us to provide a \$3,000 grant to a deserving organization in each host community along with a \$7,000 grant to Colorado 4-H and Colorado FFA Foundation. The Grant Program funds nonprofit organizations that provide services for low-income children and youth through community programs that support recreation and/ or youth education.

If you're interested, you can join the DBTC team. When registering, there's a pulldown menu of teams, just click on DBTC and then complete your registration. If you have registered, contact the PTP staff and get assigned to the DBTC team, if we have 10 or more participants, a donation will be made back to DBTC.

If there's enough interest, DBTC will offer some group training rides in August and September as well as possibly a hospitality tent during PTP.

www.pedaltheplains.com





COLORADO CLASSIC

AUG 16-19, 2018

The second annual Colorado Classic (August 16-19, 2018) is a four-stage men and women's pro bicycle road race in Vail and Denver with plenty of viewing points, plus the start and finish of Denver at the Velorama Festival. The men's race is sanctioned by Union Cycliste Internationale (UCI) and designated as a 2.HC race, the highest category outside of World Tour races. Both the men's and women's races are part of USA Cycling's Pro Road Tour, which showcases the premier domestic road events in the United States. Head to ColoradoClassic.com for more info on how to watch!

Bike to Work Day!



DBTC had a booth at Bike To Work Day. It was a great way to let people know that we are the oldest bike club in Denver offering a wide variety of rides. After, several of us rode some of the bike paths. Thank you to Board Member Linda Wheeler for being in charge of the booth.

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 follow us on Facebook:

Go to facebook.com and join the DBTC page where you can find links to articles discussing the cycling community along the front range.

To join Meetup:

Go to meetup.com and join the DBTC Meetup by searching for "Denver Bicycle Touring Club" in Groups.



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@yahoogroups.com or comtnbikers-subscribe@yahoogroups.com. You'll then receive emails about upcoming rides for those respective groups. You can also check out the latest at: www.groups.yahoo.com/group/ColoradoBicyclist/ or groups.yahoo.com/group/COMtnbikers

WELCOME NEW DBTC MEMBERS

Simone Caruthers

Jim Celmer

Robey Clark

James Conley

Eric Esswein

Cindy Gertz

Victoria Gillette

Gayle Neefus

David Simonson

Jacki Stirn

Edward Widmann

Ice Cream Social Rides



Red White and Blue Ride



Linda Wheeler led riders on a FUN Red White and Blue ride through Georgetown and beyond on July 4th! Great weather and good company made for an awesome day of riding in the high country!



Bike Repair Kits now available at select Denver Public Libraries

Need to fix a flat? Make an adjustment to your bike? You can just stop by a library. Denver Public Library now provides bicycle repair kits at six branch locations: Athmar Park, Byers, Ford-Warren, Ross-Barnum, Ross-Broadway, Sam Gary and Schlessman Family Branches.

Each kit contains: a bike pump, allen wrenches, an adjustable wrench, tire levers and tube patches as well as instructions on how to fix a flat.

Kits can be checked out for up to two hours on-site (at the library) and are available with a Denver Public Library card.

The kits are provided by the Denver Community Active Living Coalition (CALC), a program of the Denver Department of Public Health and the Environment (DDPHE), a diverse group of community members who care about health and safety through physical activity.

Summer Picnic Rides



Top Left: Marilyn Choske led the early 8am ride. Richard Giesler led a leisure ride.

Above: Jeff K led a hilly FUN Plus Ride that started with 18 and ended with these 11 survivors.

Bottom: Riders enjoying the Golden Circle.



Heat Exhaustion - A Very Real Problem

by Patty Gaspar

The temperature on Bike to Work Day was in the high 90s. One rider was suffering from the heat and called her daughter to come get her. This summer has been exceptionally warm starting early in the season. Here are some important tips for all of us to remember in the summer heat:

If you are not feeling well, let the leader know.

- Symptoms of heat exhaustion: rapid pulse, muscle cramps, excessive sweating, weakness or fatigue, clammy and pale skin, nausea, fainting
- Drink plenty of water or sports drinks
- Rest out of the sun
- If you have plenty of water, pour some on yourself.

Options for the group (others are probably being affected as well)

- Is there a place with air conditioning where the group could rest – recreation center, fast food restaurant, gas station, office building?
- If not, is there a shady place everyone can rest?
- One rider found that laying in a grassy area in the shade was enough to get her cooled.

- Can you get some ice; both to cool drinks and to rub on your skin?
- When the rider feels better, is there a shorter route back?
- If the rider is not feeling better get to a place where the rider can call a friend, relative or even a cab or Uber to be picked up.
- Depending on the location the leader and the group will have to decide whether to wait, leave the rider with one or two people, or go on. Waiting in the heat may not be healthy for the other riders.

If the rider is suffering from heat stroke they need medical attention immediately – call 911.

- Incredibly hot skin, the body temperature is 105 so skin is very hot to the touch.
- Very red skin, not just sunburn.
- All the symptoms above but they have gotten worse – fainting, vomiting, exhaustion.

Remember: Never be embarrassed to let the leader know that you are not feeling well.

Juneteenth and the Westminster Classic Rides

Gaar Potter led club riders on the Juneteenth ride through Five Points, while Jeff Krinsky led riders for the Westminster Classic. Below, the group photo is from E.B. Rain's Park during a break on the Westminster Classic on Sunday 8 July, 2018. Rick Clauder will be leading this ride, coming up on Sunday August 5th.



Ride Leaders:

Please remember, if you have a guest or a non-member on any of your rides, the Membership Committee needs to know so we can welcome 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 Mary Stewart at: guestrelations@dbtc.org.

Thank you for helping us grow our Club!

Board of Directors Candidates

Every year in November, at the Volunteer Recognition Luncheon, our club elects members to serve on the Board of Directors. These leaders plan and manage major club events, participation in regional cycling activities, oversee map sales, newsletter production, web and social media presence, and control club finances. These dedicated volunteers ensure our club remains strong and continues to meet the expectations of our members.

Please consider becoming a candidate for the board by submitting a self-nominating email message outlining your interest and qualifications. Send messages to rmskelton44@gmail.com before September 15th to be included in the list of 2018 candidates.

Dick Shelton
DBTC Secretary

Free Bike Registration

The City of Denver encourages the registration of bicycles to assist in the recovery and return of bicycles to their owners in the event of a theft. Click on the link below and then find the button on the right of the page to complete the registration form online. It is simple and quick, and a great way to help increase the likelihood your bike is recovered in the event it is lost or stolen.

[Register Your Bike »](#)

Bike Registration & Theft Tips

Always lock up your bicycles if they're kept outside or in a garage. Otherwise, keep them inside the house.

Registering your bike is a great tool that aids officers in the recovery of stolen bikes and helps ensure the bicycle is returned to its rightful owner. You may also register your bike at any police station or COP Shop.

Reasons to register your bike:

- Lost or Stolen - It's easier to help the police return the bicycle to you.
- Insurance claims - If your bike is stolen, it should be covered by your homeowner's or renter's insurance.

To register your bike, you will need the serial number. Most serial numbers are located under the bottom bracket where the two pedal cranks meet. You may have to flip the bike over to find.

While you're at it, snap a picture and email to yourself to document. If you can't find the serial number, check with the manufacturer or call your local bicycle shop for guidance.

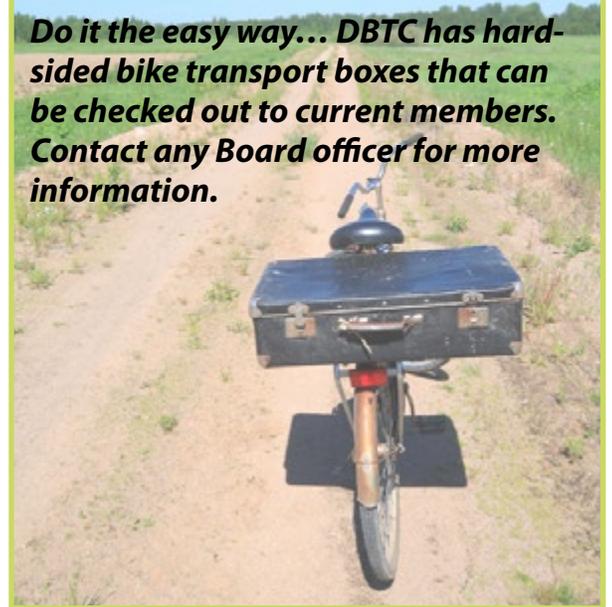


Online Construction Detours from Denver Parks & Rec:

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

Traveling with your bike?

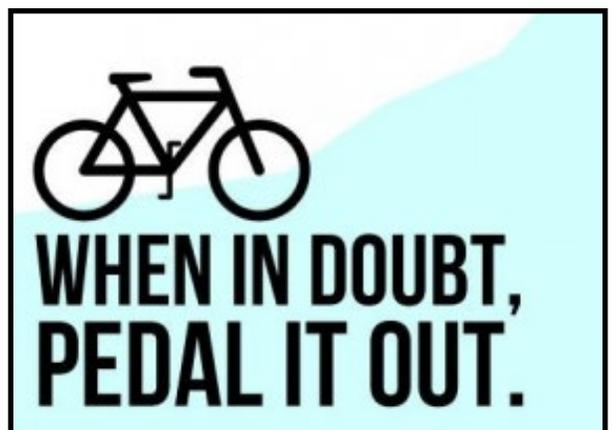
Do it the easy way... DBTC has hard-sided bike transport boxes that can be checked out to current members. Contact any Board officer for more information.



Come Ride With Us

DBTC members are invited to submit events for this "Come Ride With Us" forum as a method to share information and invite others to an upcoming adventure. 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. Be advised these events are not sponsored or led by DBTC and therefore participants will not be covered by the club's insurance.

Questions? Contact Cyndy Klepinger at president@dbtc.org.



DBTC SUMMER SEASON RIDES 2018

SUMMER and the living is easy. Please contact your ride coordinator to get your rides on the schedule for August and beyond.

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.

North Fun & Int: Jeff Krinsky jkrinsky2003@yahoo.com;
 South Fun Ellen Fitzpatrick funridesouth@dbtc.org;
 Leisure (Roses) Lin Hark mtnlin08@gmail.com;

Weekday Patty Gaspar ridecoordinator@dbtc.org
 MTB Chuck Caldwell ccaldwe@yahoo.com

Pace of Ride	Difficulty of Terrain	Distance	Quadrant of City	Departure Time
Roses – Leisurely (Avg. 8-10 mph) Fun – Comfortable (Avg. 10-12 mph) Fun Plus – (Avg. 11-15 mph) Int. – 15+ pace shown (i.e.15-18 mph) ATB – Unpaved Roads MTB – Mountain Bikes	H1 – Flat H2 – Hilly H3 – Some steep climbs Alt gain may show (i.e. 1800 ft.) T1 Beginner to T4 Highly skilled riders; P1 to P4 physical conditioning required	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 snowing 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.

Spring / Summer Riding Guidelines:

Weather: No rain or thunderstorms

Clothing: Wear layers and bright colors

Other: Bring water, repair items, a snack, and SUNSCREEN

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 of the month, 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: COmtnbikers-subscribe@yahoogroups.com

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

Twitter account is [@DenverBikeClub](https://twitter.com/DenverBikeClub) – note that many members do not tweet.

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.

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

August 2018 DBTC Ride Schedule

Wednesday, August 1st:

9:00 AM Leisure H2-20 SW (barely) Join Richard Gieseler (303-722-1475) at W. Dakota and S. Bannock streets in the middle of the Broadway Marketplace between Sam's Club and Safeway. We will explore intriguing, exotic downtown Denver neighborhoods along the Platte River bikeway. 10-12 miles of urban riding on bike paths and low traffic streets. Richard leads this slow rolling ride past the new mountain bike park at Ruby Hill to a secret trail in exotic Englewood. Then back to Richard's favorite ice cream joint and starting point.

9:00 AM FUN PLUS-H1-25 SW along Bear Creek and the Platte, meet Patsy Venema on the east end of Fox Hollow Golf Course parking lot (go west from Morrison Road and Owen Street to the parking). Mostly shady and flat for a cool summer ride with the option for a nice lunch at club house "The Den" restaurant after.

6:00 PM, MTB, Bear Creek Park (Show'nGo) -- Meet at the fisherman's parking lot on Fox Hollow Lane which winds through Fox Hollow Golf Course. DIRECTIONS: From South Kipling Parkway go west on Morrison Road about a half mile to South Owens Lane. Go south on Owens and take an immediate right onto Fox Hollow Lane. Continue past the Fox Hollow Golf Course clubhouse for 0.2 mile. The fisherman's parking lot is on the left.

Thursday, August 2nd:

6:00 PM FUN-H1-18-SE Meet Katie Lunsford (757-630-6403) at Treads Bicycle Outfitters, 16701 E Iliff Ave, Aurora, 80013. We'll ride around Cherry Creek State Park and return to Peak to Peak Brewery for snacks and drinks.

Saturday, August 4th:

7:30 AM Roll FUN-H2(975 ft)-24-NW - "West Side Story" - Meet Marilyn Choske (303-905-8510) at Anderson Park in Wheat Ridge, 44th & Field St., farthest-back parking lot near the playground & bike path for this urban/suburban loop nestled within the I-70, I-76, & 6th Avenue "corridors." The counterclockwise direction ensures we get those big climbs outta the way right off! Bike Paths, some road riding, parks, & lakes. Easy 10-14 mph. Could be a beverage stop.

Sunday, August 5th:

7:30 AM, FUN PLUS-H2-30+-NE Meet Cyndy Klepinger at Cake Crumbs Bakery, 2216 Kearney St., Denver, for a slower intermediate ride of 30+ miles. The ride will be an out and back to Watkins, route includes bike path, city streets and country roads with low traffic. Just a few stops to regroup. Scenery similar to Pedal the Plains.

9:00 AM FUN PLUS-H2-25-NW NEW & IMPROVED WESTMINSTER CLASSIC. Meet Rick Clauder (303-709-5489) for this exciting ride full of unexpected twists, turns, and surprises...and now with BRAND NEW TRAILS! We will meet at the parking lot WEST of the baseball diamonds in Westminster City Park. (Directions: From US 36 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.

Monday, August 6th:

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

Tuesday, August 7th:

10:30 AM, MTB, P2, T2, Alderfers/Three Sisters Park (Show'nGo) -- Trails to be ridden will be decided by the group that day. THE DIRECTIONS: Go to the signalized "T" intersection in downtown Evergreen, then south on Hwy 73 for ½ mile to another signal at Buffalo Park Road. Turn right (west) for 2.2 miles and enter the upper Alderfer parking lot just beyond the bright yellow house in the meadow. THE FOOD: Keys on the Green (restaurant in the Evergreen Golf Course clubhouse).

Wednesday, August 8th:

8:30 AM Leisure or Roses H1-21 SE Meet Dave Noble (home 303-694-2008, cell 303-906-3163) in the parking lot of South High School, corner of Louisiana and S. Franklin, near SE corner of Washington Park, for a ride including Westerly Creek, Stapleton, City Park, and Cheesman Park. Bring a snack and money for a restaurant lunch after the ride.

8:30 AM FUN PLUS H1-25 SE Meet Patty Gaspar (303-618-5069) We'll meet in the parking lot of South High School, corner of Louisiana and S. Franklin. We will be doing a route similar to the Leisure riders but at a quicker pace. We'll plan on lunch afterwards as well.

Thursday, August 9th:

7:15 AM, ROLL 7:30 AM FUN PLUS-H3 (2100')-35-W/NW - "Double Lollipop Loop with Danish on the Side" - Meet Marilyn Choske (303-905-8510) at Crown Hill Park in Wheat Ridge, 26th & Garland, for another leg-burning, heart-pumping ride circling the Hogback, a jog thru Morrison, then looping back via Morrison Road. Reward your efforts with a danish & beverage at mile 29. 10-14 mph.

10:00 AM, MTB, P2, T2, 10-20 Waldorf Mine/Argentine Pass Meet Richard Gieseler (303-722-1475) and Lin Hark (303-578-9369) for a reluctant mountain goat ride for beginners, or slower and faster riders. Meet at 9 AM to carpool at the far east end of Furniture Row parking lot at NW corner of Kipling and 6th Avenue Freeway frontage road. OR meet at 10 AM at the trailhead on the south side of I-70 at the Silver Plume exit (exit 226). We will ride the Argentine Central railroad grade, a mere 4% grade, up the south slope out of Silver Plume featuring a couple water crossings, extreme exposure riding but not too bad walking your bike. We will have a mild upper body workout at a washed out trestle. Out and back profile accommodates all levels of riders. No one left behind (besides the slow ride organizers). Bring a day pack lunch for a stop at the ruins at Panorama Point. Please call Richard with questions.

6:00 PM FUN-H1-18-SE Meet Katie Lunsford (757-630-6403) at Treads Bicycle Outfitters, 16701 E Iliff Ave, Aurora, 80013. We'll ride around Cherry Creek State Park and return to Peak to Peak Brewery for snacks and drinks.

Saturday, August 11th:

8:30 AM FUN PLUS-H2-20-NW MAJESTIC JUGGLING 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 no-drop ride will go west on Ridge Road and van Bibber Creek Trail, north on the new Blunn Trail and then return on Ralston Creek Trail. An incredible juggling and magic act will be provided during the Ralston Creek Golf Course break!

Sunday, August 12th:

8:30 AM FUN PLUS-H2-23-NW- Meet Jeff Krinsky (720-373-9107) for THE HIDDEN GEMS OF ARVADA. We have all experienced the traditional Arvada classics trails of Ralston Creek, Clear Creek, and Van Bibber. Check out this new route instead that explores the Pomona Lakes, the Arvada Fire Fighter's Park and other forgotten areas and is guaranteed to be an adventure! Meet at the SE corner of HWY 36 and 104th at the back side of the new Black Bear Diner, formally Quaker State and Lube Restaurant (10392 Reed St., Westminster, CO) by a hidden entrance to a hidden trail where the adventure will begin (and end). Possible lunch at Black Bear Diner will follow.

Monday, August 13th:

9:00 AM FUN-H1-26 Central Meet Wayne Tomasello (720-854-8767) at Original Brooklyn's 2644 W Colfax Ave, Denver, CO 80204 (from I-25 take the Colfax exit west to Federal Blvd. go South on Federal to the next light at W Howard place and go left. Go to the end and take a left onto Morrison Road and stay right to the parking lot of the restaurant) for a ride on the Platte River Trail North to 104th street and Back. The ride is on paved bike trails. An optional lunch is at Original Brooklyn's.

Tuesday, August 14th:

10:30 AM, MTB, P2-3, T2-3, Elk Meadow (Show'nGo) – Meet in the Buchanan Recreation Center parking lot. THE DIRECTIONS: Located at intersection of Colo Hwy 74 (Evergreen Parkway) and Squaw Pass (Colo Hwy 103). From I-70: Take exit 252 for Evergreen Parkway. Continue for roughly 3 miles to intersection of 74 and 103. Turn left at traffic light; Buchanan Park rec center and Tuscany Tavern are located in this complex adjacent to the softball fields. From downtown Evergreen, follow Hwy 74 up to intersection of 74 and 103. Or load directions to 32003 Ellingwood Trail, Evergreen 80439. THE FOOD: Tuscany Tavern.

Wednesday, August 15th:

9:00 AM Leisure H2-10-12 S ICE CREAM RIDE Meet Richard Gieseler (303-722-1475) at W. Dakota and S. Bannock streets in the middle of the Broadway Marketplace between Sam's Club and Safeway at 9 AM. We will explore intriguing exotic downtown Denver neighborhoods along the Platte River bikeway. 10-12 miles of urban riding on bike paths and low traffic streets. Richard leads this slow-rolling ride past the new mountain bike park at Ruby Hill to a secret trail in exotic Englewood. Then back to Richard's favorite ice cream joint featuring Sweet Action ice cream and starting point.

9:00 AM FUN-H2-31-SW Bear Creek-C-470-Platte River Loop Join Helen Berkman (720-355-5687) in the parking lot of Regal Cinemas Riverpoint, 3565 S. Platte River Dr., and head up the Bear Creek Bike Path to Fox Hollow Golf Course. Two steep but short climbs up Mount Carbon and over Hampden Ave. South and east along the C-470 Bike Path to the Platte River Greenway, then down the river path back to Bear Creek. This lovely loop is all on bike paths and there's a great downhill along C-470 down to Chatfield. Optional lunch afterward.

August 16th thru 18th:

MTB – Kenosha Pass and Buena Vista. Riding and hiking along the Colorado Trail. If you plan to join this event, please contact Jennifer Saxhaug – saxcpa@gmail.com – 720-260-8595. I have not ridden or biked the following segments of the Colorado Trail. Therefore, I cannot tell you if we will be on the trail 1 hour or 4 hours. I hope to spend more time being a tourist. Feel free to join one or all days.

Thursday, August 16th:

7:30 AM Roll FUN-H2 (950')-26-NW - "North By Northwest" - Join Marilyn Choske (303-905-8510) at Anderson Park in Wheat Ridge, 44th & Field St., farthest-back parking lot near playground & bike path. We'll explore (don't worry--I'll scout ahead!) a new-ish northwesterly loop route that takes us as far north as 86th Ave (near Standley Lake) and then meanders ESE thru neighborhoods on bike paths & streets, finally meeting up on the Clear Creek Trail. Possible beverage stop. Casual 10-14 mph.

10:30 AM MTB, P2, T2, Kenosha Pass. Jennifer Saxhaug – saxcpa@gmail.com – 720-260-8595. We will ride to Jefferson Creek Campground - 6 miles one way... either hike or ride (I plan to ride or hike my bike). Hoping to have a car at each end. Some may want to ride round trip from Kenosha. This is part of Segment 6 of Colorado Trail. DIRECTIONS: From Denver go south on US Highway 285 approximately 58 miles to the top of Kenosha Pass. Park on the west (right) side of the highway to meet for the ride.

6:00 PM FUN-H1-18-SE Meet Dick Shelton (720-934-9824) at Treads Bicycle Outfitters, 16701 E Iliff Ave, Aurora, 80013. We'll ride around Cherry Creek State Park and return to Peak to Peak Brewery for snacks and drinks.

Friday, August 17th:

8:30 AM, MTB, Colorado Trail - Segment 15 (near Buena Vista). Jennifer Saxhaug – saxcpa@gmail.com – 720-260-8595. Assemble at Vista Court Lodge in the courtyard in front of Cabin #8 at 8:30 a.m. to coordinate a bike ride on Segment 15 and end of Segment 14 in reverse - south to north - 8 miles one way. Car shuttle to be planned. DIRECTIONS: From the main drag (US24) in Buena Vista go west on Main Street for about a half mile. Vista Court Cabins is on the right. Address is Vista Court Cabins & Lodge, 1004 W. Main Street, Buena Vista, CO 81211. FOOD: Friday night spaghetti dinner at Vista Court Cabin #8. Dinner at 6:00 PM.

Saturday, August 18th:

9:00 AM INT-H3-25 SW Meet Jeff Krinsky (720-373-9107) for THE GREAT AMERICAN DINOSAUR RIDE 2018!!! The adventure begins at the Lakewood Heritage Center at Belmar Park at Ohio Street on the west side of Wadsworth, north of Mississippi and South of Alameda. We will tour the park then head west to Dinosaur Ridge and Red Rocks where we will stop for a break. Then we will continue on down through Morrison and Bear Creek Trail and return north to Belmar Park. The first 100 attendees will ride for free!!! Lunch options will be discussed.

10:00 AM, MTB (Hike), Colorado Trail - Segment 14 (near Buena Vista). Jennifer Saxhaug – saxcpa@gmail.com – 720-260-8595. Short HIKE on CT Seg 14 - Raspberry Rd to Chalk Creek Trailhead - 3.9 miles. Meet at Vista Court Cabin #8 at 10 AM. DIRECTIONS: In Buena Vista from the main drag (US 24) go west on Main Street for about a half mile. Vista Court Cabins is on the right. Address is Vista Court Cabins & Lodge, 1004 W. Main Street, Buena Vista, CO 81211.

Sunday, August 19th:

8:00 AM FUN-H2-29-SE Meet Ellen Fitzpatrick (720-209-2269) at Village Green Park (Dayton and Union at Dam Road at Cherry Creek Reservoir). We will ride through the State Park and catch the Cherry Creek and Sulphur Gulch paved bike paths to the city of Parker's Farmers Market. We will spend maybe less than an hour sampling, snacking, and savoring the fresh items at the booths. We'll return the same way and maybe circle through the reservoir a different direction.

Monday, August 20th:

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.

Tuesday, August 21st:

10:30 AM, MTB, P2, T2, Lair of the Bear (Show'nGo). Lair of the Bear Open Space Park is about 5 miles west of Morrison on Hwy 74. The parking lot is on the south side of the road. Afterwards return to Morrison to Red Rocks Grill for lunch.

Wednesday, August 22nd:

8:30 AM Leisure-H1/H2 19-SW Meet Jill McMahon (303 888-0314 cell) at Reynolds Landing for a ride south and west through Littleton on paved trails and quiet streets. (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.) We will ride on the Platte Trail, through Columbine Valley, Clement Park, the Lilley Gulch Trail and the Dutch Creek Trail. This is a loop ride with an optional lunch afterwards. Bring a snack and money for lunch if you plan to eat with us..

8:30 AM FUN-H1-23-NW Meet Dave Noble (home 303-694-2008, cell 303-906-3163) at the Westwoods Golf Club (1 block north of 64th and Quaker) for a loop of the Clear Creek and Ralston Creek trails. Lunch will follow.

6:00 PM, MTB P2.5, T2, Green Mountain (Show'nGo) -- Meet at the Florida trailhead, at the top of Alameda Boulevard at the intersection of West Florida Drive and Alameda Boulevard in Lakewood.

Thursday, August 23rd:

6:00 PM FUN-H1-16-SE Meet Dick Shelton (720-934-9824) at Peak-to-Peak Brewery's newest location, 9735 E. Colfax, just east of the intersection with Dayton, in Aurora. Park in the lot just west of MLK Library on Emporia. We'll ride north on Dayton to 17th then west to Westerly Creek and Sand Creek for a few miles before returning to Peak to Peak Brewery for snacks and drinks.

August 24th thru 26th:

MTB T1-4, P1-4 Curt Gowdy State Park. Bob Kochevar will lead us on the weekend rides. Call (303-870-6833) or e-mail (bob_kochevar@yahoo.com) if you will participate. There's a singletrack smorgasbord here, from beginner trails along the shoreline to giant rocks to huck off. The trails are in an alpine environment. Camping is available (for a fee), so join us for the weekend. Bob has reserved a group campsite for Friday and Saturday nights that permits up to 10 people. Each car entering the park pays a daily use fee also. We will ride many of the trails at Curt Gowdy on both the west and east sides of the park on Saturday, Aug 25 and Sunday Aug 26. There are more than 35 miles of trails for biking at Curt Gowdy which travel through a host of different landscapes, highlighting the best of the Rocky Mountains and Great Plains; i.e. high plains, upland montane and riparian. There's a fun waterfall to explore a short hike off one of the trails. DIRECTIONS: Curt Gowdy is located just 24 miles west of Cheyenne, Wyoming and 24 miles east of Laramie. From Denver, take I-25 North to Cheyenne. Take exit 10 (State Route 210) and continue 24 miles west. It's about a 2 hour or so drive. The main park entrance is on the south side of the road. To begin the ride, we will meet at the Visitor Center near the entrance off Hwy 210 at 10:30 AM, Saturday, Aug 25. If you intend to camp, let Bob know and he will give you the campsite number and location in the park. Motels are available in Cheyenne and Laramie for overnitters, also. More information about Curt Gowdy State Park is available to download here: <http://wyoparks.state.wy.us/index.php/maps-curt-gowdy>

Friday, August 24th:

MTB-Camping, Curt Gowdy State Park. Contact Bob Kochevar (303-870-6833, bob_kochevar@yahoo.com). If you intend to camp, let Bob know and he will give you the campsite number and location in the park. DIRECTIONS: From Denver, take I-25 North to Cheyenne. Take exit 10 (State Route 210) and continue 24 miles west. It's about a two hour drive from Denver. The main park entrance is on the south side of the road.

Saturday, August 25th:

9:00 AM FUN PLUS-H2-23 SW Meet Patty Gaspar (303-618-5069) behind the McDonald's at Sheridan and Hampden. We'll head west but we will avoid going over the dam by heading up Kipling then over to C-470 trail. There is a great downhill back to Lowell and Bear Valley. Lunch is in Bear Valley.

10:30 AM, MTB, P1-4, T1-4, Curt Gowdy State Park. Meet Bob Kochevar (303-870-6833) at the Visitor Center near the main entrance to Curt Gowdy State Park. DIRECTIONS: From Denver, take I-25 North to Cheyenne. Take exit 10 (State Route 210) and continue 24 miles west. It's about a two hour drive from Denver. The main park entrance is on the south side of the road.

Sunday, August 26th:

MTB, P1-4, T1-4, Curt Gowdy State Park. If you're coming up just for the day contact Bob Kochevar (303-870-6833) to get the time and starting location of the ride. DIRECTIONS: From Denver, take I-25 North to Cheyenne. Take exit 10 (State Route 210) and continue 24 miles west. It's about a two hour drive from Denver. The main park entrance is on the south side of the road.

Monday, August 27th:

9:00 am FUN-H2-22 NE Meet Wayne Tomasello (720-854-8767) at Cinzetti's Restaurant off 104th at I-25 for a ride along the Farmers Highline Canal to Standley Lake. The ride is on mostly paved bike path with some dirt path. There is some street riding. Lunch after the ride is at Cinzetti's.

Tuesday, August 28th:

10:30 AM, MTB, P1, T1.5, Flying J Ranch Park (Show'nGo) – Meet at the main trailhead (north lot). DIRECTIONS: From C-470 go south on US 285 approximately 12.5 miles to Aspen Park. Exit at Barkley Road and go left onto Barkley for a half-mile to County Road 73. Go right on County Road 73 for about three-fourths of a mile to the Flying J Ranch Park sign. Turn left into the park and travel a half-mile to the trailhead parking lot. FOOD: An option is Brooks Place Tavern in Aspen Park. Map and info: <https://www.jeffco.us/1220/Flying-J-Ranch-Park>.

Wednesday, August 29th:

8:30 AM Leisure-H1/H2 15-20-SW Show-N-Go Ride from Bear Valley McDonald's (5550 W Dartmouth Ave, Denver) The group will decide which direction to go on the Bear Creek Trail or make a loop through neighborhoods. Possible lunch after the ride.

10:00 AM (8:00 AM Carpool)-FUN PLUS-H2-30 West Meet Anne Gerleman 970 531 7441 in Winter Park (ski area) in the parking area in front of Vintage hotel and the Cabriolet. Carpool meets at the SE corner of I-70 and Morrison Road in the Stegosaurus parking lot. This is a ride into town on a bike path and onto County Road 5 with Rolling hills. A couple of long hills that might be H3 category. Approximately 30 miles. Late lunch afterwards. Call or Text if you are coming. Great excuse to get out of town!

Thursday, August 30th:

6:00 PM FUN-H1-18-SE Meet Dick Shelton (720-934-9824) at Treads Bicycle Outfitters, 16701 E Iliff Ave, Aurora, 80013. We'll ride around Cherry Creek State Park and return to Peak to Peak Brewery for snacks and drinks.

The 30th will be our last scheduled evening ride as sunset is before 7:30pm.

Cycling Colorado & Beyond

Here's a listing of some of the biking opportunities not only in Colorado, but neighboring states. It is not inclusive. For other rides, go to: bicyclecolorado.org/events/event-calendar, bikeride.com, www.cyclingutah.com or 303cycling.com/colorado-cycling-calendar

August 4

12th Annual Copper Triangle Alpine Classic *Copper Mountain, CO*

coppertriangle.com

August 11

The Broadmoor Pikes Peak Cycling Hill Climb *Colorado Springs, CO*

PikesPeakCyclingHillClimb.org

August 23 – 26

Jurassic Classic Mountain Bike Festival *Lander, WY*

jurassicclassicfest.com,
landercycling.org

August 25

Venus De Miles *Boulder County, CO*

venusdemiles.com/colorado/

August 31 – September 3

Wydaho Rendezvous Teton Mountain Bike Festival, Teton Valley, WY, 9th Annual, held at Grand Targhee

Resort tetonbikefest.org

September 8

American Diabetes Association's Tour de Cure Colorado *Parker, CO*

diabetes.org/coloradotourdecure

September 9

16th Annual Tour de Tahoe - Bike Big Blue *Lake Tahoe, NV*

bikethewest.com

September 14 – 16

Pedal the Plains - Eastern Colorado

pedaltheplains.org

September 15

Tour de Vineyards *Palisade, CO*

tourdevineyards.com

September 21 – 22

Bike the Bear Century *Garden City, UT*

trappertrails.org/bike

September 22

14th Annual Mountains to the Desert Bike Ride *Telluride, CO*

m2dbikeride.com

September 22

Moab Century Tour *Moab, UT*

skinnytireevents.com

September 22

Goldilocks Utah *Provo, UT*

Goldilocks is a women only bike ride

goldilockside.com/gsl

September 23 – 29

27th Annual OATBRAN *Lake Tahoe, NV*

bikethewest.com

September 29

ICON Eyecare Tour of the Moon *Grand Junction, CO*

tourofthemoon.com

October 20

Fall Tour de St. George *St. George, UT*

ridesouthernutah.com

November 17

Death Valley Century *Death Valley, CA*

Start at The Ranch at Furnace Creek Resort

planetultra.com