



The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

JULY 2020

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In an effort to be a more connected and caring club, we would like to send a card to those members suffering from an injury, illness, or loss. If you know of someone who could use a pick-me-up, please email their name to Linda at 528tiernan@gmail.com

DBTC Summer Social Hour

Saturday, July 18, 2020

THREE LOCATIONS:

NORTH, SOUTHEAST, AND SOUTHWEST

We can't hold a large Summer Picnic this year, but we can still socialize in a safe manner!

Simply sign up for one of SIX DBTC rides on the morning of July 18th, 8:30 am, and your Board members/Ride Leaders will host a Summer Social Hour after the rides. Two rides will be offered at each of three locations:

NORTH - Prospect Park

SOUTHEAST - Arapahoe Trailhead

SOUTHWEST - Reynolds Landing

Bring your own lunch, a chair, a treat to share (optional), and a story about a fun new ride you discovered this year. See other details in the Ride Schedule and next email blast.

TAKE NOTE - RIDE INFORMATION!

The DBTC Board and your Ride Coordinators are continuing to post weekly ride updates and send a weekly email blast. See the Ride Schedule below, along with DBTC social distance guidelines. Please sign up for rides and step up to lead a ride when you can!

DBTC's Officers

President Helen Berkman president@dbtc.org	720-355-5687
Vice President Cyndy Klepinger vicepresident@dbtc.org	303-394-4962
Secretary Phil Gee secretary@dbtc.org	720-319-8087
Treasurer Steve Thomas treasurer@dbtc.org	303-419-2531
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Riggs Osborne riggs2000belinda@yahoo.com	720-428-2602
Nelson Paler n.paler@att.net	303-803-8583
Linda Wheeler 528tiernan@gmail.com	419-973-8282
Suzanne Carter equinelites@aol.com	720-480-6521

Directors and Staff

Director of Ride Activities Patty Gaspar Patty@gasparjones.com	303-989-8268
Out of Town Tour Director Kathy Stommel OutOfTownTours@dbtc.org	719-671-5579
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
Weekday Fun/Int Ride Coordinator Patty Gaspar Patty@gasparjones.com	303-989-8268
Leisure Ride Coordinator mtnlin08@gmail.com	
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
Guest Relations Mary Stewart guestrelations@dbtc.org	

Board Meetings

Members wishing to attend a board meeting are welcome! The DBTC board meets the second Monday of each month via ZOOM during COVID-19 crisis; otherwise the DBTC board meets the second Monday of each month at 6pm, Perkin's Restaurant (1995 S. Colorado Blvd). Anyone wishing to address the board, contact the president at president@dbtc.org or call 720-355-5687 so your topic can be placed on the agenda.

The President's Page

Helen Berkman

As I write this, we are in the 15th week and 4th month of the pandemic -- my thoughts this week are for the health of my family, friends, and country. I also pray that as a nation we will make real and lasting inroads into the racial inequality that has permeated our society and systems for so long.

I read an article this morning about resiliency and it said the four corners of resiliency include optimism, a moral or spiritual compass, flexibility, and social connectedness. The latter two are clearly tools that we can practice and use in bicycling during this pandemic.

Flexibility: We can be flexible in our bicycling habits by being willing to change our routines and adapt them to the new circumstances we live in. Such as: Welcome families on the trail biking with their kids rather than complaining or speeding past them. Spend a few minutes fitting your mask or shopping for a new one, and learn to live with a little inconvenience in order to show courtesy and help save lives. Pack an extra hand sanitizer and offer it to someone who doesn't have one. Reach out and call a new or old friend for a bike ride rather than just biking with your spouse or partner if that's been your typical routine.

Social connectedness: Spend a few more minutes on introductions before and after Club rides. Maybe there's someone who is worried or stressed about a family member. Join riders for a social distance lunch after rides. Step outside your comfort zone to chat with cyclists of different races, ages, or sexual orientation, and find out more about them. Stop and say hi to neighbors more often as you wheel your bike out from your garage or neighborhood. And come to one of our Summer Social Hour gatherings after our July 18th morning rides!! We are living through a traumatic time and we can't go it alone folks. Help everyone through this difficult time and live to enjoy many more years of bicycling in beautiful Colorado!



DBTC Mission Statement - 2020 and Beyond

The Denver Bicycle Touring Club (DBTC), a non-profit corporation run by volunteers, is the original bicycling club of the Denver Metro area.

The Mission Statement of the Denver Bicycle Touring Club is to:

Organize and sponsor all levels of rides for bicycling enthusiasts. Promote recreational and commuter cycling, bicycle safety, and bicycling education to the general public. Advocate and support bicycling routes with local governments in the Denver Metro area.

That Email Is NOT From the DBTC President

Phishing emails are still making the rounds occasionally. People have reported that emails have gone out apparently from "Helen Berkman" or "President" vaguely asking for "a favor" or "a reply" or asking recipients to buy gift cards for veterans or others. This is a reminder that your DBTC president will never send an email asking for money or gift cards. Please do not hit "reply" to these emails or make any purchases. Check the address if you're unsure. The email address is a fake address, not the official dbtc.org address or the correct personal email of the President.

Plan a Ride with the DBTC Bike Route Map!

Plan a Ride with the DBTC Bike Map! Special offer: Right now existing members who want a copy may, in exchange for a small donation, contact president@dbtc.org for a copy to be mailed to them. This newly revised map adds new routes, paths, and trails for bicycling adventures. It also includes more identifiers for major streets, bike routes, and trails. New members receive a copy of the map after they sign up.



Social Media for DBTC

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](https://www.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](https://www.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 Cycling Yahoo Group click [HERE](#)

or the Mountain Biking Yahoo Group, click [HERE](#)

You'll then receive emails about upcoming rides for those respective groups. You can also check out the latest [CYCLING](#) or [MTB](#) updates.

WELCOME

NEW DBTC MEMBERS

Mark Bennett

Karen Betstadt

Sandy Brock

Craig Grimm

David Harman

Gerald Martin

Danielle Reynolds

Les Strickland

Lynne Valencia

Suzy Ward

DBTC Dues Increase

After listening to feedback from recent surveys (thank you for participating) and careful consideration from your DBTC board, the decision to increase annual dues to \$35 for individual and \$50 for families has been put into effect. The change will take place on July 1, 2020. Members who renew their memberships before July 1, will receive the current rate and keep their original renewal date! Your board is hard at work creating an inclusive club with many fun activities and rides aimed at keeping the comraderie that exists in the club going strong into 2020 and beyond.

Club membership provides these amazing benefits:

- Planned Rides for all riding levels
- Winter activities including skiing and snow shoeing
- Out Of Town Tours to exciting destinations
- Social Events including picnics, luncheons and more
- Monthly Newsletter filled with cycling tips, trail updates, activities, and more
- Insurance for member riders in case of accidents
- Being part of the oldest cycling club in Denver!



20 20

ADVANCE *Planning* CALENDAR

July 11: Triple Bypass

Canceled - triplebypass.org

July 18 - 19: Courage Classic

In consideration of the current health crisis, this year's Courage Classic will be a virtual celebration. - childrenscoloradofoundation.org

July 18: Tour de Steamboat

Tour de Steamboat, is offering the COVID-19 Edition of the 2020 Tour de Steamboat (CE-TDS). Not a "sorry, see you next year" event, but an actual "train for " and "ride the distance" wherever you live event. This year, the Tour de "You" is a day you choose to ride the original route you planned to ride, wherever you live. If you live in Steamboat, ride the actual routes, if you live out of town, map out a similar distance and profile.

Steamboat - tourdesteamboat.com

August 1: Copper Triangle

Canceled - *Copper Mountain* - coppertriangle.com

August 29: Venus de Miles

Women's only ride with 35 and 65 mile options - *Lyons* - venusdemiles.com

September 11 – 13: Pedal the Plains

The 2020 Ride is canceled

September 12: Denver Century Ride

Denver Century Ride Offering 10 and 25-mile family ride fun rides, a 50-mile half century, an 85-mile ride, and a classic 100-mile century ride, each starting and ending at The Shops at Northfield in Stapleton. On-line registration only – no in person or walk up registration. *Denver* denvercenturyride.com

September 13: Buffalo Bicycle Classic

Ride the beautiful back roads around Boulder, on 14, 35, 50, 70, and 100 mile routes. buffalobicycleclassic.com

September 19: Tour de Vineyards

Ride through Colorado's Wine Country, in and around *Palisade* tourdevineyards.com

September 22: Bike to Work Day

(moved from June to September)

September 26: Tour of the Moon

Ride the Colorado National Monument with 41-mile and metric century mileage options - *Grand Junction* <https://www.rollmassif.com/tourofthemoon>

Please be sure to check official event websites for any cancelations or postponements due to the virus

Majestic Premiere Ride

On Saturday, May 23rd - Riders set out on the Majestic Premiere Ride with Jeff K.



Stolen Bikes Are On The Rise

You may have seen the Denver Post article this week about stolen bikes. Bike thefts are up 18% over last year. April and May were particularly rough, 749 thefts in Denver, a 28% increase. Some groups are turning more to social media to enlist the help of their neighbors and the public in finding their bikes. But suffice it to say that all of us must be more diligent than ever to protect our bikes. NEVER leave your bike unlocked, even for a few minutes. NEVER leave your garage door open, even for a few minutes. And be sure to lock your bike inside your garage as an additional failsafe measure. Keep your bike safe so you can keep riding it!

Westminster Classic Ride



On Saturday, May 30th Riders joined Jeff Krinsky for the Westminster Classic Ride. The views did not disappoint, and they even met a furry friend!



Out-Of-Town Trips in 2020?

Over the past few months, we have had to change or cancel travel due to the coronavirus pandemic. For DBTC that meant canceling multi-day, out-of-town rides.

To help fill that void, there's been some chatter about organizing one or two informal multi-day rides in the Steamboat Springs area (August), possibly Grand Junction/Glenwood Springs (September), or a New Mexico trip to Taos and Santa Fe (October). The Colorado trips would be three or four days, and the New Mexico trip would be a six-day trip with rides in both the Taos as well as Santa Fe area. Before details are finalized, we would like to gauge the interest in these tours. The groups would be around 10 – 12 people.

For a three to four day PAYGo tour, the leader would plan rides, get a room block at a hotel, and provide participants with options for transportation. Participants would make their own reservation

at the hotel or make other arrangements such as camping. A variety of routes and meeting places would be identified, and riders would be able to go at their own pace or in an organized group. Participants would make their own arrangements for payments and roommate selection.

Social distancing happy hours would be offered as well as possibly a picnic lunch or two. Other meals would be up to the riders, and due to social distancing, small groups of 4 or so could dine together depending on restaurants' policies. Riders would pay a small flat fee to DBTC, amount to be established by the Board.

If you are interested in any of these trips, let Cyndy Klepinger know, matilda8@msn.com or 303.725.1565. If there's enough interest, we can make these trips happen!

I-70 Project 2020 and Beyond

Whether you call it the Big Ditch or the Big Dig, either way the I-70 Project is causing a lot of transportation upheaval in our NE quadrant. So, what's really going on in the I-70 Project, and how long will it take? Here are some highlights from an article in 5280 Magazine about the project, and a few notes about how bicycling and bike routes in the north central area are being impacted.

History: The I-70 project was developed to address Central I-70 congestion and replace the 55-year-old viaduct near Brighton Boulevard (it was flagged as structurally deficient over 12 years ago). You probably remember the controversies at the start, with area residents citing concerns about safety, increased pollution, and traffic. After the final plan was released in 2016, neighbors and environmental groups protested, culminating in a lawsuit claiming the environmental studies were flawed and pollution would be worsened. The lawsuit was settled in late 2018 with agreements addressing community health, environmental monitoring, more plantings, and notices in English and Spanish for residents.

Construction Impacts: During 2020, construction of on-ramps and extra lanes between Colorado Blvd and Quebec St will continue, and several north-south routes will be closed, some throughout the year. 46th Avenue north of I-70 will be completed this year; however, 46th Avenue South will not be done until 2021. Velo Swap is scheduled for November 7, 2020 at the National Western. If it takes place, expect getting there by either bike or car to be chaotic.

Final Project: The main aspects of the project are: HOV Express lanes both east and west, extending to Chambers Road, reconfigured on-ramps, and "the Big Ditch" between Brighton Blvd and Colorado Blvd. As described in 5280 Magazine, "the freeway is being rerouted below ground. Motorists will gradually descend about 30 feet below grade, beginning near Brighton Boulevard. At Columbine St, the freeway will disappear beneath a park for four blocks then emerge again just past Clayton St, gradually grading upward again until Colorado Blvd." In addition, the Union Pacific Railroad will now pass over the freeway at a point west of Colorado Blvd.

During 2021 and 2022, the old viaduct will be demolished and 46th Avenue will be completed on the south side. The final stage of the project will be to complete the four-acre park above the freeway at Clayton St.

To read the entire 5280 magazine article, click here: <https://www.5280.com/2019/06/navigating-central-70-what-you-need-to-know-about-the-1-3-billion-project/> If you are traveling in the area by car or bike, you can check the project status and road closures here: <https://www.codot.gov/projects/i70east/resources/detour-maps>

Sunset Ride

*Cherry Creek Evening Adventure
on Thursday, June 11th at the
4-Mile Historic House Turnaround.*



Cycling Tips

Here are six tips from Bicycling book, 1,100 Best All-Time Tips. The book offers wisdom from the most skilled and knowledgeable coaches, physiologists and cyclists in the world.

NO. 1

To avoid muscle soreness and fatigue, don't hunch your shoulders. Tilt your head every few minutes to stave off tight neck muscles. Better yet: Stop to admire the scenery.

NO. 2

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

NO. 3

If you don't have a chance to slow for an obstacle such as railroad tracks or a pothole, quickly pull upward on the handlebar to lift your front wheel. You may still damage the rear wheel, or it might suffer a pinch flat, but you'll prevent an impact on the front that could cause a crash.

NO. 4

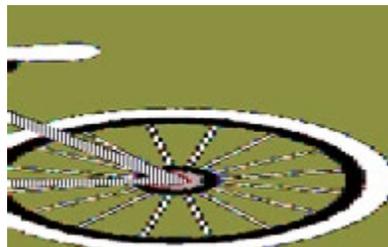
Beware of creeping forward on the saddle and hunching your back when you're tired. Shift to a higher gear and stand to pedal periodically to prevent stiffness in your hips and back.

NO. 5

Relax your grip. On smooth, traffic-free pavement, practice draping your hands over the handlebar. This not only will help alleviate muscle tension, but also will reduce the amount of road vibration transmitted to your body.

NO. 6

Periodically change hand position. Grasp the drops for descents or high-speed riding and the brake-lever hoods for relaxed cruising. On long climbs, hold the top of the bar to sit upright and open your chest for easier breathing. When standing, grasp the hoods lightly and gently rock the bike from side to side in sync with your pedal strokes. But always keep each thumb and a finger closed around the hood or bar to prevent yourself from losing control if you hit an unexpected bump.



**We all need to smile
now and again . . .
hopefully these jokes
will deliver
a grin or two.**

Q: Why can't a bicycle stand up on its own?

A: *Because it's too tired!*

Q: What do you get if you cross a bike and a flower?

A: *Bicycle petals!*

Q: What do you call a bicycle built by a chemist?

A: *Bike-carbonate of soda!*

Q: Do you know what is the hardest part of learning to ride a bike?

A: *The pavement.*

Q: What does a bicycle call its dad?

A: *Pop-cycle*

Q: What did the little boy take his bicycle to bed with him?

A: *Because he didn't want to walk in his sleep.*

Q: Why Is Sex Like Riding A Bike?

A: *You can do it by yourself, but it's usually not as much fun.*

Q: How do you know you've married a cycling addict?

A: *Your laundry has more bike jerseys than clothes.*

Q: What do you call a crazy pavement?

A: *A cycle path.*

Jokes from <https://www.quickfunnyjokes.com/cycling.html>

Hidden Gems of Interlocken Ride



On Sunday, June 7th riders were led on a tour of the hidden gems of Interlocken, discovering some unique sites!



Let America Be America Again

Langston Hughes, 1902 - 1967

Let America be America again. Let it be the dream it used to be. Let it be the pioneer on the plain Seeking a home where he himself is free.

(America never was America to me.)

Let America be the dream the dreamers dreamed Let it be that great strong land of love Where never kings connive nor tyrants scheme That any man be crushed by one above.

(It never was America to me.)

O, let my land be a land where Liberty Is crowned with no false patriotic wreath, But opportunity is real, and life is free, Equality is in the air we breathe.

Majestic Flag Day Ride



On Sunday, June 14th, riders went on the Magestic Flag Day Ride with Jeff Krinsky.



ATTENTION ALL DBTC MEMBERS!

IT'S TIME to start using this new Member benefit: *Ride With GPS!*



Did you know that all members with Active status can access our new Member benefit, the Ride With GPS Club Account? You'll get access to our Route Library to view route maps, print off cue sheets, and download routes to your mobile device. Note that Ride With GPS has two interfaces: one is an Internet browser and the other is an Android/iPhone app. Using these will be addressed in the following instructions.

QUESTIONS / COMMENTS? Please contact Marilyn at mjchoske@gmail.com or John at johnklever@msn.com. We're here to help!

1 Get Started:

1. Using your desktop, laptop, or tablet (don't use your cellphone yet), go to www.ridewithgps.com and set up a Personal (free) account. You'll need your email address and a password.
2. Email a "request for the RWGPS link" to our RWGPS Administrator, Bob Horney: dbtcvelo@gmail.com
3. Bob will email the link back to you.
4. Click on the link in your email to access the DBTC Ride With GPS Club Account.

2

Access the RWGPS Club Account:

1. Sign into your Personal Account and find the DBTC icon on the left-hand side of the homepage, below the "More" icon.
2. Click on the DBTC icon. This brings up the Club Account page with a photo of DBTC members at the top.
3. Below the photo and on the right, click on the orange box "SIGN INTO CLUB". A yellow strip at the top of the same page is displayed. You are in the Club site.

3

Set Up Your Portable Device:

1. Cellphone users - Search for Ride With GPS App. Follow instructions for your phone type, then INSTALL the App.
2. Garmin users - Please read more in your Personal Account on how to set up your Garmin device.

4

Access RWGPS Club Route Library on your PC:

1. After you're in the Club account, click on "Route Library". The list of routes is displayed. NOTE: Routes are categorized with this algorithm for distance (mi)/elevation (ft): Easy-3 = 1-15 mi/1000'; Moderate-5 = 16-39 mi/2000'; Advanced-7 = over 40 mi/2100'+ . Pace is determined by the rider(s).
2. If looking for a particular type of route, you can shorten your search by toggling the distance and/or elevation gain variables, or by typing in a start location (city), all located just above the library list.
3. Select (check box to LEFT of route title) a route and click "View" on RIGHT side of listing.
4. When route map & cues screen appears, you can click on "More" (top left above route name) to read other options.
5. Try sending the route to your mobile device: Tap the orange box "SEND TO PHONE (or DEVICE)" and follow directions. No need to download to your device unless you plan to use it.
6. To return to Route Library page, use the back arrow or click "ROUTES" on yellow strip.

5

To Exit DBTC Club site and Personal Account:

1. Below and to the far right of the DBTC members photo, click on "SIGN OUT". The yellow strip disappears. Now click on the upper left-hand corner orange bicyclist image that takes you back to your Personal account homepage.
2. Upper right-hand corner of your homepage, click on the gray bicyclist image for drop-down menu and click "SIGN OUT". This takes you completely out of Ride With GPS website.

6

From your Personal Account homepage, you can CREATE, EDIT, DELETE your own routes Here are some CREATE A ROUTE tips:

1. Click on "ROUTE PLANNER" tab at top of homepage. This brings up a map; type in a Start Location in the "Enter a location" box, top right page.
2. If you want to create a route containing bicycle-friendly paths, roads, etc., click on "Bike Paths" in the upper right-hand corner of the map. These areas will highlight in green.
3. Also in upper right-hand corner of the map to the right of Bike Paths, you can choose the Map Style. The map comes up in Satellite or Hybrid, but choosing "Map" makes for a simpler 'cavass' unless more detail and definition is needed (then Satellite is good).
4. Far right column: click to: Follow Roads.
5. Optimize for: Cycling (or walking, driving).
6. Click on "Avoid Highways".
7. Lower left-hand corner of screen is "Tip of the Day." Strongly suggest to click on "Learn more" (red letters) and read ALL the tips and watch any YouTube tutorials that are offered. You'll learn lots.

DBTC Announcements

The DBTC is always looking for ride leaders. Please contact your ride coordinator by the 20th to get onto the early schedule. Worried about the weather, you can add wording that the ride is subject to cancellation if the weather is bad - contact you or watch MeetUp or Yahoo group. Or you can define bad – below 50 degrees or whatever you consider too bad. Rides are automatically cancelled if it is below 40 degrees and/or raining or snowing.

Here's how to contact one of the ride coordinators:

South: Ellen Fitzpatrick ellenfzt4@comcast.net

North: Jeff Krinsky jkrinsky2003@yahoo.com

Weekday: Patty Gaspar patty@gasparjones.com

Leisure: Lin Hark mtnlin08@gmail.com

MTB: Chuck Caldwell ccaldwe@yahoo.com

NEEDED -- NEW LEISURE RIDE COORDINATOR

At the End of Season Ride last year, Lin Hark resigned as the Leisure/Roses Ride Coordinator. Until this position is filled by another volunteer, Lin has agreed to put Show N Go rides each Wednesday in the newsletters until further notice.

Lin is one of those people DBTC can count on whenever help is needed. She has been on the board, put together trips, taught mountain biking and, of course, led rides. She agreed to step in when Melba Bouquet retired as "Roses" coordinator. She has put her own stamp on the group by changing the name to Leisure. She has even had rides to re-introduce people to cycling. Because she travels a great deal, she needs someone to take her place. If you have questions please contact Patty Gaspar: 303-618-5069 or patty@gasparjones.com or Lin – mtnlin08@gmail.com.

FOR SALE

**Cannondale Quick,
Aluminum Frame Road Bike, Size Small**

**Shimano 105 Drive Train, 10 speed 11-28
cassette, straight bar
700 X 28 tires, cantilever brakes. \$400**

Contact Ron Wagner 720-483-3378

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!

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.***

DBTC JULY 2020 RIDES

Summer has arrived - biking season is in full swing as we continue to navigate through the COVID-19 era. We will continue to send out weekly email blasts of upcoming rides and they will be posted on Meet Up as they are developed. We'll remain flexible and be ready to re-evaluate and make adjustments as needed. Use your own good judgment out there folks, and set a good example!

GENERAL RIDE GUIDELINES (as of May 21, 2020): Riders must have face masks (fabric masks or surgical masks, not N95), and bring hand sanitizer and hankies. Riders are encouraged to wear their masks during the ride to the extent feasible. Your ride leader will state their expectations at the start of the ride, and may in their sole discretion require masks before, after, or throughout their ride. Any questions, call your ride leader beforehand to learn their preference.

Limit of 6 to 8 riders - please RSVP by email or texting the ride leader on your phone. And, be early – you may be on your own if there are already too many riders at the start. If more than 6 – 8 riders are present, a second group may be formed using best judgment of the ride leader and members present. Be sure to read the ride description for distance and difficulty. Call the ride leader if you are not sure. As always, routes may be changed the day of the ride.

Social distancing of 8-10 feet shall be the norm. Take breaks on the grass or standing by your bikes at a safe distance from each other. Expect that restrooms may not be open yet, so plan ahead (skip the morning coffee!). Last but not least, use your own best judgment. Join a group ride only if you are healthy, have been riding this month, and checked out your bike, mask, and accessories beforehand.

To get a ride included for the coming week: patty@gasparjones.com or one of the coordinators.

North Fun & Int: Jeff Krinsky jkrinsky2003@yahoo.com
 South: Ellen Fitzpatrick ellenfitz4@comcast.net
 Leisure: Lin Hark mtnlin08@gmail.com

Weekday: Patty Gaspar patty@gasparjones.com
 MTB: Chuck Caldwell ccaldwe@yahoo.com

If you'd like to include a ride activity in the newsletter, please send an email to ridecoordinator@dbtc.org by the 22nd for the next newsletter, or contact Patty at 303-989-8268.

Pace of Ride	Difficulty of Terrain	Distance	Quadrant of City	Departure Time
Leisure or Roses (Avg. 8-10 mph) No Drop Rides Fun – (Avg. 9-12 mph) No Drop Rides 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 shows 1800 ft. H4 – Serious Climbs 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.

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

You are welcome to add a ride for any upcoming week. Simply email patty@gasparjones.com by Wednesday to have your ride in the blast for the following week.

We want hear from you! Please reach out to any Board member or Ride Coordinator to let us know if you're ready to join DBTC rides under the guidelines we've listed, or if for any reason you're going to wait until later, or if you have any questions or comments. We'd love to know how many folks to expect and how many rides

July 2020 DBTC Ride Schedule

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 MapQuest or Google Maps to make a map to the starting location.

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 canceled.*

DBTC Message Board is the DBTC General E-Mail List

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

DBTC Mountain Biking Email List

To join, send an e-mail to: COmntbikers-subscribe@yahoogroups.com

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

DBTC Meetup group at <http://www.meetup.com/Denver-Bicycle-Touring-Club/> be used to post rides as well. Once you have posted your ride, we will review the ride information to be sure it complies with the club requirements, then upload it to the Meetup website, 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 already-existent 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 there.

You can join all four 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 either of these Yahoo Groups, Facebook, or the Meetup Group does not make you a valid member of the DBTC.
- If your email address changes, you must send your new email 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 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.

Summer 2020 Riding Guidelines

- Weather: No thunderstorms
 - Clothing: Wear layers and bright colors
 - Other: Bring water, repair items, and a snack
- BRING A MASK, cell phone, hand sanitizer, and a hankie.**

This schedule subject to change, watch for additional rides in the weekly blasts.

Wednesday, July 1st

9:00 AM FUN-H2-20-NW Meet Merri Bruntz (303-517-9781) at Crown Hill Park (26th & Garrison) for a ride through Wheat Ridge neighborhoods to the Clear Creek Trail where we will ride west to Golden. We will then ride east back to the park via 32nd and 26th avenues. Text Merri to confirm and bring a sack lunch to social distance picnic after the ride.

6:00 PM INT-H3-20-NW - Meet Jeff Krinsky (720-373-9107) THE HIDDEN GEMS OF LOUISVILLE EVENING ADVENTURE!!! 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.)

Thursday, July 2nd

8:30 AM, MTB, P2-3, T2-3, North Table Mountain. Meet Chuck Caldwell (303-807-1562) for a ride up and over and around North Table Mountain. All trails except the Rim Rock Trail should be open. We'll gather at the North Table Mountain West Trailhead (4788 Highway 93, Golden, CO 80403). DIRECTIONS: From Golden at the intersection of Colorado 93 and Colorado 58, go north on Colorado 93 for 2.2 miles. The trailhead parking lot is on your right. POSTRIDE: Golden restaurant chosen by the riders.

Friday, July 3rd

9:30 AM INT-H3-24-Frisco Meet Jeff Krinsky (720-373-9107) for THE FREE ICE CREAM TOUR OF LAKE DILLON. We will meet at the Summit Middle School parking lot in Frisco and ride the multi-use trail around Lake Dillon toward Keystone. We will then climb the Swan Mountain bike path to the top and enjoy the incredible view after which we will enjoy the fabulous downhill toward Frisco, completing a circle back to the middle school parking lot. DBTC will purchase ice cream for all riders at one of the two ice cream establishments that we will visit during the ride. Directions to Summit Middle School, 158 School Rd, Frisco: Drive westbound from Denver on I-70 to Exit 203, and take the roundabout exit that leads south onto the bridge crossing I-70. Continue south on Summit Blvd. (Hwy 9) for .8 miles to the stoplight intersection of School Rd. & CR 1040. Turn left onto School Rd., and look for DBTC members in the parking lot.

4:45 PM FUN PLUS around 15 to 18 miles SW Meet Suzanne Carter (equinelites@aol.com, 720-480-6521) just northeast of the Pedal Bike Shop in Littleton (2640 W Belleview Ave #100.) We will ride for about 15 to 18 miles depending on what the group wants. Meet near the river side of the parking lot. We will ride south along the bike path that parallels Santa Fe and maybe grab a beer or whatever at the Breckenridge Brewery near the end of the ride. Keeping it easy just in case you plan a longer ride for the 4th!

Sunday, July 5th

8:30 AM FUN-H2-20-NW MAJESTIC BUBBLE 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

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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 bubbles so bubble wands will be provided to all participants during the Ralston Creek Golf Course break!

Tuesday, July 7th

8:00 AM FUN-H2-20-W-950' elev. gain. Join birthday girl Marilyn Choske (303-905-8510) at Anderson Park, 44th & Field St, Wheat Ridge. Turn into first parking lot on left. Nice, casual pace for this westbound loop to Golden & return. Some hills up, some down! Birthday cake & iced tea at leader's backyard before returning to nearby Anderson Park. Bring masks for rest stops/social distancing. Limit 8 riders, including leader. Register via TEXT to leader by July 6. Ride will not go if rainy or forecast is for morning rain. Call leader if in doubt. Your Club RWGPS: https://ridewithgps.com/routes/33099470?privacy_code=m0qIVHdBVmAjA4Nc

10:30 AM, MTB P2, T2-3 Easy Cooler Lunch Ride - Mt. Falcon Park – west lot. The Easy Cooler Tuesday Lunch Rides are organized by Liz Cameron (bizliz8888@gmail.com 303-619-7897). These are Show'nGo Rides: The folks who show up decide what to ride. A ride is scheduled every Tuesday thru the summer. Look at Meetup.com under the DBTC group for location and time. Today's ride is at Mt. Falcon Park near Indian Hills. Meet at the Mt. Falcon Park west lot in Indian Hills. Find trail info at <https://www.jeffco.us/1332/Mount-Falcon-Park>. THE DIRECTIONS: Going west on 285, take Indian Hills Parmalee Gulch exit. Follow Parmalee Gulch Road till just past Parmalee Gulch Park. Turn right on Picutis, follow till right turn on Nambe, then right turn on Mt. Falcon Road. THE FOOD: Blackbird Cafe and Tavern in Kittredge - <https://www.blackbirdcafeevergreen.com/>. Be prepared to bring a chair and food for a post ride picnic in the parking lot if the restaurant is not open.

8:30 AM Leisure-H1/H2-16-SE. RIDE THROUGH CENTENNIAL TRAILS. Meet Jill McMahon (303 888-0314 cell) at the Goodson Rec Center, 6315 S University Blvd, Centennial. Goodson Rec Center is approximately ½ mile north of the intersection of University Blvd and Arapahoe Rd on Goodson Rec Center Drive. Go around the Rec Center to the left of the building and park in the lot near the path to the park. We will travel on the Highline Canal, the Centennial Link Trail and into the Willow Spring Open Space. After stopping for a snack, we will re-trace our route and return. If you wish, bring a lunch for a picnic in DeKoevend Park.

Wednesday, July 8th

9:00 AM FUN PLUS-H2to3-25 SW Meet Patty Gaspar (303-618-5069) at the Sheridan Library Parking lot west of Federal and Oxford. We'll head toward the rebuilt Bow Mar area and go to Bowles Lake, Grant Ranch to Wadsworth and back to Sheridan High School. We'll ride some hills and lots of ups and downs, some beautiful quiet streets and pleasant bike paths. Lunch is afterwards.

Saturday, July 11th

9:00 AM FUN PLUS-H3-25 NW Meet Jeff Krinsky (720-373-9107) for the return of the award winning Tour De Boulder ride 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 before we turn around. 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. The first 100 attendees get to ride for free!!!

Tuesday, July 14th

6:45 AM INT-H3+-40-W-2950' elev gain. "Beat the Heat"; Depart 07:00am. Prospect/Lookout/Blunn/Ralston Loop. Join Marilyn Choske (303-905-8510), at Prospect Park, 44th & Robb St., Wheat Ridge, back parking lot near bikepath. Ride Clear Creek Trail to Golden and Lookout Mountain. Return and ride via bikepaths to Hwy 93 north and Blunn Reservoir and Ralston & Clear Creek Trails. Optional Starbucks "we-did-it" beverage near end, compliments of DBTC. Bring masks for rest stops. Limit 7 riders, including leader. Register via TEXT to leader by July 13. Slow, steady pace--good endurance ride. Ride will not go if rainy or forecast is for rain in morning. Call leader if in doubt. Check it out: https://ridewithgps.com/routes/33137070?privacy_code=5Qsn5OrDCpSngW5n

10:30 AM, MTB, P2-3, T2-3, Easy Cooler Lunch Ride - Elk Meadow. The Easy Cooler Tuesday Lunch Rides are organized by Liz Cameron (bizliz8888@gmail.com 303-619-7897). These are Show'nGo Rides: The folks who show up decide what to ride. A ride is scheduled every Tuesday thru the summer. Look at Meetup.com under the DBTC group for location and time. Today's ride is at Elk Meadow near Bergen Park. 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 Tuscan 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: Tuscan Tavern: <http://tuscan-tavern.com/index.html>. Be prepared to bring a chair and food for the post ride picnic.

Wednesday, July 15th

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. Text Merri to confirm and bring a sack lunch to social distance picnic afterwards.

Thursday, July 16th

8:30 AM- Leisure H1/H2-15ish NE Meet Dave Noble (home 303-694-2008, cell 303-906-3163) at EB Raines Jr. Memorial Park for a ride on the Farmer's Highline, Signal Ditch, and Lee Lateral bike trails and then through Eastlake Park. (Directions to EB Raines Jr. Memorial Park from I-25 and 120th: East on 120th 1-2 streets to Grant, South on Grant 1/4-1/2 mile to park, and meet in the parking lot on the south side of the lake.) Bring a lunch for afterwards. (There are picnic tables and bathrooms at EB Raines park.)

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5:45 PM FUN-H2-16-Downtown Meet Jeff Krinsky (720-373-9107) for this Free Beverage Summer Sunset Ride. The meeting place has been changed to the front of the REI Starbucks. (We normally can park for free at the City of Cuernavaca Park downtown (23rd Ave Exit from I25, go down the hill, drive by the REI Superstore going NE, cross 15th St and keep going till you see the parking lot directly in front of you) HOWEVER the parking lot may still be closed so the official meeting place has been changed to the REI Starbucks. This is a fantastic ride down the Cherry Creek Bike Path to the 4 Mile Historic House or down the Platte River towards Hudson Gardens and back. A beverage of your choice will be provided to all riders at the socially distancing 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.

Saturday, July 18th

SIX MORNING RIDES WITH SUMMER SOCIAL HOUR AFTERWARDS!

8:30 AM - FUN H1-22-NORTH Two Rides leaving from Prospect Park, Wheatridge, CO, one east on Clear Creek and one west on Clear Creek. Details to follow from ride leaders Jeff Krinsky and Marilyn Choske in July email blasts.

8:30 AM - FUN H1/H2-22-SOUTHEAST Two Rides leaving from Arapahoe Trailhead, East Arapahoe Road, Centennial, one north on Cherry Creek Trail and one south of Cherry Creek Trail. Details to follow from ride leaders Cyndy Klepinger and Helen Berkman in July email blasts.

8:30 AM - FUN H1-22-SOUTHWEST and LEISURE H1-20-SOUTHWEST. Two rides leaving from Reynolds Landing, So Santa Fe Drive, Littleton, CO, one south on Platte River Greenway and one north on Platte River Greenway. Details to follow from ride leaders Ellen Fitzgerald and Jill McMahon in July email blasts.

SOCIAL DISTANCE SOCIAL HOUR TO FOLLOW AT EACH LOCATION. BRING YOUR LUNCH & CHAIR AND BE THERE OR BE SQUARE!

Tuesday, July 21st

10:30 AM, MTB P2,T2, Easy Cooler Lunch Ride – Alderfer / Three Sisters Park. The Easy Cooler Tuesday Lunch Rides are organized by Liz Cameron (bizliz8888@gmail.com 303-619-7897). These are Show'nGo Rides: The folks who show up decide what to ride. A ride is scheduled every Tuesday thru the summer. Look at Meetup.com under the DBTC group for location and time. Today's ride is at Alderfer/Three Sisters in Evergreen. 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). Be prepared to bring a chair and food for a post ride picnic in the parking lot if the restaurant is not open.

Thursday, July 23rd

5:45 PM FUN-H2-16-Downtown Meet Jeff Krinsky (720-373-9107) for this Free Beverage Summer Sunset Ride. The meeting place has been changed to the front of the REI Starbucks. (We normally can park for free at the City of Cuernavaca Park downtown (23rd Ave Exit from I25, go down the hill, drive by the REI Superstore going NE, cross 15th St and keep going till you see the parking lot directly in front of you) HOWEVER the parking lot may still be closed so the official meeting place has been changed to the REI Starbucks. This is a fantastic ride down the Cherry Creek Bike Path to the 4 Mile Historic House or down the Platte River towards Hudson Gardens and back. A beverage of your choice will be provided to all riders at the socially distancing 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.

Saturday, July 25th

9:00 AM FUN PLUS-H3-25-SW Meet Jeff Krinsky (720-373-9107) for THE GREAT AMERICAN DINOSAUR RIDE 2020!!! 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 breaks. 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.

Tuesday, July 28

8:30 AM Leisure-H2-15ish-SE Join Dave Noble (home 303-694-2008, cell 303-906-3163) at Village Greens Park (lower end of parking lot at Dayton St. and Union Ave.) for a loop around the Cherry Creek Reservoir. Bring a snack to eat on the beach. (There are lots of bathrooms around the reservoir.)

10:30 AM, MTB, P1, T1.5, Easy Cooler Lunch Ride - Flying J Ranch Park. The Easy Cooler Tuesday Lunch Rides are organized by Liz Cameron (bizliz8888@gmail.com 303-619-7897). These are Show'nGo Rides: The folks who show up decide what to ride. A ride is scheduled every Tuesday thru the summer. Look at Meetup.com under the DBTC group for location and time. Today's ride is at Flying J Ranch near Conifer. 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. Map and info: <https://www.jeffco.us/1220/Flying-J-Ranch-Park>. POSTRIDE: Brooks Place Tavern in Aspen Park. Be prepared to bring a chair and snacks for a post ride picnic in the parking lot if the restaurant is not open.