



The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

MAY 2021

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DBTC Spring Kick-Off

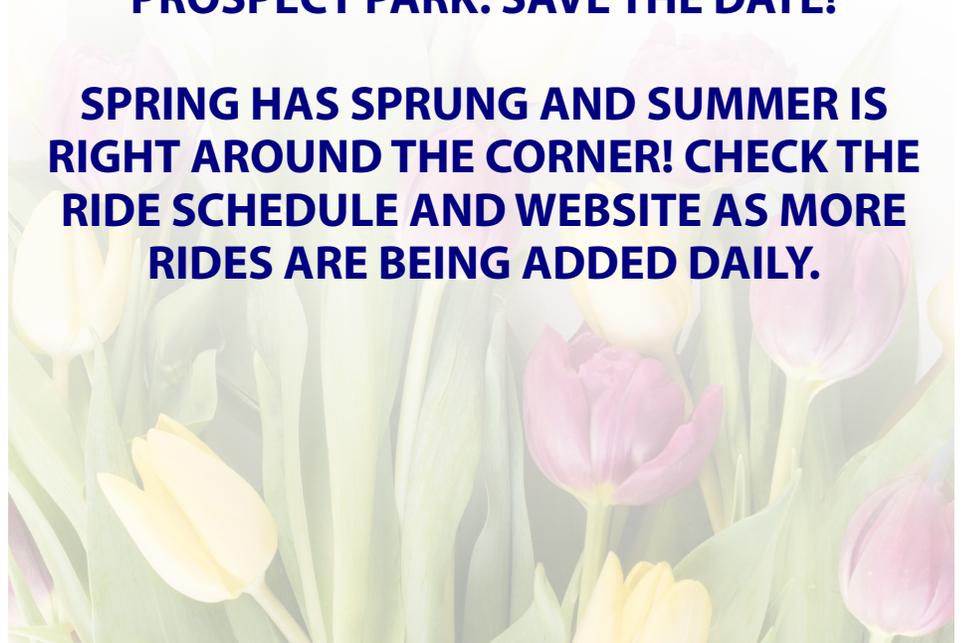
TOMORROW - MAY 1ST!

If you are registered for the event, we'll see you there! Registrations for lunch are closed. If you still wish to join a ride, PLEASE text the Ride Leader immediately.

DBTC Summer Picnic

JULY 24, 2021 AT PROSPECT PARK. SAVE THE DATE!

SPRING HAS SPRUNG AND SUMMER IS RIGHT AROUND THE CORNER! CHECK THE RIDE SCHEDULE AND WEBSITE AS MORE RIDES ARE BEING ADDED DAILY.



DBTC's Officers

President Helen Berkman president@dbtc.org	720-355-5687
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Fun Ride Coordinator South Ellen Fitzpatrick FunRideSouth@dbtc.org	303-756-2517
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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

President's Log:
EarthDate May 1st, 2021

Well folks, we have reached the one-year anniversary of the end of pandemic lockdown! Last year on this date I was writing that we continued to have our DBTC spring rides on hold, but that we expected we might be able to start rides again after May 8th. Based on my calendar, it looks like I went riding on my own on May 1st, to see the owl's nest on the Platte River Trail (photo below), and I joined a DBTC ride on May 13th and again on May 18th. I don't know about you, but I sure did count on biking to help keep me sane during the past year. (well, that plus friends and family on Zoom and Facetime, reading, poetry, wine, music, and lots of dog walking...)

Interested in an Out-of-Town Trip with Joe and Kathy Stommel? Check out the article in this Newsletter, hot off the press, about their planned trip to Florida.

If you've registered for our Spring Kick-Off Lunch today, I look forward to seeing you there. Please introduce yourself if we haven't met! Since we are not all quite vaccinated, and we are not out of the woods yet, please be respectful of others -- wear a mask and practice social distancing. DBTC has had an excellent record all year in preventing COVID-19 among our group, so let's keep it that way.



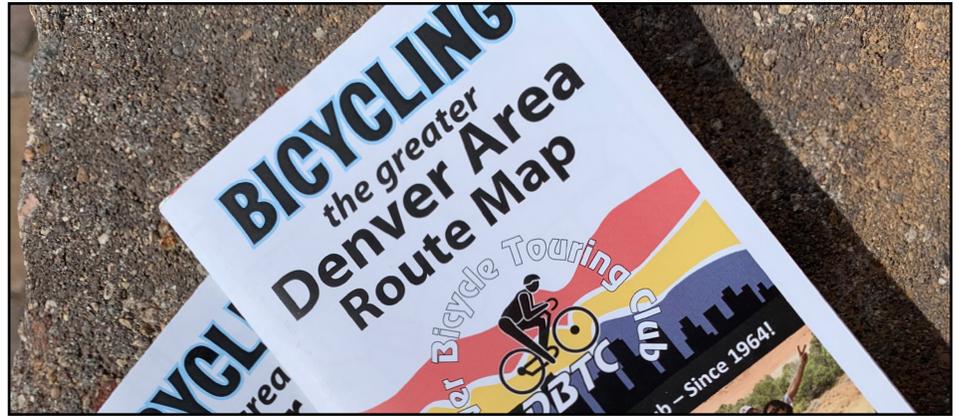
Great Horned Owl and owlet - May 1, 2020.

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.



A big thank you to our

Spring Kick Off 2021 Sponsors!

Check out their shops:



GoodTurn Electric Cycles

7301 S. Santa Fe Drive, Littleton, CO

GoodTurn Electric Cycles is a nonprofit electric bike shop that provides job skills training and mentorship to young adults from low income families in the Littleton area. GoodTurn specializes in electric bike sales and rentals, and also services both electric and traditional bikes.

BikeSource

BikeSource, with three locations in the Denver area, sells and services bikes for everyone, from beginners to advanced cyclists. A special thank you to Eric Truman, the General Manager at their Southwest Littleton shop, 8176 W Bowles, Littleton, CO.



Men's Bike For Sale!

As mentioned in last month's Newsletter, sales of new bikes are substantially delayed, sometimes by months, due to huge supply chain problems in 2020 and 2021. So we put the word out to our DBTC community that if you have a bike you no longer ride, it might be of great interest to a DBTC member who is sorely in need of one. Two of our members have replied, and here is some info about their bikes.

- Helen Berkman

MEN'S BIKE:

DBTC member Frank Wanken is getting an e-bike and wants to offer his road bike to a DBTC member who might be interested: 2002-03 Lemond Zurich Reynolds 853 Alloy 56cc, red/black road bicycle with drop handlebars, shimano ultegra components. Continental 25cc gator hard shell tires and cat eye computer. Few scratches caused by bike rack. Pedals NOT included. Very good condition and yearly maintenance done by Elevation Cycles in Highlands Ranch. Asking \$250 (Paid \$2200). Contact Frank Wanken: wanken1942@comcast.net



MEN'S BIKE:

DBTC member Tom Casadevall no longer does MTB riding, so he is offering his mountain bike: Lightly used TREK Fuel 90 in excellent condition. which I no longer use. Medium frame size 17.5". Asking \$500. (\$1,400 Original purchase price). I can provide more details and loan it for interested riders to try out. Tom Casadevall : tcasadev@gmail.com

Spring Pools

*These pools that, though in forests, still reflect
The total sky almost without defect,
And like the flowers beside them, chill and shiver,
Will like the flowers beside them soon be gone,
And yet not out by any brook or river,
But up by roots to bring dark foliage on.*

*The trees that have it in their pent-up buds
To darken nature and be summer woods -
Let them think twice before they use their powers
To blot out and drink up and sweep away
These flowery waters and these watery flowers
From snow that melted only yesterday.*

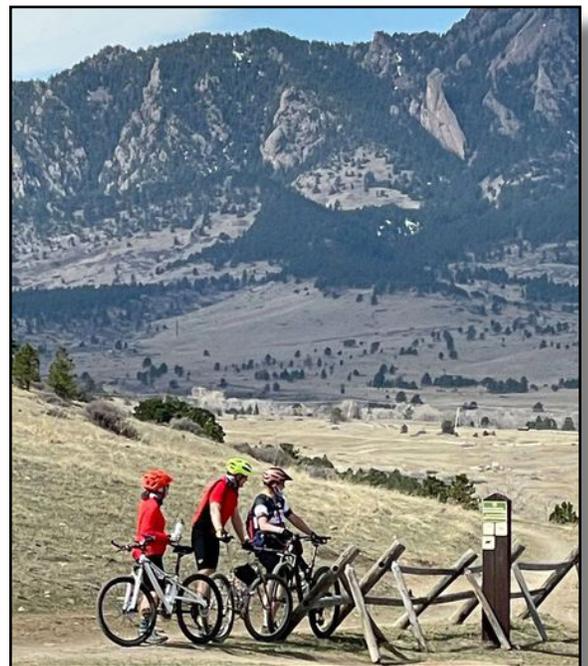
- Robert Frost

New DBTC Stickers Are Here!

Our first marketing effort of 2021 is complete. Below is a picture of our new sticker - free to all members. Just ask for one from your ride leader or the next Board member you see.



MTB - Marshall Mesa - Dirty Bismark



On Monday, April 5th, twelve MTB riders went on a loop from Marshall Mesa east towards Superior and back.

Florida Keys in February

We all know how cold and snowy Colorado can be in winter. How would you like to be in the Florida Keys in February 2022?

Kathy & Joe Stommel have reserved a private group, professionally led multi-adventure trip to the Florida Keys for February 6-11, 2022. This trip starts with included airport shuttle from Miami to Key Largo and ends in Key West. Easy bike rides on the paved Florida Keys Overseas Heritage Trail range from 7 to 26 miles and even that is optional! Other activities include kayaking, sunset cruise, Key West tour, and access to golf, tennis, paddle boards, fishing and snorkeling.

Tour price includes professionally guided kayaking, sunset cruise (weather permitting), park entrance fees, wine and cheese reception, Conch Train ride, entry fees for Ernest Hemingway Home and Museum, Harry S. Truman Little White House, Key West Butterfly and Nature Conservatory, Dolphin Research Center, free use of golf course, tennis courts, paddle boards, kayaks, fishing equipment, 5 nights' accommodations, 5 breakfasts, 3 lunches, 4 dinners, bicycle and helmet, free transfer from Miami International Airport to Key Largo hotel and from Key West hotel to Key West Airport. Airfare not included.



Tour price is \$3,395 per person, double occupancy, plus a \$40 DBTC fee. Deposit of \$500 is due upon reservation but no later than June 10. Balance of tour fee is due October 1, 2021. Refunds can be requested up to 120 days prior to tour date. Singles are welcome with a supplement starting at \$1,000. We need a minimum of 8 participants (maximum of 14) to keep this as a private trip.

Contact Kathy Stommel for more information, cyclekats@gmail.com or 719-671-5579.

Cook Park With Helen

On April 24th, Karen, Rob, Sydney, Bob, and Sarah joined Helen Berkman on a Cook Park Loop through Central Park, Aurora, and Lowry neighborhoods.



Majestic Premiere Easter Ride



On Sunday, April 4th, a dozen riders joined Jeff Krinsky for the Majestic Premiere Easter Ride and were surprised with rabbit ear sunglasses. Ron Reid brought his own special rabbit ears!



OOTT: Santa Fe & Taos with Cyndy

In October, Cyndy plans to offer a New Mexico Trip. It would be six-days with rides in both the Taos as well as Santa Fe areas, ending with the Santa Fe Century ride, which is scheduled for October 10th and has century and half-century options. The cost would be around \$800, and would include some meals as well as happy hours. If you are interested, let Cyndy Klepinger know and she'll start a list! matilda8@msn.com or 303.725.1565.



The Highline Canal Underpasses Are Almost Complete - Yay!

The Colorado and Hampden underpasses have made significant progress and are on track to open as soon as this May! Both underpasses have been installed and Cherry Hills Village just completed a pedestrian bridge to connect users from the trail to the underpass under Hampden. Work continues on a quarter-mile of trail along the edge of Wellshire Golf Course to connect the two underpasses and complete a public art installation.

This critical connection is becoming a reality thanks to the collaborative efforts of the City and County of Denver, Arapahoe County and Cherry Hills Village. For more information on this project, [click here](#) to visit Denver's updates page.



WHY TRI?

By Suzanne Carter

I have been doing Triathlons for 15 years since I turned 50. That year, I was talking to a friend at the Y and she suggested I mark the occasion of my 50th by joining them in a Triathlon. I said to her: "yeah, right!". She was serious, so I joined her and several other friends and I completed my first Triathlon at the Susan B. Komen Triathlon that was held at Cherry Creek State Park. We did four more of these and then my friends asked if I would be willing to do our own at the Bear Creek State Park to avoid the HUGE crowds. So we mapped it all out and have been doing our own Triathlon at Bear Creek State park every year since.

It is so much fun! This is why you should TRI! Ours is a 14 mile bike ride, ½ mile swim, and a 3 mile walk/run. Have I piqued your interest? If so, join us on May 4th for a 14 mile ride, We will circle up after the ride and discuss when we want to hold our TRI event. The event will be on a Sunday in late July or early August. SEE MAY 4TH RIDE INFO IN THE MAY RIDE SCHEDULE BELOW OR ON THE DBTC WEBSITE. Join us to ride and find out more.

April Fools Day Ride



On Friday, April 2nd, Jeff led riders on the Great Xmas Display April Fools Day Ride.

Leisure Ride with Marcy



On Thursday, April 8th, Marcy led seven riders on a leisure ride, enjoying the amazing weather!

DBTC Member Profile: Rob Reilly

We've added a new bimonthly feature to the DBTC Newsletter, appropriately called "DBTC Member Profile". Every other newsletter will feature a DBTC member with their brief bio and photo. Contact Marilyn (mjchoske@gmail.com) or any other Board member to submit a member's name for us to consider for this article.



Do you know where Ossining, New York is? Ask Rob Reilly, this month's DBTC Member Profile, as that's his hometown and where he grew up. He played most sports--hockey, football, baseball--with friends and "I lived on my bicycle from the youngest age I can remember," still recalling his "sweet blue Stingray bike!" He credits his grandmother for teaching him how to swim, ice skate, ski and more. In 1972, Rob moved to Colorado to attend CSU where he received three degrees: BS in business management and in psychology, and a Masters in accounting. He held different jobs throughout his career and spent the last 10 years working for the Colorado Judicial Department. He says, "The biggest compliment I can receive is 'gee Rob...you don't seem like a CPA!'" While he was in Washington Park one day, Rob met a "cute girl" bicycling by, and they struck up a conversation. He learned she was a DBTC member and he soon joined DBTC, too. During the 80's and 90's, Rob led road rides, mountain bike rides (and ran the MTB skills

clinics), and backcountry winter trips. His bicycling adventures included cycling in China, Vietnam, Slovenia, Croatia, Switzerland, South Africa, and other worldwide adventure trips. His volunteer efforts have included Volunteers for Outdoor Colorado; Denver Children's Home; Denver Rescue Mission food drives; and for the past 15 years has volunteered as a Park Patroller for Jeffco Open Space.

Rob re-joined DBTC in 2020 and has marveled at the amount of bike paths and ride routes added in the years since he actively biked. However, Rob's personal story took a hard turn in January 2019 when he was diagnosed with an aggressive form of Stage IV prostate cancer. After intense researching and deciding to proactively try to increase his chances of survival (80% of patients don't survive past 5 years), Rob made major changes to his diet, increased his exercise, dropped 40 pounds, did more elevation hiking and returned to cycling. By 2020, in order to stay motivated, he sought a cycling goal: to ride up Mt. Evans in August 2020 to celebrate one year in remission and turning 65. Rob notes that "some of the DBTC members were crucial in helping me get out and ride, presenting me with more and more challenging rides as the year progressed." He credits Club member Mary Stewart (Nov/Dec 2020 Member Profile) for joining and encouraging him to keep going throughout the ride to the top of Mt. Evans. Rob says, "The altitude sickness really kicked my butt, but I wasn't going to let that stop me. I made it to the top and that felt like a great accomplishment, especially given the damage caused by the cancer and ongoing treatment." Rob's recovery story is inspirational and this quote he contributed is relevant: "You can't go back and change the beginning, but you can start where you are and change the ending" – C. S. Lewis. And by the way, Ossining is located on the east banks of the Hudson River, about 30 miles north of New York City. Rob, we wish you many more years of happy pedaling!



Highline Canal with Merri



On Monday, March 8th, Merri led ten riders along the Highline Canal to Longs Peak Park.



Platte River to Brighton with Peter



On Friday Dec 4th, Peter Woulfe led riders from Twin Lakes to Brighton along the Platte River.



2021 CALENDAR

as of 4 - 26 - 2021

May 7-9, 2021 — US Bank Fruita Fat Tire Festival, Fruita, CO

May 7-9, 2021 — US Bank Fruita Fat Tire Festival, Fruita, CO, 25th Anniversary/2021 Festival has unfortunately been cancelled...

fruitafattirefestival.com

May 18, 2021 — VIDA/COMBA WOMEN'S RIDE. White Ranch Open Space Park, Golden, CO. VIDA / COMBA Women's Rides are upon us and we're all jonesing to (safely) get back out on the trail... is your bike ready too?! Join us for a fun, COVID-19 safe (ladies only) group ride. Spaces are limited, so watch the COMBA Website two weeks prior to each event to sign up!

www.vidamtb.com

June 5, 2021 - BUENA VISTA BIKE FEST - The Rotary Club of Buena Vista is unfortunately cancelling the 2021 Bike Fest. They are currently considering alternative events in BV for the fall of 2021 and beyond.

June 6, 2021 — ELEPHANT ROCK, Roll Massif, Castle Rock, CO

This year we have three road courses (44, 60 and 100 miles), one gravel/road route (32 miles) and one great family ride (8 miles). rollmassif.com

June 13-18, 2021 — RIDE THE ROCKIES, Durango, CO

Ride the full tour to explore Colorado's Rocky Mountains by bicycle. But, the 2021 tour now has a two-day option and also a one day loop option. The route is brand new and will showcase the state's unmatched scenery and breathtaking mountain views in the southwest region. Ride The Rockies, ridetherockies@denverpost.com, ridetherockies.com. Registration is open and is first come first served until full.

June 18, 2021 - VIDA/COMBA WOMEN'S RIDE. Alderfer/Three Sisters Park, Evergreen. Spaces are limited, so watch the COMBA Website two weeks prior to each event to sign up! www.vidamtb.com

June 26, 2021 - BIKE MS COLORADO, Front Range Community College, Westminster. Bike MS: Colorado will be a 1-day ride this year and will still be an extraordinary experience marked by passion, inspiration, determination and fun. There will be a 34 mile and a 78 mile route.

August 21, 2021 — The Triple Bypass, Evergreen, CO, We are going back to our roots in 2021 and finishing in the town where it all started. Leaving from Evergreen, Triple Riders will travel 110 miles and 10,750' over 3 gorgeous mountain passes - arriving in Vail.. Prefer something a little shorter? Try the Double Bypass - 65 miles from Georgetown to Vail. triplebypass.org

September 22, 2021 – Bike To Work Day!

September 25, 2021 - DENVER CENTURY RIDE, Denver, CO. Ride on whatever bike you like and pick from four different routes: 25, 50, 85 or 100 miles. Take a loop around the Denver metro area within the city or out to Golden on the longer routes and explore what you might not have seen before, with friends and family! This year's ride will be in September so everyone involved can be safer and have more fun. You'll be supported with nutrition and aid stations along the way, modified to meet COVID-19 safety protocols. You have until September 22 to register.

September 25, 2021 - TOUR OF THE MOON, Grand Junction, CO. All cyclists will start and finish at Two Rivers Convention Center in downtown Grand Junction. The ride will begin with a spectacular trek through the Colorado National Monument. After exiting the Monument, riders may elect to tackle a metric century through the beautiful farm country and surrounding areas of Fruita or opt for the classic 41-mile loop back to Grand Junction. www.rollmassif.com/tourofthemoon

To Slime or Not to Slime - That is the Question

By Dick Plastino

Figure 1



For years, mountain bikers running tubeless tires have poured 3 or 4 fluid ounces of sealant such as Stan's or Slime into their tires just before they pop the last 5 or 6 inches of bead onto the rim. The beauty of tubeless mountain bike tires is that they can be run at very low pressure, providing great traction over rocks and still not get the infamous "pinch flat" that occurs when a tire with a tube goes over something with a sharp edge.

But what about those mountain bikers, gravel bikers or road bikers who prefer or must have a tube in their tires? Must they suffer the indignity and delay of a flat, without a solution? The answer is "Heck no!"

The basic tools needed for putting a sealant into a tube are shown in Figure 1. From right to left is a bottle of Stan's sealant, a Stan's injection syringe and an Expert Grill Marinade Injector in a package and with the needle attached. "Hey, we aren't baking a turkey here, or are we?" You can buy this or another brand of marinade injector on Ebay or elsewhere.

The easiest way to put sealant into a tube is through the valve stem. Using a device like Stan's injection syringe, you screw the plastic tube onto either a Presta or Schrader valve stem (the black plastic nozzle on the end fits both), remove the syringe plunger, pour in the sealant, put the plunger back in and press.

Actually you have to have the valve stem in the 12 o'clock position and face the syringe down or the liquid sealant will run into the tube by gravity and you won't be able to measure how much you are putting in.

There is a complication. To inject liquid through the valve stem you have to remove the valve core. In Figure 2 is shown an easy-to-remove core. Just below the knurled knob you turn to put in air, you'll see a flat spot on each side of the valve stem. Put a wrench on this and turn counterclockwise and the core will screw right out. It's a good idea to let the air out of the tube before doing this or the core will shoot out and you may never find it.

But what if you have a valve stem as shown in Figure 3, where there are no flat spots on the valve stem so you can't use a wrench?

Well now you pull out your marinade injector with the needle on it. You pull the tube out of the tire, insert the needle through the side or bottom of the tube (where it contacts the tire), fill the injector with sealant, and inject the sealant. BUT WAIT! Push the needle through at a place you can find after you pull the needle out in the event you are going to apply a patch. Pick the intersection of two tube seams or mark the pin hole with a dab of something you can see. Once you apply the vulcanizing liquid, the pin hole location often disappears. You need to know where to center the patch.

You need to be careful inserting the needle or you can push too far and punch a hole in the other side of the tube.

You may have to refill the syringe for a mountain bike tube since the syringe holds only 2 fluid ounces and you want 3 ounces in the tube. You really don't need to

patch the tiny hole because the sealant will plug it as soon as you inflate the tube after putting it back in the tire and spinning it. But as a precaution, it's better to go ahead and place a patch on the tube minding the cautions above.

This technique will work for road bike tubes and gravel bike tubes although you probably only need one or two fluid ounces respectively and may need to experiment.

One benefit of running sealant in tubes rather than in a tubeless tire is that the sealant does not appear to dry out with the need to replenish it every 6 months to a year. Those who put the sealant in a tube have gone as long as 3 or 4 years with the sealant still being effective until the tube has so many holes from various objects that there is not enough sealant left to plug additional holes.

To make this all simple, it's a good idea to buy tubes with removable cores as described above. Your days of having flats could come to an end very quickly by adding sealant to your tubes. The additional weight of one to three ounces of fluid is minor compared to the blessing of not worrying about flat tires.

Another advantage of sealed tubes is if a flat does occur on rare occasion, you just pull out the tube as usual, throw in a new tube and be on your way. With tubeless tires, you often have quite a mess as you remove the tire with sealant loose inside of it, break loose the sealed valve and then put in a tube to get you home.

But just as the spirited discussion will go on forever on which chain lube is best, so too will the discussion on whether it's best to run sealant in a tubeless tire or a tube tire

Figure 2



Figure 3



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

Pedaling through the Pandemic – Show and Go plus Pledge to Ride!

Bike Streets Pledge Challenge from Kathy Cook:

At the Bike Streets Project we're rallying leaders across Denver to pledge to ride their bikes 2 miles a week, starting in March, to promote health, clean air, and the local economy. You, being an avid cyclist, are invited to join this Pledge and can serve as an inspiring example to others. Biking is a joyful way to get around and it's great for communities. If leaders across the city set the standard and share it with their sphere of influence, thousands of people across the city will follow suit. Your weekly ride can be a pleasure cruise or a ride to a park, library, grocery store, etc. Two miles only takes about 15 minutes, so it's a very achievable goal. We'd love to have you take the Pledge, get out and ride 2 miles each week, and let people in your community know what you're up to. Are you interested? Let's ride! **Take the Denver #2Miles Bike Pledge** at: www.bikestreets.com. For more information contact Kathy Cook: kathycook1029@gmail.com.

Show and Go Rides - Social Distancing still essential:

If you join a "Show and Go" ride, please be sure to keep your rider and household numbers within the COVID restrictions for Colorado and your county. If several people show up at a Show and Go, riders can take off in pairs over one-minute intervals in order to comply with the restrictions. Pairs would be one block from another pair and be visible but not close to each other, with only two households together at any point. For the sake of our members and our communities, be careful out there! We are counting on all of you to use good judgment and stay safe whenever and however you gather.

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

South: Ellen Fitzpatrick ellenfitz4@comcast.net

Weekday: Patty Gaspar patty@gasparjones.com

MTB: Chuck Caldwell ccaldwe@yahoo.com

North: Jeff Krinsky jkrinsky2003@yahoo.com

Leisure: Jill McMahon jillmm7@gmail.com

& Marcy Rodney, mrodney@rsresearch.com



Online Construction Detours from Denver Parks & Rec:

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



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.

All Yahoo Groups are discontinued as of December 2020

If you are looking for MTB rides, they will be posted through Meetup along with the road rides!

WELCOME

NEW DBTC MEMBERS

Sheryl Noven
Joseph O'Leary
Kim Pennoyer
Rosemarie Perillo
Dave Simonson
Sydney Baer
Christina Catlett
Dave Keough
Eunice Kinrade
Joy Lucisano
Linda Mansilla
Jack Meltzer
Marlene Patacky
Jill Summit

DBTC Spring 2021 RIDES

Spring has arrived and we are looking forward to getting out and about. Many of us have been vaccinated, but we will still need to wear masks when we are not riding.

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

South: Ellen Fitzpatrick ellenfitz4@comcast.net
 Leisure: Jill McMahon jillmm7@gmail.com
 & Marcy Rodney, mrodney@rslresearch.com

North Fun & Int: Jeff Krinsky jkrinsky2003@yahoo.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.

Ride Locater: 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.*

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.

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

Please Note:

- Joining Facebook, or 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 the DBTC webmaster (webmaster@dbtc.org)
- The DBTC website operates independently from the Yahoo Groups.
- The DBTC monthly newsletter, The Colorado Bicyclist, is sent to you from the DBTC website via email only if you have so requested.

Spring 2021 Riding Guidelines

Weather: No snow or rain and above 40 degrees

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 email blasts. We want to hear from you! Please reach out to any Board member or Ride Coordinator to let us know if you have any questions or comments. We'd love to know how many riders to expect during the spring season.

May 2021 DBTC Ride Schedule

Saturday, May 1st:

KICKOFF Clement Park in Littleton Shelters P and Q. Kick Off Lunch is FULL - Registrations are closed.

9:30-10:30 Coffee Hour (for socializing and greeting friends you may have not seen all year). Coffee, juice, and bagels or donuts. If you're joining a ride, please be ready with your bike up here at Shelter P so you can enjoy Coffee Hour before your ride!

10:00-12:30 2-HOUR LEISURE, FUN, FUN PLUS and MTB Rides

10:00 LEISURE-H1/H2 16-SW Meet Jill McMahon (303 888-0314 cell) at Clement Park in Shelter P for a ride around the lake to the Lilley Gulch Trail. We will connect up with the Dutch Creek Trail, ride through Columbine and take the Platte Trail to a short break at Reynolds Landing. We will return by a similar route via Christensen Lane and back to Clement Park for a lunch provided by the Club. Bring a snack.

10:00 AM FUN-H2-25-S. CLEMENT PARK LOOP. Meet Jeff Krinsky (720-373-9107) in Shelter P. The Clement Park Loop is west along Lily Gulch Trail out to C-470, then on C-470 Trail south and east to the Platte River Greenway, returning to Clement Park via the Columbine Valley neighborhood.

10:30 FUN-H1-17-SW. DUTCH CREEK TRAIL. Join Patsy Venema (720) 934-3498 for a pleasant ride south and east along the Dutch Creek Trail and Platte Canyon Road and then we will loop back. Mostly paths or low traffic streets. Meet in Shelter P.

10:00 AM PICNIC PICKER-UPPER! FUN PLUS-H2(3)-23.2-SW-1,027' Join Marilyn Choske (text-303/905-8510) in Clement Park parking lot nearest DBTC shelter access. Let's use that breakfast caffeine and burn some sugars as we prepare to climb Mt. Carbon, then Kumpfmiller Road in Bear Creek Park. Ride Bear Creek Trail east to Lowell and weave our way south thru neighborhoods and back to Clement Park for a well-deserved lunch and social time! Some trails, some sidewalks, some bike-friendly streets. Bring a mask. 10-14mph pace. Be sure to TEXT/register with ride leader by April 30; limit 10 riders. No ride if it's rainy at 10am but ride may go later if weather clears; call leader if in doubt.

10:00 AM MTB, P2, T2, South Valley Park – Show'nGo. Meet at the South Valley North Trailhead for a ride on the trails of South Valley Park and the South Hogback Open Space. Please use Meetup to RSVP. Info about the park can be found at <https://www.jeffco.us/1431/South-Valley-Park>. THE DIRECTIONS: From the interchange of C-470 and Ken Caryl Ave., go west one-third mile to the first traffic signal and turn left at the light (which is about a 45 degree turn.) Go south about one mile, passing straight through the stop sign intersection. Continue south until you see the parking lot and restrooms on the left. Turn left and park on the far end of the upper level. POST-RIDE: Join the DBTC roadies at Clement Park for the SEASON KICKOFF.

12:30-1:00 Time for return from rides and loading bikes in your car, etc.

1:00 - 2:00 Kick-Off Program! NOTE: PLEASE CHECK IN AT THE WELCOME TABLE - DUE TO COVID19 YOU MUST BE REGISTERED IN ADVANCE TO ATTEND THE LUNCH. We'll have announcements, recognitions, and table talks at various tables to kick off the season: "Table Talks" with topics: DBTC Out Of Town Trips and Bike Vacations!; Setting up your mountain bike for safe and comfortable riding; Check out the latest e-bikes from GoodTurn Cycles. (topics subject to change).

2:00- 2:30 More time to socialize as you help us pack and clean up!

Sunday, May 2nd:

10:00 AM INT+ H2-49-NE — Training Ride to Hudson Gardens This is a weekly series of rides (and possibly some weekday rides—TBA on MeetUp) for those who want to train together for the Big Summer Tours. Meet Lise Neer (303-249-8621) in front of Cake Crumbs bakery (2216 Kearney St. in Park Hill). Ride will go west on Montview to City Park, then south past East High School to 12th Ave. and around Cheesman Park. We'll ride south from Cheesman and zigzag thru Country Club North to the Cherry Creek trail, out to the reservoir and pedal along the dam to Village Greens Park and on west via Union, Monaco & a tricky turn onto westbound Quincy. We'll grab a snack and take advantage of the facilities at Nixon's Coffee House (Hudson Gardens), then head north on the Platte trail for a final stop at REI. The way home will be on Cherry Creek trail to turn north at the Country Club and back the way we came. Ride With GPS Route: <https://ridewithgps.com/routes/35827052>

Note: this is a training ride, not a Leisure or Fun Ride; Lise Neer & Bruce are putting in the miles for Ride the Rockies and would love some company, but only if riders are already in pretty good shape on the road bike and it's NOT your first ride of the season. Be sure your bike and gear are in good working order before arriving at the start, and be prepared for a pace of 15-18 MPH. There will be some fast descents, and some quick climbing on whatever grades we encounter. No drop ride. Optional lunch afterward at Cake Crumbs, or the Chop Shop at Colfax & Elm. Come early for coffee, and be ready to ride by 10:00AM sharp. Bring plenty of water, sunscreen and snacks and layer up if the weather looks changeable. Could get windy as the day progresses.

Monday, May 3rd:

9:30AM FUN-H1-25-SW Meet Merri Bruntz (303-517-9781) at the Tennis Bubble (Federal & Bowles) for a ride north on the South Platte Trail to REI. After a break we will return via the same route. Bring a sack lunch for a picnic afterwards.

Tuesday, May 4th:

1:00PM FUN-H1-14-SW This ride will be the first ride to prepare for an August Triathlon with Suzanne Carter which will take place at Bear Creek Park. The Triathlon will consist of a :14 mile bike ride, 3 mile walk (you can run it if you want), ½ mile swim. This ride will be on Monday 5/4 At Bear Creek Park. We will meet in front of THE DEN club-house/restaurant in the Parking Lot at Fox Hollow Golf

May 2021 DBTC Ride Schedule

course. (meet where the little golfer statues are and also the bike rack). For the ride, we will head east on Bear Creek Trail. The ride will be an out and back and will be the route we would take for the Triathlon route. We will then circle up after the ride at the clubhouse for a beverage and talk about the Triathlon. I have been doing this exact thing for 14 years, it is fun and easy! And then, if you have not done one yet, you can say that you have done a Triathlon. We will do several training rides just like this one over the next few months, at least one swim and several walks until the date of the Tri! If you like to walk/run and ride your bike but hate swimming, you can still be part of it and will do a Biathlon! Email Suzanne with questions equinelites@aol.com

Wednesday, May 5th:

10:00 AM FUN PLUS-H2-about 25miles-SW Meet Patsy Venema (720.934.3498) at Reynolds Landing parking lot; parking is at the end of Brewery Lane west of Santa Fe and near the South Platte River. Ride south through Chatfield, over the dam and south past the Marina to Titan Road. Return on the same or slightly varied route back to the parking lot. Bring your lunch for a picnic in the park after.

Thursday, May 6th:

9:30 AM LEISURE-H2-23-NW RIDE THE COAL CREEK TRAIL Meet Marcy Rodney (720-985-3403) at the east side of Louisville Community Park, 955 Bella Vista Dr. We're going to head east on the Coal Creek Trail, from Old Town Louisville to Old Town Erie, with great ice cream on both ends of this there-and-back ride. This is a mostly dirt and gravel ride, with paved trail as we enter Erie. To cut the distance, or skip the first big hill, you can start at the Aquarius or Public Road Trailheads, notify the ride leader if you're doing that. We'll have a coffee or ice cream break in Erie, then finish with a picnic in the park on return -- a short ride from downtown Old Town Louisville, Moxie's Bakery, Sweet Cow, Lulu's BBQ, E-Bike of Colorado, much more. Bring a chair in case picnic tables are full, and a lock if you want to go strolling. Please RSVP to Marcy as this ride is limited to 7 people.

10:00 FUNPLUS/INT-H-1-36 Miles-N. Meet Peter Woulfe (540-219-6674) cell at Twin Lakes Park, 300 West 70th (just west of Broadway). Ride east along Clear Creek and then north along The South Platte River to Veterans Park in Brighton. Then return the same way. Bring a sack lunch for a picnic in the park afterwards.

10:00AM FUN-H2-17-NW-+742' Meet ride leader, Marilyn Choske (text - 303-905-8510), at Wheat Ridge Rec Center in Wheat Ridge, 41st & Kipling., far north end parking lot nearest Kipling Street. Ride west on Clear Creek Trail (CCT) to Golden, connect to Tucker Gulch west to Hwy 93, south on bike path to Washington St with Starbucks stop for beverage/snack, compliments of DBTC. Loop back to CCT and east to WR Rec Center. Some short hill climbs. Early-season ride = comfy 10-14 mph pace. TEXT ride leader by May 5 if you're coming; limit 7 riders; bring a mask for group stops. Ride will not go if it is rainy or forecast is for rain in the morning; call the leader if in doubt.

10:00 AM, MTB, P2, T2, Dawson Butte. A nice five mile loop south of Denver. Liz Cameron will meet the riders, however this is a show and go - riders decide which direction to go. DIRECTIONS: Go south on I-25 to exit 181 in Castle Rock. Continue on the frontage road south for five miles to Tomah Road. Go right on Tomah for 1.5 miles to the trailhead. Address is 1753 Tomah Road, Castle Rock, CO 80109. POST-RIDE: Bring snacks and chair for picnic at trailhead.

Friday, May 7th:

9:15 AM FUN PLUS-H3-21 NW (1541 ft of elevation gain) – HIDDEN GEMS OF GOLDEN!!! Meet Jeff Krinsky (720-373-9107) for this fairly new Hidden Gems adventure around beautiful Golden. We will meet at Lions Park at 10th and Maple in Golden and ride the Golden Circle and beyond to Heritage Park and other unexplored areas. This ride has been improved each time that I lead it so I can now promise you a rose garden!!!!

Saturday, May 8th:

10:00 AM FUN-H2-25 SE Meet Ellen Fitzpatrick (720-209-2269) in the parking lot at Reynolds Landing (take South Santa Fe in Littleton south and turn right on Brewery Lane). This will be a circle trip riding half on road, half on bike path, all paved, starting north on the Platte trail, then east on Little Dry next to Dartmouth heading uphill to Eisenhower Park. Then proceeding south onto Happy Canyon and west onto Quincy, and finally some downhill to Clarkson. From there south to catch Big Dry bike trail west back to the Platte and to Reynolds Landing. Bring lunch and a chair and we'll gather nearby after the ride.

Sunday, May 9th:

Mother's Day - Post something on MeetUp to take Mom for a ride!

10:00 AM FUN PLUS-H2-25 +NE Each Sunday that the temp is forecast above 50 and the roads and paths are dry meet DBTC riders at Cake Crumbs Bakery and Coffee shop, located at 2216 Kearney Street, Denver. These rides will be Show N GO. Each Sunday we pick a different route and the distances vary from 20 to 30 miles.

May 10-12 – Fruita MTB Getaway

Fruita – Three days of mountain bike rides from Monday thru Wednesday, May 10th thru 12th. Sponsored by Jeff Baysinger. Typical rides here are at the "BLUE" level. Trails will be around the P3, T3 level, depending upon individual choice and weather. Go to the Meetup to sign up and for details and updates: <https://www.meetup.com/Denver-Bicycle-Touring-Club/events/275426844/>. Likely rides are Mary's Loop, Western Rim from Rabbit Valley, and County Road 18 trails. Make your own reservations for camping or hotel.

Monday, May 10th:

9:30AM FUN-H2-25-NW Meet Merri Bruntz (303-517-9781) at Prospect Park (44th & Robb St) for a ride west on the Clear Creek Trail to Easley Rd, which we will take to the Ralston Creek Trail. We will then ride the entire length of the Ralston Creek Trail returning via the Clear Creek Trail to the park. Bring a sack lunch for a picnic afterwards.

May 2021 DBTC Ride Schedule

9:30 AM LEISURE H1-20-SE Meet Dave Noble (home 303-694-2008; cell day of ride only 303-906-3163) at Eisenhower Park in the parking lot near the Rec Center. We will ride as far as the group would like towards Fairmont Cemetery on the Highline Canal and then return. Bring a lunch for a picnic afterwards at Eisenhower Park. (Eisenhower Park is just north of Hampden at Colorado and Dartmouth.)

Tuesday, May 11th:

9:00 AM "Progressive Lookout Challenge #1: Lookout Mountain for Beginners 101!" FUN-H2-10-W-1370'gain. Been wanting to try Lookout and/or just wanting to get elevation training in? Me, too (the latter)! This easier one's for you. Meet Marilyn Choske (303-905-8510) at the Lookout Mountain Road parking lot; from Hwy 6, go .3 mile on Lookout Mtn Road to parking on the left. Restrooms available. If you pass the two big pillars, you've gone too far. We'll ride at our own paces and stop at the Windy Saddle Lot 3.1 miles from the cars; regroup. Continue to 4.7 miles and pull off at the yellow posts on the right; regroup. Ride up to the souvenir shop/restrooms/viewing deck. Return down the mountain to our cars! Bring masks for rest stops. Limit 7 riders, including leader. Register via TEXT to leader by May 10. Ride will not go if rainy or forecast is for morning rain; call leader if in doubt. Leader sends out pre-ride email information.

10:30 AM FUN PLUS-H2-25 SE Meet Ellen Fitzpatrick (720-209-2269) at the Broken Tee Golf course (2101 W. Oxford street, Englewood, which is just west of Santa Fe Dr.). Park far west area, up against the bike path and Platte River, and meet there at the pavilion and bathroom area. We will leave at 10:30, riding south and up the Chatfield dam. We will ride across the dam and back down the same way and head east on the C470 trail. Lots of uphill, good training. We will continue east to the Ferrari place and turn left (north) on Clarkson bike lane for 3 miles. Then some neighborhood streets over to Big Dry Creek trail, to Platte River, and back to cars. Bring chairs and your lunch and we'll gather for social after. This will be a 12-14mph pace.

Wednesday, May 12th:

9:30 AM LEISURE-H1-21-NE Meet Carolyn Roberts (303-880-8672) We're going to take the Platte bike trail north, starting at Rotella Park in Denver, all the way to the Adams County Fairgrounds, out and back—total mileage about 21 miles. It's slightly downhill going out, so slightly uphill coming back—elevation change about 450 feet. The bikeway is mostly paved with a few short gravel areas due to construction. We'll meet at the west end of the park, 1824 Coronado Pkwy N. There are bathrooms there and a few along the trail. At the fairgrounds we'll stop for a little snack before turning back. We will also stop for periodic water breaks, any cool birds, and a couple of fine wood carvings along the way.

10:00 AM FUN-H2/H3-25 SW Meet Patty Gaspar (303-618-5069) behind the McDonald's at Sheridan and Hampden. We'll head to the Tech Center on various trails. We have to climb some hills and there are sections on the Highline Canal (pea gravel), and then we'll have our morning latte Compliments of DBTC and loop back to Bear Valley. It is a beautiful ride and we get to have a wonderful downhill back to Bear Valley. Picnic in Bear Valley. Last year this ride was cancelled three times for weather and again in March - let's hope we have better luck this time.

Thursday, May 13th:

10:00 Fun Plus H-2 22 SW Meet Peter Woulfe (540-219-6674) cell at the west end of the parking lot for the Broken Tee Golf Course (2101 W. Oxford, Englewood 80110). We will ride the South Platte to Bear Creek Trail, up the dam and around Bear Creek Lake Park. After a break on Mt. Carbon we will return via the trail. Bring a lunch for a picnic after the ride.

5:00 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 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.

Friday, May 14th:

8:00 AM "Progressive Lookout Challenge #2: Lookout Mountain for Beginners 102!" FUN+-H3-16-W-+1897' Let's add a bit more distance & elevation from the "101" ride! Meet Marilyn Choske (303-905-8510) at the place described at the end of description. Once we get to Lookout Mountain Road, ride at your pace to the Windy Saddle lot at 5.2 miles; regroup. Continue to 6.8 miles and pull off at the yellow posts on the right; regroup. Ride up to the shop/restrooms/viewing deck. Enjoy the downhill ride and we'll stop at a nearby coffee stop to celebrate--compliments of DBTC--your Lookout accomplishment! Return to the cars. Bring masks for rest stops. Limit 7 riders, including leader. Register via TEXT to leader by May 13. Ride will not go if it is rainy or the forecast is for morning rain; call the leader if in doubt. Leader sends out pre-ride email information.

MEET PLACE directions: Large Coors parking lot ACROSS Jackson Street from the American Mountaineering Center in Golden. Lot boundaries are Ford/Jackson and 9th/10th Streets. If you come in from Hwy 58, exit Washington St and go south to LEFT turn at 9th St, then RIGHT turn onto Jackson. Enter LEFT from Jackson. Please look at a map if you need visual verification. ***DO NOT PARK in AMC smaller parking lot!*** Look for my red Kia Sportage w/bike rack.

10:00 AM, MTB, P2, T2, South Valley Park. This is a Show'nGo sponsored by Liz Cameron. Meet at the South Valley North Trailhead for a ride on the trails of South Valley Park and the South Hogback Open Space. Please use Meetup to RSVP. Info about the park can be found at <https://www.jeffco.us/1431/South-Valley-Park>. THE DIRECTIONS: From the interchange of C-470 and Ken Caryl Ave., go west one-third mile to the first traffic signal and turn left at the light (which is about a 45 degree turn.) Go south about one mile, passing straight through the stop sign intersection. Continue south until you see the parking lot and restrooms on the left. Turn left and park on the far end of the upper level. POST-RIDE: Bring snack and a chair for a picnic at the trailhead.

May 2021 DBTC Ride Schedule

Saturday, May 15th:

9:00 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 classic trails of Ralston Creek, Clear Creek, and Van Bibber. Check out this new route instead that explores Lake Arbor, the Pomona Lakes, the Arvada Fire Fighter's Park, the backside of baseball, 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 now closed 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).

Sunday, May 16th:

9:00 AM INT+/ROAD H2-46-56-NE — Training Ride to Watkins This is a weekly series of rides (and possibly some weekday rides—TBA on MeetUp) for those who want to train together for the Big Summer Tours. Meet Lise Neer (303-249-8621) in front of Cake Crumbs bakery (2216 Kearney St. in Park Hill). Ride will go east on 23rd Ave. to Quebec where we'll cross NE into the park and follow the trail to Westerly Creek. From there we ride north to Smith Rd., and follow that to Picadilly Rd, turning north, then east on 26th Ave to Watkins. We'll grab a quick lunch at Lulu's Inn (check website for menu), then turn around and head back the way we came, turning north for an optional loop around the RM Arsenal (mostly gravel roads along the east and north sections of the Arsenal Perimeter Trail). Back via Prairie Pkwy, Dick's Sporting Goods Park, and Northfield shopping center, Central Park Blvd. to Sand Creek and Westerly Creek and home to Crumbs along Montview or the trail to 23rd Ave. Ride With GPS Route: <https://ridewithgps.com/routes/35827824>
Note earlier time: this is a training ride, not a Fun or Fun+ Ride; Lise & Bruce are putting in the miles for Ride the Rockies and would love some company, but only if riders already are in good shape on the road bike and have done at least a 35-miler. This one will give you some time in the saddle! Be sure your bike and gear are in good working order before arriving at the start, and be prepared for a pace of 16-20 MPH. There will be some fast descents, and some quick climbing on whatever grades we encounter. No drop ride. Optional lunch afterward at Cake Crumbs, or the Chop Shop at Colfax & Elm. Come early for coffee, and be ready to ride by 9:00AM sharp. Bring plenty of water, sunscreen, tubes/tools and snacks and layer up if the weather looks changeable. Could get windy as the day progresses.

10:30 AM FUN PLUS H2-33-SE Meet Ellen Fitzpatrick (720-209-2269) at Arapahoe Trailhead Greenwood Village on the south side of Arapahoe Rd, just east of Jordan Road. We will ride out to and around Aurora Reservoir, going north on the South Cherry Creek Trail into the Cherry Creek State Park, then connecting to the Piney Creek Trail east. Bring snacks and water as the marina store may not be open. Bring lunch and we'll gather after ride.

Monday, May 17th:

9:00AM FUN-H2-20-SW Meet Merri Bruntz (303-517-9781) at Bear Creek Park (4901 W. Kenyon Ave -- from the intersection of Yale Ave & Raleigh St, take Raleigh St south to where it ends in the parking lot of Bear Creek Park). We will ride west along the Bear Creek Trail, taking a loop through Bear Creek State Park, to Morrison. We will return via Morrison Road to Fox Hollow Golf Course, where we will meet up with the trail and ride back to the start. Bring a sack lunch for a picnic afterwards.

Tuesday, May 18th:

8:00 AM "Progressive Lookout Challenge #3: Lookout Mountain for Advanced Beginners!" FUN+-H3-16-W-+1862' Same distance, less elevation (how did THAT happen?!) than Challenge #2! Meet Marilyn Choske (303-905-8510) at the Woolly Mammoth parking lot, I-70 Exit 259, across from the gas station on Hwy 40, between Spaces AA-BB. Look for my red Kia Sportage with a bike rack. (more details later to registered riders) From Woolly, take Hwy 40 east to Apex turnoff; access Kinney Run Trail to Hwy 6 bike path at (Mile Marker) MM 3.1. The climb starts along this trail; access 19th St over Hwy 6 at MM 4.0. Once we get to Lookout Mountain Road, ride at your pace to Windy Saddle lot at MM 7.4; regroup. Continue to MM 9.0 and pull off at the yellow posts on the right; regroup. Ride up to the shop/restrooms/viewing deck. Tackle the last of the hilly-ness riding to Hwy 40, then it's (mostly) downhill all the way to the cars. Bring masks for rest stops. Limit 7 riders, including leader. Register via TEXT to leader by May 16. Ride will not go if it is rainy or forecast is for morning rain; call the leader if in doubt. Leader sends out pre-ride email information.

Wednesday, May 19th:

9:00 AM FUN-H1-22 NE Meet Helen Berkman (h.berkman@comcast.net) at Cake Crumbs, 2216 Kearney St. (Park Hill) for a Tollgate/Smith Rd Loop. We'll ride east on the Greenway to Sand Creek Park, and then south on Tollgate Creek over to 13th and out to the Highline Canal, catch the connector trail over to the Morrison Nature Center and take Smith Rd back to Westerly Creek, and then the Greenway. The connector trail is hard-pack dirt for about 1/2 mile - the rest of the ride is paved trails or streets - my road bike has made it just fine but if it's muddy we have an alternate route. Coffee or lunch at Cake Crumbs afterward.

Thursday, May 20th:

10:00 AM Leisure H2-20 SW Meet Lin Hark (303-578-9369) at the Littleton Tennis Bubble for a ride through Littleton and Englewood. This ride is partly on streets, bike paths, and has some gravel paths. Bring a sack lunch and a chair for an optional outdoor lunch after the ride. Use www.meetup.com/Denver-Bicycle-Touring-Club/ to sign up and for ride status.

9:00 AM FUN-H2-30 NW 500ft Meet Dave Simonson (505-670-5162) at Oakhurst Park II for a ride on the Big Dry and Broomfield trails and the 36 Bikeway (the big trails of the North Metro). This ride will be on paved trails except for a few blocks on lightly traveled streets. We will stop for coffee or whatever during the ride. To get to the parking turn West onto 92nd from Wadsworth Parkway, then left on Ammons. The parking lot straddles Ammons and there is a sign for Oakhurst Park next to the parking lot.

10:00 AM, MTB, P2, T1.5, Greenland. Liz Cameron will meet the riders, however, this is a show and go - riders decide route. Greenland, Spruce Meadows, and Spruce Mountain are open spaces managed by Douglas County. Most trails are easy single tracks - especially Greenland. DIRECTIONS: The address for the Greenland Trailhead is 1532 Noe Road, Larkspur, CO 80118. Normally you get

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off I-25 at exit 167 (Greenland exit), go west a short distance, then go left just before the railroad tracks. Because of I-25 construction you might have to detour to access the trailhead. Check the Meetup for updates before the ride. POST-RIDE: Bring snacks and a chair for a picnic at trailhead.

Friday, May 21st:

8:00 AM An Urban Adventure! FUN-H2-22.2-NE/E+635' Join Marilyn Choske (303-905-8510) at the Lowell Ponds State Wildlife Area at Lowell & W 55th Place (directions to follow). Pedal NE on Clear Creek Trail to Platte River Trail (PRT) South. Take Sand Creek Trail 2 miles and exit onto "bike-friendly-but-industrial-area" streets. Continue south for 3 miles and go west on E. 26th Ave, a "real" bike-friendly street with mostly bike lanes. Make our way west to PRT access south, then ride WNW into the Highlands and stop for a frozen yogurt "reward" for our efforts, compliments of DBTC. Then it's 3 miles back to our start. Areas we'll ride near or thru: Berkley, Adams City, Commerce City, Park Hill, City Park, Five Points, RiNo, Highlands. Pace is 10-14mph. Bring masks for rest stops. Limit 7 riders, including leader. Register via TEXT to leader by May 20. Ride will not go if it is rainy or forecast is for morning rain; call the leader if in doubt. Leader sends out pre-ride email information.

MEET DIRECTIONS: Take Lowell St. to W. 55th Place and turn east. Immediately go left into the parking lot. Clear Creek bike path is just north of the lot.

PLEASE NOTE: You must be a competent rider and alert of vehicle drivers while riding on all streets. There will be stops at lights and signs, and your patience and attention are required for this route. This is mostly "an urban adventure!"

Saturday, May 22nd:

9:00 AM FUN-H2-21-NW - THE REALLY RADICAL RAT RACE RODENT RIDE. Meet Jeff Krinsky (720-373-9107) for this new ride that takes us around the trails of Rock Creek, Interlocken and Broomfield highlighted by the new bike overpass between Interlocken and Broomfield leading to never before seen trails!!! Come find out how this ride got its name. Meet at the SE corner of the Safeway parking lot at the Rock Creek Village Shopping Center in Superior. 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.)

Sunday, May 23rd:

8:30 AM INT+/ROAD H4-56-65-NE — Mileage & Climbing — CC to Golden & Lookout! This is a weekly series of rides (and possibly some weekday rides—TBA on MeetUp) for those who want to train together for the Big Summer Tours. Meet Lise Neer (303-249-8621) in front of Cake Crumbs bakery (2216 Kearney St. in Park Hill). We will pedal west on streets and the Clear Creek trail (from Crown Hill Park). After a pitstop/caffeine dose at Higher Grounds in Golden, we'll go up and over Lookout (up the front and down the back on I-70 frontage road—time to take in the view from the top?), then an optional bonus loop around the hogback. Lunch stop at Sherpa House(?) in Golden, then head back on 32nd, 20th & 26th Avenues into Denver. Ride With GPS Route: <https://ridewithgps.com/routes/35835161> **Note:** this is a training ride, not a Fun or Fun+ Ride; Lise Neer & Bruce are putting in the miles for Ride the Rockies and would love some company, but only if riders already are in good shape on the road bike and have done some climbing by now. Be sure your bike and gear are in good working order before arriving at the start, and be prepared for a pace of 15-18 MPH (slower on the uphill, of course). There will be some fast descents, and some steady climbs on 4-8% grades. No drop ride. Arrive early for coffee, and be ready to ride by 8:30AM sharp. Bring plenty of water, sunscreen and snacks and layer up if the weather looks changeable. Could get windy as the day progresses.

Monday, May 24th:

9:00AM FUN-H2-26-NW Meet Merri Bruntz (303-517-9781) at Twin Lakes Park (west of Broadway on 70th, 300 W. 70th) for a ride east on the Clear Creek Trail to the South Platte Trail, which we will ride north to Riverdale Park. After a break we will return via the same route. Bring a sack lunch for a picnic afterwards.

Tuesday, May 25th:

7:50 AM "Progressive Lookout Challenge #4: Lookout Mountain for Adventurers!" INT-H3-31-W+2533' You've done Lookout before, maybe once or numerous times, or you're conditioned to do so. Join Marilyn Choske (303-905-8510) at Prospect Park, 44th & Robb St., Wheat Ridge, back parking lot near bike path. Ride Clear Creek bike path to Golden and up Lookout Mountain. Continue over hilly terrain and finally spill out onto Hwy 40. East to continue on 40 to Kinney Run bike path, into Golden, and return to Prospect. Bring \$ for possible coffee stop with group consensus, near ride's end. Bring masks for rest stops. Limit 7 riders, including leader. Register via TEXT to leader by *May 23*. Ride will not go if it is rainy or forecast is for morning rain; call the leader if in doubt.

9:30AM Leisure H1/H2-15-SW. LEE GULCH LOOP Meet Jill McMahon (303 888-0314 cell) at the Reynolds Landing parking lot. (Go west on Brewery Lane at Santa Fe Drive where there is a light. Continue past the Breckenridge Brewery to the big parking lot at the end of the road on the right.) This is a loop ride on the Platte River Trail, the Big Dry Creek Trail, the Highline Trail and the Lee Gulch Trail. It winds around some very pretty areas - mostly on paved trails but some hard gravel and a short distance on residential streets. Bring a snack. After the ride, bring a lunch for the DBTC picnic. We can eat and "social distance socialize" at the tables in the large shelter at Reynolds Landing.

Wednesday, May 26th:

9:00 AM FUN/INT-H2to3-20-SW Meet Patty Gaspar at the Sheridan Public Library Parking lot 3425 W Oxford Ave. We'll check out all the new houses in the Bow Mar area and go to Bowles Lake, Grant Ranch and rest at Whole Foods, and back to Sheridan Library. Some hills and lots of ups and downs, some beautiful quiet streets and pleasant bike paths.

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Thursday, May 27th

10:00 AM, MTB, P2, T2, Waterton Canyon. This is a Show'nGo sponsored by Liz Cameron. Riders decide how far into the canyon they want to travel. **DIRECTIONS:** Take Wadsworth four miles south from C-470, go left where brown info sign directs, then about 300 feet beyond the Audubon Center to parking lot. POST-RIDE: Bring snacks and chair to picnic in the parking lot.

Friday, May 28th:

7:50 AM Progressive Lookout Challenge #5: The Final Lap--uh-oh! INT-H3-26-W-+2600' Join Marilyn Choske (303-905-8510) at the meeting place described at the end of description. From our Golden meet place, access and pedal up Lookout Mountain Road. From the top, continue over hilly terrain and finally spill out onto Hwy 40 east. Turn right & ride towards Morrison on County Rd 93 and climb over Dinosaur Saddle and enjoy views. Access and climb Rooney Road and ride paths & streets back to our cars, including a Starbucks beverage stop, compliments of DBTC, to celebrate your accomplishment! Bring masks for rest stops. Limit 7 riders, including leader. Register via TEXT to leader by May 27. Ride will not go if it is rainy or forecast is for morning rain; call the leader if in doubt.

MEET PLACE directions: Large Coors parking lot ACROSS Jackson Street from the American Mountaineering Center in Golden. Lot boundaries are Ford/Jackson and 9th/10th Streets. If you come in from Hwy 58, exit Washington St and go south to LEFT turn at 9th St, then RIGHT turn onto Jackson. Enter LEFT from Jackson. Please look at a map if you need visual verification. ***DO NOT PARK in the AMC smaller parking lot!*** Look for my red Kia Sportage w/bike rack.

Saturday, May 29th:

9:00 AM FUN-H2-17 SW Meet Patty Gaspar 303-618-5069 behind the tennis bubble, W Bowles & S Federal in Littleton, ride the Platte River Trail to Chatfield then east on C-470 Trail for a mostly gentle climb then across on Clarkson with fun rollers followed a great downhill to Big Dry Creek to finish the loop. Bring a picnic lunch - or sandwiches available at the bubble.

Sunday, May 30th:

9:00 AM FUN PLUS-H2-25 +-NE Each Sunday that the roads and paths are dry and no other ride is scheduled, meet DBTC riders at Cake Crumbs Bakery and Coffee shop, located at 2216 Kearney Street, Denver. These rides will be Show N GO. Each Sunday we pick a different route and the distances vary from 20 to 30 miles.

Monday, May 31st: Memorial Day

9:00AM FUN-H3-22-NW Meet Merri Bruntz (303-517-9781) at Prospect Park (44th & Robb St) for a ride west along the Clear Creek Trail to Easley Rd, which we will take to the Arvada Reservoir. We will ride a loop over the reservoir and back to the start via the same route. Bring a sack lunch for a picnic afterwards.