

Ride Leaders

Please use the following guide to help create your ride description.

To be in the DBTC newsletter, your ride description must be submitted to the appropriate Ride Coordinator by the 20th of the month prior. See page 2 of the newsletter for contact information. Questions, contact ridecoordinator@dbtc.org or call Patty at 303-989-8268.

Submitted Ride Description Examples are:

May 9

FUN -H2-23-NW 10:00 AM Meet **Gary Goins** (303-433-4398) at Berkeley Park for a ride on the Clear Creek Trail to Golden and back. We will stop for lunch in Golden. Nearly all of this ride will be on trails except for section at the beginning and in Golden.

August 15

INT-H2-30-SW 10:00 AM Meet **Kris and Mike Holmes** (303-988-4522) at Fox Hollow Golf Course (on Morrison Rd near Kipling) on the east side of parking lot. We'll ride along Bear Creek, cut down along C-470, loop around Chatfield and return on Platte River bike path, hooking up to Bear Creek. Lunch following is at Golf Clubhouse.

Please note that each description has:

(Ride Type) – (Hill factor) – (Distance) – (Area of City) – (Start Time)

FUN H2 23 NW 10:00 AM

plus:

your name, contact info, ride start place, plus a brief description.
Gary Goins 303-433-4398 Berkeley Park ... for a ride on the
&/or email

You don't need to describe the entire itinerary for the ride, but be sure to include relevant information such as if the ride will be on the gravel portion of the Highline Canal or if the ride is relatively flat but there is one big hill. Note in the example Gary mentioned that it is on trails except for one portion.

The most common ride starting locations can be found at www.dbtc.org with a link to MapQuest so you don't need detailed driving directions unless it is to a new starting point. Note in the example that Kris let them know in which section of the lot to meet.

Please try to keep your description to one paragraph. Below is a description of the box that appears in the newsletter:

| <u>Pace of Ride</u> | <u>Difficulty of Terrain</u> | <u>Mileage</u> | <u>Quadrant of City</u> | <u>Departure Time</u> |
|----------------------|--|--|-------------------------|--|
| Roses – Leisure | H1 - Flat | This is an estimate – options may be offered | NW | Arrive early enough to unload your bike and be ready to leave. |
| Fun – Comfortable | H2 – Some Hills | | NE | |
| Int. – Brisk | H3 - Hilly | | SE | |
| Road – Fast | H4 – Serious climbs | | SW | |
| ATB- Unpaved Roads | Two ratings: Technical skill T1 to T4 and Physical exertion P1 to P4 | | W | |
| MTB – Mountain Bikes | | | | |

Pace of Ride

This is an average pace, not a maximum speed. Pace will vary with terrain.

“ROSES” OR LEISURE 8-10 mph. Leisurely pace, frequent stops

FUN 9-12 mph. Moderate pace, frequent stops, focuses on group ride

INT 12-15 mph. Intermediate, steady pace with fewer stops for more advanced riders

ROAD 15+ mph. Vigorous pace with only occasional stops for advanced riders

ATB Ride will be on gravel or unpaved road or trails so a mountain or hybrid bike is recommended.

Pace will vary

MTB Mountain bike required – terrain determines pace

Difficulty of Terrain

You want to give riders an idea of what to expect so a FUN ride might rate a hill H3 and an INT ride might call the same hill H2. Use your judgment – some leaders hedge with H2/H3 when they aren't sure.

H1 Mostly flat to rolling with an occasional hill

H2 Mostly flat or rolling with moderate hills

H3 Quite hilly or some long and/or steep hills

H4 Serious climbs – remember we are in the Rocky Mountains

Mileage

This is the estimated distance in miles (MTB rides may not have a mileage designation) but actual ride distance can vary. Try to be close. You can have a long or short option as well.

Quadrant of City - SW, NW, NE, SE, W

Note the quadrant of the metro area for the meeting place. The North/South dividing line is Colfax. The East/West is Broadway. W indicates in the foothills or mountains. For FUN rides we have North and South coordinators so please send the ride to the correct person. The notation helps riders locate the starting point. We try to spread the rides throughout the metro area.

If you are starting with a MTB ride, please contact Dick Plastino to discuss details of how those rides are rated.

**Thank you for volunteering to lead a DBTC ride.
Happy Pedaling**