



Keep Your Calendar Open

**Volunteer Recognition
And
General Membership Meeting**

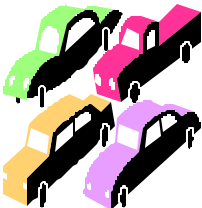
**November 15th at 6:30 PM
Pinehurst Country Club**

Details in the November Newsletter

Bike- vs -Car

Stephen Ingraham was struck by a car at the intersection of 29th Avenue and Zuni. The driver simply turned left in front of him, apparently not seeing him as he tried to proceed straight thru the intersection. He'll be off the his bike for 2-3 months giving his broken ribs time to totally heal ..he'll be on a stationary bike as soon as he can, to start the climb up the get-in-shape curve. Stephen has been an

active member of the club and hosts our annual Recognition Dinner. He is a careful rider. Keep that helmet tight and watch for those cars - they don't always watch for us.



Remember to Vote for your New Board Members

Nominee Profiles.....pg. 3
 Message from President.....pg. 9
 Election Ballot.....pg. 9

**Welcome
New Members**

- VICKI BAUR
- JAN BURTON
- BARB JOHNSON
- LIZ MURPHY
- MICHAEL O'NEILL
- DORANE SUBJACK

Inside this Issue:

Movie Group News 2
Book Club News 2
Heart Attack Pain 2
Board Nominees 3
October Ride Schedule 4
Sponsoring Retailers 7
Littleton Cyclery and Fitness 8
News Alert 9
President's Message 9
Election Ballot 9

DBTC's Officers

President

Howard Bagdad.....303-278-0541
President@dbtc.org

Vice President

Sue Frakes.....303-978-0368
VicePresident@dbtc.org

Secretary

Vacant

Treasurer

Marilyn Smith.....303-674-8542
Treasurer@dbtc.org

Ride Coordinator

Patty Gaspar.....303-989-8268
RideCoordinator@dbtc.org

Board Members at Large

Zdana Feduschak.....303-986-9643
zdana@wideopenwest.com
Tony Aguirre.....303-693-6881
tonyaguirre75@msn.com
Rick Russon.....303-795-0526
rrusson@redochoer.com
John Manzione.....720-895-5162
Halfdomehiker@cs.com

DBTC's Volunteers

Ride Coordinator

Patty Gaspar.....303-989-8268
RideCoordinator@dbtc.org

Fun Rides-South

Lois Kahn..... 303-758-0092
kalo284@aol.com

Fun Rides-North

Bill Orchard.....303-422-9468
FunRideNorth@dbtc.org

Intermediate Rides

Ellen Chikas.....303-617-9985
IntermediateRides@dbtc.org

Road Rides

Denny Martin.....303-793-0395
dmmartin@earthlink.net

Fun MTB

Jeff Baysinger.....303-969-9241
jbaysinger@do.usbr.gov

Out of Town Tours

Ann Nordstrom.....303-366-2716
OutofTownTours@dbtc.org

Hotline Director

Charmian Choate.....303-791-3676
PhoneHotline@dbtc.org

Map Sales Coordinator

Bob Bennish.....303-463-8775
bob@bestofbents.com

DBTC Historian

Sid Russak.....303-773-3434
Historian@dbtc.org

Membership Database/Webmaster

Dave Grimes.....303-986-7666
Webmaster@dbtc.org

Cyclenet Editor

Stuart Black.....303-433-9041
cyccommute@aol.com

Hotline.....303-756-7240

WebSite.....http://www.dbtc.org

DBTC Movie Group

Now that it's getting colder, it's time to resurrect the movie group. Anne Hunting and Ellen Chilikas will be hosting the group again this year. We will be meeting THE FIRST SUNDAY OF THE MONTH and will go to late afternoon shows (around 4 PM). We will then discuss the movie at dinner afterwards. We tend to frequent the "art movies" that are shown at the Landmark Theaters (Chez Artise, Esquire, Mayan), Madstone and Starz. To find out which movie we will be seeing, please call Anne (303-753-0896) or Ellen (303-617-9985) a few days prior to the movie date (no calls after 9 PM please).

The Book Club is in full swing! We have a small and very interesting cast of characters attending and our discussions are very lively! Here are the books we'll be reading through the end of the year:

October - Booked to Die by John Dunning

November - Bookman's Wake by John Dunning

December - The Clothes They Stood Up In by Alan Bennett

We meet toward the end of the month, usually on Sunday mornings, and have brunch and discuss the book. If you'd like to join us, call Ellen at (303) 617-9985 and she'll tell you where and when we'll be meeting.

Veloswap
(Bicycle Fair)

Oct. 25
veloswap.com
Denver National Western Complex
303-440-0601 x222
4655 Humbolt St
Denver

Moab Fall Weekend Trip

Oct 11-13 (Columbus Day Weekend)
Join other DBTC trail riders for this weekend in Moab. Camping or hotel options, your choice. Ride Onion Creek Saturday, the rim on Sunday, or Klondike Butte on Monday.
For info, Jeff 303-969-9241
Eddie McStiff Happy Hour Sunday Eve

HEART ATTACK

Chest pain can be associated with a variety of medical disorders. It can have a cardiac basis, meaning that it is related to your heart, or it can be a sign that there is a problem in another body system, such as your lungs or gastrointestinal tract. The best way to determine the cause of chest pain is to be seen by a qualified physician. Chest pain can signify a life-threatening condition, so it is best to have it evaluated promptly.

What does a heart attack feel like?

The pain associated with a heart attack differs from person to person. Many people describe it as a heavy pressure or squeezing sensation in the center of their chest. Others report a burning or stabbing feeling. At times the pain may radiate to the arm, jaw or back. The intensity of the pain is not an indicator of the degree of heart damage that may be occurring. Some people experience no symptoms during a heart attack.

A characteristic of chest pain associated with a heart attack is that it is often unrelenting. Once it begins there is usually nothing that you can do at home to stop it. The pain does not improve with rest, position changes, or over-the-counter medications. Frequently, patients experiencing a heart attack, or myocardial infarction as it is called in the medical community, describe other symptoms associated with the chest pain. These may include sweating, dizziness, shortness of breath, palpitations, paleness, nausea and vomiting, and an anxious feeling with a sense of impending doom.

Sources:

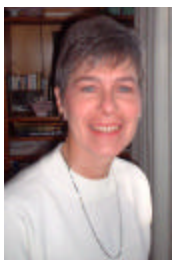
ACC/AHA Guidelines for the Management of Patients with Acute Myocardial Infarction: Executive Summary, A Report of the American College of Cardiology/
American Heart Association Task Force on Practice Guidelines, 1996.
www.heartinfo.org
Guyton MD, Textbook of Medical Physiology, WB Saunders Company, 1991.



Board Member Candidate Profiles

Suzette Bowles

My name is Suzette Bowles and I am running for office on the DBTC Board of Directors. I have lived in Denver for 15 years and have been a member of the Denver Bicycling Touring Club for 11. I really enjoy riding in Colorado and discovering new trails. I try and ride as often as I can and want to encourage others to get out and enjoy our beautiful state, whether it be on an urban bike trail or climbing steep gravel tracks in the high country. If nominated I will promote safe and fun rides for every level and explore new ways to bring others to our club who share a love for cycling and want to meet, eat and talk bikes.



Darlene Dietzler

I have been a member of DBTC for a number of years - enjoying fun rides and going out to eat. Last year I finally led my first ride. With a non-traditional work schedule, I found it difficult to plan a month ahead. I retired in June, and now am able to do my part in the workings of a great bike club.

Tom Hurja

Bicycling is one of my passions. The Denver Bicycle Touring Club has been an important part of my life and provided a place that I can enjoy cycling and meeting and visiting with other riders. Thanks to all the members who have spent much time cultivating a variety of challenging and fun events from bike rides to skiing to social events. This club has something for everyone. In the past I have been the road ride coordinator and ride leader. In the future I would like to learn all that the club does and how things work plus I want to talk with all the members and listen to their ideas and concerns. I enjoy the group setting of the meetings with other bicycle enthusiasts. I appreciate the efforts of the many people who would like to see more dependence on the bike and less on the road.



Fred Larke

My name is Fred Larke and I would be happy to serve as a DBTC board member as a way of serving a club that provides so much benefit to it's members. I live in southeast Denver, am an avid road rider in the summer, and passionate skier in the winter. I have been a member of DBTC for several years, and I also belong to two other cycling groups in town.



Jim McClain

My name is Jim McClain. I am married to Mary Ann and have one living daughter and four grandchildren. I have been retired since 1995.

Long before I retired I became interested in bicycling, especially bicycle touring. Mary Ann and I have been on many bicycle tours, both guided groups and self-guided trips. Presently I am a certified tour guide for International Bicycle Tours, the premier bicycle tour provider for Elderhostel.

Now I have more time to do what I love and that is to ride my bike. This year I have led 4 fun rides for the club and have lost count of how many weekend rides I have done.

If selected to serve, I feel I would have something to offer the club. I have a strong interest in bicycling for recreational and social purposes and am well acquainted with the incredible system of recreational trails in the metro Denver area. In addition I am a great believer in the exercise benefit one receives when participating. I think the Denver Bicycle Touring Club offers great opportunity for both the serious hard core rider and the recreational rider and believe it is that diversity that makes us a strong organization. If I serve on the board, continuing that inclusiveness and adding to the variety of rides would be my highest priorities.



Bonnie Urban

My name is Bonnie Urban and I've been with the DBTC since 2002. I joined the club to meet more people who enjoy cycling and I have not been disappointed. I have been on many great rides with some really great people. Their enthusiasm for riding has inspired me to love the sport. It is because of this that I would like to serve on the board of the club.

A little about myself: I am a retired math professor and now I spend my time riding my bike and taking care of my house and kids and grandkids. I am interested in more touring on my bike with friends!



October Ride Schedule

Fall is Here!

There are still some beautiful fall weekends ahead and winter will soon be nipping at our peddles. Join us for rides along the bike paths and roads in Denver and it's suburbs. Subscribe to ColoradoBicyclist-subscribe@yahoo.com or go to: <http://groups.yahoo.com/group/ColoradoBicyclist>. Our website at www.dbtc.org has information about club activities and other items of interest to club members - check it out.

Ride Locator

There is a guide to the most frequent start locations on our website - [dbtc.org](http://www.dbtc.org). It provides the information you need to use Map Quest to make a map to the starting location.

Pace of Ride	Difficulty of Terrain	Mileage	Quadrant of City	Departure Time
Roses-Leisurely Fun-Comfortable Int-Faster Road-Fast ATB-Unpaved Roads MTB-Mountain Bikes	1-Flat 2-Some Hills 3-Hilly 4-Serious Climbs T1 Beginner to T4 highly skilled riders	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.

DBTC Fall Ride Schedule

Take Advantage of the October Rides

October is the end of our regular riding schedule. There will be some rides through the winter, but since it is impossible to plan for inclement weather, we will have a limited schedule. If you would like to have members join you for a regular group ride when the weather is pleasant, contact ridecoordinator@dbtc.org or take advantage of the yahoo group.

Wednesday Morning Group

The Wednesday Fun rides group welcomes a new ride coordinator - Bonnie Urban 303-221-0973 lamBLU9704@aol.com. Sue has taken a full-time job and Bonnie has stepped forward to take her place. Please call Bonnie to volunteer to lead a ride. Be sure to thank her next time you see her on one of the rides. Subscribe to Colorado bicyclist Yahoo Group for updates by sending an email to ColoradoBicyclist-subscribe@yahoo.com.

Wednesday Morning Roses Rides

The Roses ("stop and smell the roses") rides are for those who wish to

ride a little slower than the usual fun ride. We stop frequently, the last person to arrive decides when we are ready to proceed. We usually ride between 15-20 miles, average around 8 mph, and go for lunch after the ride. Check ColoradoBicyclist-subscribe@yahoo.com or call Melba Bouquet 720/493-0564 or Gerrie Garnett 303/972-9584 on Monday or Tuesday for last-minute updates. During the colder months we continue to ride if the temperature is above 50 degrees and there is no precipitation.

Sunday Afternoons

Broomfield Parks and Recreation would like to have a bike ride every Sunday afternoon at 1 PM. The meeting place will be at Walgreens parking lot at Sheridan and 120 Ave in Broomfield. It will be a joint effort between Broomfield, Longmont, and DBTC. It will always meet at the same location and time. The trips will vary and will be announced by Enterprise, email, and web site. The email address is broomfield-bike@yahoo.com sent to a mailing list.

Wednesday, Oct. 1 FUN-2-32-NW 9:00 AM Meet Bonnie Urban at REI at Confluence Park for a fun ride along the Platter River and Clear Creek Trails into Olde Arvada. Those wanting a shorter ride (26 miles) can meet us at the McDonald's at 45th & Washington at 9:30. Bring a bike lock and money and we'll visit a charming coffee shop in Olde Arvada. You might bring a camera for the scenic shot on the bike bridge going into Arvada. For information call Bonnie at 303-221-0973.

"Roses" ride. 10:00 AM (NOTE TIME CHANGE!) 1-20 Meet Gordon Valentine at the Westwood Golf Course (2 blocks north of W 64th Ave. on west side of Quaker.) Bring a snack, and money for lunch after the ride at the golf course coffee shop. For information call Gordon at 303/333-8605 or Gerrie Garnett 303/972-9584.

Saturday, October 4 FUN-2-23-SE-9:00 A.M. -Barbeque!! Meet Sherry and Ward Livingston (303-841-8404) at the King Soopers parking lot in Parker located at the NW corner of Parker Rd. and Cottonwood for their annual Tour-De-Parker ride. We will be riding a combination of bike paths and roads through 7 Parker subdivisions with one big hill to climb and a great downhill from the top. Afterwards, we will meet at the Livingston's for a pot luck barbeque. Sherry and Ward will provide the hamburgers, hot dogs and drinks if you bring a side dish - chips, salads, desserts, rolls, etc. Call and let them know if you plan on coming to the barbecue before Oct.4 so we can plan for sufficient fixin's. You can also ooh and aah over their newly landscaped back yard. Call 303-841-8404.

FUN-3-27-NW-10:00AM Meet *Amber Blasingame* (303-604-1006) at the Old Chicago at 87th & Wadsworth. She will take her group on a great new route north and west that ventures along such avenues as Via Appia Way, Rock Creek, Empire, Paradise, Eldorado and Longs Peak. Look for a wonderful fall ride over some scenic countryside roads with lunch afterwards on the patio at Old Chicago.

October Ride Schedule *continued*

Saturday, Oct. 4
continued

INT-2-35-NW 9:00 AM. Meet Jerry Bucher (720-304-2616) at the Louisville/Superior Park and Ride, at the SW corner of US 36 and McCaslin Blvd for a scenic ride to Boulder for coffee. We will descend Marshall Road then turn right and stay East of Boulder to add some flat and some hills. A short ride on the Foothills Highway brings us into north Boulder and down 19th St. to Pearl Street for coffee. After getting fixed on caffeine, a gentle climb brings us back to Superior.

ROAD 4-38-W-10:00 AM SHOW & GO- No ride leader or map available. Meet at the Bergen Park Park 'N Ride and pedal up Junniper (11,110') & Squaw Pass (hwy 103) to Echo lake for mountain views of the fall's golden changing colors. This is an out and back route so return on the same road. Bring extra water as Echo Lake Lodge may be closed for the season by this date.

MTB- P2,T3 6:00 AM to drive to La Junta - Picketwire Trackway ride. 150 million years ago, a herd of sauropods went for a walk along an inland sea. They were followed by an Allosaur who was looking for lunch. The only thing left for us to see are their tracks. (See <http://www.fs.fed.us/r2/psicc/coma/palo/index.htm> for pictures). Join Stuart Black for another trip to the remote corners of Colorado to see these tracks for yourselves. Meet at the RTD Park-n-Ride at 56th and Wadsworth at 6 a.m. to carpool to La Junta (about a 2.5 hour drive). We will see Indian petroglyphs, tarantulas, the historic Rourke Ranch, and, of course, the trackway. We should also be able to induct everyone into the Clan of the Claw! This is not a very technical trail (except for the first 1/4 mile) but it is very remote. There are NO services in the canyon so make sure you bring plenty of water and food. Also bring wading shoes for crossing the Puratoire River. Call Stuart at 303 433-9041 for more info and details.

Sunday, October 5

FUN-2-25-SW-9:30 A.M. Cindy Ferry (303-425-9454) would like you to meet her at the Stone House (east side of Estes-a little south of Yale). Your fun ride will follow Bear Creek bike path over Bear Creek Reservoir to Morrison. Head up towards Red Rocks and circle back.

FUN-MTB-3-23-NW-10:00AM Meet *Bill Orchard* (303-422-9468) at the Superior Park & Ride at US-36 and McCaslin Blvd. This will be a hybrid ride . . . cross or mountain bikes only . . . on macadam roads and dirt trails. Bill heads south on McCaslin over the hump and up "the wall" on the Coalton Trail. He will then ride Marshall Mesa Trail, South Boulder Creek Trail and Coal Creek Trail. Survivors will meet for lunch after the ride in downtown Superior.

ROAD-2-39-E-9:00 AM Join Diane Minka & Carol Robbins (303-758-8495) at the Dept. of Transp. parking lot in Aurora at the S.E. corner of E. Colfax and Tower Rd. This is an out and back route to Bennet with a rest stop at the convenience store there. Option to continue the out and back to Strasburg and make it a 53 mile ride. C store in Strasburg as well for water and restrooms.

MTB, P3-4, T2-3 10:00 AM. Meet in Heritage Square parking lot, ride up Chimney Gulch to Lookout Mtn, return via Apex Gulch. Jeff Baysinger, 303-969-9241.

Wednesday, Oct. 8

FUN/MTB 2-20-SS (Way South) 9:00 AM Meet Stan Hill (719-598-8943) at the Greenland Open Space Trail Head in Douglas County to explore the new non-technical single track trails opened this summer (history, hills, gamble oak, open meadows), then ride into Palmer Lake for lunch at Murphy's. To get there, take I-25 south to the Greenland exit (Exit 167), turn to the west and follow the dirt road (west, then south) about 3/4 mile to the trail head - just before it turns and crosses the railroad tracks. Bring mountain or cross bike, money for lunch, a smile and a sense of humor.

"Roses" ride. 1-20-SE 10:00 AM. Meet Elly Baldwin (303-740-6271) at her home, 6303 S. Grape Ct. Centennial, between Arapahoe and Orchard, W of Holly, for a ride along the Highline Canal. Bring a snack. Potluck after the ride at Elly's. Call her for suggestions on what to bring. 303/740-6271.

Saturday, Oct. 11

FUN-2-24-NW-10:00AM Meet *Sandi Bianchi* (303-425-1214) at the McDonald's parking lot on the northwest corner of 80th and Wadsworth. This is Sandi's **FIRST RIDE AS RIDE LEADER**. Her ride will go west on 80th Ave all the way to RT 93. From here she'll drop down to 64th and head east on the Ralston Creek Trail eventually passing Indian Tree before getting back. Lunch after the ride at the restaurant on another corner.

FUN-2-21-SW-9:30A.M. Meet Dave Noble (303-694-2008) behind the Centennial Bubble Tennis Courts at Bowles and Federal. He will lead the ride to Chatfield, across the dam, along the Highline and back on Lee Gulch. About 1/2 the ride will be on packed pea gravel. How about lunch at the Platte River Grill??

ROAD-3-34-NW-9:00 AM Meet Gary Bohn (303- 650-5082) on Hwy. 36 on the north outskirts of Boulder in the parking lot just north of the Gateway Fun Park. This will be a brisk loop ride to Niwot through the pretty pastoral area north of Boulder.

MTB P1-T2 1:00 PM Yellowjack Canyon, Moab area (Join the mountain bike group for a weekend in the desert)

If you're reading this in advance and are interested in joining this group, contact Jeff Baysinger 303-959-9241.

October Ride Schedule *continued*

- Sunday, October 12** **FUN-2-18-E-9:30A.M** WESTERLY CREEK LOOP. Meet at Treads Bicycle Outfitters north side parking lot, 16981 E. Iliff Ave.(northeast corner of Iliff and Buckley.) Contact Tom Tobiassen, 303-699-9260
FUN-2-20/25-NW-9:30AM Meet *Suzanne Sullivan* (303-456-6797) at the Target parking lot at 80th & Allison Way, just west of Wadsworth. She will lead a slower paced fun ride to Golden and take a short break for coffee. This is a scenic ride on friendly streets. New riders are welcome, don't wait until spring to try a club ride. 20 mile option available. Lunch after the ride at a nearby refectory.
FUN-1-19-SE-1:00P.M. Sleep in....and THEN join Nadean Kruse (303-988-8186) for the "Englewood Ice Cream Ride". We will start near the civic center and use a new adventuresome route never done before! Mostly bike paths including Highline Canal. From Hampden, turn north at Galapago St.(across from McDonalds--between Sante Fe and Broadway). Take the first right turn off Galapago into the shopping area and park between Petco and Ross. After we enjoy a leisurely fall ride, we will devour one of life's yummy pleasures-----ICE CREAM!!!!
ROAD-4-40-W- 9:00 AM Don Schmertz (303-233-0840) will lead from O'Kane Park at Reed Ct. and 1st Ave. in Lakewood. O'Kane Park is a couple blocks east of Wadsworth Bl. and south of 6th Ave. Pedal to Golden, up Look Out Mtn. past Buffalo Bill's grave. Take Hwy. 40 and onto Morrison where we'll have a rest stop. Return back on Garrison to the park.
MTB P3-4, T3 10:00 AM Slickrock, Porcupine, or Sand Flats, Moab area
- Monday, October 13** **MTB P2, T3 10:00 AM** Klonike Buttes, Moab area
- Wed., October 15** **FUN-2-38- 9:00 AM** Meet Bonnie Urban at Carson Nature Center for a fun, colorful fall ride north on the Platte Trail to the Bear Creek Trail west to bear Creek Park and the Fox Hollow Golf Course. A ride through the golf course with a steep climb and fast descent in the middle will make us hungry enough for a lunch at Panera Bread afterwards! Bring money for lunch. Call Bonnie at 303-221-0973 for details.
"Roses" ride 1-20-NW 10:00 AM. Meet Marge Derby at the parking lot just east of City of Cuernavaca Park, (dead end of Platte, north of 19th.) for a ride on the north end of the South Platte River. Bring a snack and money for lunch at a favorite restaurant after the ride. For information call Marge 303/274-2269 or Melba Bouquet 720/493-0564.
- Saturday, October 18** **FUN-2-26-NW-9:30AM** Meet *Jean Morgan* (303-600-8130) at Scott Carpenter Park in Boulder (take Hwy 36 which turns into 28th St, right on Arapahoe and then a right on 30th, the park and parking lot are on the right about a half block down). Jean's ride is called the Boulder 360 as it takes the riders on a complete circle around the perimeter of Boulder on bike paths and affable streets. Lunch after the ride with Jean and Burt at the famous Walnut Café a few blocks away
FUN-1-14-SE-9:30 AM SEASON FINALE RIDE for Bicycle Aurora around Cherry Creek State Park. Meet at the "old" Smoky Hill Library. 15460 East Orchard Road, just east of Parker Road on E. Orchard Road. Contact Tom Tobiassen 303-699-9260
ROAD-3-30-SE 9:30 A.M. John Manzione (303-730-3091) will start at the Park "N Ride at Mineral and S. Santa Fe Drive in Littleton. John will do the ever popular loop around Chatfield Reservoir to enjoy the fall view of the water and hills. Several nice lunch options avail in Aspen Grove Shopping Center next door afterwards.
MTB P2, T2 10:00 AM Meet at South Valley Park (right side of road at Deer Creek Canyon). Join Jack Liechty 303- 210-5220 (new lead biker) for a tour of this valley on the SW side of the metro area.
- Sunday, October 19** **FUN-2-27-SE-9:00 AM** Meet Bonnie Urban (303-221-0973) for an "Urban Tour" at Village Greens (corner of E. Union & S. Dayton). Her ride will take us north on the Cherry Creek Trail to REI. Then return via Washington Park where we will stop in the area for a bite to eat! See you at Village Greens!!!!
FUN-3-25-NE-9:30AM Meet *Bob Svenson* (303-289-5563) on the Huron St side of Wagon Road PnR at 120th and I-25. Bob is doing his **FIRST RIDE AS RIDE LEADER** and has selected a popular northeast suburban ride. He will take the riders on bike paths, lightly traveled streets and a few dirt roads out to the farm and ranch country of Northglenn, Eastlake and Thornton. Lunch after the ride at one of the popular places on 120th. Another royal rural ride!
INT-3-28-NW 9:00 AM. Meet Jerry Bucher (720-304-2616) at the infamous "Bus Stop" Bar parking lot at the north end of Boulder at the juncture of Hwy. 36 and Broadway for a ride to Jamestown. The route will include 5 miles of rollers then up Left Hand Canyon and an 8-mile gentle climb to the bicycle friendly town of Jamestown. Optional stop for coffee or lunch in Jamestown.
ROAD-2-39-E-10:00 A.M. SHOW & GO- No ride leader or map available. Meet at the Dept. of Transp. in Aurora at the S.E. corner of E. Colfax and Tower Rd. This is an out and back route to Bennet with a rest stop at the convenience store
-

October Ride Schedule *continued*

Sunday, October 19
continued

there. Option to continue the out and back to Strasburg to make it a 53 mile ride. C-store in Strasburg as well for water and restrooms.

MTB P2-T2 9:30 AM Green Mountain and Bear Valley road and trail ride. This is the rain date for the Labor Day weekend ride cancelled due to the muddy trails. Jeff Baysinger, 303-969-9241

Wednesday, Oct. 22

FUN-2-20- 9:00 AM Meet Bob Jarrett at the Carson Nature Center for a mystery ride. Call Bob for the details he'll share (it is a mystery) at 303-933-1699.

"Roses" ride 1-20 -SW 10:00 AM. Meet Dave Grimes at Waterton Canyon parking lot (So. on Wadsworth past Chatfield Res, L on Waterton Rd. 1/4 mile on left) for a ride into Chatfield State Park. Bring a snack, and money for lunch at a favorite restaurant after the ride. For information call Dave at 303/986-7666 or Gerrie Garnett 303/972-9584.

Saturday, October 25

FUN-2-26-NE-10:00AM Meet *Karen Kay-Timonier* (303-456-5742) for the **Last Scheduled North Fun Ride of the Season.** She will leave from the trailhead at 88th and Colorado and ride to the conurbation of Brighton. The ride is on quiet country roads that border family farms in the flatlands northeast of Denver. After a short break at the filling station, the group will return along an equally tranquil route. Lunch after the ride at a biker-friendly nearby establishment

ROAD-2-36-10:00 A.M SHOW & GO No ride leader or map available. Meet in Sedalia about 10-15 miles south of C470 on S. Santa Drive at the 2nd set of railroad tracks in town. This is an out and back ride to Larkspur with a pretty valley view and gradual climb out and nice downhill return. Head south on Hwy 105 for 16 miles and then left on Rd. 60 for two miles to the country convenience store. Sit in their pleasant outside rest area and enjoy some of their pastry before retracing your path back to Sedalia. This is a popular route and a pleasant fall ride.

Sunday, October 26
Daylight Savings Ends

ROAD-2-40-N-10: 00 AM Anne Nordstrom (303-366-2716) will start at the trailhead parking lot in Thornton at 88th Ave. and the bike path immediately west of Colorado Blvd, This is a popular flat route that rides to Ft. Lupton for a rest/lunch stop at the Sonic Drive in restaurant. Annie has a 10 mile extra credit loop on the map for those wanting more mileage.

MTB P2-3, T2-3 10:00 AM Lair o'the Bear, about 5 miles west of Morrison. Hookup for a fall ride favorite, Jeff Baysinger, 303-969-9241.

Wednesday, Oct. 29

FUN-1-28-SE- 9:00 AM Meet Les Avery at Village Green Parking lot, located just east of the south side of Cherry Creek Dam and Northeast of Cherry Creek High School. A Leisurely ride south through Cherry Cheery Park and the surrounding neighborhood ultimately connecting with the C-470 bike trail will take the riders to Parker. The group will take a break at the coffee shop off Main Street and then return back to the Village Green parking lot. If you have questions, call Les at 720-488-3038.

"Roses" 1-20-SW 10AM. Meet Darlene Dietzler at The Stone House (E side of S. Estes, So of Yale). Bring a snack, and money for lunch at a favorite restaurant after the ride. For info. call Darlene 303/986-7666 or Gerrie Garnett 03/972-9584.

DBTC Sponsoring Retailers

Discounts for DBTC members is 10% off all purchases (except bicycles and sale items) at the following retailers. Members need to show their current issue of "The Colorado Bicyclist", with mailing label as proof of membership.

**indicates 15% discount.

A Racers Edge
114 N. Main St.
Breckenridge, CO
800-451-5363
are@colorado.net

Bike Source **
2690 E. County Line Rd.
Highlands Ranch, CO
303-221-4840
www.bikesourceonline.com

Littleton Cyclery & Fitness
(Blake and Amy Nelson)
1500 W Littleton Blvd
Littleton, CO 80120
(303) 798-5033
www.littletoncyclery.com

Tandem Cycle Works
1084 S. Gaylord
Denver, CO
303-715-9690
www.tandemcycleworks.com

Pasta's **
9126 W. Bowles Ave.
Littleton, CO
303-933-2829
Open for lunch and dinner
seven days a week. Not
valid on major holidays or
with other promotions.

Arapahoe Cyclery
6905 S. Broadway
Littleton, CO
303-797-1858

Campus Cycles
2102 S. Washington
Denver, CO
303-698-2811
www.campuscycles.com

Northglenn Bicycle Shop
842 E. 120th Ave.
Northglenn, CO
303-451-7733

Treads Bicycle Outfitters
16981 E. Illif Ave.
Aurora, CO
303-750-1671
www.treads.com/index.htm

Runners Roost
1-800-957-6678
www.runnerroost.com

Arvada Bicycle Company
6595 Wadsworth Blvd.
Arvada, CO
303-420-3854

Cycle Analyst
722 S. Pearl St.
Denver, CO 80209
303-722-3004

REI - 4 area stores to
serve you - no discount
www.rei.com

Westside Cycling
7310 W. Colfax Ave.
Lakewood, CO
303-237-1115

Team Managers-Ski,
Bicycle, & Rowing Co. **
1121 N. Summit Blvd.
(Across from Holiday Inn)
Frisco, CO
303-534-9046/970-668-3748

Bicycle Werx
6336 Leetsdale Dr.
Denver, CO
303-399-2453

Denver Spoke
1715 E. Evans
Denver, CO
303-777-1720

Sampson Sports
2890 S. Colorado Blvd.
(303) 691-5650
www.sampsonsports.com

Wheat Ridge Cyclery
7085 W. 38th Ave.
Wheat Ridge, CO
303-424-3221
www.ridewrc.com

“Don’t forget cheerios in baggies”...

Sage advice for the family that bikes together from parents, new owners of Littleton Cyclery & Fitness, and DBTC members Blake and Amy Nelson. This is a family of biking fanatics.

Blake finished 8th place in the 1992 Iditabike. This is a 200-mile winter Ultra Mountain Bike Marathon that takes place in Alaska and follows the same route as the Iditarod Dog Sled Race. To see a full listing of Blake’s Adventure “Bio” you need to swing by the store and chat for a while. He received a degree from Washington State University in Commercial Recreation. In addition to being an accomplished mountain biker Blake has mastered Road Biking (2000 John Roberts Memorial Road Classic - Aspen to Phoenix - 704 miles), Mountaineering (climbed all 54 of Colorado’s Fourteeners), Alpine Skiing (Professional Ski Instructor of America and Forerunner of the 1990 Men’s World Cup Downhill), Ski Touring, Diving (Certified PADI Scuba Diver), Jet Skiing (Professional Jet Ski Instructor), Triathlons (Aspen Triathlon Mountain Course), and other outdoor activities like the Washington Ridge-To-River Multisport Team Relay. Yes, but will he mow the lawn, rake leaves, and take the garbage out??? He has lived in Alaska, Hawaii, and Aspen.

His “better half” (actually better 7/8), Amy, hooked up with Blake in Aspen. Amy has a master’s in Education and teaches at the Evergreen Middle School. This wonder woman opens and closes the bike shop, teaches, raises two boys, and baby-sits Blake. In addition to Mountain Biking and Skiing she also roller blades and rides a unicycle. Son, Chase, is the 2002 Colorado State 6-and-under BMX champion...and hoping for another title in 2003. Other son, Robbie, at 3 years old is just starting out.

To find an affordable home and good schools the Nelson’s unfortunately had to abandon the mountains of Aspen. Their family has a rich Colorado history with Grandfather Nelson homesteading an area around Niwot (Nelson

Road is named after the family). Through their skiing connections they found out that the Littleton Cyclery was for sale and bought it about 2 months ago. In addition to cycling equipment the shop is the second oldest Schwinn Fitness dealer and can take care of all your indoor exercise needs.

The bike shop was started in 1955 and Blake and Amy are the 5th owners. I asked what would make a family take up such a risky venture considering the consolidation that is going on in the cycling industry. The Nelson’s are bucking the “big box” trend of bicycles as a commodity item where lowest price wins. Bulk merchandisers are fine for someone who knows exactly what they need. However, “this ain’t your father’s bicycle anymore.” With high-performance aluminum metals, composite materials, mountain, road, hybrid, recumbent, cruisers, trail, comfort, touring, racing, BMX, tandems, electric-assist, juvenile, free-style, specialty women’s, jumping bikes and more you best seek the advice of an expert if your want the right type and size of bike for a member of your family. At an Independent Bike Dealer (IBD) you are guaranteed that the sales person has expert knowledge of cycling and wasn’t working in the canoe department the day before. Greg Blakely, the master mechanic, has worked the shop for 15 years.

Blake and Amy want their bike shop to be family-friendly. That means a fun, clean, friendly, cozy, and professional environment where mom, dad, aunt, sister, grandma, or kids won’t be intimidated to learn about cycling. As for expertise in family cycling the Nelson’s have been through it all by raising their two boys. They know all about the chariots, tag-a-longs, what to bring, what not to bring, where to go, and where to safely ride with the kids.

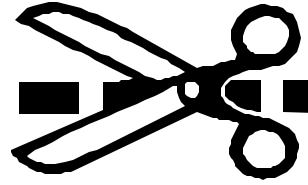
This is a 4-season cycling and fitness shop. The Nelson’s are going to show us that we don’t have to put our bikes away in October and that winter cycling can be comfortable, safe, and fun. We’ll be making their location a standard starting point for South Rides. Blake said they’ll open the shop to offer coffee, pump tires, lube chains, and take care of any other pre-ride needs. Also, Manna’s Bakery is a couple of doors down for a nice morning pastry. Plenty of free parking, 10% off for all DBTC members, friendly faces and more.

I’ve only scratched the surface of my meeting with Blake and Amy. My advice is to swing by the shop and get to know these new DBTC members for yourself.

Rick Russon



Owners of Littleton Cyclery & Fitness and DBTC members Blake and Amy Nelson



**DENVER BICYCLE TOURING CLUB
BOARD OF DIRECTORS
ELECTION BALLOT**

Instructions: **Vote for FOUR** board of directors from the following list of nominees by placing an "X" in four of the boxes to the right of their name. If you have a family membership, the other eligible family member will vote for four board directors in the second set of boxes. Voting will be an anonymous process with members' identifications blacked out before being counted.

Nominees:	Bonnie Urban	<input type="checkbox"/>	<input type="checkbox"/>
	Fred Larke	<input type="checkbox"/>	<input type="checkbox"/>
	Suzette Bowles	<input type="checkbox"/>	<input type="checkbox"/>
	Tom Hurja	<input type="checkbox"/>	<input type="checkbox"/>
	Jim McClain	<input type="checkbox"/>	<input type="checkbox"/>
	Darlene Dietzler	<input type="checkbox"/>	<input type="checkbox"/>

*According to the club bylaws, the membership directly elects four of the eight board members every year to serve a two-year term. The eight elected board members choose three of their members to serve as the club's officers - president, vice president, and secretary. The board appoints a ninth board member from the club membership every two years to serve as an officer in the position of treasurer. Results will be announced to the board prior to the November 2003 board meeting and published in the December newsletter. **PLEASE VOTE, YOU COUNT!***

Please mail this ballot back no later than October 31, 2003 to:

Marilyn Smith
27845 Hi View RD
Evergreen CO 80439

OR you can email your vote to webmaster@dbtc.org. You must indicate your name so we can be sure each member only votes one time and then name the four candidates for whom you are voting. Once we determine that the ballot is good, we will black out the name of the member from both the mail and e-mail ballots.

Message from the President

The time has come to once again vote in the elections for the board of directors. Once elected, the board of directors will elect a new president. I urge all club members to vote, as there are 6 candidates and 4 positions to fill. I am staying on as a replacement for a resigning board member and to help in the transition to a new administration. This year, for the first time, the DBTC nominating committee is accepting votes via email and well as conventional US paper mail. To vote by email, send an

email to webmaster@dbtc.org Be sure to include your name and phone number. Example of an email ballot: My name is John Doe, phone 303-999-1234 I wish to vote for the following candidates for DBTC board of directors. George Washington Benjamin Franklin Thomas Jefferson Abraham Lincoln Thanks for voting!
Note: the bylaws state: "Only mailed ballots shall be accepted." A broad interpretation would include email.

News Alert!

Bridge spans for a new bicycle bridge were laid today (9/10/03) across 44th Ave in Golden. The bicycle bridge parallels the Highway 58 automobile bridge across 44th Ave. Eventually a bike path will connect from Golden to the existing Clear Creek Trail head at McIntyre St. It will soon be possible to ride from Golden to the Platte River, all the way on bike path except for one short section on a quiet residential street. This is the culmination of a 25 year old dream!

