



The Colorado Bicyclist

September 2004

3rd Annual Alferd Packer Ride

Eleven riders enjoyed a leisurely ride through Littleton stopping by Alferd Packer's grave to pay their respects and eat some ice cream bars. This was the 3rd annual Alferd Packer Ride led by Don & Marilyn Swett. Don has been known to say a few special words over Alferd. This year, The Ballad of Alferd Packer by Phil Ochs was read. The first verse goes like this:

*In the State of Colorado
In the year of seventy-four
They crossed the San Juan Mtns
Growing hungry to the core.
Their guide was Alferd Packer
And they trusted him too long:
For his character was weak
And his appetite was strong.*



Welcome New Members

DALE ARAND
MERRI BRUNTZ
SUSAN CASPER
SHERRY & BOB DAWSON
MARY KAY ENGEL
LAURIE FULTON
CARROLL GRAHAM
KRISTIN LAWTON
MICHAEL & MARY ELLEN LITZAU
BERNARD & HANNAH MARTIN
KATHLEEN MCGUIRE
JOEL MORITZ
JOAN JOHNSON & JOHN MUES
KIRSTEN NEISLER
MATT LINDBURG & DEB OHLINGER
DENISE PINO ERWIN
SAM WALLS

July Picnic Report

Lois Kahn, the South Fun Ride Coordinator did an awesome job entertaining the club at the picnic at DeKoevand Park on July 10th. The weather was beautiful. The beer was free. Food was delicious. Everyone had a pleasant ride. Does it get any better? A special thanks to Lois Kahn for organizing the event. Patty

Gaspar helped her shop. Gary Goins, Gaar Potter and Lois did the cooking, collected money and cleaned-up. Flying Dog Brewery provided the beer. Jim McClain, Marti Krusko and Dave Noble threaded their way through the various paths and streets in that area with 66 riders in tow.



DBTC's Officers

President

Bonnie Urban.....303-926-1201
bikegirl19@msn.com

Vice President

Tom Hurja.....303-935-6194
VicePresident@dbtc.org

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Ridecoordinator@dbtc.org

DBTC's Volunteers

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kalo284@aol.com

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Map Sales Coordinator

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Historian@dbtc.org

Membership Database/Webmaster

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

Hotline.....303-756-7240

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

Board Meeting

Any member wishing to attend a board meeting is welcome. September's meeting is Wednesday September 1 at Perkins Family Restaurant, 1995 So. Colorado Blvd. at 6:00 p.m. If you wish to address the board, please contact secretary Darlene Dietzler at Darlenegri@comcast.net., so that your topic can be placed on the agenda.



Join us in Moab in the Fall!

How does a pleasantly warm fall weekend for camping sound to you? Are you interested in riding the single track mountain bike trails around Moab, UT in October? Then set aside the weekend of Oct 9-11 for this trip. Look for a ride Saturday afternoon, Sunday, and Monday morning. All rides will be about intermediate level. Accommodations and meal arrangements are optional, but consider camping out with your DBTC mates. (Hopefully Stan will come and share his special campfire recipe treats.) Contact Jeff Baysinger, 303-969-9241 for details.

Trail Ridge Challenge September 26th

Some of the DBTC road bike people have challenged mountain bikers up to the top of Trail Ridge road in Rocky Mtn National Park. (Note: A few of them have pretty bloated egos after doing the Triple Bypass.) Mountain bikers take the rough Fall River Road, 9 miles, while road bikers take the baby's butt smooth asphalt on their super lightweight bikes, 21 miles. Gain is roughly 3,000' either way. Some riders will be camping out on Saturday evening after eating an early Saturday dinner at the brew pub and then going to watch the spectacular evening elk bugle! This is a must see, so sign up soon. Even if you don't feel up to the full ride, come on up just to camp and see the fall leaf colors. Contacts are Rick Russon (303-281-9430), Gary Bohn (303-650-5082), or Jeff Baysinger (303-969-9241). Prizes will be awarded to the first riders from each category making the visitor center top.

NEWSLETTER VIA EMAIL

The monthly newsletter is available by email. If you wish to receive your copy by email, please send current email address to webmaster@dbtc.org. You will receive only one - either by postal mail or email - but not both. Members who receive by email, receive their newsletter a week earlier.

Bike for Sale

2 year old Gary Fisher Sugar 4, full suspension mountain bike. 16 inch. Excellent condition. Only rode two seasons on paved bike trails. \$800.00 Contact Sandra 330-697-9558.

LOCATION LOCATION LOCATION

November is our annual Volunteer Recognition Dinner. The first big decision is where shall we host it. We need a facility that can accommodate tables for about 120 persons, has access to kitchen facilities, room to set up for potluck style dinner, parking, and is affordable. Please check out community centers, halls, lodges, or other facilities around your part of town. We would be happy to have the dinner in central Denver, North, Northeast, East, Southeast, South, Southwest, or West part of town - wherever a suitable and affordable facility can be found. Please call Darlene Dietzler (303-986-7666) or any board member. Thank you.

Trail Riders

We are in need of riders that have trail work skills. On the weekend of Oct 9-10 IMBA is holding an Epic Celebration that includes some trail work. We have plenty of workers, but we are in need of LEADERS. If there are members from your club that would want to participate as a trail work leader the morning of Oct 9th at Buffalo Creek, please have them contact Mike Brislin at mbrislin@comcast.net. Thank you.

Have You Ever Been a Sign Post?

A number of DBTC members have been on commercial bike tours where the system of using the riders as "sign posts" is used. To make it work, you need a designated "leader" and a designated "sweep" (last person). Each time you change direction or reach an area of confusing direction, the person directly behind the leader stays at that spot and directs the riders. He stays till the sweep arrives, then joins the group. Some rides may need multiple sign posts - and some rides at only one spot. It really works and can be fun when you get used to doing it. Give it a try.



Pictures and Articles for the Newsletter

This newsletter belongs to the members. If you have digital pictures or an article you would like to share, please email them to ridecoordinator@dbtc.org. Only send one or two pictures so you don't clog up my computer! Be sure to include details about who, when and where the picture was taken. If you have a photo to mail, contact the Ride Coordinator for the address. Remember that if we publish something that someone else wrote, we must give credit. If you are a writer with an article of interest that you want to share, we may make you a published author! The deadline for publishing is always the 10th, but please send your articles earlier.

Advance Planning Calendar

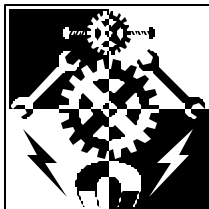
Park to Park Bicycle Tour parktopark@bicyclecolo.org Cherry Creek State Park	Sept. 11
Buffalo Bicycle Classic www.buffalobicycleclassic.com Boulder, CO	Sept. 12
Tour of the Vineyards www.emgcolorado.com Palisade, CO	Sept. 18
Moab Century Tour www.skinnytirefestival.com Moab, Utah	Oct. 1-3

For additional non-DBTC rides or more detail about any of these rides go to:
<http://bcn.boulder.co.us/transportation/bike.d/bike.cal.html>
Note: the above information is tentative, incomplete and subject to change.
 For additional information on the Internet, go to dbtc.org, click on "Selected 2004 Events"

Bike Maintenance Class

The Board has received several calls inquiring about bike maintenance classes. Since we are a bike club, it sounds like a good idea. If anyone has interest in putting one together, just do it. One suggestion was to start a ride from a bike shop with a class preceding the ride.

Anyone who knows a bike shop willing to do this, set it up, and send it to the ride leader before the 10th of the month. For a separate evening class, send info to the Ride Coordinator before 10th of the month to appear in the following month's newsletter.



"The First Leg of the Create Your Own Century Ride" By Gary Bohn

We held our first segmented century August 8th. We had about 15 people throughout the day. Two people did the full 100 miles. Riders enjoyed the options available to mix up the rides and decide what they wanted to do. Riders of various

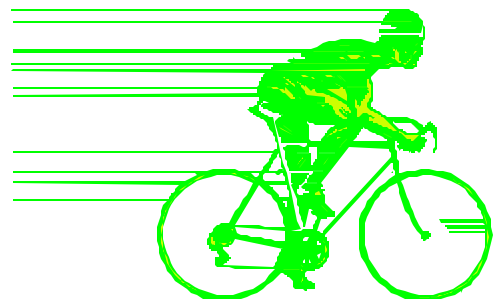
levels are welcome, but remember that the group will not wait for slower riders as this is a road ride level. We will be doing a similar ride on September 19th, come join us.

Crash-Course Century Training

Want to join Gary Bohn on one of those segmented centuries but you haven't quite gotten into shape yet? This article from *Bicycling Magazine* provides some useful tips. **CRASH-COURSE CENTURY TRAINING** Your plan was to be triple-digit fit by September. Now that 100-miler you registered for light-years ago is a calendar flip away, and you've barely cracked 40. Do this century crash course (only if your fitness base includes a few rides a week) and you'll be ready to roll. **SHOOT FOR 65** Coaches advise that you should be able to do a 75-mile ride before your century. But you can squeak by with 65 if you take it easy; you can increase your weekly long ride by a safe 10-15

percent for 4 weeks. Week 1: 45 miles; 2: 51; 3: 57; 4: 65. 1 steady, 1 speed, 1 spin Ride 3 to 4 days per week between now and the event ride: ride long one day, at a fast pace another with one or two easy spin days between. Speed work improves endurance because your body learns to recover faster, and it helps you tackle headwinds and hills. Try this: Warm up 20 minutes, ride fast for 20, cool down for 20. Inch up the mileage on your mid-week rides by a mile or two as you progress towards the event. **TAKE YOUR TAPER DON'T CRAM THE MILES IN THE WEEK BEFORE YOU RIDE!** Keep your rides short so your body can be rested & ready. **KEEP IT CASUAL** Avoid injuries by starting out

slowly and spinning for the first 50-60 miles. Use the rest stops often to stretch and fuel; limit pit stops to 10 minutes.





**5th Anniversary Benefit Ride
Saturday, September 11, 2004
Denver & Surrounding Communities
Presented by Bicycle Colorado**

Unlike any Century you've ever ridden

Bicycle Colorado's Park to Park Bicycle Tour winds through Denver's back yards and local parks entirely on off-street bike paths, away from cars. Participants can choose from routes between 25 miles to a full 100-mile century, then enjoy post-ride festivities which include a BBQ with beer and soft drinks, door prizes from many local bike shops and tunes provided by Rob's Music & Sound. All volunteers and registered participants receive the commemorative 2004 Park-to-Park T-shirt. We still get requests for last year's, wait 'til you see the new one!

All proceeds benefit Bicycle Colorado, your statewide bicycle advocacy group. Bicycle Colorado helps cyclists like you by promoting and encouraging cycling, increasing safety and improving conditions, representing the voice of cyclists to the State Legislature and agencies, helping to organize and empower local advocates, encouraging funding and construction of shoulders, bike lanes and paths and working with local mountain bike groups to help keep trails open.

Registration for the event is open and interested riders can get more information and register on-line by going to www.bicyclecolo.org/for/p2p. Bicycle Colorado is also seeking volunteers for the event. Family members who are not riding, others who want to be in on the hubbub and cycling supporters are encouraged to come out for a day of fun to help support bicycle advocacy in Colorado. To volunteer, please call 303-417-1544 or email Kimberly Urish, BC's Volunteer Coordinator at kimberly@bicyclecolo.org.

Note to members: DBTC has supported the efforts of Bicycle Colorado for several years. Please consider volunteering to help or ride on that day. Their efforts have helped Denver the tremendous biking city that it is.

Photo from
Boulder Bike Ride
July 11th: Don
Pritchett, Jerry
Bucher, Bonnie
Urban, Sharon
Brotherton, and
Jeff Grove. The
names are not
necessarily in order
with those in
the picture.



September Ride Schedule

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.

Training Rides. Segmented century rides are offered. For those of you wanting to do a century ride, I will be offering a 100 mile ride this month. It is specifically scheduled towards the end of the season so people have as much base miles to accomplish this as possible. They are segmented (as in 3-33 mile rides chained together) so other riders that are not doing to century can ride with us (and therefore increase the group size).

The Sunday training rides are online now so the details can be updated. Contact Rick Russon (303) 281-9430 for further information.

Weekday Evening rides are nearing the end of the season - hopefully, we won't have rain nearly every evening in September. The Thursday evening rides in Boulder will be every week. MTB evening rides are weather permitting and will be updated near the ride day at CoMtnBikers@yahoo.com.

Tuesday Night Fun rides from various locations. In the past we have had regular Tuesday and Thursday night rides with a dinner option after. There will be Show N Go rides from various locations around the city for those of you who enjoy an after work ride midweek. If

anyone would like to volunteer to lead one of these rides from a specific starting point please send an email to Lin Hark at Linbike@juno.com and she will send out an announcement to this email list. Subscribe to ColoradoBicyclist-subscribe@yahoo.com or go to: <http://groups.yahoo.com/group/ColoradoBicyclist>

Wednesday "Roses" and Fun Groups. Subscribe to ColoradoBicyclist-subscribe@yahoo.com or go to: <http://groups.yahoo.com/group/ColoradoBicyclist> for the latest updates on the Wednesday groups. This will give you the latest information.

September Rides

- Wednesday, Sept. 1** **Fun-1-29-SW 9:00 AM** Join Bruce & Lois Thompson at 9 AM at the Carson Nature Center (Mineral & Santa Fe) for a smooth fun ride up to REI and back. We'll stop at REI for a snack and when we return to the Nature Center we can head over to the shopping center to Panera Bread for lunch. Call Bruce or Lois at 303-814-1034 if you have any questions. **"Roses" ride 1-18, NE 9:30 AM** Meet Marge Derby (303)274-2269 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. or from REI, North on Platte St. to 20th & Platte. Bring a snack for the break while we watch the goats, birds,and kayakers. Lunch at a local eatery. This ride will be short and leisurely, a "rehab" ride.
- Thursday, Sept. 2** **INT/Road 2-(20/25)-NW 6 P.M.** Meet Reg Gupton (303.544.0340) or Jim Pollock (303.415.9200) at 6 PM at Scott Carpenter Park (Arapahoe at 30th) at 6:00pm EVERY THURSDAY for a 20-25 mile intermediate paced ride (13-15 mph average) on the many different trails 'n routes in and around Boulder.
- Saturday, Sept. 4** **FUN-2-28-NW-9:00AM** Meet *Tom Brogan* at O'Kane Park (NW corner of 1st Avenue and Newland Street (66th west). We'll go west on 1st Avenue to Garrison, north on Garrison across Crown Hill Park and down to Clear Creek Bike Path. Out Clear Creek to Confluence with Platte and south along the Platte Path to Confluence Park. Then, we will bike out Lakewood Gulch, across 6th Avenue and west on 5th Avenue to the start. Post trip lunch will be at El Tapatio at Alameda and Teller (Guadalajara menu). **FUN-2-25-SE-9:00AM** Meet Jim McClain (303-715-9335) at 4th and Columbine in Cherry Creek North for a leisurely ride on city streets and bike paths. The ride will end at Java Creek cafe in Cherry Creek North (287 Columbine St.) See story on page 3 of the DBTC Newsletter (August issue) about Java Creek. Parking could be a problem because of Farmer's Market in the old Cherry Creek Shopping Center. The ride will start in a DPS parking lot at 4th & Columbine. Please approach 4th & Columbine from the north or east. You cannot get there from the south or west. See you there!! **INT-2-35-NW 9:00 AM.** Meet Jerry Bucher (303-926-1201) 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 Rd. 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 Boulder and down 19th St. to Peal Street for coffee. After getting fixed on caffeine, a gentle climb brings us back to Superior. **Road 3-50-SE 9 A.M.** Put your climbing legs on, join "old ride leader" Randy Rahl (303-755-7359) at the small parking lot at the bottom of Deer Creek Canyon for a day of knee lickin' good climbing. We'll climb Deer Creek to High Grade,

September Ride Schedule *continued*

- Saturday, September 4**
continued through Conifer, down the back way into Evergreen, over Indian Hills, past Tiny Town and back down Deer Creek. Distance about 50 miles, although who really cares. The Gumby dance having not yet been revealed, now may be your only chance. Call Randy for info. BYCL.
MTB P2, T2 9:30 AM, Deer Creek Canyon Park. Start at the parking lot off Grizzly Drive, South Deer Creek Canyon Road, and ride the two upper loops (Red Mesa and Plymouth Mtn).
- Sunday, September 5** **FUN-3-Mountains-9:00AM** Meet *Marilyn Smith* (303-674-8542 or Cell 303-916-8097) for a 25 mile ride around Evergreen. Take I-70 west to exit 252-Evergreen Parkway. At the first stoplight, turn East (right) into the Wal-Mart parking lot. We will meet at the south end of the lot by the McDonalds. The ride begins on the old CO HWY 40 to CO HWY 65 through Soda Creek then into the Hiwan area and back to the Wal-Mart on Evergreen Parkway. There will be hills, and is a nice road ride with minimal traffic and shouldered streets. Lunch at the Whipple Tree. Come one come all and join us for a fun time.
FUN-2-23-SE-9:30 AM DEPARTURE! Meet Gordon Valentine (303-333-8605) at Village Greens Park (Union & Dayton) in the NORTH parking lot. We'll ride through Cherry Creek State Park onto quiet residential streets and bike paths to a mid-ride rest/snack stop at the high point of the ride. Then it's back, mostly downhill, by a mostly different route. No map, no direction sheet-it's follow the leader. (Like W, he leaves no child behind and only whiny adults!) Lunch after at a nearby Sports Bar/Restaurant--BYO\$!!
Training: See the web address for details <http://www.redocher.com/paceline.htm>
- Monday, September 6**
Labor Day **Fun-2-30-NW-9:00 AM** Meet Ray Couture (303-428-8626) at the Wagon Road RTD parking lot at 120th & Huron. Ride will go Hwy #7 to Lafayette, Louisville, Broomfield & back to 120th. More details on day of the ride. Lunch optional.
- Tuesday, September 7** **MTB P2, T2 6:00 PM**, Tuesday evening ride. Green Mtn, main Hayden trail head off West Alameda Pkwy.
- Wednesday, Sept. 8** **"Roses" ride 1-18, NW 9:30 AM** Meet Marge Derby (303/274-2269) at her home, 765 Crescent Ln. Lakewood. (north and east of 6th & Wadsworth) for a ride through neighborhoods on bikeways to the Platte River. Bring a snack and money for lunch at a favorite restaurant.
Fun-2-25 -NE-9:30 AM Meet Dave Noble (303-694-2008) at the Westwood Golf Clubhouse. It is located at 64th & Quaker Sts. in Arvada. We'll ride up to 82nd Street and then we'll cruise around Arvada Reservoir. After that we'll head up to Easley Road and then we'll go back on 44th Street to the Golf Club where we'll enjoy lunch!
- Thursday, September 9** **INT/Road 2-(20/25)-NW 6 P.M.** Meet Reg Gupton (303.544.0340) or Jim Pollock (303.415.9200) at 6 PM at Scott Carpenter Park (Arapahoe at 30th) at 6:00pm EVERY THURSDAY for a 20-25 mile intermediate paced ride (13-15 mph average) on the many different trails 'n routes in and around Boulder.
- Saturday, September 11**
Park to Park ride. The club supports Bicycle Colorado and we encourage you to take part in this ride that takes advantage of our extensive trail system. Various options are available. See the ad elsewhere in the newsletter for information.
MTB P3, T2 9:00 AM, Pine Valley Ranch Carpool meet Dennis Brooks (NEW ride leader, 303-798-0096) at the Fort Restaurant, Hwy 8 off Hwy 285 or 10:00 AM at park. Ride will take our usual route, Buck, Skipper, Miller, Homestead, returning via Strawberry Jack.
- Sunday, September 12**
Leisure-1-20-NW-9:00 AM Meet Darlene Dietzler (303-986-7666) at West Woods Golf Course Parking Lot (far end) at 66th and Quaker St. (I-70 to Ward Road, north to 64th Ave, west to Quaker, north to club house.) We will enjoy a ride along the Ralston Creek Bike Path. We will go only as fast as the slowest rider. Lunch on the club house patio.
FUN-2-20-SW (kinda)-11:30AM Baseball Anyone? Bob Jarrett (303-933-1699) and Sue Frakes (303-978-0368) and YOU are going to the **Rockies' ball game!** (playing San Diego Padres) Meet at Vanderbilt Park (from Santa Fe go W. on Mississippi, right on Huron for 3 blocks, then N. 1/10 mile, turn right into lot by outfield) We'll ride to the Rock Pile so bring \$ for a ticket, hot dog, beer or whatever and a lock for your bike!!!
Training: See the web address for details <http://www.redocher.com/paceline.htm>
MTB P3, T2 9:00 AM, Kenosha Pass, pedaling toward Georgia Pass. Meet Sandy Shapiro (303-722-6582) at the Fort Restaurant, Hwy 8 off Hwy 285 or 10:30 AM at Kenosha pass.

September Ride Schedule *continued*

- Tuesday, September 14** **MTB P2, T2 6:00 PM**, Tuesday evening ride. Green Mtn, main Hayden trail head off West Alameda Pkwy.
- Wednesday, Sept. 15** **Fun/Int-1-30-SE-9:00 AM** Les Avery will take everyone for a spin up to REI. Meet him at 9 AM at the Village Green parking lot at Union & Dayton Sts. (Near Cherry Creek State Park) After reaching REI we'll head back to Village Green. Call Les @ 720-488-3-3038 if you have any questions.
"Roses" ride 1-20, SW 9:30 AM Meet Dave Grimes (303/986-7666) at the Stone House, on Estes, south of Yale for a ride along Bear Creek and the Platte River. Bring a snack, and money for lunch at a favorite restaurant after the ride.
- Thursday, Sept. 16** **INT/Road 2-(20/25)-NW 6 P.M.** Meet Reg Gupton (303.544.0340) or Jim Pollock (303.415.9200) at 6 PM at Scott Carpenter Park (Arapahoe at 30th) at 6:00pm EVERY THURSDAY for a 20-25 mile intermediate paced ride (13-15 mph average) on the many different trails 'n routes in and around Boulder.
- Saturday, Sept. 18** **FUN-1-24-N-9:30AM** Meet *Gordon Valentine* (303-333-8605) at the Platte River Trail parking lot (88th & Colorado) for a loop ride to Brighton with a different return route. No map - it is follow the leader (but with some "sprint-ahead-and-wait" options for eager Lance wanna-be's). There will be a mid-ride snack/rest stop plus a post-ride lunch at Lolito's Burritos (88th & Corona). Get to the start early and get ready to go at 9:30!
INT 2-3, 30 10:00 (Summit County) Meet Daryl & Jean Deering (303-697-6162) at the Dillon Amphitheater, ride the paved trail to Keystone and follow the road to Montezuma. Return to Dillon for lunch. The leaves should be turning and be a great ride.
ROAD 1-33-S 8 A.M. Meet Riggs Osborne (303-779-1902) at the Mineral & Santa Fe PNR. This ride will follow the C-470 trail to Bear Creek Park and back.
- Sunday, September 19** **FUN-2-25-NW-9:00 AM** This week marks the official start of the Fall riding season. Start it off right by joining *Jeff Jones* (303) 274-4882 for a scenic fall ride starting at Prospect Park (44th and Robb in Wheat Ridge). The route will follow biker friendly streets north to Standley Lake then south and west to Golden and finally through the Applewood area back to Prospect Park.
FUN-2-23-SE-9:00AM Meet Tony Aquirre (303-693-6881) at Village Greens Park (Union & Dayton) in the NORTH parking lot. Tony will lead riders through Cherry Creek State Park onto relatively quiet residential streets and bike paths to a mid-ride rest/snack stop on Smoky Hill Rd. near E-470. Return will be generally downhill on a mostly different route. NOTE: "Fun ride" riders stay together with occasional "catch up" stops for slower riders. There will be no maps or written directions. Lunch after at Jackson's All-American Grill 4948 S.Yosemite
Segmented Century
ROAD 1-(33,66,100)-C (7:30 A.M.,10 A.M.,12:30 P.M.) Meet Gary Bohn (303-650-5082) at the downtown REI location where it meets the Platte river trail. This is a segmented Century Ride. 3 rides are offered to make 100 miles total. Do one, two or all three rides. (Mix and match if you want). This is a flat century ride and if you have never done one, this is the one for you. I'm using the trail system for the century because it has good support. Be there at 7:30am for the first ride (north), 10am for the second (east) and 12:30 for the third (south). Platte River trail system and Cherry Creek trail system will be used.
Training: See the web address for details <http://www.redocher.com/paceline.htm>
MTB P3, T2 9:30 AM, Bergen Peak in Elk Meadows Park, Evergreen. Start at the parking lot off Stagecoach Blvd. 11 mile round trip, 2100' gain. Jeff 303-969-9241
- Tuesday, September 21** **MTB P2, T2 5:30 PM**, Tuesday evening ride. Green Mtn, main Hayden trail head off West Alameda Pkwy. **Note the time change.**
- Wednesday, Sept. 22** **"Roses" ride 1-22, SE 9:30 AM** Meet Gordon Valentine (303/333-8605) at Piney Creek Shopping Center, SE corner of Parker and Orchard, for a ride on a variety of trails into Parker. Bring a snack and money for lunch after the ride.
Fun/INT-3-30-NW-9:30 AM Join with Bonnie Urban at 9:30AM at the back of the Albertson's Parking lot located at McCaslin Blvd. and Cherry Streets in Louisville for a scenic ride east on South Boulder Road to 95th Street and then east on Lookout Road where we'll have beautiful scenery and fun rollers. We'll head back to Main Street in Louisville for some Italian or Mexican lunch. Then we'll have a short ride back to Alberston's. Call Bonnie @ 303-926-1201 if you have questions!
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September Ride Schedule *continued*

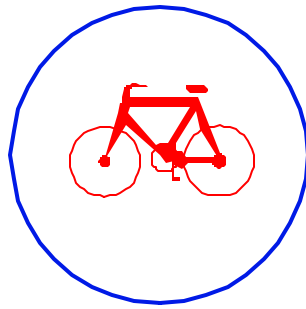
- Thursday, Sept. 23** **INT/Road 2-(20/25)-NW 6 P.M.** Meet Reg Gupton (303.544.0340) or Jim Pollock (303.415.9200) at 6 PM at Scott Carpenter Park (Arapahoe at 30th) at 6:00pm EVERY THURSDAY for a 20-25 mile intermediate paced ride (13-15 mph average) on the many different trails 'n routes in and around Boulder.
- Saturday, Sept. 25** **FUN-2-25-NW-9:00AM** Meet *Joi Bowen* (303-916-0515) at Hilario (4835 W 38th Ave., just east of Sheridan). Joi will take you on a loop around northwest metro Denver that indeed loops around a cove of five lakes: Berkeley, Sloan, Crown Hill, Prospect Park and Rocky Mountain, in that order. Joi likes a faster paced fun ride so expect to ride about 12-14mph. Look for a scenic shoreline ride with lunch afterwards at a neighborhood restaurant.
- Family - 1 - 15 SW 9:30 AM** Join us for the second half of the S. Platte River Trail's C470 to downtown rides. We will ride south from Confluence Park (downtown) along the S. Platte River Trail up to the intersection with the Bear Creek Trail. This will complete the S. Platte River Trail from C470 to downtown for those who joined us for the August 28th first half ride. The trail is about as flat as you will see in Denver. We will set a moderate pace and allow for stops when the kids need to rest. On the return you may consider doing some riding around the Lo-Do area on your own. Contact Art Castro at EnjoyDenver@Comcast.net or his phone 303-386-3295 to reserve space and get complete directions.
- FUN-2-25-S-9:30 AM** Meet Bob Shedd (303-733-2815) at the parking lot of South High School(Louisiana Ave. at Franklin in Denver.) We will be riding to Littleton to explore the Lee Gulch, Highline Canal trail and the Platte River Greenway. About 50% of the ride will be on packed pea gravel so plan accordingly! Optional lunch afterwards.
- INT-3-35-NW 10:00 AM.** Meet Bonnie Urban (303-926-1201) at the Louisville/Superior Park and Ride, at the SW corner of US-36 and McCaslin Blvd for a ride out on Marshall Road to Boulder. When we get to Boulder we'll go to Table Mesa Drive and have a fun climb up to the National Center for Atmospheric Research. Then the real fun starts when we ride down and back to the Park'n'Ride where we'll reward ourselves with a lunch at Carrabbas Restaurant on McCaslin.
- Road 2-38-SW 9:00 AM Departure** Meet Gordon Vlentine (303-333-8605) at the NW corner(near Panera's Bread) of the paved section of the mineral @ Santa e PNR. This loop ride (rain shortened in May) will go south to the Arrowhead Golf Course and return by a mostly different route. Written directions will be provided. Come early and be ready to leave at 9:00!
- Sunday, Sept. 26** **FUN-2-25-NW-10:00 A.M.** Meet Cindy Ferry (303-425-9454) at the entrance to Prospect Park (44th and Robb St.). She will take her group on an exploration of portions of the area Creek Trails which will include Van Bibber, Ralston, Little Dry and Clear Creek. Look for a great fall ride along some wonderful greenbelt areas. Lunch afterwards at a local Applewood establishment.
- ROAD 3-30/44-SE-8:45 A.M.** Pedal with Denny Martin (303-793-0395) from the Franktown post office. Drive south from Denver on Parker Rd. to Franktown and turn east on Hwy. 86 (the main road). The post office is on the left (north) within a short distance. The route pedals east on 86, north on Flintwood, east on Singing Hills Rd. to a "C store" for a pit stop. Returning south on County Rd. 13 to Elizabeth (C stores here) and returning back to the P.O. on Hwy. 86. The 44 mile route will head south of Elizabeth on C.R. 17 to a dead end and return. The route is hilly, treed and scenic with country ranchettes for viewing. Lunch options are available in Franktown & Parker afterwards.
- Training: See the web address for details** <http://www.redocher.com/paceline.htm>
- ROAD 4-NW-40 9:45 AM Road Rider VS MTB rider Challenge** Event. Meet Gary Bohn (303-650-5082) at the Rocky Mountain National Park Visitor Center at Estes Park (RT36). We will car pool into the park and start riding at the deer creek trailhead. This is at the spur where trail ridge road meets RT 34 (Fall River Road). The actual ride will start at 10:30 and ride up to the Alpine visitor center at the top of Trail Ridge Road. Elevation goes from about 9,100 ft to 12,190 ft. Prizes will be awarded for the first ones up to the visitor center. RSVP with Gary as to final details and instructions. Bring cold weather gear.
- Note: You are welcome to join the group even if you can't (or have no desire) to ride to the top. You can always turn around.**
- MTB P4, T2 10:30 AM, Fall River Road, Rocky Mountain National Park.** Camp out or meet in the park, see separate article. Take this 9 mile unimproved dirt road for a climb up to Trail Ridge Visitor Center, from about 9,100' to 12,190' elevation. Road riders will be coming along too, but taking the paved road. Return via the paved road. After ride Sunday music and burger stop at Oskar's Blues, Lyons.
- Tuesday, Sept. 28** **Last regularly scheduled MTB evening ride of the 2004 season.**
MTB P2, T2 5:30 PM, Tuesday evening ride. Green Mtn, main Hayden trail head off West Alameda Pkwy.

September Ride Schedule *continued*

Wednesday, September 29 **"Roses" ride 1-20, 9:30 AM.** Meet Connie Engelbert at South High school parking lot, corner of Louisiana & S. Franklin for a ride on the S. Platte and Cherry Creek trails. We will finish up at the beautiful gardens of Washington Park. Bring a snack and money for lunch. Please arrive early. We will be leaving at the designated time. Call Connie Engelbert at 303/904-9288 with questions.

Fun/MTB 2-20-SS (Way South) 9:00 AM Meet Stan Hill at the Greenland Open Space Trail Head in Douglas County to explore the non-technical single track trails (history, hills, flowers, gamble oak, open meadows), then ride into Palmer Lake or Monument for lunch. 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. Stan Hill: 719-598-8943 or 719-229-3754 (cell); StanBike@msn.com

Thursday, September 30 **INT/Road 2-(20/25)-NW 6 P.M.** Meet Reg Gupton (303.544.0340) or Jim Pollock (303.415.9200) at 6 PM at Scott Carpenter Park (Arapahoe at 30th) at 6:00pm EVERY THURSDAY for a 20-25 mile intermediate paced ride (13-15 mph average) on the many different trails 'n routes in and around Boulder.



IDAHO BIKE TOUR

Bruce and Lois conceived a plan without fail
To lead some Denver cyclists on Idaho trails

With enthusiasm and cunning, he figured a route
For 5 days of exploring and biking about.

From the Centennial to Couer d'Alene, we covered miles
Leaving the Hiawatha for last and ending with smiles.

MONDAY

Due to Judy stripping her derailleur and gears,
Bruce was happy to help by changing plans and shifting
his gears,

The day's ride ended without too many arrears
And we all met that evening on the boat and sipped a few
beers

Jim gave us shirts Super-Sized Extra Large
while we cruised The lake on our dinner barge.

TUESDAY

We drove out to Harrison in the morning
It was really a breeze

The route from Harrison to Enaville was just a tease
On the return ride we felt just a little breeze!

One side trip included a monk in a mission
Who talked about Indians, their arts & tool exhibition.

Then the real fun began when we got back to the dock
After shuttling and shuttling it was well past dark.

WEDNESDAY

We looked like a family in our shirts at the photo shoot
With more cameras than people holding Red Bull to boot!

As we bounced along the bridge
Lois was heard to exclaim,
"I never thought I'd ride a rollercoaster again!"

THURSDAY

Dobson Pass required rapid climbing
to outpace the road crew's Repaving timing

The descent was so steep that to keep from speeding,
We rode our brakes to the point of overheating!

From so many rides we met with great timing
We converged at the Snake Pit & enjoyed
some great dining!

FRIDAY

Bruce & Lois said they saved the best for last
The Hiawatha Trail was gorgeous and filled with
Lessons from the past!

The mile long tunnel came first
It was dark & long but with our lights on
We were ready for the worst!

We rode on over magnificent trestles, by colorful flowers,
And through majestic trees
The road back went by trail, shuttle and Rolland Pass
That tested our knees!

One great treat we'll remember in a late night dream
Will be a wafflecone filled with huckleberry ice cream
Mine Tour to Melodrama and bike trails we toured
Resulted in memories and friendships that will endure!