



The Colorado Bicyclist

September 2005



SEPTEMBER PICNIC Saturday September 17

Share your memories of a summer gone
And celebrate the fall to come.
A ride with friends in the cool crisp air
And hearty traditional picnic fare.



DeKoevand Park -- Shelter A
6315 S. University Blvd., Littleton
(South of Orchard Road and North of Arapahoe Road on University Blvd.)

See rides listed under "ride schedule". Lunch served at noon.
Lunch cost per person \$6.00.
The lunch will be catered by Bennett's Bar-B-Que.

CLUB HISTORY

We are looking for the club history. If anyone has anything pertaining to the club's beginning (origination date???), we sure would like to see it. Pictures, newsletters, "Front Range Century" tee-shirts, anything with past logo's, stories, memorable rides, past banners, whatever you have. 1970's to the present. The Secretary has the minutes from November 2000. Does anyone have or know where the rest are? When we cleaned out the storage locker, we found an empty filing cabinet. If it was the Secretary's filing cabinet, does anyone know what happened to the contents? Darlene Dietzler and Sid Russack are working on the project. Call Darlene at 303-986-7666 or email secretary@dbtc.org.

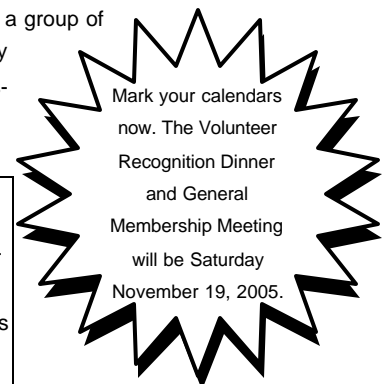
SECOND ANNUAL - ROCKY MOUNTAIN CHALLENGE RIDE - NOTICE September 10th and 11th

It happens every fall about this time. And it has been going on for a long, long time. The males isolate themselves about the forest fringes. The females and youngsters strut themselves in the wide open meadows. Then you hear it. Eee, eee, eea haw! The elk have started the bugling ritual. Please find yourself invited to take part in the joint challenge ride between road bike riders and mountain bike riders to the top of Trail Ridge Road. Imbue yourself in the alpine tundra before it takes the annual winter rest. Mountain bikers will ride through Fall River Road, 11 miles long, while road bikers take the baby's skin smooth asphalt on their super lightweight bikes, 17 miles from the Hwy 34/36 junction. Though the starting points are about 2 miles apart, each group is on their honor to start at 10:30 AM. Gain is 3,300' for both rides. Some riders will be riding Saturday afternoon, camping out on Saturday eve, eating dinner at the Estes Park brewpub, and then going to watch the spectacular evening elk bugle after! This is a must see, so sign in soon.

Even if you don't feel up to a full ride, come on up just to camp, hike, and see the coming fall leaf colors. Contacts are Gary Bohn (303-650-5082) or Jeff Baysinger (303-969-9241). Please RSVP with the respective group leader at least a couple days before Sept 10. Prizes will be awarded to the first male and female riders in the road and mountain bike categories arriving at the Alpine Visitor Center. A special prize will go either to the road bike or mountain bike group as a team effort for this special event. A weighted average of times for the first 5 riders in each group will determine which group gets the fall wrapup awards. You must make your own campsite or hotel reservations as soon as possible. The club has not reserved a group of sites. When you contact Jeff or Gary they can provide the website for reservations.

VOLUNTEERS WANTED September 17th, DeKoevand Park

Cindy Ferry is chairman of the picnic and needs some help. Two people are needed to arrive a half hour before the first ride leaves to sell lunch tickets, and continue selling lunch tickets till lunch is served. One person is needed to do name tags. Six people are needed to serve the lunch and help with the clean up. It's a great way to meet and say "Hi" to everyone there. Give Cindy a call at 303-425-9454. Leave a message.



DBTC's Officers

- President**
Tom Hurja.....303-935-6194
President@dbtc.org
- Vice President**
Darrell Deering.....303-697-6126
VicePresident@dbtc.org
- Secretary**
Darlene Dietzler.....303-986-7666
Secretary@dbtc.org
- Treasurer**
Elfriede Shoemaker.....720-922-0220
Treasurer@dbtc.org
- Board Members at Large**
Gary Bohn.....303-650-5082
gary.bohn@comcast.net
Cindy Ferry.....303-425-9454
cjf@pcisys.com
Jim McClain.....303-715-9335
BikeMcClain@aol.com
Gary Goins.....303-433-4398
gwgoins1@yahoo.com

Directors and Staff

- Director of Ride Activities**
Patty Gaspar.....303-989-8268
RideCoordinator@dbtc.org
- Out of Town Tour Director**
Sandi Bianchi.....303-425-1214
OutOfTownTours@dbtc.org
- Hotline Director**
Charmian Choate.....303-791-3676
PhoneHotline@dbtc.org
- Fun MTB Coordinator**
Jeff Baysinger.....303-969-9241
FunMTB@dbtc.org
- Fun Ride Director North**
Marti Krusko.....303-234-9998
FunRideNorth@dbtc.org
- Fun Ride Director South**
Lois Kahn.....303-758-0092
FunRideSouth@dbtc.org
- Road Ride Director**
Sherri Giger.....303-973-3919
gigerco@comcast.net
- Intermediate Ride Director**
Darrell Deering.....303-697-6126
jncanyon@cs.com
- FUN Wednesday Ride Coordinator**
Lin Hark.....303-507-3502
linbike@juno.com
- "Roses" Ride Coordinator**
Melba Bouquet.....720-493-0564
MELBAMBouquet@cs.com
- Paceline Coordinator**
Rick Russon.....303-281-9430
- Historian**
Sid Russak.....303-773-3434
(FAX OK too)
Historian@dbtc.org
- Membership Database/Webmaster**
Dave Grimes.....303-986-7666
webmaster@dbtc.org
- Map Sales (wholesale)**
Darlene Dietzler.....303-986-7666
Mapsales@dbtc.org
- Newsletter Mailing Group**
Darlene Dietzler.....303-986-7666
Secretary@dbtc.org
- Hotline**.....303-756-7240
- WebSite**.....http://www.dbtc.org

Board Meeting

Any member wishing to attend a board meeting is welcome. The September Meeting will be held Thursday September 8 at 6:00 p.m. Place is Perkins Restaurant 1995 So. Colorado Blvd. If you wish to address the board, please contact the secretary, Darlene Dietzler at secretary@dbtc.org or 303-986-7666 so that your topic can be placed on the agenda.

Advance Planning Calendar

| | | | |
|--|-----------------|--|-------------|
| Mickelson Trail Trek Marilyn Smith 303-674-8542 outdrsnow@earthlink.net | September 16-18 | Moab Century Tour www.skinnytirefestival.com Moab UT | October 7-9 |
| DBTC picnic Dekoevend Park, Littleton | September 17 | Volunteer Recognition Dinner and General Membership Meeting | November 19 |
| Tour of the Vineyards www.emgcolorado.com Palisade CO | September 17 | | |



CASTLE ROCK/LARKSPUR RIDE...Front row: Judy Ellwood, Kathi Baird, Ellen Chilikas Back row: Bob Feist, Stu Frazer, Mary Sue Dickerson, Dale Trone, Bruce Thompson, John Mues...The Sunday, August 7th 34 mile intermediate bike ride started in Castle Rock and went to Larkspur returning via Perry Park Road and Wolfensberger Road (great training hill). All ten had a great time.

Mountain Bikers Moab Rendezvous

October 8-10, 2005,

Want to campout in the warm desert under starry skies, play the drums, dance to your own beat, and join the tribal council discussions in a fall evening? Do you want to dust yourself occasionally, riding on some challenging trails? Or look for Anasazi pictographs? Plans are being made for this annual roundup. Most of the usual characters will be returning, plus a few new suspects. For info if you can meet the low requirements, Jeff 303-969-9241.

New Members

- Kate Bernhardt
- Michelle Kerklo & Mike Cobb
- Tod Grazia
- Charlie Jeff Josh Krinsky
- William Lew
- Robert Lopez
- Matt Morgan
- Rena Cantrell &
- Raymond L. Smith
- Robert Stelzer
- Rex Wisehart

NEWSLETTER VIA EMAIL...The newsletter is available by email. If this works for you, send your email address to webmaster@dbtc.org.

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.

Paceline Training Group

"Create a sustainable healthy lifestyle through cycling"

by Rick Russon

Let me start off by stating that the Paceline Training Group is not specifically for riding in a paceline. The intention of the Paceline group is to develop advanced bike handling skills and to gain the maximum amount of physical conditioning possible given a limited time (2-3 days per week) to ride. **This takes commitment, a desire to learn, and a team spirit.**

Commitment - the best coach in the world can't help you improve if you don't ride your bike consistently. Riding regularly produces a constant improvement in conditioning.

Desire to Learn - paceline riding is an active sport. Riding only inches off another cyclist's back tire or handlebars takes undivided attention and precise bike control. Each ride I select has a specific training purpose.

Team Spirit - the moment you fall into a paceline, you stop riding for yourself, and you start riding for the group. The riders behind the lead person are using 25-40% less energy.

With the number of members approaching 200, it is impossible to train a single group on the road. Next season I will be trying new ways of delivering the coaching information. The information I give is specifically developed for the recreational rider between the ages of 35-65 who has only 2-3 days per week (6-10 hours) to ride and is either a novice or has limited riding experience.

I have formed a company around my coaching license called Midlife Cycling. The intent is to create an organization that can help people create a sustainable healthy lifestyle through cycling. I believe the most effective and economical way to deliver practical riding information is through seminars and clinics.

I will continue to provide generalized information to club members at no charge through my weekly e-mail. If you form a small group that wants to train together regularly, I will be glad to ride with you on one of the club group rides to get you started. For more detailed information, and the chance to ask questions, I will offer seminars and clinics for a small fee. Finally, I offer training packages and hourly coaching if you want to work on your specific cycling issues one-on-one.

The new training season starts on October 1st. Classes will be held at the Littleton Family YMCA and possibly a REI store.

If you have an interest in taking the seminar and/or clinic please send me an email at rrusson@midlifecycling.com. For other information please visit my website at www.midlifecycling.com.

You can read Rick's entire article on the DBTC website.

Gordon Valentine thought this was worth sharing with our club.

The following article is reprinted, with permission, from the July issue of Chain Chatter, the newsletter of the Rocky Mountain Cycling Club.

TRAFFIC: DRIVING YOU CRAZY OR SOMETHING YOU CAN GET ALONG WITH?

by John Lee Ellis and Mark Michel

We are pretty fortunate, cycling in a relatively positive and supportive atmosphere, and with generally good road provisions (although some Front Range counties are better than others). As population and development increases, cyclists need to work to keep it that way. Dealing with traffic can be stressful and anger-inducing for new cyclists. As people start doing longer rides, they need to be able to deal with these challenges in a productive way if they are to continue having fun. Many riders in our club do many thousands of miles per year and rarely seem to complain about motorists. Here are some of the practices they have found useful.

Distinguish Your Audience: There is an entire range of motorist attitude, from those who are extremely forbearing in the face of the obnoxious rider, to those who are primed to look for trouble. In the middle are folks who do their best but are on the road to get somewhere, and may get ticked off by what they view as road hogging cyclists. As such, a good place to start is simply to make a good impression. It may not immediately help you, but will probably help the riders a mile or so down the road if we haven't made people angry. **Be Aware:** Look around while you are riding. While it is easy to converse on an empty country road, those situations are the exception more than the rule. On most roads, there is a lot of information to take in, from road conditions, to potential traffic hazards up ahead, to what is coming up behind. As riders become more experienced, they take in and process a lot of information instinctively. If you are just getting into riding, you will need to be more conscious about it (e.g. Is there a blind intersection up ahead, so a motorist may not see me?). One choice to make is whether to use a mirror. Many riders can hear, or even just sense, vehicles coming from behind as being on a

bicycle isn't as isolating as a car is in that way. However, if you find that you are frequently surprised by cars coming up behind you, a mirror would probably be a good investment. If you do buy one, be sure to use it! You will find experienced riders who do and who don't use one so choose based on what works for you. Use, don't hog the road: Beginning cyclists often make the mistake of riding two inches from the right side of the road. They then find that drivers pass them with about two inches to spare. Other riders take the opposite extreme, deciding to use the entire road pretty much as they please. This generates a lot of motorist anger to say the least. Riders who use approximately two feet of a shoulderless road find that motorists will generally pass at a safe distance. But, you must be flexible. If you're doing 45 on a descent, you should take a lot more of the road; conversely, if you're on a narrow road with semis approaching rapidly from both directions, your best bet may be to get off the road entirely! **Act Aware:** One reason hand-held cell phone drivers affront people so much is that they are saying, "My attention is somewhere else, and I don't acknowledge your existence." Being oblivious, or acting like it, does not send a positive signal. It is infuriating and dangerous behavior in motorists and cyclists alike. Use hand signals, look around, and make it look like you are paying attention. **Turn the other cheek:** If you do a full-day ride, chances are you are going to get honked at or flipped off at least once. Get over it, you're still having more fun than they are! Every time we ride, we can contribute to a good cumulative impression with subtle cues drawn from our behavior by acting aware, showing courtesy, acknowledging other road users, acting like we do in fact belong on the road with them.

Glenwood Springs/Aspen Bike Tour

Friday, September 23 - Sunday, September 25, 2005

The Glenwood Springs/Aspen bike tour is a long-established tradition in the Denver Bicycle Touring Club. The bike route primarily follows scenic back roads and bicycle paths through the Roaring Fork Valley giving riders a chance to view the valley's beautiful fall colors throughout.

This two-day ride is 90-miles roundtrip with 2,000 feet of elevation gain. On Friday night we stay at the Silver Spruce Motel in Glenwood

Springs. On Saturday, we ride from Glenwood Springs to Aspen and spend the night at Hotel Aspen. On Sunday we return to Glenwood Springs by the same route. For the hearty among us, a 20-mile roundtrip ride to Maroon Bells is an option Saturday afternoon or Sunday morning.

This trip is rated moderate for its terrain. The pace will be the same. The route is

paved and best suited for road or touring bikes, however mountain bikes are welcome. Trip participants should be strong, experienced riders in good physical condition who have the ability to climb hills with ease and be comfortable riding 50 miles a day.

The trip price of \$190 includes motel in Glenwood Springs Friday night (double occupancy), motel in Aspen Saturday night (double occupancy), wine and cheese happy hour and lasagna dinner Saturday night, deluxe continental breakfast Sunday morning, sag wagon and sag driver, and leadership.

This trip is limited to 20 participants. The registration deadline is September 1. A \$50 non-refundable deposit holds your spot. For more information, contact trip leader Sandi Bianchi at 303 425 1214 or bianchis@earthlink.net.

This trip is sponsored by DBTC's out-of-town tour committee.

FLAT FOR THE RECORD BOOKS

It looks like the nail was shot from a pneumatic nail gun, since it went in one side of the tire and out the other. Even Armadillo Technology tires could not stop this flat.

Only one other flat occurred on the San Juan Island bike trip. It was caused by a tack that penetrated the Kevlar in another Armadillo Technology tire and tube that had slime. It went flat immediately as well. What is amazing is the only two flats on the San Juan trip involved Armadillo Technology tires which included over 4500 miles of riding. Even the most puncture proof tires could not prevent these two flats.



HIGHLIGHTS

There were many highlights, such as the camaraderie of the group and the self satisfaction of the 19 that made the 2500 foot climb to the top of Mount Constitution which included a three mile section of 10 plus percent grade. We were all able to enjoy the spectacular view from the top since a shuttle was arranged.

Jim McClain and Bruce Thompson led the trip and the question they were asked most frequently was "What trip are you two going to lead next year?"

34 MEMBERS ENJOY THE SAN JUAN ISLANDS BIKE TRIP

34 members of DBTC experienced six wonderful days of biking the San Juan islands of northwest Washington state beginning July 17th. The bike routes included rides on Fidalgo Island to Deception Pass; San Juan Island to Lime Kiln Lighthouse, American Camp, Roche Harbor and a Lavender Farm; Orcas Island to Mount Constitution; and Lopez Island to Agate Beach. The trip included Sea Kayaking and Whale Watching tours and ended with a celebration dinner of fresh salmon or halibut.



September 2005

| Pace of Ride | Difficulty of Terrain | Mileage | Quadrant of City | Departure Time |
|----------------------------|---|----------------------|------------------|------------------|
| Roses or Leisure: 8-10 mph | 1 - Flat | This is an estimate- | NW | Arrive early |
| Fun: 10-12 mph | 2 - Some Hills | options may be | NE | enough to unload |
| Int.: 12-15 mph | 3 - Hilly | offered | SE | your bike and be |
| Road: over 15 mph | 4 - Serious climbs | | SW | ready to leave. |
| ATB- Unpaved Roads | Two ratings: Technical skill | | W | |
| MTB - Mountain Bikes | T1 to T4 and Physical exertion P1 to P4 | | | |

DBTC FALL RIDES 2005

Fall is just around the corner but Denver has magnificent fall riding weather. Leisure and Roses rides are for beginners or those who want to "stop and smell the roses". Fun rides are a little faster and tend to go farther. All three groups almost always include lunch and a chance to get to know other members. Intermediate rides are for those who like a little more challenge. Paceline is for those who want to focus on improving their riding skills. Road rides are the fastest riders and sometimes they even skip lunch. MTB are mountain bikers. Members determine the variety of rides. You are welcome to be a leader and design your own ride. Contact the appropriate Ride Coordinator - listed on page 2 of the newsletter - to get on the schedule.

You are welcome to try various levels of rides. Trying something more difficult is how you improve; or sometimes the easier ride is more convenient. But, please, if you are going to be riding faster or slower than the group, let the leader know. Be considerate of the other riders.

Paceline If you are interested in learning to ride in a paceline with emphasis on improving both your physical conditioning and speed, this might be the group for you. Contact Rick Russon at 303-795-0526 or rrrusson@redoher.com. They do not list rides in the newsletter so you must be on the email list to be notified about upcoming rides.

Evening Rides

TUESDAYS - September and October

MTB - join the gang on Green Mountain. Note time changes toward end of month.

INT-2/3-22-N-5:30pm Try some new roads! Join Gary Mills (eve 303-494-3935) for a 20-25 mile out and about Boulder ride leaving Scott Carpenter Park (SW corner of 30th at Arapahoe) every Tuesday. We'll average 13-15mph, no drop. Faster option on big group nights. Different route each week with out-n-backs to Eldorado Springs, Jamestown, Nelson Road, Niwot, Erie. Sometimes flat, sometimes climb, sometimes rollers. Ya never know! Very social group. Optional margaritas or dinner afterwards. From Denver: Hwy 36 into Boulder, right on Arapahoe, right on 30th, right into park.

THURSDAYS - September and October

INT/ROAD-2/3-25-N-5:30pm Join Reg (303-588-0030) and Jim (eve 720-304-6040) for a different 25 mile ride every Thursday night leaving Boulder's Scott Carpenter Park (SW corner of 30th at Arapahoe). Main group averages 14-17 mph, but usually enough riders for a slower group that talks a lot. Out-n-backs to Eldorado Springs, Jamestown, NCAR, Hygiene, Superior, Lafayette: with flats or climbs or rollers. Optional margaritas or dinner afterwards. From Denver: Hwy 36 into Boulder, right on Arapahoe, right on 30th, right into park.

September 2005 Riding Schedule

**Thursday,
September 1st - Note
Time Change**

INT/ROAD-2/3-25-N-5:30 PM Join Reg (303-588-0030) and Jim (eve 720-304-6040) for a different 25 mile ride every Thursday night leaving Boulder's Scott Carpenter Park (SW corner of 30th at Arapahoe).

**Saturday,
September 3rd**

FUN-2-22-NW-9:00AM Meet *Hugh Zeiner* (303-279-3162) at the Prospect Park picnic tables (44th and Robb St.) for ride west on the Clear Creek path to Golden and then north on the Tucker Gulch path. Then it is back to Golden via HWY 93 and the 6th Ave. bike path. The return is back to Prospect Park via the Clear Creek bike path.

FUN-2-30-SW-9:00 AM Start your Labor Day weekend off right by joining Jeff Jones (303-274-4882) at Stone House Park (Estes & Yale) for a scenic 30 mile ride to Chatfield Reservoir and back. Jeff led this same ride in May and it proved to be very popular. For those who were on the May ride, Jeff plans to reverse May's route in the interest of variety. The route will include a leisurely snack break at Hudson Gardens, a stop to look over Chatfield Reservoir from the dam and spectacular views from the top of Mt. Carbon.

INT/FUN-3-27-NW-8:30 AM Meet Peggy Vanallen (303-410-1986) at the Broomfield PNR at Wadsworth and US 36. Peggy will follow a perimeter route that circles around the city of Superior that will include Boulder, Jefferson and Broomfield counties. Look for some hills but a well paced ride on shouldered streets, up country lanes and through quiet towns. Lunch will be afterwards in downtown Broomfield.

September 2005

**Saturday,
September 3rd**

MTB P3, T2 8:30 AM, Carpool meet at 4th and Union PNR, Lakewood or 9:15 AM meet behind Beau Jo's for a new exploration ride on the Soda Creek Roads system to just about Squaw Pass south side of the Clear Creek Valley above the hot springs. Contact Chuck Caldwell, (h 303-697-4241, cell 303-807-1562) for info. Lunch after is in Idaho Springs.

**Sunday,
September 4th**

FUN-2-22-SE-9:00 AM Meet Bill Kunzman (720-870-0937) at City of Parker Town Center(exit Parker Rd, onto E. Main St. and continue 1/2 mile east to traffic roundabout. Go right to farthest administrative parking lot.) Ride will be on bike path to and from Park Meadows. Lunch to follow with great food and beer!!!

FUN-2-27-NW-9:00AM Meet **Steve Ingraham** (303-756-7847) at the Superior Park-n-Ride (US36 at McCaslin Road) for an out and back to funky Pearl Street Mall in Downtown Boulder. We'll ride lightly traveled roads & streets out and Boulder Creek Bike Trail back. Lunch afterwards will be at an eatery near the Park-n-Ride.

MTB P2-3, T2 9:00 AM A quick Sunday morning jaunt up and down Lair o'the Bear Park, about 5 miles west of Morrison on the south side of Hwy 74. Jeff 303-969-9241

**Monday,
September 5th -
Labor Day**

FUN-2-30-NW-9:00 AM No plans for Labor Day morning and early afternoon? Get the day started right by joining Jeff Jones 303 274-4882 for a classic ride on the northwest side starting at Prospect Park (44th and Robb in Wheat Ridge.) The route will be along two of metro-Denver's prettiest bike paths, Clear Creek and Ralston Creek. There is a single climb to above the Arvada Reservoir that includes a spectacular view looking back at downtown Denver and the surrounding area.

MTB P3, T2-3 9:30 AM Gear up for a Labor Day ride on Mount Falcon from the lower east side lot, about 1 mile south of Morrison, west side of Hwy 8. Jeff 303-969-9241. Prepare yourself for the big park ride next weekend.

**Tuesday, September
6th - Note Time
Change**

FUN-1/2-about 20-SE-5:30 PM Meet Don & Marilyn Swett at the west parking lot of Fairmount Cemetery on the SE corner of Quebec & Alameda. There will be a different ride every Tuesday evening in August. Bring funds for eating at a restaurant nearby in Lowry. ??s, 303-791-5863, don_swett@earthlink.net

INT-2/3-22-N-5:30 PM Try some new roads! Join Gary Mills (eve 303-494-3935) for a 20-25 mile out and about Boulder ride leaving Scott Carpenter Park (SW corner of 30th at Arapahoe)

MTB P2, T2 6:00 PM, Evening ride, Green Mountain in Lakewood, meet the DBTC crew at the main (Florida Dr) parking lot off west Alameda.

**Wednesday,
September 7th**

"Roses" **1-20 SW 9:00 AM NEW TIME** Meet Dave Grimes, 303/986-7666, at Bear Valley McDonald's (Dartmouth & Sheridan) for a ride on the Bear Creek Trail. Bring a snack, and money for a restaurant lunch after the ride.

FUN 2 50+/- SW 9 AM Meet Lin Hark 303 507-3502 and Dale Trone at Performance Bike Shop (Jewell and Kipling) for a nice long ride including Alameda, Rooney Rd, Golden, Clear Creek, Platte River Trail, REI, Bear Creek and return. We will regroup often and stay together. Bring lunch, snacks and lots of water.

**Thursday,
September 8th**

INT/ROAD-2/3-25-N-5:30 PM Join Reg (303-588-0030) and Jim (eve 720-304-6040) for a different 25 mile ride every Thursday night leaving Boulder's Scott Carpenter Park (SW corner of 30th at Arapahoe).

**Saturday,
September 10th**

FUN-2-27-NW-9:00AM Meet **Ray Couture** (303-655-1845) at 70th and Broadway (RTD Parking Lot) to ride the bike path to the corner of Riverdale and 104th and on to the Thornton Recreation Center. We will travel south on 120th to 100th where we will turn south on Monaco to 88th on our way back to the bike path and the start. Lunch is optional.

INT-1/2-30-45-SE Meet Ellen Chilikas (303.750.5099) at Racines at 8:30 am. Racines is at 650 Sherman St near the intersection of 6th and Speer. There are several ride options using the major bikes paths in the area - we can go to one of the reservoirs (Cherry Creek, Bear Creek, Chatfield) or head north on the Platte. The group will decide on the destination. No map will be provided - the ride will be an out and back along the major bike paths in the area. The ride will be at an Intermediate pace (~15 mph) with no paceline. Lunch to follow at Racines.

INT/ROAD-3-36-SE 9:00 DEPARTURE. Meet Gordon Valentine (303-333-8605) at the EAST end of the Piney Creek Shopping Center (SE corner of Parker and Orchard Rds). Enter at the Ida St traffic light. We'll climb east, and then SE along Smoky Hill Rd, with a hilly detour to avoid high traffic and construction activity. After going south, we'll turn west on roller coaster Inspiration Drive, then south to the Parker Town Center building at Main St and west again on the Sulphur Gulch Trail with an optional rest/snack stop at McDonalds before continuing under Parker Rd. on the Sulphur Gulch Trail to the Cherry Creek Trail. The return to the start will be by a different route on trails and light traffic streets. Written directions will allow riders to go faster or slower than the INT ride average pace of 12-15 mph.

September 2005

**Saturday,
September 10th**

MTB or ATB, P2, T1 1:30 PM, Rocky Mountain National Park, relax on a fun enjoyable ride in the park. Eat in Estes Park after, then camp out at your option. See the challenge ride notice for more details. Meet at Beaver Meadows Visitor Center.

**Sunday,
September 11th**

Road Rider vs. MTB Rider Challenge Event in Estes Park

FUN-2-(20/25)-NW-9:00AM Meet **Cindy Ferry** (303-425-9454) at Crown Hill Park (26th and Garland). Ride the Clear Creek Trail (including a new section of trail) to downtown Golden. Cindy will take the group for several miles around Golden and returning via 32nd Ave. Lunch is afterwards.

ROAD-2-35-SW 9:00 AM Meet Donald Schmertz (303-233-0840) at Crown Hill Park. Ride North to Leyden, out west to 93rd. Stops at Golden at Higher Ground coffee shop.

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. Both men and woman are encouraged to come. Prizes will be awarded for the first ones up to the visitor center. RSVP with Gary for 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, T1-2 10:30 AM, The MTB ride will start at the parking lot for Fall River Road, just off Hwy 34, 1.75 miles northeast of the Hwy 34 and 36 junction. Climb the old Fall River Road (start EL 8600) to the Alpine Visitor Center (end EL 11,900), Rocky Mountain National Park. After enjoying the vistas, ride to Iceberg Pass, EI 12,200, then scream for joy on your 17-mile downhill descent.

**Tuesday,
September 13th -
SPECIAL DAYTIME
RIDE**

FUN-2--20-NW-9:45 AM DEPARTURE. Meet Gordon Valentine (303-333-8605) at the West Woods Golf Course, Quaker at 66th Ave, (park at west end of parking lot) for a special FUN ride to visit one, maybe two, of Arvada's interesting attractions. First, we'll ride about a mile east on the Ralston creek Trail to visit the Clive Cussler Museum on W. 69th Ave near Indiana St. This museum features the well-known author's exceptionally fine collection of classic cars. (Some of the exhibits can be previewed at www.cusslermuseum.com) Admission is \$6 for adults and \$4 for seniors. If you are interested in classic cars, plan on spending about an hour here. Depending on how much time we spend, we may then continue east on the Ralston Creek Trail and 66th Ave to Garrison St for a short rest stop visit to the Majestic View Nature Center--bring a snack. (Tuesday is the only day the Museum and the Nature Center are both open.) After that, we will return to the start for lunch at the WWGC restaurant by route determined by time and hunger pangs. No map, no written directions, just follow the leader!

INT-2/3-22-N-5:30 PM Try some new roads! Join Gary Mills (eve 303-494-3935) for a 20-25 mile out and about Boulder ride leaving Scott Carpenter Park (SW corner of 30th at Arapahoe)

MTB P2, T2 6:00 PM, Evening ride, Green Mountain in Lakewood, meet the DBTC crew at the main (Florida Dr) parking lot off west Alameda.

**Wednesday,
September 14th
SPECIAL EVENING
RIDE**

FUN/INT-3-33-W- 7:45AM Meet John Mues (303 795-6167) at El Rancho Park-n-Ride near I-70 & Evergreen Parkway to carpool for a ride that starts around 9:00AM at the **Dillon Marina** for a ride from Dillon to Breckenridge. Directions to Dillon Marina: I-70 west to Exit 205. Left to Lake Dillon Dr. then right to Marina parking area. Option of riding Swan Mountain Road on return for those who want more of a challenge. Bring a snack and have lunch afterwards.

"Roses" ride, 1-19, SW- 9:00 AM Meet Connie Engelbert at Writers Vista Park on Mineral between Broadway and Santa Fe for a ride on the Highline Canal, Platte Canyon, Platte Trail, and Lee gulch. Bring a snack and money for lunch at a favorite restaurant nearby. For info call Connie at 303/904-9288. Fat tires or cross bikes suggested.

FUN-2-23-NW-6:00 PM Meet Susan Gregory 303-477-9233 at the SOUTH parking lot of Wanco Mfg., Inc, 5870 Tennyson. Ride the Clear Creek Trail in the beautiful evening light to Golden and maybe Tucker Gulch. Dinner and beer afterwards.

**Thursday,
September 15th**

INT/ROAD-2/3-25-N-5:30PM Join Reg (303-588-0030) and Jim (eve 720-304-6040) for a different 25 mile ride every Thursday night leaving Boulder's Scott Carpenter Park (SW corner of 30th at Arapahoe).



September 2005

**Saturday,
September 17th
CLUB PICNIC**

FUN-2-27-SE-8:30 AM Meet John Mues (303-795-6167) at Shelter A at Julia DeKoevend Park for a ride including a circuit around Cherry Creek State Park and two partial loops of the Greenwood Village parks and trails system. This route is on pave streets and paths, and over rolling terrain, so expect quite a few moderate but short hills scattered throughout the ride.
INT 2-30 S 9:00 AM Meet Darrel and Jean Deering (303-697-6126) for a Mystery ride at the Dekoevend Park before the picnic. We'll have a map and discuss the ride when we leave the park. The basic plan is to have a fun ride and get hungry before lunch. Saturday.
LEISURE-1-15-SE-9:30 AM Meet at DeKoevend Park (approx..University & Arapahoe RD.) at Shelter A. Nadean Kruse(303-988-8186) will lead us on an easy short route via the Highline Canal, Platte River and Lee Gulch Trails. Wider tires are recommended 'cuz much of the route is gravel surface. Pleasant scenery with only minimal effort, and a great picnic lunch at the end of the ride.- such a deal!!!

**Sunday,
September 18th**

FUN-2-20-NW-9:00AM Meet **Gordon Valentine** (303-333-8605) at West Woods Club House parking lot (west end) at 66th and Quaker St. (I70 to Ward Rd, north to 64th Ave, west to Quaker, north to the Club House). We'll ride light traffic roads to the Van Bibber Open Space then to Clear Creek Trail and on to the Gold Strike Park. The return will be on shady Ralston Creek Trail. Lunch after the ride is at the Club House.
FUN/ATB-2-30-SW-9:00 AM Meet Riggs Osborn (303-779-1902) at the Park & Ride SW corner of C-470 & University. The ride will take you on the C-470 trail to Chatfield, parallel the Dam and go out a back way to the Highline, then rejoin C-470 again. Lunch after at Chili's or one of the group's restaurant choices in the area. Mountain/hybrid bikes suggested.
INT 2-40 N 9:00 AM Meet Bruce Kohl 303-458-7322 at the Superior park n ride off Hwy 36 Ride to Boulder and NCAR and back.
MTB P2-3, T2 9:00 AM Waldorf Road starting by Silver Plume off I-70. Meet Richard Gieseler (303-722-1475) at the 4th and Union (Lakewood) PNR for a ride on this gentle old railroad grade ride, venturing past Pyramid Point dance hall perhaps as far as the old Waldorf area 8 miles away and 2000' above the start.

**Tuesday,
September 20th -
Note MTB Time
Change**

INT-2/3-22-N-5:30 PM Try some new roads! Join Gary Mills (eve 303-494-3935) for a 20-25 mile out and about Boulder ride leaving Scott Carpenter Park (SW corner of 30th at Arapahoe)
MTB P2, T2 5:30 PM, Evening ride, Green Mountain in Lakewood, meet the DBTC crew at the main (Florida Dr) parking lot off west Alameda. **Note the time change!**

**Wednesday,
September 21st**

"Roses" ride. 1-15, 9:00 AM SW Meet Art Castro 303/386-3295 at Carson Nature Center (NW of Mineral and Santa Fe) for a ride along the Platte River, Dry Creek, Highline Canal, Lee Gulch loop. Bring a snack and money for a restaurant lunch after the ride. Fat tires or cross bikes suggested
INT/FUN 2-35 S 9:00 AM Jean and Darrell Deering (303-697-6126) will ride from Sedalia to Larkspur. This will be an intermediate/ fun pace on roads with lunch at Larkspur. We will leave from Sedalia at the parking lot two blocks west of Hwy. 85 (Santa Fe) on Hwy. 67. The ride will primarily be on Hwy. 105 with some hills as we get closer to Larkspur.

**Thursday,
September 22nd**

INT/ROAD-2/3-25-N-5:30 PM Join Reg (303-588-0030) and Jim (eve 720-304-6040) for a different 25 mile ride every Thursday night leaving Boulder's Scott Carpenter Park (SW corner of 30th at Arapahoe).

**Saturday,
September 24th -
Segmented Century
Ride Today**

FUN-2-22-NW-9:00AM Meet **Rick Clauder** (303-393-7058) at the 41st and Youngfield trailhead for a out and back ride on the Clear Creek path to the Platte River path and then north on the Platte River path to 104th Ave. Lunch is optional.
FUN-2-20-SE-9:00 AM Meet Larry Newman (303-810-4682) on the NW corner of C-470 and University Blvd. between Chili's and C-470. Head west on C-470 bike trail to Chatfield State Park overlook (7 miles) by way of south side of spillway. The south side has a dog training area. Will return to the Platte River by the north side of the spillway. North to the Carson Center for rest rooms, cold water, and native animal exhibits. Return to C-470 trail for a direct return to Chili's for lunch
ROAD-2-39-SW 8:30 AM Meet Denny Martin (303-793-0395) & ride from Clement Park (corner Pierce & Bowles in Littleton). The route will go south and west to Ken Caryl, Deer Creek Canyon (optional climb up), south loop to Arrowhead Golf Course and return back through Chatfield Reservoir. Shorter return route available, as well as extra 9 miles r.t. up Deer Creek Canyon.
SEGMENTED CENTURY - ROAD-1-(33,66,100)-C (7:30 A.M.,10:15 A.M.,1:00 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

September 2005

**Saturday,
September 24TH**

done one, this is the one for you. I'm using the trail system for this century because it has good support. Be there at 7:30am for the first ride (north), 10:15am for the second (east) and 1:00PM for the third (south). The Platte River Trail system and Cherry Creek Trail system will be used.

**Sunday,
September 25th**

FUN-2-30-SE-9:00 AM Gaar Potter (303-691-0938) is anxious for you to meet him at Eisenhower Park Rec. lot. (4300 E. Dartmouth) He says "naturally, the ride will include 20 parks"!!

FUN-2-(20/27)-NW-9:30 AM Meet Ray Coffey (303-433-4661) at the Clear trailhead at 55th Pl. & Lowell Blvd (east side). Ray will take his group on rider friendly streets north and west to Jim Baker Reservoir, Hidden Lake, Lake Arbor, The Pond and Stanley Lake. He will continue to West Woods before returning along the 52nd Ave corridor. Lunch is at Ray's favorite north Denver eatery. Optional cut off 6-7 miles by returning on the Ralston Creek Trail.

ROAD-2-50/ INT-1-37 to 43/ FUN-1-19: E-9:00 AM DEPARTURE. Meet Gordon Valentine (303-333-8605) at the Star Stop Convenience Store on the NE corner of E. Colfax Ave & Dunkirk St (next traffic light E of Tower Rd). Please park in the spaces WEST of the convenience store, NOT in the spaces next to the store-they are for in & out store customers. This is an out & back ride east on Colfax Ave, I-70 frontage roads, and SH36 (all low traffic) through, or to, Watkins, Bennett, and Strasburg. Written directions for the few turns going out will be provided. The directions will describe convenient rest stops and turn-around points for FUN, INT, and ROAD riders but your pace and distance you go is up to you. Bring, or find, a friend who shares your taste in both. Come early and be ready to leave at 9:00! (The convenience store has a wide selection of sports drinks and snacks, including Krispy Kreme donuts! The manager would appreciate your business, and/or a thank you, either before or after the ride, for the convenient parking and the use of the facilities.)

MTB P2-3, T2-3 9:30 AM, Deer Creek Canyon, going over the rocks to enjoy the two upper loops. 11 miles, 1900' gain. Jeff 303-969-9241

**Tuesday,
September 27th**

INT-2/3-22-N-5:30 PM Try some new roads! Join Gary Mills (eve 303-494-3935) for a 20-25 mile out and about Boulder ride leaving Scott Carpenter Park (SW corner of 30th at Arapahoe)

MTB P2, T2 5:30 PM, The final scheduled evening ride, Green Mountain in Lakewood, meet the DBTC crew at the main (Florida Dr) parking lot off west Alameda.

**Wednesday,
September 28th**

"Roses" ride. 1-20, 9:00AM SW Meet Melba Bouquet 720/493-0564, in the north end of the parking lot behind Goodson Recreation Center, 6631 S. University Blvd. (north of Arapahoe Rd. in Centennial.) for a ride along the Highline Canal through Greenwood Village, and Cherry Hills. Bring a snack, and money for lunch at a nearby restaurant. Fat tires or cross bikes suggested.

FUN-2-32-NW-9:30 AM DEPARTURE. Meet Gordon Valentine (303-333-8605) at the WEST end of the West Woods Golf Course parking lot (66th & Quaker). The ride will include the western sections of Ralston Creek and Clear Creek Trails, Pine Ridge Valley, Anderson and Tomlinson Parks, and Van Bibber Creek Open Space. It will be a stay-together, follow-the-leader, tour (no map or written directions). There will be rest stops at about 10 and 20 miles. Bring snacks. There may also be a few catch up stops for slower riders. The trees along the creeks should be getting their autumn colors by this date. Plan on lunch at the WWGC restaurant after the ride.

**Thursday,
September 29th**

INT/ROAD-2/3-25-N-5:30 PM Join Reg (303-588-0030) and Jim (eve 720-304-6040) for a different 25 mile ride every Thursday night leaving Boulder's Scott Carpenter Park (SW corner of 30th at Arapahoe).



Segmented Century



We held our first segmented century this year on July 30th. We had 27 people throughout the day. 7 people did the full 100 miles. Congratulations to all that braved the heat to ride that day as it was extremely hot. Riders enjoyed the options available to mix up the rides and decide what they wanted to do that day. Riders of various levels are welcome, but remember that we have to keep the group moving close to the calculated 16 mph to make the next scheduled ride. We will be doing a similar ride on September 24th, come join us in the fun.

Emergency Contact Information

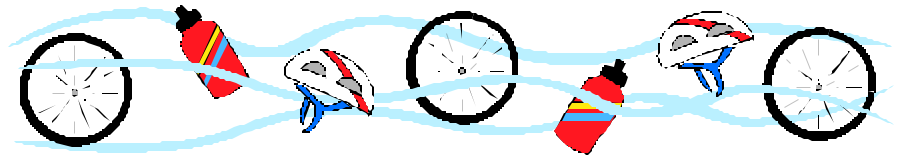
Rick Russon

This e-mail came from a friend of mine who is a flight nurse at Flight For Life. We cyclists typically don't carry much identification and are at risk of crashing or being hit by a car. I also carry my driver's license and health insurance card on a ride.

Dear friends,

This letter was sent from a friend who is retired FDNY. It is a great idea. Frequently, patients arrive at the hospital by ambulance or helicopter and the staff has no way of knowing how to contact next of kin because the patient is unable to give us the information. The police and hospital chaplains work on it, but unfortunately, there are times that an unconscious patient is in the intensive care unit for days before we find out who they are and how to contact family or friends.

Following the attacks in London, East Anglian Ambulance Service has launched a national "In Case of Emergency (ICE)" campaign. Entering ICE (In Case of Emergency) in your cell phone address book might help if we pass the word along and it becomes common knowledge. Please follow this suggestion and put this info into your cell phone and pass this suggestion along to others.



Taos Bike Tour Captivates Takers

Twenty DBTC members joined tour leaders Elfriede Shoemaker and Cheryl Ames for the "Tour de Taos" in New Mexico in June.

Road rides were structured to meet all riding abilities with longer rides offering shorter options. The first day, riding through intermittent thunderstorms, the group tackled the 65-mile Classic New Mexico loop southeast of Taos. The second day, they seized the Enchanted Circle which included two passes and 87 miles of hot, sunny weather. As the third day dawned with early morning rain, riders choose between two short rides, a 25-mile ride to the Rio Grande Gorge Bridge or a 35-mile ride to Taos ski area.

A large number of riders used the trip to train for Bike Tour of Colorado and/or the Triple By-Pass. Others, as new members, used the trip to introduce themselves to the amenities of the club. All enjoyed the fun and frivolity during the celebratory libations and feasting at Eske's Brew Pub at day's end.

Golden Oldy Cyclery

Steve Stevens is having an Open House at the Golden Oldy Cyclery

When: Sunday Sept 18, 2005

Time 1:00 to 4:00 PM

Where: 17224 West 17th Place, Golden (SE Corner 17th Place and Utah St)

Activities:

- A) View bikes from the 1880s and 1890s as well as accessories in a setting of an 1889 bike shop.
- B) View a Gallery of over 80 framed photos of pre 1900 cycling in Colorado
- C) Listen to readings of Victorian Cycling Poetry - over 70 selections.
- D) Attend a book signing by Portia Masterson of her new highly acclaimed book: "Bicycling Bliss"
- E) Watch cycling movies - Segments of early movies with bikes including W. C. Fields on a high wheel. - Miss Piggy and Kermit in a Musical riding bikes. - The 6 Hour Bike Race (Staring Joe E Brown), - Breaking Away, - American Flyer.
- F) Commune with other lovers of cycling and history.

DBTC SPONSORING SHOPS

DBTC members receive a 10% discount off purchases (excluding bicycles and sale items) at these sponsoring retailers. Support your local stores.

ARAPAHOE CYCLERY
6905 S BROADWAY UNIT 169
LITTLETON CO 80122
303-797-1858
www.arapahoecyclery.com/

ARVADA BIKE COMPANY
6595 WADSWORTH BLVD
ARVADA CO 80003
303-420-4864

BICYCLE PEDAL'R (2 locations)
*2030 E COUNTY LINE RD
HIGHLANDS RANCH CO 80126
303-730-8038
http://www.bicyclepedalr.com
*2229 W WILDCAT RESERVE PKWY
HIGHLANDS RANCH CO 80129
720-344-2550
http://www.BicyclePedalr.com

BIG KAHUNA BICYCLES
9032 W KEN CARYL AVE
LITTLETON CO 80128
720-981-5199
http://bigkahunabicycles.com/site/intro.cfm
Includes 10% discount on bikes!

BIKESOURCE 8
2690 E COUNTY LINE RD
LITTLETON CO 80126
303-221-4840
www.bikesourceonline.com

BODY MECCA CONCEPTS
1887 S PEARL ST
DENVER CO 80210 303-778-6322
www.bodymecca.com
15% Discount

CAMPUS CYCLES
2102 SO. WASHINGTON ST.
DENVER, CO 80210
www.campuscycles.com

DERBY BICYCLE CENTER
410 EAST 104TH AVE
THORNTON, CO 80233
303-288-4100
www.derbybicyclecenter.com

FOOTHILLS CYCLING
11651 W. 64th AVE.
ARVADA, CO 80004
303-420-0815

GOLDEN BEAR BIKES (2 locations)
*11965 MAIN ST
BROOMFIELD CO 80020
303-469-7273
http://www.goldenbearbikes.com/
*2300 E 120TH AVE
THORNTON CO 80233
303-451-7733
http://www.goldenbearbikes.com/

GREEN MOUNTAIN SPORTS
2950 S BEAR CREEK BLVD
LAKEWOOD CO 80228
303-987-8758
www.greenmountainsports.com/

LITTLETON CYCLERY
1500 W LITTLETON BLVD
LITTLETON CO 80120
303-798-5033
www.littletoncyclery.com/

MOB CYCLERY
4272 TENNYSON ST
DENVER CO 80212
303-477-4460
http://mobcyclery.com/site/intro.cfm

PEDAL PUSHERS CYCLERY
200 QUEBEC ST
BLDG 300-109
DENVER, CO 80230
303-365-2453
www.pedalpusherscyclery.com

SCHWAB CYCLES
1565 PIERCE ST
LAKEWOOD CO 80214
303-238-0243
www.schwabcycles.com/
Restrictions: No discount on Shimano
and Campagnolo

SPORTS PLUS
1055 S GAYLORD ST
DENVER CO 80209
303-777-6613
www.sportsplusdenver.com

SAMPSON SPORTS
2890 S COLORADO BLVD
DENVER CO 80222
303-691-5650
www.sampsonsports.com
No discount on labor.

TREADS BICYCLE OUTFITTERS (3 locations)
*17930 COTTONWOOD DR
PARKER, CO 80134
303-690-2900
*16701 E ILIFF AVE
AURORA CO 80013
303-750-1671
*3546 S LOGAN ST
ENGLEWOOD, CO 80110
303-781-1162

WESTSIDE CYCLE & FITNESS
7310 W COLFAX
LAKEWOOD CO 80214
303-237-1115
www.westsidecycling.com/

MEMBERSHIP CARDS

DBTC started issuing membership cards August 2004 to new and renewing members. It will take one year to go through the data base. Several of the Sponsoring Bike Stores require identification for the discount. If you have not received your card, and plan on shopping at one of our sponsoring stores, contact webmaster@dbtc.org. requesting your membership card. They are mailed at the end of the month the same time as the newsletters.

Volunteers

DBTC members can earn points - either by leading rides, volunteering, or a combination of both - to earn that special award given at the end of the year. Start now by calling the ride directors to schedule your rides, volunteer to help at picnics, cook the main meat at a potluck dinner, help with mailing the monthly newsletter, and Project Full Circle. To volunteer your help for Project Full Circle, call Don Pearson 303-274-6955 or donp75@juno.com.

Ride Leaders - Credit

Dave Grimes, the data base manager, is now keeping a record of ride leaders and number of rides led. The ride schedule published in the monthly newsletter is the official ride schedule. Those are the rides and ride leaders that will be counted. If someone leads a ride due to a substitution, or leads rides for the Out of Town Tours, that ride leader is to notify Dave to be credited. Email webmaster@dbtc.org or call 303-986-7666.

New Sign In Sheets

The new sign in sheets are on the web site. Ride leaders are requested to use the new ones. If you have non-members sign in for your ride, call Cindy Ferry 303-425-9454, and leave their name and phone number on her answering machine. Cindy is making follow up phone calls. Then mail the sheets to the ride coordinator. Thank You.

Arvada Trails

Arvada Celebrates Its Trails Raincheck Ride July 31st - Bill Orchard Leader Riders: Virgil Ross, Dennis Walker, Ray Couture, Bill Orchard, Merri Bruntz, Lee Forker, Mona Malensen, Susan Gregory, Howard Bagdad, Roger Westlund, Bob Dunivant, Chris Dunivant, Gordon Valentine, Pete Steel, Dianne Spiller, Joe Eads, Janet Tingle, Sharon Shumate, Patricia Newman, Mary Hanna, Rick Clauder, Bill Lew, Dianna Ingraham, Cindy Ferry, Eric Newman, Suzanne Sullivan, Carol Skoff, Brad West. Those that don't appear in the photo took the Ray Couture detour.

