



# The Colorado Bicyclist

April 2006



## KICK OFF PARTY

Saturday April 1  
(no joke)

Wheat Ridge Senior/Community Center  
35<sup>th</sup> and Marshall  
Wheat Ridge

5:30 p.m. to 6:30 p.m. Social Time  
6:30 p.m. Pot Luck Dinner  
7:30 p.m. Program

Bike Gear Exchange/Mini Velo Swap

*See March newsletter for details and map.*

**VOTE**

## VOTE NOW VOTE Bicyclists Choice Awards

DBTC is on the ballot for the 2006 Choice awards. Please place your vote for DBTC as Bicycle Club of The Year. Voting is free and the polls are open until

March 31 - **you have**

**time to do it right now while reading your April newsletter.**

The winners will be announced on April 22 at the Bicycle Colorado Gala Celebration.

VOTE AT:

[www.BicycleColorado.org/for/awards](http://www.BicycleColorado.org/for/awards).

## Arapahoe Road Corridor Study

By John Mues

The Colorado Department of Transportation, RTD, DRCOG, Arapahoe County and several municipalities are involved in a transportation study of the Arapahoe Road Corridor from I-25 to Parker Road. The study will address the role Arapahoe Road plays in the geographic area between I-225 on the north and E-470 on the south. The study will consider all modes of transportation, including mass transit, pedestrian and bicycle traffic.

Because we frequently ride in this area, DBTC will have a representative on the Community Resource Panel that will coordinate with the entities involved in the study. The first phase of the 18-month study will include gathering public input, economic and land use analysis, data collection, etc. There will be periodic public meetings.

You can visit the project website at [www.arapahoecorridor.com](http://www.arapahoecorridor.com). Please feel free to contact me at [JCMues@aol.com](mailto:JCMues@aol.com) with any thoughts or suggestions you might have.

## Mountain Bike Riding Skills Class

Have you been thinking about trying the dirt trails? Here is an opportunity to learn about mountain biking! Join Richard Gieseler (303-722-1475) and Jeff Baysinger for a beginner's class in Bear Creek Park on April 29th at 9:00 AM.

## NEW MEMBERS

TERRI FINNEY  
DIANA MAPES

## DBTC's Officers

### President

Cindy Ferry.....303-274-9454  
President@dbtc.org

### Vice President

Darrell Deering.....303-697-6126  
VicePresident@dbtc.org

### Secretary

Gaar Potter.....303-691-0938  
gaarpo@mho.com

### Treasurer

Elfriede Shoemaker.....720-922-0220  
Treasurer@dbtc.org

### Board Members at Large

Rick Clauder.....303-393-7058  
Rickclauder1@msn.com  
Gary Goins.....303-433-4398  
gwgoins1@yahoo.com  
Bruce Kohl.....303-458-7322  
brukoh@Lakewood.org  
John Mues.....303-795-6167  
JCMues@aol.com

## Directors and Staff

### Director of Ride Activities

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

### Out of Town Tour Director

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### Hotline Director

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### Fun MTB Coordinator

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### Fun Ride Director North

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mkrusdo@msn.com

### Fun Ride Director South

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FunRideSouth@dbtc.org

### Road Ride Director

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gigerco@comcast.net

### Intermediate Ride Director

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jncanyon@cs.com

### FUN Wednesday Ride Coordinator

John Mues.....303-795-6167  
JCMues@aol.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  
Historian@dbtc.org

### Membership Database/Webmaster

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webmaster@dbtc.org

### Map Sales (wholesale)

Darlene Dietzler.....303-986-7666  
Mapsales@dbtc.org

### Newsletter Mailing Group

Darlene Dietzler.....303-986-7666  
Darlenegri@comcast.net

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

# President's Message...

## Photo Journals

by Cindy Ferry

In November 2005, when I took over as President, I acquired a bit of Club History. This included a two-drawer file cabinet full of club business, articles, letters, forms, and four photo albums. The albums are usually displayed at the kick-off and award dinners. They hold quite a bit of memorabilia on the club rides and its social activities.

The albums start with a Glenwood Springs ride in August 1995, and continue with the Front Range Century, Moonlight Classic, Tour of The Vineyards, membership meetings, kick-off dinners and club rides of all kinds. In the late 90's one of our well-known ride leaders, Bill Orchard, began taking pictures at every ride he attended. He also very generously mailed each rider a copy. I have a small picture book of these. It was like our own personal trainer. Each year the pictures got better. Someone bought a nicer helmet, a new club jersey, even a new bike would show up every now and then. Most of us lost weight and looked much more chic.

The pictures that fill these photo albums tell many stories. As I look through them, I see that Bill has not been as involved, and the digital picture has replaced the snap shot. Another expert in bicycle photography, our North Ride Coordinator Curt Pellegrin, did a digital photo journal in 2004. These were everything from group pictures to action shots. He also was very generous as he gave each of his ride leaders a DVD of pictures choreographed to music.

I know the digital pictures still show up every once in awhile. I've been emailed almost ten since this year started. So I am going to personally print any of the pictures sent to me by club members taken this year, to add to our photo journal. Also, if there are any pictures that you have of the 2005 season I could add those as well.

E-mail your club photos to President@dbtc.org  
Thank you DBTC for the bit of history.

## From The Rocky Mountain News in June 2002 by Bill Scanlon

Tips for Bike Riders on the Annual Ride to Work Day.

- Remember to enjoy the view - mountains, trees, billboards, other bicyclists, CARS
- Don't take your deep, triumphant breath as a diesel-powered automobile passes.
- If packing a change of shoes, don't place them so they produce a relentless knifing sensation in your back.
- Do remember insect repellent if riding along the Platter River during feeding time.
- Don't forget that you are in clipless pedals at stop signs.
- Do remember, before venturing into sidewalks, to catch drivers' eyes - especially those making phone calls, applying makeup or showing signs of road rage.
- Do apply sunscreen.
- Do wear a helmet, carry a pump, patches, basic tools and plenty of water.
- Do take the delightful Little Dry Creek trail through Westminster or the High Line Canal trail in southeast Denver if at all possible.
- For longer rides, do make sure that work has shower facilities, lest you offend your coworkers.
- For very long rides, do take a second pair of riding clothes for the return trip, lest you offend yourself.
- For very, very long ride, do arrange for a couch to be placed next to your office carrel.

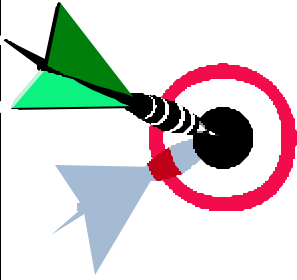
## Board Meeting

Any member wishing to attend a board meeting is welcome to attend. The next board meeting is Wednesday April 5<sup>th</sup> at 6:00 PM at Perkins Restaurant at 1995 S. Colorado Blvd. If you wish to address the board, contact the secretary, Gaar Potter, at gaarpo@mho.com or 303-691-0938 so that your topic can be placed on the agenda.

## 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.

## 2006 Advance Planning Calendar



April 27-30  
Fruita Fat Tire Festival  
[www.emgcolorado.com](http://www.emgcolorado.com)  
Fruita, CO

May 20  
Buena Vista Bike Fest  
[www.bvbf.org](http://www.bvbf.org)  
Buena Vista, CO

May 21  
Community Classic Bike Tour  
[www.tcibt.com](http://www.tcibt.com)  
Loveland, CO

May 21  
Mission to Ride  
[www.missiontoride.com](http://www.missiontoride.com)  
Montrose, CO

May 21  
Santa Fe Century  
[www.santafecentury.com](http://www.santafecentury.com)  
Santa Fe, NM

May 21  
Bike-For-Beginnings  
[www.theneighborhoodpartners.org](http://www.theneighborhoodpartners.org)  
Denver - Green Valley Ranch

May 29  
DBTC Memorial Day Picnic  
[www.dbtc.org](http://www.dbtc.org)  
Prospect Park, Wheat Ridge, CO

June 4  
Elephant Rock Ride  
[www.elephantrockride.com](http://www.elephantrockride.com)  
Castle Rock, CO

June 10  
Red Canyon Century  
[www.redcanyoncentury.com](http://www.redcanyoncentury.com)  
Cañon City, CO

June 10  
Windmill Century Classic  
Fort Morgan, CO  
Fort Morgan Chamber of  
Commerce website

July 16-21  
Tour de Wyoming  
[www.cyclewyoming.org](http://www.cyclewyoming.org)  
Dayton, WY

June 17  
Greenwood Goosechase  
[www.goosechase.org](http://www.goosechase.org)  
Greenwood Village, CO

June 17  
Starlight Spectacular  
[www.starlightspectacular.org](http://www.starlightspectacular.org)  
Colorado Springs, CO

June 18-23  
Ride the Rockies  
[www.ridetherockies.com](http://www.ridetherockies.com)  
Cortez - Cañon City, CO

June 24  
Tour de Prairie  
[www.cheyennecity.org](http://www.cheyennecity.org)  
Cheyenne, WY

June 25-July 1  
Bicycle Tour of Colorado  
[www.bicycletourcolo.com](http://www.bicycletourcolo.com)  
Pagosa Springs, CO

June 28  
Bike to Work Day  
Denver Metro area

July 8-9  
MS 150 Bike Tour  
[www.goforthegorge.org](http://www.goforthegorge.org)  
Parker - Canon City, CO

July 8  
Triple Bypass  
[www.teamevergreen.org](http://www.teamevergreen.org)  
Bergen Park, CO

July 22-24  
Courage Classic  
[www.couragetours.com](http://www.couragetours.com)  
Leadville, CO

July 23  
Colorado-Eagle River Ride  
[www.vailvelo.com](http://www.vailvelo.com)  
Beaver Creek, CO

July 23  
Durango-100 Century  
<http://durango100.com>  
Durango, CO

July 23-29  
RAGBRAI  
[www.ragbrai.org](http://www.ragbrai.org)  
Sergeant Bluff, IA - Muscatine, IA

July 29  
ESCAPE Ride  
[www.s-cap.org](http://www.s-cap.org)  
Buena Vista, CO

August 11-12  
Tour De Steamboat  
[www.rockypeakproductions.com](http://www.rockypeakproductions.com)  
Steamboat Springs, CO

August 19  
Stonewall Century Ride  
[www.spcycling.org](http://www.spcycling.org)  
La Veta, CO

August 19  
Moonlight Classic  
[www.moonlight-classic.com](http://www.moonlight-classic.com)  
Denver

August 26  
Ride for 65 Roses  
[www.ridefor65roses.org](http://www.ridefor65roses.org)  
Boulder, CO

August 26  
Tour de Cure  
[www.diabetes.org](http://www.diabetes.org)  
Longmont, CO

August 27  
Tour of the Valley  
[www.discoverourtown.com](http://www.discoverourtown.com)  
Grand Junction, CO

August 27  
Horsetooth Double Dip Bicycle  
Challenge  
[www.ratride.org](http://www.ratride.org)  
Fort Collins, CO

September 9  
Aspen Ride for the Cure  
[www.aspenrideforcure100.com](http://www.aspenrideforcure100.com)  
Aspen, CO

September 10  
Buffalo Bicycle Classic  
[www.buffalobicycleclassic.com](http://www.buffalobicycleclassic.com)  
Boulder, CO

September 16  
Tour of the Vineyards  
[www.emgcolorado.com](http://www.emgcolorado.com)  
Palisade, CO

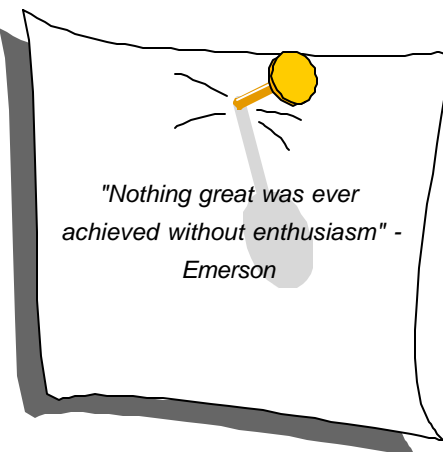
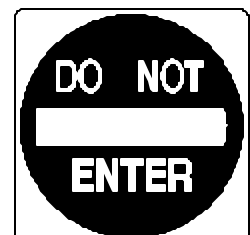
October 6-8  
Moab Century Tour  
[www.skinnytirefestival.com](http://www.skinnytirefestival.com)  
Moab, UT

### Willow Springs Private Roads Ban Bicycle Riders

A bike route from The Fort on CO HWY 8 to Ken Caryl Ranch transects the Willow Springs community. Willow Springs has made it known that **Willow Springs Drive is a private road and not open to public use.**

They state "ROADS ARE PRIVATELY OWNED AND ARE PRIVATE PROPERTY. ALL BICYCLES MUST DISPLAY A VALID WSOS RESIDENT PERMIT. THE JEFFERSON CO SHERIFF'S OFFICE WILL BE CONTACTED IMMEDIATELY AND ALL VIOLATORS WILL BE PROSECUTED."

Bike Jeffco contacted us in February with notification of the bike ban. The other bicycle clubs have also been contacted by the Willow Springs HOA. DBTC will not publish or support any rides going through the private roads of Willow Springs, which are on the north and south of Bellevue Ave. Bellevue Ave is a public road and crosses the C470 trail.



## Segmented Metric Century and Century Rides

Segmented metric century (65 miles) and century rides can be easy and fun to lead. Pick a starting and regrouping point that has water and restrooms. Having snacks available is nice but not necessary. Riders can leave plenty of food in their cars. Divide your ride into 2, 3, or 4 segments. Do out and backs, each in a different direction. The downtown REI store, Carson Nature Center, and Prospect Park in Wheat Ridge are some suggestions. Pre-ride your ride to get the times. Allow about 20 minutes between each segment and publish the time each segment will leave. Riders can then join in and ride what they can. It is fun and you'll see different riders come and go all day. You are never far from your car so can comfortably push to ride longer distances with out fear of being left behind.

Please call the Ride Coordinators and schedule your rides. They are waiting to hear from you.

## Frisco Multi-Sport Out of Town Tour

Come join a weekend multi-sport out of town tour in August. Ellen Chilikas is planning to lead a weekend trip that will be based out of Frisco. The trip is Friday 8/11 - Sunday 8/13. The weekend activities will include a moderate hike on Friday, an Intermediate bike ride on Saturday and a canoe or kayak trip on Lake Dillon on Sunday. Cost will be approximately \$100/person and will include hotel (on Main St. in Frisco) with refrigerator/microwave, daily continental breakfast, and happy hours and miscellaneous food offerings. Participants will need to pay for their boat rental costs. The trip will be limited to 20 people and the rooms will be double occupancy.. There will be more detail in the May newsletter. If you can't wait until May, contact Ellen at [outdoordiva@comcast.net](mailto:outdoordiva@comcast.net) with questions.



Cars are Bigger ... Always treat drivers with respect.

At intersections, try to make eye contact with drivers and smile. Let motorists know what you plan to do.

Announce Yourself.... When overtaking runners, walkers or other riders on a multi-use trail, be sure to sing out 'On your left!' in plenty of time for them to hear you and to move to the right.



If you are on a the edge of a narrow road and a car is overtaking the riders, the rider in the back of the line should yell "Car back" and move to the right as far as is safe.

Forward riders should keep passing the message forward so that the entire line will give the car room to pass.



## Amazing Fruita Mountain Bike Trip

Once again, make your plans to join DBTC mountain bike riders for the Spring desert extravaganza! Road riders are welcome to hike Saturday or Sunday and then make the Monday ride. Plan to leave Denver Sat 5/13 morning and return Mon 5/15 afternoon. Group camping will be in the Colorado National Monument. Motel accommodations are also available for your own option.

Three intermediate rides are planned. These rides will offer incredible scenic views, high above the Colorado River and Grand Valley.

The 1:00 PM Sat. afternoon ride will be the Mary's -Horsethief bench-Steves MTB loop. Note that this is the start for the famous Kokopelli trail! Sunday the MTB ride will be at Rabbit Valley. Finish

Monday with a "road ride" on winding pavement looping 33 miles completely through the Colorado National Monument! Or optionally go for another day of MTB riding at Chutes and Ladders of Road 18. Return to Denver with incredible visual memories.

Please make confirmations or direct your questions to the illustrious leader Peggy VanAllen- [p.vanallen@comcast.net](mailto:p.vanallen@comcast.net) Hm,303-410-1986. Peggy can offer motel suggestions. Car pooling is also encouraged. If you have space, please pass this info along to Peggy. A happy hour and group dinner will be followed by star gazing at the camp out on Sunday night. Please check in soon for this fun spring event. Tall tales will be entertained.

## DBTC SPRING RIDES 2006

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### Welcome Back to Scheduled Rides!

Rides will be cancelled in case of strong winds, rain, or temperatures below 40 degrees.

### Kick Off Party

The Kick Off Party will be on April 1<sup>st</sup>. It is a chance to mingle, find out about the plans for this coming year and have a good time.

### Yahoo Groups

The yahoo groups provide weekly reminders of upcoming rides and other events not in the newsletter. If you'd like to post an event, simply

go into the site. Remember that only club-related activities can be posted. We reserve the right to cancel any posting we don't think is appropriate. If you are not already receiving email updates you can go to

<http://groups.yahoo.com/group/ColoradoBicyclist> to sign up to receive, and send, messages. Once enrolled you can both email your message to [ColoradoBicyclist@yahoogroups.com](mailto:ColoradoBicyclist@yahoogroups.com) and receive emails to keep you updated on the DBTC activities.

### MTB Evening Rides Are Back

Weather and trail conditions permitting join the Wednesday evening rides. Meet at the main Green Mountain (Hayden) Trailhead off west Alameda Ave, at the hillcrest. Look for the DBTC crew. Never ridden a mountain bike? Come to the training class April 29<sup>th</sup>.

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## April 2006 Ride Schedule

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### Saturday, April 1

#### KICKOFF PARTY TONIGHT!

**FUN-2-20-NW-10:00AM** Meet **Curt Pellegrin** (303-234-9998) at the WalMart parking lot in the Applewood Shopping Center (38th and Youngfield). The route will take us to Crown Hill Lake, Edgewater, Sloan Lake, and on to REI. After a brief stop at REI, we will take the journey back to the WalMart parking lot via 26th Ave. Lunch afterwards at Chipotle.

**INT-3/4-25/30-SW-10AM** Meet Ellen Chilikas (303.750.5099) at the Carson Nature Center near Santa Fe and Mineral for a Texas Hill Country training ride. The purpose of these rides is to get the folks going on the Texas trip in shape, but the rides are also open to other interested club members. On our last ride, we'll go over the Chatfield Dam and then climb up Deer Creek Canyon Rd. The downhill almost makes you forget the pain of the uphill.

**ROAD-2-40-E- 9:30 AM.** Meet Carol and Diane (303-758-8495) at the Village Inn at Colfax and Chambers for this early season ride. Pedal the high plains and feel the fresh air with a trip out toward Strasburg and back. Don't miss it!

**MTB P2, T2 9:30 AM** The beginning MTB regular ride schedule! Meet Cathy "triple crank" Perkins (303-980-6738) at the South Valley Park trailhead off Deer Creek Canyon Road to cruise this pretty park. Lunch after at CiCi's on S. Kipling.

### Sunday, April 2

**FUN-2-22-NW-11:00AM** Explore with **Steven Stevens** (303)271-1998 Le Tour Du Tables D'Or (A tour of the table mountains of Gold(en) departing from the Golden Oldy Cyclery (17224 West 17th Place in Golden). This will be the last ride before Steve departs for his 5,000 mile bike ride from Liverpool to Tehran. We wish him a safe journey. The ride will start promptly at 11:00a.m. (come 15 minutes ahead to be sure your tires have air and use facilities), and circle both the South and North Table Mountains.

**ROAD-4-25/37-W 9:30 AM** Two part ride: First, 25 mile loop, Lookout Mtn via Golden from C-470 & Morrison Rd., meet across from Conoco. Second, 12 mile loop ride (after returning to start) to Belleview & C-470 trail. Jeff 303-969-9241

### Wednesday, April 5

#### EVENING MTB RIDES BEGIN

**FUN/Int-2/3-22/40-SW-9:30 AM** Meet Marilyn Smith (303-916-8097) at 9:15 at the Wadsworth and Deer Creek parking area for an on time departure. We will ride the Chatfield / Arrowhead Loop. Round trip is 22 miles and 800 ft elevation gain. For those who wish more of a workout, we'll have the option of Deer Creek Canyon for a total of 40 miles and 2,900 ft elevation gain. Both groups will meet at the Morrison Inn for lunch at 1:15.

**"Roses" 2-24-SW-10:00** Meet Rex Cole, 303/936-7227, behind the "tennis bubble" at Bowles and the Platte River for a ride north along the Platte, then on the Bear Creek Trail to Fox Hollow. This is an "out and back", so those not wishing to ride that far have a shorter option. Bring a snack, and money for a restaurant lunch after the ride. For information, call Rex or Melba Bouquet 720/493-0564.

**MTB P2, T2 6:00 PM** The usual evening mountain bike ride series begins, weather permitting. Meet at the main Green Mountain (Hayden) Trailhead off west Alameda Ave, at the hillcrest. Look for the DBTC crew. Afterwards, by popular acclaim, Talk of the Thai restaurant.

### Saturday, April 8

**FUN-2-22-SE-10:00 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 round about. 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-1-20-NW-10:00 AM** Meet **Bruce Kohl** (303-458-7322) at the northwest corner of Sloan's Lake and take a ride to Crown Hill and loop around West Denver area with lunch afterwards at the new Sister's Pizza restaurant.

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## April 2006 Ride Schedule

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**Saturday, April 8**

**INT-3-30-SE-10:00AM** Join John Mues (303-795-6167) at the Park-and-Ride at C-470 and University for a loop primarily on roads in Highlands Ranch. We'll work our way up Monarch Blvd. into the Castle Pines area. Bring a snack and we'll have lunch afterwards at a nearby restaurant.

**ROAD-2-30-SW- 10:00 A.M.** Pedal with Denny Martin (303-793-0395) from the Park 'N Ride at Mineral and Santa Fe in Littleton. We'll pedal west on Chatfield Ave., S. on Ute, down Deer Creek Canyon, pass Chatfield Res. To Arrow Head Golf Course. Return through Chatfield State Park. Options on map to go 41 & 50 miles if you like. Lunch afterwards at Panera Bread at Aspen Grove Shopping Center.

**Sunday, April 9**

**FUN-2-30-SW-10:00 AM** Meet Kris and Mike Holmes (303-988-4522) at Fox Hollow Golf Course (on Morrison Rd. near Kipling) on the east side of parking lot. We'll ride along Bear Creek, cut down along C-470, loop around Chatfield and return on Platte River bike path, hooking up to Bear Creek. Lunch at Golf Clubhouse to follow!

**FUN-2-27-NW-10:00 AM** 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-2-25 11:00 AM** Join Darrell and Jean Deering(303-697-6126)at the South Valley parking lot on South Valley Rd. We'll ride north on the C470 trail into Bear Creek Park on to Rooney Rd., and on the Golden trail into Golden. We will stop for lunch in Golden or return to the Ken-Caryl area for lunch.

**MTB P2-3, T2 10:00 AM** Jeff Baysinger (303-969-9241) at C-470 and Morrison Road, across from Conoco. Ride Green Mtn and loop over the hogback past the dinosaur tracks, followed by the lower Red Rocks trail option. Park your wheels for lunch at the Morrison deli on the loop end.

**Wednesday, April 12**

**"Roses" ride, 1-20, NE 10:00 AM** Meet Marge Derby 303/274-2269,at the parking lot at the dead end of Platte St. at 19th in the City of Cuernavaca parking lot. (This is a few blocks NE of REI.) Bring a snack, and money for lunch after the ride. Questions, call Marge or Melba Bouquet 720/493-0564.

**FUN-2-22/31-SE-10:00 AM** Meet John Mues (303-795-6167) at the Cottonwood trailhead in Parker for a ride on the Parker section of the Cherry Creek trail. For extra mileage, the option is the Sulphur Gulch trail. Directions: From E-470 go north on Jordan Rd 1/4 mile, turn right (East) on Cottonwood Dr, go 1/4 mile to the trailhead parking lot on the right (south) side of the road. Lunch is optional.

**MTB P2, T2 6:00 PM** Green Mountain (Hayden) Trailhead off west Alameda Ave. Serrano's afterwards.

**Saturday, April 15**

**FUN-2-26-SW-9:00 AM** Meet Steve Ingraham (303-756-7847) at 9:00 AM at the South High School parking lot(Louisiana Ave at Franklin St.) for a FUN ride on quiet city streets and the Bear Creek and Platte River bike paths. Lunch afterwards if the group desires

**ROAD-1-27-SW- 9:30 AM.** Meet the Giger's (720-308-9550) at the parking area at Wadsworth and Deer Creek Canyon Road for a refreshing loop around Chatfield. First, up and over the dam and back, through the park, out to the entrance to Roxborough, and back to the parking area via Wadsworth.

**MTB P2-3, T2 9:30 AM** Waterton Canyon to Lenny's bench-16 miles out and back. Hook up with R. Fred "Dusty" Berry, 720-840-8596, keeping an eye out for the bighorn sheep. Revive afterwards with Whole Foods healthy meal delights.

**Sunday, April 16**

**Easter Sunday**

**FUN-2-27-NW-9:00 AM** Meet **Steve Ingraham** (303-756-7847) at the Wild Oats parking lot (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 at an eatery near the Park-n-Ride.

**FUN-2-27-SE-10:00 AM** Join John Mues (303-795-6167) at Goodson Center, 6315 S.University Blvd. by the lower end of the parking lot for a loop including an early hill on the appropriately named **EASTER** Ave. We'll continue on streets to the C-470 trail and go west to the top of Chatfield Dam. Then we'll go back down to connect with the Platte River trail, and work back to the start via local trails and streets. Bring a snack and we'll have lunch afterwards at a nearby restaurant.

**Wednesday, April 19**

**"Roses" ride, 1-20, SW 10:00 AM** Meet Dave Grimes, 303/986-7666 at the Stone House, (east side of S. Estes, a little south of Yale) for a ride along Bear Creek. Bring a snack, and money for a restaurant lunch after the ride.

**No scheduled FUN ride.**

**MTB P2, T2 6:00 PM** Green Mountain (Hayden) Trailhead off west Alameda Ave. Tuk Tuk Thai this evening.

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## April 2006 Ride Schedule

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- Saturday, April 22**
- FUN-2-20/25-SW-9:30 AM** Join Jeff Jones (303-274-4882) for an easy early-season ride starting at Stone House Park at Estes and Yale. The ride will go west on the Bear Creek bike path, visit the Morrison area and include a stretch on the C-470 bike path. This ride is well suited for Fun riders just getting back on their bikes after a winter away from riding.
- FUN-2-25-NW-10:00 AM** Meet **Bruce Kohl** (303-458-7322) at Hilario's (4835 W 38th Ave., just east of Sheridan). Bruce will take you on a loop around northwest metro Denver that will loop around five lakes: Berkeley, Rocky Mountain, Sloan, Crown Hill, and Prospect Park. Look for a scenic shoreline ride with lunch afterwards at Hilario's Mexican restaurant.
- Sunday, April 23**
- FUN-2-30-SE-9:30 AM TWENTY Parks Tour SE** Meet Gaar Potter (303-691-0938) at Eisenhower Park. We'll tour SE Denver and ride by as many parks as possible. Riders invited to count the parks and contemplate the merit of the routing.
- FUN-2-35-NW-10:00 AM** Meet **Cindy Ferry** ((303-274-9454) at Sloans Lake Park (25th & Sheridan) for a ride North to 35th Ave., East to downtown, Cherry Creek trail to Colorado Blvd, and back on Cherry Creek trail to REI. After a short break at REI, we'll take the Platte River trail to Clear Creek, West to Pierce, then South to 26th Ave. & back to Sloans Lake.
- SKI/BIKE-3-FAR WEST** Join the Deering's for some spring skiing (303-697-6126). If you want to get some spring skiing in, or bring your bike and ride the Summit Co. trails join the Deerings at Arapahoe Basin. We'll have our white camper at the base of the ski runs in the lower parking lot. We will start skiing at about 9:30AM. After biking, back country skiing or just enjoying the day in the mountains we'll have lunch at 1:00 PM at our camper. Bring your favorite food and some to share.
- MTB P2-3, T2-3 10:00 AM** Jeff Baysinger (303-969-9241) at C-470 and Morrison Road, across from Conoco. Ride Green Mtn and loop over the hogback via the Zorro Trail, followed this time by Matthew Winters/ Red Rocks option.
- Wednesday, April 26**
- FUN-1-16-SE-10:00 AM** Meet Nadean Kruse (303-988-8186) at the Cook Park Rec. Center at 7100 E. Cherry Creek Drive South (East of Monaco Boulevard) for a ride on the Cherry Creek Trail down to REI and back. Bring a snack and we'll have an optional lunch afterwards at a nearby restaurant.
- "Roses" 1-20, NW, 10:00AM,** Meet Wally White 303/333-8605, at Twin Lakes (about a block west of Broadway on the south side of 70th) for a ride east on Bear Creek, then north on the Platte River Trail. Bring a snack, and money for lunch after the ride at a favorite eatery.
- MTB P2, T2 6:00 PM** Green Mountain (Hayden) Trailhead off west Alameda Ave. Burrito eve.
- Saturday, April 29**
- FUN-2-24-W-9:00 AM** Idaho Springs to Georgetown. Susan Gregory (303-477-9233) would like you to meet her in Idaho Springs in the public parking lot behind BeauJo's. This will be a lovely ride on the frontage road to Georgetown--a good training ride. The return to Idaho Springs is all downhill!!!! We will have lunch in Idaho Springs.
- INT-2-30/35-SE-10AM** Meet Ellen Chilikas (303.750.5099) at the parking lot on the NE corner of Iliff and Peoria in Aurora (1 mile east of I-225 on Iliff-park near the Bent Fork restaurant facing Iliff). We'll ride around the Cherry Creek reservoir and then wind our way through the Tech Center and down to Washington Park. After looping the park, we'll return via the Cherry Creek bike path. Possible stop at the Farmer's Market at 1st and University and possibly lunch afterwards at Noodles and Company or Chipotle. Ride in good weather only - over 40 degrees and mostly sunny - if in doubt, call ride leader by 9:30.
- MTB P1, T1, 9:00 AM** Bear Creek Park, Richard Gieseler (303-722-1475) New to mountain bike riding? Here is an opportunity to learn skills on easy trails. Meet at C-470 and Morrison Conoco, then ride into the park.
- Sunday, April 30**
- FUN-2-25-SW-9:30 AM** Mary Pearce (303-907-4621) would like you to meet her at the "tennis bubble" near Bowles & Federal for a ride on the Platte River Greenway trail downtown to Confluence Park. Plan on a rest stop at Starbucks at REI. Return the same route. Lunch options afterwards!
- FUN/INT-2-26-NW-10:00 AM** Meet **John Mues** (303-795-6167) at Scott Carpenter Park in Boulder (SW of 30th & Arapahoe - east side parking lot) for a ride out to Niwot using the Boulder Creek path and a variety of streets and roads. We'll have a mid-ride break in Niwot and then go back to the start via a different route. Bring a snack and we'll have lunch afterwards at a nearby restaurant.
- FUN-2-25-NW-9:30 AM** Join **Jeff Jones** (303-274-4882) for a comfortable spring tune-up ride starting at Crown Hill parking lot, 26th and Garland. The route, which was tried for the first time last year, starts out south on neighborhood streets to the Bear Creek Trail, heads west on bike path to Morrison, north on bike path to Golden and back to Crown Hill through the Applewood neighborhood. It offers scenic views of the metro area's west side on fairly easy terrain.
- INT 3-50-S-10:00 AM** Meet Gaar Potter (303-691-0938) at Castle Rock Safeway parking lot (West end, South of Big O Tires). This is 2 blocks East of I-25 exit 281 (Plum Creek Parkway). We will take Tomah Road and Perry Park Road to Palmer Lake. Good training ride. Very pretty. Return will be by the same route, downhill with a tailwind!
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## April 2006 Ride Schedule

**Sunday, April 30**

**ROAD-4-36-W- 9:00 AM.** Meet Donald (303-233-0840) for a Road Ride from Crown Hill Park in Lakewood. The ride will go west to Golden then climb Lookout Mountain to Buffalo Bill's grave. Ride will return to Golden for coffee and snacks. The ride will average 15+ mph. Ride cue sheets available at the start and also previewed and printed at ColoradoBicyclist Yahoo group site. <http://groups.yahoo.com/group/ColoradoBicyclist/> the file name is Crown Hill - Lookout Mtn. Crown Hill Park is Located on west 26th Ave and Kipling St. See parking lot with bathrooms at Garland Street and 26th Ave.

**MTB P2-3, T3 10:00 AM** Alderfer/ Three Sisters/ Evergreen Mtn Explore with Chuck "pajamas" Caldwell (h 303-697-4241, cell 303-807-1562), meeting at the upper parking lot for a tour of Alderfer, then on for the view from Evergreen Mtn. Cactus Jack lunch?

<u>Pace of Ride</u>	<u>Difficulty of Terrain</u>	<u>Mileage</u>	<u>Quadrant of City</u>	<u>Departure Time</u>
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			



*The McKee Foundation presents the 19<sup>th</sup> Annual*

# Community Classic Bike Tour

**Sunday, May 21, 2006**



*Routes:*

**62-mile Metric Century • 6:30am**

(from Loveland to Carter Lake, Eden Valley, Masonville, Horsetooth Reservoir, Fort Collins, Boyd Lake, and back to Loveland)

**30/37-mile • 7:30am**

(from Loveland to Carter Lake and back)

**5-mile • 8:30am**

(bike trail to Boyd Lake and back)

**Register Online:** [www.active.com](http://www.active.com)

**Fees before May 1:** (includes breakfast, t-shirt, & goodie bag)

\$40 adults; \$10 children; \$10 5-milers

**Maps, Registration Form, Information:**

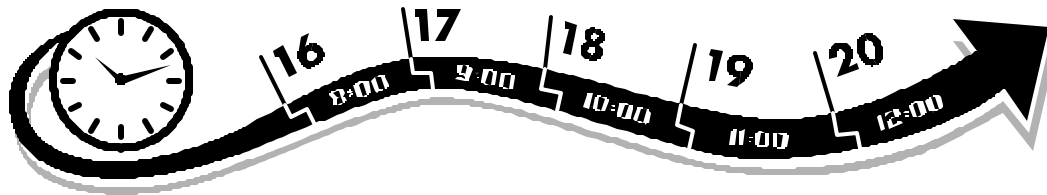
[www.mckeefoundation.com](http://www.mckeefoundation.com) - (970) 593-6038

*100% of your registration fees benefit the McKee Breast Center*

**Get Ready for Touring with DBTC  
12-Week Training Schedule\***

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
15 – 30 minutes 2 X a week	15 – 30 minutes 3 X a week	15 – 30 minutes 2 X a week	30 minutes 2 X a week	30 minutes 2 X a week	30 minutes 2 X a week
			45 minutes 1 X a week	1 hour 1 X a week	1.5 hours 1 X a week
<b>Total Time</b> 30-60 minutes	<b>Total Time</b> 45-90 minutes	<b>Total Time</b> 1.5 hours	<b>Total Time</b> 1.75 hours	<b>Total Time</b> 2	<b>Total Time</b> 2.5 hours
Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
45 minutes 2 X a week	1 hour 2 X a week	1 hour 2 X a week	1 – 1.5 hours 2 X a week	1 hour 1 X a week	1 hour 1 X a week
2 hours 1 X a week	2 hours 1 X a week	2.5 hours 1 X a week	3 hours 1 X a week	2 hours 1 X a week	2 hours 1 X a week
				3 hours 1 X a week	3+ hours 1 X a week
<b>Total Time</b> 3.5 hours	<b>Total Time</b> 4 hours	<b>Total Time</b> 4.5 hours	<b>Total Time</b> 5-6 hours	<b>Total Time</b> 6 hours	<b>Total Time</b> 6 hours

\* This schedule is merely a template. Feel free to alter it to fit your schedule, level of fitness or ability.  
\* Start training at your level in this schedule.



**Before beginning any training program, consult with your health care provider.**

**Training Basics:**

- Begin slowly. The first goal is to get on the bike and get active.
- Take time to warm up and cool down before and after each ride.
- Stretch after your ride. Consult *Stretching* by Bob Anderson.
- Remember, the goal is to have fun.
- Cross training is important. Consider a brisk 20 or 30 minute walk on days you don't cycle. Stretch after your walk.
- **Be sure to take at least one day off per week from any form of training.**
- The ideal training program will include the following:
  - Moderate days - in which you ride medium distances at a comfortable pace. These days will help you burn fat.
  - Endurance days - in which you go on one long ride every week, not worrying about time. These days will improve your stamina.
  - Speed days - "Speedwork" will help you develop muscle tone and cardiovascular fitness. "Speedwork" involves warming up, then doing several "all-out" bursts to top speed, interspersed with and followed by easy riding. Even doing this for 15 to 30 seconds, two times during a ride can help build strength.
- Be alert to the signs of overtraining: chronic fatigue, elevated resting heart rate, irritability, aching legs, weight loss, poor sleep, feeling "down" or depressed, and experiencing lingering colds or other minor illnesses.

**Other Things to Remember:**

- You are training for a bicycle tour, not a race.
- Riding two consecutive rides of at least 25 miles or more during your training will improve your enjoyment of the tour.
- Training on hills will increase your strength and stamina.
- Adding an easy fourth day per week may be beneficial if time permits.

Adopted by Gary Goins for DBTC from [www.womentours.com](http://www.womentours.com).

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## Out of Town Tour Director Jim McClain

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Jim McClain is our new "Out of Town Tour" Director. He served on the DBTC board, on the OOTT committee, as well as co-leading DBTC trips. His expertise and enthusiasm will allow us to continue offering some exciting cycling adventures.

Long before Jim retired, he became interested in bicycling, especially bicycle touring. He has been on many bicycle tours, both guided and self-guided trips. He is a certified tour guide for International Bicycle Tours, the premier bicycle tour provider for Elderhostel. He is also a tour guide for Timberline Adventures, a local bicycle touring company, offering tours mainly in the western half of the United States. He

completed the leadership training course for Adventure Cycling Association, and hopes to lead tours for them in 2006.

The position was formerly held by Sandi Bianchi. Sandi and the OOTT committee worked very hard the last two years to formalize some of the procedures for taking groups out of town and to assist the leaders in putting together trips to Idaho and Washington as well as shorter trips

The Board extends a Thank You Sandi for a job well done. We're sorry to see you leave, and we know that you have left the committee in very good hands.



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## PSST! Want to Know a Riding Secret?

By Jeff Baysinger

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OK, a lot of people already know this secret; especially those in DBTC. But a lot of people don't really believe it. Or, perhaps more actually, don't want to believe it. Not that it is too good to be true. But, well, it is sometimes hard to believe or that it is harder to put into practice. Everyone knows it is true, but usually ignore the truth.

The secret revolves around the question: What, if anything, can a person easily do to become a strong rider? Or even just to become a moderate rider. Can a person take some potion or pills? How about vitamins? This has been asked of me several times. Another way the question has been asked: Is everyone in DBTC in pretty good shape?

Can a person take pills or change their diet to get stronger? Before providing a secret answer, let us review some basic biological principles.

1. Eating more calories than expending calories by exercise means gaining fat around the head.
2. Eating fewer calories and expending more calories by exercise means losing fat around the head.

Now everyday, some snake oil con artist (perhaps a harsh statement) comes up with a new diet scheme to satisfy the outcome for principle

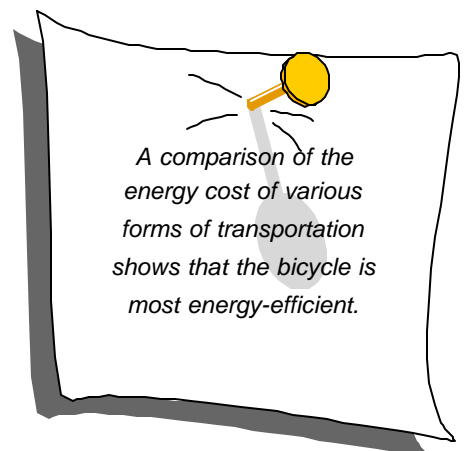
number 2 above. These people ignore biological principle number 1. Yet, most everyone knows there isn't much difference in diet recommendations. In fact, most diets adhere to the government food pyramid guidelines. Most dietary nutritionists also recognize those guidelines. New diet books are often fads. Even low-fat diets are questionable. A partial answer to the question is simply getting more exercise. As spring starts coming, now is a time to set some riding goals. A minimum goal would probably be riding at least 50 miles a week on the average. Bump this up to 75 miles a week in May, then maybe 100 miles a week in June, July, and August. This isn't that hard to do. A couple rides on the weekends and one mid-week usually results in 60 to 70 miles.

A more complete answer to the question is having hills on the rides. Everyone knows there is a big difference between riding flat trails versus hills. Riding hills means hurting thighs, aching lungs, and burning mega-calories.

The secret answer to the question is now provided: SWEAT! There is no substitute for sweat. Sweat is really a true measure of burning calories, no matter what condition level a person is in. A strong rider can ride mild hills without sweating. These people

have worked up their endurance and are out riding often. They have paid their dues with bottles and bottles of sweat. And they need to eat mega-calories because they are burning so many.

A side answer to the question is to ignore all those quick buck diet and potion pill artists as most only want to take your money. Use your judgment on eating properly. But most importantly, get out and pay your dues by sweating. You will satisfy biological principle number 2 above in this manner. And you will find yourself soon in the category of a strong rider. Come on out on the DBTC rides, have fun, and SWEAT!



## 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/](http://www.arapahoecyclery.com/)

ARVADA BIKE COMPANY  
6595 WADSWORTH BLVD  
ARVADA CO 80003  
303-420-3854

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](http://www.bikesourceonline.com)

BODY MECCA CONCEPTS  
1236 ELATI STREET  
DENVER CO 80204  
303-778-6322  
[www.bodymecca.com](http://www.bodymecca.com)  
15% Discount

CAMPUS CYCLES  
2102 SO. WASHINGTON ST.  
DENVER, CO 80210  
[www.campuscycles.com](http://www.campuscycles.com)

DERBY BICYCLE CENTER  
410 EAST 104TH AVE  
THORNTON, CO 80233  
303-288-4100  
[www.derbybicyclecenter.com](http://www.derbybicyclecenter.com)

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

GOLDEN BEAR BIKES (2 locations)  
\*290 NICKEL STREET  
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/](http://www.greenmountainsports.com/)

LITTLETON CYCLERY  
1500 W LITTLETON BLVD  
LITTLETON CO 80120  
303-798-5033  
[www.littletoncyclery.com/](http://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](http://www.pedalpusherscyclery.com)

SCHWAB CYCLES  
1565 PIERCE ST  
LAKEWOOD CO 80214  
303-238-0243  
[www.schwabcycles.com/](http://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](http://www.sportsplusdenver.com)

SAMPSON SPORTS  
2890 S COLORADO BLVD  
DENVER CO 80222  
303-691-5650  
[www.sampsonsports.com](http://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/](http://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](mailto:webmaster@dbtc.org). requesting your membership card. They are mailed at the end of the month the same time as the newsletters.*

### Volunteer Needed for Board

Due to work requirements, Gary Bohn has resigned from the DBTC Board after more than a year of service. The Board appreciates Gary's hard work, and will miss his help. Anyone willing to complete Gary's term (till Nov. 2006) is encouraged to contact a board member. Please consider serving your favorite club!

### Hot Line Help Needed

After 10 years, Charmian Choate is retiring as the person who answers the club telephone hotline. The hotline is an automated answering system. It is checked every couple of days and the messages are answered and items needing attention are forwarded to the appropriate persons. It is an invaluable tool for keeping the club running smoothly. DBTC extends a really big THANK YOU to Charmian who has volunteered quietly behind the scenes these past 10 years. She did a great job.

Rick Clauder will fill in until a permanent replacement can be found. Please contact Rick at 303- 393- 7058 or [Rickclauder1@msn.com](mailto:Rickclauder1@msn.com) if you'd like more information. Remember this is an all volunteer organization and we need the members to help share the work.

### Thank Them

When you see any of the club members on rides, who are mentioned as volunteers, be sure to thank them and tell them you appreciate all the work and time they put in to keep DBTC the great bike club that it is. It's nice to hear.

### Winter Rides

The Denver area experienced a rather mild winter, which means you could have kept riding your bikes long after the regular ride schedule ended. We extend a really big **THANK YOU** to **Bill Orchard**, for scheduling the Winter Fun Ride Show and Go's and New Year's Day Ride, and to **Donald Schmertz**, for the Winter Road Rides. Both **John Mues** and **Melba Bouquet** kept the Wednesday Fun Rides and Roses Rides happening. Thanks to these volunteers, we have a year round schedule.

### Free Bike Boxes to Loan

The club has a number of hard sided bike boxes that are ideal for travel. Contact Gaar Potter, 303-691-0938, or [gaarpot@mho.com](mailto:gaarpot@mho.com). Thanks to Tom Hurja, who was the bike box custodian for several years. And Thanks to Gaar for taking over another important job.

### Handle Bar Grips

by Darlene Dietzler

I stopped by and visited The Cherry Creek Bike Rack, operated by Campus Cycles. They are providing a much needed service for people who ride their bikes and work in the Cherry Creek area. They provide all day free bike check and a clothes changing room. Sorry, no showers. Location: 171 Detroit Street, next to the Janus Funds building. They also rent bikes.

While visiting with Jeff, I learned of the Ergon Handle Bar Grips, designed for people who have carpal tunnel syndrome. If you are experiencing carpal tunnel syndrome or other wrist problems, and are looking for a way to ride more comfortably, go to Campus Cycles, 2102 So. Washington St. (Washington and Evans). Ergon makes several styles in both men's and women's sizes. Price is around \$35.

**NEWSLETTER VIA EMAIL...The newsletter is available by email. If this works for you, send your email address to [webmaster@dbtc.org](mailto:webmaster@dbtc.org).**