



The Colorado Bicyclist

June 2006

DBTC MEMBER SURVEY SUMMARY

The Board is surprised and pleased by the breadth and depth of the response to our recent member survey. A lot of thought went into the responses, as well as a little bit of venting and frivolity. We would like to thank all respondents, and will do our best to keep your input in mind in all of our efforts.

1. How did you find out about DBTC? Do you have any marketing suggestions? Word of mouth, maps, newsletters and bike shops are the most common club entry points.

Marketing ideas were very good. Leading suggestions were:

- 1) Team up with events, offering training and swag bag material.
- 2) Specialize in being the friendliest club, don't try to be all things.
- 3) Man booths at events, distributing fliers and selling maps.
- 4) Adopt a bike path.
- 5) Continue to nurture our rapport with bike shops.
- 6) Distribute flyers at more public places. *We are starting with an REI presentation and a booth at Bike To Work Day. We expect to have a new brochure ready for those and other events.*

2. How can we improve our rides? Many concerns were expressed about procedure. Bill Orchard's guidelines are apparently not being universally followed. Introductions, regrouping, crossing procedures and fear of being dropped were mentioned as concerns. More weekday and evening rides were suggested. Lack of organized lunch was also mentioned.

We are expanding our evening ride schedule, and will work towards developing a ride leader clinic, both to encourage new leaders, and emphasize procedures.

3. How can we get more members to lead out of town rides? Pecuniary incentives were widely mentioned. Planning support was also mentioned. Suggestions included defining rides, asking for volunteers to lead and coupling out of town rides with existing events.

4. Should we increase our emphasis on harder rides such as the paceline rides?

Most surveyed weren't interested in faster or "paceline" rides. Several responders requested some longer slow rides.

We will try to keep frequent intermediate and road rides. Please volunteer to lead if you enjoy these rides!

5. How do we improve our social activities and how important are they? There is general enthusiasm for this aspect of our club and substantial sentiment for more social activities. A couple of respondents mentioned a "cliquish" aspect to some gatherings.

We will try to encourage and support more off-season events. Board members will be on the lookout for "off-standers" at our functions to engage and introduce them.

6. How should DBTC participate in cycling advocacy groups? The general consensus is guarded. Yes, it is important, but it is up to members rather than the club itself to participate. Yes to information and support to members, but no to active advocacy and major financial support.

7. Are volunteer and charitable events important? Members want to be informed and supported, but no, they don't seem to desire more official club action. Many expressed liability concerns. Don Pearson's Full Circle Program is very well regarded by members.

8. How can we improve our website? Comments were generally positive. "Continue

to improve it!" Suggestions included bulletin board and forum.

9. How can we make ride leaders' job easier and more enjoyable?

Maps appear to be hassle for some would-be ride leaders. Training (clinic?) and mentorship would bring more leaders off of the sideline. Lessons learned need to be shared somehow, rather than repeated.

10. How do we convince more members to help with all club functions?

ASK ASK ASK. Many said they have never been specifically asked. General requests have little effect, but specific requests and actual contact would be much more effective. There is a general desire to help, and a natural wariness of the unknown.

We will reach out, and try to be more specific about our volunteer requests.

We all want to improve your experience as a club member. Please contact your favorite board member with your concerns and suggestions. Board meetings are open to all members. Dates and times are published in the newsletter. Don't wait for the next survey!

WHAT A SIMPLE SOLUTION

Carl Gaspar

We're always looking for a way to avoid driving in the garage with bikes on top, we've done it twice. This morning Patty hit on the perfect solution, when we pulled the car out to load the bikes we simply moved the trash can in front of the garage door (on the inside), no way we'd drive over the trash can. We'll simply do this every time we load bikes.

DBTC PICNICS

July 15 - Clement Park

August 19 - location to be determined

DBTC's Officers

- President**
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- 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
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- WebSite**.....http://www.dbtc.org

Borad Meeting

Any member wishing to attend a board meeting is welcome to attend. The next board meeting is Monday, June 5, 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 secretary@dbtc.org or 303-691-0938 so that your topic can be placed on the agenda.

President's Comments

by Cindy Ferry

Colorado has some of the best cycling in the United States. A recent ban limiting riders in bicycling events was lifted.. The grass is turning green and gardens are blooming, which also means wildlife will be all around. Thus, sight seeing will make a good ride even better. Colorado is home to many different species, some friendly and others not so friendly. With some information from the Division of Wildlife, I have tried to give riders a good idea of what to expect while riding in Colorado.

The multi use paths are popular for both humans and animals. Although rabbits feed at night, you may see them in bushy areas during the day. They hide in tall grass and their camouflage and quickness keep them safe. If startled, they may bound across a path, and that can be startling to a biker.

You may see many Albert's squirrels. Abundant in number, these shy animals will be everywhere. The squirrels, along with skunks, venture out into the town and sometimes are killed, which can be unpleasant when road biking. Also abundant in number, is the prairie dog. They are either white tailed or black tailed. They live in burrows called towns. The noise they make is a bark, which is to warn other prairie dogs of predators. The burrows are also homes to rattlesnakes and owls, so keep your eyes open when in these areas. If you're touring in the mountains you may be lucky to see chipmunks, porcupines, ground squirrels, gophers, mice, beaver, or muskrat.

The predators are now mating and giving birth; this is when the animals are most protective. Take precautions if you do see them. The least threatening are raccoons and fox. Found in suburbs near water and pasturelands, they den in burrows, hollow trees or logs. The more aggressive predators include coyotes, black bears and mountain lions. These animals are discrete and rarely seen. When hunting, they follow deer into pastureland, which allows them to be seen. The Black Bear searches for fresh

grass in the spring. Bears are 90% vegetarians and seldom hunt. It is illegal to feed bears and advisable not to come between a cub and its mother. Give them their space, back away quietly and never look them in the eye. They may feel threatened and cause them to attack. Mountain lions do not like to be seen by humans, it is possible they have seen you. There are approximately 4,000 mountain lions in Colorado. If you ever see one, do not run, as they may hunt you down. Stand up straight, make yourself look as large as possible, make lots of noise and remain as calm as possible. Mace can be used against these large animals if they do get too close. It is advisable to travel in groups and leave the pets at home.

In the mountain areas, deer, elk, moose, bison, pronghorn, big horn sheep and mountain goats maybe seen in herds or small groups. These are vegetarians and do not hunt. They can be territorial so do not get too close.

The large variety of birds is another subject. You have the small nestling birds like the finch or robin, to the larger flocking birds including ducks and geese. Bird watching is quite popular in Colorado. Guides to animals and safety in the wild can be found in the local libraries or by calling the Colorado Division of Wildlife.

STATE PATROL ENDS CAP ON BICYCLING EVENTS

The Colorado State Patrol said it will not limit the number of riders in large bicycle tours after reaching an agreement on safety measures with event organizers. The agreement calls for more rider education by event organizers and stricter enforcement of traffic safety by the patrol. Removing the cap of the number of riders was a result of cooperative efforts between the State Patrol, the Colorado Department of Transportation, Bicycle Colorado, and the cycling community.

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

June 4
Elephant Rock Ride
www.elephantrockride.com
Castle Rock, CO

June 10
Red Canyon Century
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
Dayton, WY

June 17
Greenwood Goosechase
www.goosechase.org
Greenwood Village, CO

June 17
Starlight Spectacular
www.starlightspectacular.org
Colorado Springs, CO

June 18-23
Ride the Rockies
www.ridetherockies.com
Cortez - Cañon City, CO

June 24
Tour de Prairie
www.cheyennecity.org
Cheyenne, WY

June 25-July 1
Bicycle Tour of Colorado
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
Parker - Canon City, CO

July 8
Triple Bypass
www.teamevergreen.org
Bergen Park, CO

July 22-24
Courage Classic
www.couragetours.com
Leadville, CO

July 23
Colorado-Eagle River Ride
www.vailvelo.com
Beaver Creek, CO

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

July 23-29
RAGBRAI
www.ragbrai.org
Sergeant Bluff, IA - Muscatine, IA

July 29
ESCAPE Ride
www.s-cap.org
Buena Vista, CO

August 11-12
Tour De Steamboat
www.rockypeakproductions.com
Steamboat Springs, CO

August 19
Stonewall Century Ride
www.spcycling.org
La Veta, CO

August 19
Moonlight Classic
www.moonlight-classic.com
Denver

August 26
Ride for 65 Roses
www.ridefor65roses.org
Boulder, CO

August 26
Tour de Cure
www.diabetes.org
Longmont, CO

August 27
Tour of the Valley
www.discoverourtown.com
Grand Junction, CO

August 27
Horsetooth Double Dip Bicycle Challenge
www.ratride.org
Fort Collins, CO

September 9
Aspen Ride for the Cure
www.aspenrideforcure100.com
Aspen, CO

September 10
Buffalo Bicycle Classic
www.buffalobicycleclassic.com
Boulder, CO

September 16
Tour of the Vineyards
www.emgcolorado.com
Palisade, CO

October 6-8
Moab Century Tour
www.skinnytirefestival.com
Moab, UT

FRISCO WEEKEND

August 11, 2006 through August 13, 2006

CYCLING AROUND NORTH DAKOTA - MISSOURI RIVER RIDE

August 6, 2006 through August 12, 2006
7 Days Road Touring - 410 miles - Cost \$125

The ride is organized by the state of North Dakota along the Missouri river to celebrate the grand finale of the Lewis & Clark Bicentennial. The cost is only \$125 and includes: sag, luggage hauling, map, shirt, camping with hot showers, rest stops, week-long vehicle parking, mechanic & medical support.

For more information go to www.parkrec.nd.gov or www.nbtda.com the National Bicycle Tour Directors Association site and scroll down to the event.

Elfriede Shoemaker, as a member of the out-of-town tour committee, is coordinating car-pooling from Denver for those interested in participating. She can be reached at 720-922-0220 or elfriedetraveler@msn.com.

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 (9-10 miles round trip to a beautiful waterfall, good trail all the way, several stream crossings-need to walk across logs to cross the stream, shorter option is to turn around early and not go to the falls), an Intermediate bike ride on Saturday (ride around Lake Dillon, over Swan Mountain Rd and into Breckenridge for lunch and shopping, back to Frisco directly on the bike path) and a canoe or kayak trip on Lake Dillon on Sunday (4 hour canoe or kayak trip on the Lake).

Cost will be \$100/person and will include hotel (on Main St. in Frisco) with refrigerator/microwave, 2 beds, daily continental breakfast, happy hours and miscellaneous food offerings. Lunch and dinner will be on your own. Participants will need to pay for their boat rental costs - info will be provided to participants after money and OOTT forms received. Any leftover funds will be evenly distributed to

participants to use toward boat rental costs. The trip will be limited to 20 people and the rooms will be double occupancy - indicate your roommate or Ellen will match you with someone. If a roommate is not available, cost for a single is \$172. Ellen would like everyone to stay at the hotel - if you want to stay elsewhere (RV park, etc.) contact Ellen to discuss options and rates.

Participants must have an active email address - all trip coordination will be via email. There will be no sag support - we'll need to all be prepared, and be willing to help each other out. Participants must be members of DBTC. Go to www.dbtc.org for membership info.

To register, send a \$100 check made out to Ellen Chilikas and all of the OOTT forms from the DBTC website to Ellen with you email address and phone number. Ellen's address is: PO Box 471803, Aurora, CO 80047. Registration is first come, first served. Checks and forms need to be in no later than Friday 7/14.

Contact Ellen at outdoordiva@comcast.net with questions.

Riding on the Backs of Others!

A ride perspective by Jeff Baysinger

Everyone in DBTC is doing this. It is fun! And this practice is not only okay, but encouraged! That is how we succeed. DBTC wants you to do this!

What I am talking about is getting out for the scheduled DBTC rides and using the local bike paths. There are two aspects in this statement. Both aspects recognize the background intentions of other people. First are the people who had the foresight to work for the creation of local bike paths. As an example, many DBTC riders by now are familiar with the Mary Carter Greenway. This is a section of the Platte River trail north of Chatfield Reservoir. Riding these paths is an honor and tribute to historical people who have worked for the path creations. Your happiness riding on the path fulfills the vision of these people!

Second are the volunteers in DBTC who ac-

tively put together a monthly schedule. This is a team of people. The volunteers make the contacts, set the schedule, get the newsletter published, operate the web site, take care of the books, and perform other mundane tasks which you don't have to worry about. All of this is done to get you out. You complete their jobs by getting out. At the bottom rung, or top rung depending on this perspective, is the actual leader. When you get out for the rides, you make all these people happy. Your riding is on the back of others.

Finally, one last point deserves mention.

When you get out for a ride on the backs of others, give yourself a pat on the back. There is a lot of popular psychology around today regarding a need for coaches: there are exercise coaches; there are fitness coaches; and there are even "life" coaches, whatever these nebulous purveyors may be. All this talk about

you needing a "coach" borders on psychological nonsense. Instead, look at riding on the backs of others as a personal promotion. You are now your own coach. You make the decisions. You decide the trail ride. Your health and fitness builds with every ride you take. You can talk and learn many things from your DBTC riding companions. And you are making many people happy by riding on the backs of others! Have fun doing it!!

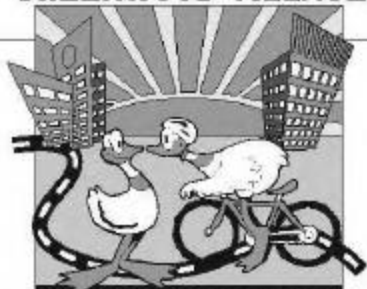
First DBTC Ride

by Gordon Bonger

I enjoyed my first ride as a DBTC member on Sunday. I enjoyed it immensely and look forward to many more in the future. I went with John's group on the west side of town. I was wondering if there are any other members who may be interested in Monday evening rides. I am an over the road truck driver and I am only home Saturday night through Tuesday evening. Unfortunately, this leaves out Saturday and Wednesday evening rides for me. My level at the moment is fun to intermediate rides. My goal is to train as much as possible, as I have a special ride in mind hopefully in September. My goal is to ride from my home at I-70 and Tower Rd to Ft. Collins in one day.

Last June, I was unexpectedly admitted for open heart surgery due to an enlarged aorta. I had no symptoms what so ever, and thanks only to a work injury requiring chest x-rays, was this discovered. If it hadn't been, my life expectancy was 3 years at most. I decided then that life had given me a wonderful second chance, and I intend to take advantage of every minute!!! Years ago I was involved in long distance riding, but got away from it. It was obvious to me one of the first things I was going to do was get back to what made me happy. Bike riding. Not to mention the exercise and health benefits I will once again enjoy from it!! This September ride is to celebrate adding 40 years or so to my life expectancy!!! And simply to celebrate life!! If anyone out east knows of some good training rides on the flat side of town, could you please let me know. Thanks, and I look forward to meeting many members. 303-360-8640

11TH ANNUAL GREENWOOD VILLAGE



GOOSECHASE
2006

SATURDAY JUNE 17TH

Greenwood Village City Hall, William McKinley Carson Park
6060 S. Quebec Street, Greenwood Village, CO

15, 30, 42 mile cycling routes for all skill levels
5K and 10K walk/run

\$27 Adults (\$32 Event Day), \$10 Children 6-12 (Kids 5 & under free)

Benefits:

- Sungate Children's Advocacy & Family Resource Center (working with abused children)
- Sidelocks for Sight (raises guide dog for the blind)
- Arapahoe Rescue Patrol (aiding in search and rescue)
- Greenwood Village Chamber of Commerce

Fee includes GooseChase T-shirt, lunch, prizes, family entertainment, goody bags & more

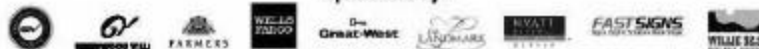
Call the GooseChase Hotline: (303) 486-1555

or the Greenwood Village Chamber of Commerce: (303) 290-9922

e-mail: info@gvchamber.com • web: www.goosechase.org

Register on-line: www.active.com (thru 6/16 noon - 5% charge for on-line registration)

Sponsored By:



BIKE TO WORK DAY

by Gaar Potter

Every day is a potential bike to work day. On June 28th, it is official. This is OUR day so let's make the most of it!

Start now. Talk to your friends at work. You will find that the easiest thing about biking to work is thinking of an excuse not to do it. Answering excuses frees people to think of possibilities rather than limitations. Your example of riding to work now answers many of the excuses that are peculiar to your workplace. Your knowledge of bike routes provides answers to other excuses. Your allies at RTD and in Denver government answer many other excuses. A bike brings light rail and bus lines

close to most workplaces. Go to the RTD website to learn the rules and get a permit. The DBTC map and the Denver website show bike-friendly streets that can usually be woven into a safe and efficient route. Take your map to work and show your colleagues how they could make the ride. Invite them on a Fun Ride to shake down their legs and other equipment.

Be sure to promote DBTC in all of your bike to work efforts. Wear your DBTC jersey and socks. Whenever you take off your helmet, wear your DBTC hat. Attend and or volunteer for our events. On June 22nd, at 7:00

PM, at REI, Jeff Baysinger and others will be making a presentation on using Denver area trails to commute to work. If you would like to help, call Jeff at (303) 969-9241. Otherwise, just show up and cheer! On Bike To Work Day, Cindy Ferry and others will (wo)man a booth at Civic Center Park. Drop by and check out our booth. Call Cindy at (303) 274-9454 if you would like to help.

Take your backpack! There is lots of free stuff being handed out along bike paths and at the Civic Center event. Be an evangelical for biking in Denver and for the DBTC. And oh, by the way, enjoy the ride!

Texas Hill Country April 2005

By Ellen Chilikas

Twenty-five DBTCers spent a week cycling in the hill country of Texas in April. We had great weather - cloudy cool mornings followed by mostly sunny afternoons. Our temperatures peaked in the mid 80's - the following week the temps hit 100 so we considered ourselves quite lucky. We were based out of Fredericksburg which is a great town with German heritage, several biergartens, lots of shopping and the Nimitz Museum.

The routes varied in length from 20 to 50 mile and traversed beautiful back country paved roads, passed by ranches and farms, meandered next to rivers, climbed more than a few short steep hills and, unfortunately, crossed over more than 80 cattle guards! On our rides we visited the tiny town of Luckenbach (remember the Waylon and Willi song?), the LBJ ranch and an apple store in Medina that served apple pastries a la mode (we spent a bit of time there!). While the patches of wildflowers we saw were beautiful, the drought has decreased the number of blooming flowers.

Besides our daily bike rides, we entertained ourselves at several happy hours where food and adult beverages were consumed with gusto, by visiting local museums and wineries (some with surprisingly good wines), climbed up and around Enchanted Rock, ate at many fine Fredericksburg eating establishments, and enjoyed a delicious group meal at a local German

restaurant. Our hotel, which was less than a mile from downtown, provided breakfasts, large rooms and a pool and hot tub for our use.

John Campbell and I (the fearless ride leaders) thoroughly enjoyed leading such a great group of people on a beautiful ride. We encourage the club to repeat ride - spring and fall are the

best times to visit - we will act as consultants to future tour leaders. All of the tour materials, including detailed maps, directions and elevation profiles, are available from the Out of Town Tour director.



June 2006 Ride Schedule

Summer is coming! Rides will be cancelled in case of rain or hail. There are beautiful rides throughout Denver, but we're at the base of the Rockies and there are several rides in the mountains so we suggest you look through the schedule and note your calendar so you can be there. Details are in the schedule. You can use the yahoo groups to set up carpools so you don't have to drive to Dillon or Rocky Mountain National Park by yourself.

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@yahoo.com and receive emails to keep you updated on the DBTC activities. Mountain bikers go to COMtnbikers-subscribe@yahoo.com.

Wednesday FUN ride leaders needed contact John Mues JCMues@aol.com or (303-795-6167). If you have a ride (Wednesday or any other day) you think we should be offering, please contact the appropriate ride coordinator and they'll be glad to help you put it together. They have maps, instructions on how to be a leader, offer moral support and are generally nice people you'll enjoy. The complete listing of coordinators is on page 2 of the newsletter. You're assistance is what makes this a vibrant club.

MTB Evening Rides Continue

Weather and trail conditions permitting join the Wednesday evening rides. See the schedule for meeting locations then look for the DBTC crew.

Novice Mountain Bike Riders! The beginning skills rides are continuing. Please check out the June 3 and June 11 rides. These rides will help build strength and confidence. Additional updates will be posted on the e-mail group, subscribe for the updates by sending a message to COMtnbikers-subscribe@yahoo.com

DBTC at REI and Bike to Work Day 2006 In advance of Bike to Work Day, DBTC will make a presentation on using local trails for commuting on June 22nd, 7:00 PM, at the Denver flagship REI. If you can volunteer for this evening event, please call Jeff 303-969-9241. DBTC also will be supporting Bike to Work Day 2006 on June 28th. A number of events will be happening about town. .

Summer Evening Recreational Rides FUN/INT-1/2/3-20/25 We are scheduling "show and go" rides in the Denver area for the months of June, July, and August. They will be similar to the winter rides in that the riders who are there will determine the distance, type of ride and decide where to go for dinner afterwards. The rides will average a distance of 20 to 25 miles. Please arrive at the start site by 5:45 for a prompt departure at 6:00 PM. The rides will be cancelled in the event of thunderstorms.

START LOCATIONS:

NW - Confluence Park (Cherry Creek Trail at Platte River)

NW - Prospect Park (near 44th and Robb)

NW - Westminster City Park (west parking lot near 104th and Sheridan) - wider tires suggested

SE - Goodson Recreation Center (near University and Arapahoe) - wider tires suggested

SE - South High School (NW parking lot near Louisiana and Franklin)

SE - Village Greens Park (lower parking lot near Dayton and Union)

SW - Bowles & C-470 (SW corner of parking lot at Wal-Mart)

SW - Carson Nature Center (near Mineral and Santa Fe)

SW - Stone House Park (Estes south of Yale)

Road Ride Tuesday Morning Climbs We'll continue the show and go rides every Tuesday morning at 6:30 AM. Meet at the parking area by the 'twin chimneys' on 19th street in Golden. Enjoy the 4-mile climb to Buffalo Bill's grave and back - as many times as your morning schedule allows. Essentially no traffic, and no better morning view to enjoy!

Road Ride Evening Rides Wednesday Evening After-work Road Rides: Get in a one-hour training ride after work with two different options. The show-n-go rides begin at 6 PM. Meet at the parking lot at Deer Creek Canyon Road and Wadsworth.

OPTION 1: 17 miles - Enter Chatfield State Park, and go left to the top of the dam then back through the park to Titan Road. Go right and continue to Waterton Road where you will take a right. Continue to Wadsworth, take a right, and head back to the parking area.

OPTION 2: Enter Chatfield State Park, and go left to the top of the dam. Down the other side and back up as many times as you like for an hour of interval climbing. Back to the parking area when you've had enough.

Thursday June 1st FUN/INT- SE 6:00 PM Village Greens Park

Saturday, June 3rd FUN-2-22-NW-9:00AM Meet **Bill Orchard** (303-422-9468) at the new Majestic View Park Trailhead Parking Lot for the 5th Annual "Arvada Celebrates Its Trails" bike ride for National Trails Day. (Directions: Take I-70 to Wadsworth, north to 72nd Ave, west to just past Carr St, parking lot is on the south side.) The group will head west along Ralston Creek Trail to the snack stop hidden near the Arvada Reservoir. Along the return trip that follows Little Dry Creek Trail, the group will have an educational stop at Two Ponds NWR before returning to Majestic View to enjoy more of the event. 22 miles, no hills . . . but a few changes in elevation. See <http://www.arvadafestivals.com/> for more information on the event.

FUN-2-20/30-W-10:15/11:00 A.M. Dale Trone (303-981-9161 cell) The long option will leave Dillon Marina at 10:15 and ride across the Dillon Dam towards Frisco.(We plan to leave promptly. If you are running late, meet us at Frisco Marina for short option at 11:00) From there we will continue to Breckenridge for a lunch break and return. Since the ride starts near a lakeside picnic area, you might consider packing some snacks and a cooler for a scenic after ride recovery drink tailgate!!!

INT-2/3 -35 8:30 am Meet **Mary Gallager** 303-907-4621 at the Littleton-Mineral park-n-ride (behind Panera's) and ride up

June 2006 Ride Schedule

- Saturday, June 3rd** the Platte to the Bear Creek Trail, through Bear Creek park to Morrison, up Rooney Road and Dinosaur Ridge and then back through the Bear Creek Trail and return via the C-470 trail. Lunch optional after the ride.
Road-3/4-40-W- 8:00 AM Meet **Donald Schmertz** (303-233-0840) at the Bergen Park-n-Ride for an up and over Juniper Pass (cat 4) to Idaho Springs, and back by Floyd Hill. We will re-group at the top of the climb and again in Idaho Springs.
MTB Training P2, T1-2 9:00 AM, South Valley Park, a continuation of the beginning mountain bike rides class in this pretty park! Please join **Cathy Perkins** (303-980-6738) and **Richard Gieseler** (303-722-1475) who will assist any and all novices!
- Sunday, June 4th** **FUN-2-(25,30,12) total 67 miles-NW (8AM, 11AM, 2:30PM)** Starting at Prospect Park, join **Merri Bruntz** (303-517-9781) for one, two, or all three of phases of her **FUN Segmented Metric Century** ride as she ventures around the Clear Creek trail, Arvada Reservoir and Golden.
8AM Prospect Park to Arvada Reservoir and back (25 mi)
11AM Prospect Park to 88th and Colorado along the Clear Creek trail and back (30 mi)
2:30PM Prospect Park to Golden and back (12 mi)
FUN-2-28-SE-10:00 AM SOUTH HIGH OR JAVA CREEK Meet **Bob Shedd** (303-733-2815) at South High School (Louisiana & S. Franklin) parking lot promptly at 10:00 and proceed to Java Creek Coffee Shop (287 Columbine in Cherry Creek North) to collect a few more riders at 10:20. The ride will proceed on easy streets through East Denver to Stapleton where we will ride on the brand new Westerly Creek Trail. Return route by way of City Park and Capitol Hill. A different ride for us! Optional lunch afterwards.
MTB P3, T3 9:30 AM White Ranch from the lower east lot. Take Hwy 93 about 3 miles north of Golden, then go 1 mile west at the (56th Av) park sign. **Jeff** 303-969-9241
- Tuesday, June 6th** **Road Morning Climbs 6:30 AM.** Meet at the parking area 19th street in Golden.
FUN/INT-6:00 PM NW - Prospect Park
- Wednesday, June 7th** **"Roses" 1-12, SW, 9:00 AM** NOTE NEW TIME! Meet **Judy Deist**, 303/841-4792, at the Waterton Canyon parking lot. South on Wadsworth past Chatfield Reservoir, left on Waterton Rd. 1/4 mile to the parking lot for a ride up the canyon on an unpaved road alongside the Platte River to the dam and return. Bring a snack and money for a restaurant lunch after the ride. Questions, call Judy or Melba Bouquet 720/493-0564.
FUN-2-29/34-SE-9:00AM Join the Wednesday crew at Village Greens Park (Location: lower parking lot at the corner of Dayton and Union) for a ride down the Cherry Creek bike path to REI for a break. Return trip includes option of loop around Cherry Creek Reservoir. Lunch afterwards is at a nearby restaurant. Call John (303-795-6167) for details.
ROAD Varies 6:00 PM Show-n-go Meet at the parking lot at Deer Creek Canyon Road and Wadsworth.
MTB P2, T2 6:00 PM, Rain or Shine, **Fat Tire Eve Party**, last spring Green Mtn evening ride in Lakewood, starting at Peter Bain's house, 13523 W. Virginia Dr, Lakewood, 80228, phone 303-984-4436. The route tonight will be exploring the new trails on the north side, followed by cool brews and order out pizza to celebrate after!
- Thursday, June 8th** **FUN/INT-6:00 PM NW** - Confluence Park
- Saturday, June 10th** **FUN-2-25-SW-8:30 AM** Meet **Dave Noble** (303-694-2008) at Dekoveland Park (on University, just north of Arapahoe Road). The ride will be a scenic loop from the park through Littleton neighborhoods, along the Highline Canal, across Chatfield Dam, and return via the Platte River Greenway and the Lee Gulch Trail. Wider tired bicycles are better because much of the ride will be on pea gravel.
FUN-3-26-NW-9:00AM Meet **Curt Pellegrin** (303-522-3592) at the Broomfield PNR at 120th and Wadsworth. He will take the riders to Louisville, Boulder, Marshall, Superior, and Interlocken. The ride is on bike friendly streets and country roads and includes many scenic views of the Front Range. Lunch afterwards is optional.
INT -2-30/40-Central Denver- 8:00 AM Meet **Ellen Chilikas** (303.750.5099) at Racine's (650 Sherman St, Denver, near 6th and Speer) for a brunch bike ride. (Please note that parking is restricted here on Saturday's so you will need to park in a nearby neighborhood and ride to the restaurant. Please arrive early to park so that we can leave promptly at 8am). We'll ride to Bear Creek reservoir and back. Ride will be at Intermediate pace (12-15mph). Brunch afterwards on the patio at Racine's.
- Sunday, June 11th** **FUN-2-30-NW-09:30AM** Meet **Hugo Mansilla** (303-422-8631) at the picnic tables in back of Prospect Park (44th and Robb) for a ride down Tabor to 52nd Ave. and then, north on Indiana, Fig and Eldridge to 64th Ave. The ride will cross 64th and

June 2006 Ride Schedule

- Sunday, June 11th** continue to 72nd and then turn south on Quaker. After a turn on 64th to Easley, 44th, and McIntyre, the riders will return to Prospect Park by following the leader to Indiana, Eldridge, Denver West and etc. Lunch is optional.
FUN-2-18-SE-1:00 PM AFTERNOON ICE CREAM RIDE!! Join **Nadean Kruse** (303-988-8186) in Cinderella City area in the parking lot between Petco & Ross stores. (Take Hampden, go north at Galapago, take first right into shopping area) We'll take a leisurely adventure and unusual route that uses bike paths and the Highline Canal(gravel path). After ride, we'll reward ourselves with a super-duper ice cream treat!
Road-3-47-NW- 8:30 AM Meet **Steve Ingraham** (303-756-7847) in the parking lot at the NW corner of Sloan's Lake, Sheridan Blvd at 25th Street. The group will do a 47 mile loop ride to Arvada Reservoir, downtown Golden, Dinosaur Park ridge, Bear Creek Park, and Crown Hill Park. Lunch at a nearby eatery after the ride for anyone interested.
MTB P1-2, T2 9:30 AM Evergreen Lake, Alderfer/Three Sisters, Dedisse Park Loop Meet **Lin Hark** (303 507-3502) at the Evergreen Lake House parking area for a ride around Evergreen on mostly dirt and some pavement. This is a good ride for anyone who is afraid they cannot keep up! Lin will ride at a slower pace and regroup often. We will ride the lower trails through Alderfer. More advanced riders who would like to ride Evergreen Mtn can start with the group and rejoin for lunch in Evergreen.
- Tuesday, June 13th** **Road Morning Climbs 6:30 AM.** Meet at the parking area 19th street in Golden.
FUN/INT-6:00 PM SW - Bowles & C-470
- Wednesday, June 14th** **FUN/INT-2/3-25/40-W-9:00AM** Join the Wednesday crew at the public parking lot behind Beau Jo's in Idaho Springs for a ride up the I-70 frontage road to Georgetown. Optional ride to Bakerville for those who wish for additional mileage and difficulty. Lunch at Beau Jo's afterwards. Call John (303-795-6167) for details.
"Roses" 1-20, SW, 9:00 AM Meet **Dave Grimes** 303/986-7666 at the "tennis bubble", Bowles and Federal and the Platte River for a ride north along the river, then Bear Creek. Bring a snack, and money for a restaurant lunch following the ride.
ROAD Varies 6:00 PM Show-n-go Meet at the parking lot at Deer Creek Canyon Road and Wadsworth.
MTB P2-3 T2-3 6:00 PM, Evening ride, Note the Move! Lair o'the Bear, about 5 miles west of Morrison. Hwy 74, south side of road. Red Rocks grill after.
- Thursday, June 15th** **FUN/INT-6:00 PM SE** - South High School
- Saturday, June 17th** **LEISURE-1-25-SE-8:30 AM JUNETEENTH 5 POINTS RIDE** - Meet **Gaar Potter** (303-691-0938) at Congress Park Pool (enter off of S. Josephine, 1 block north of 8th Ave.) We will meander north to the 5 Points area and dodge the parade. You will be please by quiet, shady streets and beautiful old homes.
FUN-2-32-8:30 AM CHERRY CREEK MALL RIDE Meet **Tom Tobiassen** (303-915-2351) at Treads Bicycle Outfitters, north side parking lot 16701 E. Iliff Ave.(northeast corner of Iliff and Buckley) for a springtime ride to Cherry Creek Mall and return via the Cherry Creek , Highline Canal And Tollgate Creek Trails.
FUN-2-26-NW-9:00AM Starting at the Prospect Park picnic pavilion (44th and Robb in Wheat Ridge), **Jeff Jones** (274-4882) will lead a ride that travels along three major creek systems on designated bike paths and visits parts of Wheat Ridge, Westminster and Arvada. Highlights include a stretch along a popular golf course with spectacular views of the mountains west of Boulder and another stretch through the aptly named grounds of Majestic View Park. The few hills in this ride are brief providing for a ride over mostly easy terrain.
INT-3-30-NW-09:00AM Meet **Curt Pellegrin** (303-234-9998) at the picnic tables in back of Prospect Park (44th and Robb). Curt will lead the group north to the Ralston Valley HS, west on 80th to Highway 93. After a stop at White Ranch trailhead, we will head into Golden, then east on 44th to Easley Road. From Easley, we will turn east onto 54th, and return back
Road-3/4-42-SW/W- 8:30 AM Meet **Diane and Carol** (303-758-8495) at the parking area at Deer Creek Canyon and Wadsworth for a morning climb. Up Deer Creek Canyon to Evergreen - includes the High Drive climb - back past Tiny Town and down Deer Creek Canyon to parking area. Planned stop at the Baskin & Robbins in Evergreen.
MTB P3,T3 9:00 AM Pine Valley, an old favorite, meet first to carpool from the Fort park and ride off Colo 8, 2.5 miles south of Morrison, about 0.25 mile north of Hwy 285 **Jeff** 303-969-9241
- Sunday, June 18th** **FUN-2-22-NW-9:00AM** Meet **Bill Orchard** (303-422-9468) at the Olde Town Arvada Park-N-Ride at 55th and Wadsworth (56th Pl & Vance) for his 7th Annual Father's Day Ride. Bill will take the group out the Ralston Creek Trail and up and over the Arvada Reservoir. Eventually he will connect with the new section of the Van Bibber Creek Trail near Long Lake Park

June 2006 Ride Schedule

- Sunday, June 18th** and the noteworthy Churches Ranch Historic District. Look for a snack, photo and an Arvada history lesson here! He will follow the Van Bibber Creek Trail and Ridge Road back to Olde Town where the group will enjoy lunch. Don't forget, fathers ride free!
- 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 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-3-50-NW-8:30 AM** Meet *Gaar Potter* (303-691-0938) at E. Boulder Rec. Center (Take Foothills Parkway exit from Boulder Turnpike, hard right and East on South Boulder Road to 55th. Turn left and wind around the Rec. Center to the NW parking lot). We will go North to Nelson RD and thence up Lefthand Canyon to Jamestown.
- Road-3/4-35-W- 9:00 AM** Meet Jeff (303-969-9241) at the Stone House Park (Yale and S. Estes in Lakewood) for a climbing ride to Genesee Park. 2800' elevation gain - bring your gears!
- Tuesday, June 20th** **Road Morning Climbs 6:30 AM.** Meet at the parking area 19th street in Golden.
FUN/INT-6:00 PM SW - Stone House Park
- Wednesday, June 21st** **"Roses" ride. 1-20 SW 9:00 AM.** Meet *Connie Engelbert* at Writer's Vista Park, between Broadway and Santa Fe on Mineral Ave. So. side at Hi-Line canal. We'll ride the High Line, C-470, Lee Gulch and return. Bring a snack and money for lunch at a nearby restaurant. For info call Connie at (303)904-9288
- FUN-2-13-SW-9:00AM** Join Wednesday's crew at Waterton Canyon trailhead for a ride up the canyon to Strontia Springs Dam. Directions to Waterton Canyon: South on Wadsworth past Chatfield State Park and turn left on Waterton Rd. Trailhead parking lot is 1/4 mile on the left side of the road. Lunch optional. Call John (303-795-6167) for details.
- ROAD Varies 6:00 PM** Show-n-go Meet at the parking lot at Deer Creek Canyon Road and Wadsworth.
- MTB P2-3, T2-3 6:00 PM**, Lair o'the Bear, 5 miles west of Morrison, Hwy 74, south side of road. Red Rocks grill after.
- Thursday, June 22nd** **FUN/INT-6:00 PM SE** - Goodson Recreation Center
- DBTC at REI 7:00 PM** In advance of Bike to Work Day, several DBTC members will make a presentation on using local trails for commuting at the Denver flagship REI. Come and support your club - there will be useful information.
- Friday & Saturday, June 23-24**
- MTB P3, T3 9:30 AM**, Special Friday night summer campout at Indian Creek Campground, Pike National Forest, about 12 miles west of Sedalia, then a 9:30 AM Saturday morning ride along Indian Creek. *Darrell Deering* 303-697-6126
- Saturday, June 24th** **FUN/INT-2-31-SW-8:30 AM** Join *John Mues* (303-795-6167) at the NW corner of the Sante Fe and Mineral Park & Ride for a loop of the Platte River, C-470, and Bear Creek Trails. Bring a snack and we'll have lunch after at a nearby restaurant.
- FUN-2-21-NW-9:00AM** Meet *Howard Bagdad and Janet Tingle* (303-278-0541) at the Golden Visitor Center (10th and Washington) for a ride upstream the Clear Creek bike path to 58th Ave. Then, the ride will cross the bridge over Hwy 93 weaving through Golden to pick up the Tucker Gulch trail which leads to the Clear Creek trail up to Easley Rd. and the Leyden Loop. From there, the ride will return to Golden followed by lunch at the Golden Hotel, if it is open.
- FUN-2-27-SE-10:00 AM ish!! DENVER WINERIES RIDE** - Call *Don Swett* (303-791-5863) or *Ellen Chilkas* (303-617-9985) for exact start time and location. Get all the details to sign up in advance. Thanks!!
- Road-1-33/66-C- 8:00AM/10:25AM Two segment Metric Century.** Meet at the REI Flagship store by the bike racks to participate in one or both legs of this flat 66 mile ride. Meet *Sherri* (720-308-9551) for the 1st leg which will use the Cherry Creek Trail system, and meet *Gary* (303-650-5082) for the 2nd leg which will follow the South Platte Trail system. Both legs begin by the bike racks.
- Sunday, June 25th** **FUN-2-22-SE-9:00 AM 5th ANNUAL TREASURE HUNT RIDE!** Meet *Lois Kahn* (303-758-0092) at Benihana's Restaurant parking lot at Tamarac Square (NW corner of Hampden and Tamarac) Bring your fun & detective skills for a non-competitive(everyone's a winner & we all ride together) treasure hunt ride through Highline Canal, Tech Ctr. and some lovely cycling streets. Solve clues together and come upon the treasure! Lunch to follow.
- FUN-1-30-NW-9:00AM** Starting at Sloans Lake (parking lot at 25th and Sheridan), *Cindy Ferry* (303-425-9454) will lead a ride down 26th Ave to Pierce and then connecting to Clear Creek trail to the Platte River trail. From there, she will lead the group though downtown and east on to the Cherry Creek path to Colorado Blvd for a ride around Washington Park. From there, the group will be returning to Sloans Lake via REI and 23rd Street

June 2006 Ride Schedule

Sunday, June 25th **INT - 2 - 35 - W - 9:00 AM** Join **Jeff Jones (303 274-4882)** at the parking lot across from the Conoco at the Morrison exit off of C-470. Jeff plans a counter-clockwise loop along the C-470 bike path to Chatfield State Park, north on the Platte River bike path and west on the Bear Creek bike path through Bear Creek Lake Park to the start. Besides some scenic terrain the trip will include a break for refreshments at The Oasis On The Platte. This will be a good ride for Fun Riders wanting to increase the distance and pace at which they ride.

Road-3/4-40-W-9:00 AM Meet **Rich Oliver (303-987-2413)** at the Bergen Park-n-Ride for a climb up Squaw Pass. Be sure to ask Rich about his stories from the Giro!

MTB P4, T2 8:00 AM, Fall River Road, Rocky Mtn National Park. Meet **Bob Ahl (303-794-6103)** at the 120th and Huron Street (Wagon Road) PNR. Optional meeting at Estes Park Safeway at 9:00 AM. Ride this road to the Alpine Visitor Center before the road opens for the summer! Out and back, one way 10.7 miles, 3300' gain.

Tuesday, June 27th **Road Morning Climbs 6:30 AM.** Meet at the parking area 19th street in Golden.
FUN/INT-6:00 PM NW - Westminster City Park

Wednesday, June 28th
Special Bike to Work Ride

Bike to Work Day - please wear your DBTC jersey (or tee shirt) and/or DBTC bike socks if you commute on your bike today. Information about planned activities is at <http://www.drcog.org>. This is a great opportunity to act as ambassadors and to introduce people to the club. They can always go to the website - www.dbtc.org for information about the club and to see the schedule.

FUN-2-25-SE-Starting at 7:00 AM meet to enjoy the celebration, or come a little later and ride at 8:30 Join **John Mues (303-795-6167)** at Civic Center Park for the Bike to Work Day Celebration. There will be breakfast stations, with other goodies offered. About 8:30, we will meet near the State Capitol steps to begin a ride that loops around downtown including City Park, Washington Park, and Sloan Lake. Be sure to wear your DBTC jerseys and socks. If you want to bring your bike downtown on RTD or train, contact <http://rtd-denver.org/> for details.

"Roses" ride. 1-20 NE 9:00 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.) This time we'll ride south along the Platte. Bring a snack, and money for lunch after the ride. Questions, call Marge or Melba Bouquet 720/493-0564.

ROAD Varies 6:00 PM Show-n-go Meet at the parking lot at Deer Creek Canyon Road and Wadsworth.

MTB P2-3, T2-3 6:00 PM, Evening ride, Lair o'the Bear, about 5 miles west of Morrison. Hwy 74, south side of road. Red Rocks grill after.

Thursday, June 29th **FUN/INT-6:00 PM SW - Carson Nature Center**

Help Project Full Circle - and get a new bike!

Project Full Circle has a 1989 Cannondale 3.0 road bike that the kids can't ride. But that doesn't mean that the bike is worthless. You could get a new bike and help the kids at Mount St. Vincent's at the same time. The bike is a 54 cm red aluminum frame which has been upgraded with a modern 9 speed drive train. The components are a mix of 105 and Ultegra. The bike is a sweet, but stiff, fast bike that is a joy to ride.

Help the kids and bid on this classic bike! To see the bike call Stuart at 303 433-9041. The highest bid over \$150 (heck the parts alone are worth that much) received by July 15 will get a new (to them) bike and a warm feeling in their hearts.

Send your bids to:
 Stuart Black
 4140 Quitman St.
 Denver, CO 80212 or cyccommute@aol.com

NEW MEMBERS

LOIS MCLAUCHLAN &
 BOB BLACKBURN
 BETH BOHRER
 GORDON BONGER
 LYNN CHRISTENSEN
 LISA DRUMMOND
 LYNN FORSBERG
 LORI HALL
 RANDY & ROSIE HARDWICK
 BARBARA JANSEN
 JOE LASCHOBBER
 CATHY LEIBOWITZ
 VICKI MOLDANE
 JOAN MONTGOMERY
 PATTY PINKSTON
 JACQUELINE RICHIE
 SUSAN RIDZON
 IDA SANSOUCY
 JAMES & SALLY SCHUYLER
 GLENN SULLIVAN
 ED & SYLVIA THORSLAND
 DIANE WHITE

Colorado Mountain Biking Simple Rules of the Trail

- ♦Plan ahead, map the trail, remember rain gear
- ♦Always wear a helmet
- ♦Ride on open trails only
- ♦Avoid riding on muddy trails. Ride through the occasional muddy hole center, keeping single trails a single track
- ♦Leave no trace (and even pick up trash)
- ♦Control your bicycle speed and carefully watch for other users, especially at blind corners
- ♦Be courteous and always yield trail to hikers and horses
- ♦When going downhill, yield the trail to uphill riders
- ♦Call out your passing. As with motorists, bicycle passing is usually expected on the left!
- ♦Pass in a wider trail area and only pass when safe to do so
- ♦Never spook animals

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
303-420-3854

BENT GATE MOUNTAINEERING
1313 WASHINGTON AVE
GOLDEN, CO 80401
303-271-9382
www.bentgate@bentgate.com

BICYCLE PEDAL'R (2 locations)
*2030 E COUNTY LINE RD
HIGHLANDS RANCH CO 80126
303-730-8038
http://www.bicycledalr.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

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)
*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/

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

PEAK CYCLES
801 - 14 th ST. Suite B
GOLDEN, CO 80401
303-216-1616
BikeParts.com

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

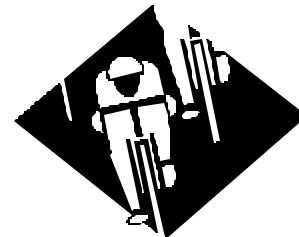
SCHWAB CYCLES
1565 PIERCE ST
LAKEWOOD CO 80214
303-238-0243
www.schwabcycles.com/
Restrictions: No discount on Shimano
and Campagnolo

SPORTS PLUS
1055 S GAYLORD ST
DENVER CO 80209
303-777-6613
www.sportspiusdenver.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)
*10831 S. CROSSROADS 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.

Practice Safe Sun

Excepted from *One, Spring 2006* A HealthOne Publication

Sunblock: Apply liberally rated SDF 15 or higher to all areas of exposed areas of exposed skin, including areas prone to reflection exposure such as the underside of the chin or neck and behind the ears. For best results, let sunscreen soak into your skin for 20 minutes before going outdoors and be sure to reapply every two hours.

Sun exposure: 10 a.m. to 4 p.m. is the most intense time

Cloudy day cover: Clouds only block a portion of the sun's radiation so you need sunscreen on overcast days.

Hats: Remember the holes in your helmet so use spray-on sunscreens to thoroughly cover the scalp. Wear wide-brimmed hats whenever possible.

Sunglasses: Always wear glasses or goggles in the sun. Polarized lenses are best at blocking out harmful UV rays.

SPF Makeup: Women should apply a layer of sunscreen first and then put makeup on over it, even if the makeup has an SPF sun blocking rating.

SPF-Rated Clothing: Harmful UV rays can penetrate many types of clothing, but there are

clothes that have a SPF 40 or higher rating at many sports stores.

SPF-Enhancing Additives: Washing clothes with an SPF-enhancing laundry additive like SunGuard (sunguardsunprotection.com) can give everyday clothing (or cycling clothes) an UV protection factor of 30.

Tanning Salons: The Journal of the American Academy of Dermatology warns avoid all UV exposure.

Sun Tanning: "There's no such thing as a healthy tan," says Dr. Robert Tuchler, a plastic surgeon and vice chairman of surgery at Presbyterian/St Luke's Medical Center. "Any tanning has shown that the skin has been damaged and the body is trying to protect it."

Altitude: Every additional 1,000 feet of elevation results in a 5 percent increase in the amount of UV radiation received. We get 25% more than at sea level and a whopping 45% increase in Vail.

Self-Tanning Products: If you want the tanned look, use safe self-tanning products such as Neutrogena Instant Bronze Sunless Tanning Foam or Clarins Tinted Self Tanning Face Cream.

From One by HealthOne Spring 2006

Call your doctor right away if you have any of the following symptoms during exercise:

- ✓Shortness of breath for more than about 10 minutes.
- ✓Chest pain or pain in your arms, neck, jaw or stomach. Dizzy spells.
- ✓Pale or splotchy skin, Very fast heart beat or an irregular heart beat.
- ✓Cold sweats. Nausea and vomiting.
- ✓Weakness, swelling or pain in your legs.

Source: familydoctor.org

A MUST HAVE: The board purchased these really great Polar water bottles. They are insulated, keep liquids cold longer, are 24 ounces, have a removable spout for easy cleaning, and are top rack dishwasher safe. Plus they have the recognizable DBTC logo. All this for only \$5. Board members will be selling them.



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