



# The Colorado Bicyclist

April 2007

## The DBTC Ride Ratings What to Expect on Rides

Patty Gaspar

The Ride Coordinators met at my house to start planning for the coming season. Hard to believe, but in February we are working on the April newsletter and the Kickoff Dinner is right around the corner.

We try to keep the rating system easy to understand while giving you an accurate idea of what to expect. The only change from last year in the rating system is that the terrain designation will have an "H" for "hills" - H1, H2, H3 or H4 rather than just a 1, 2, 3, 4 (FUN, 20, H1 rather than FUN, 20, 1.) It isn't the number of hills, but the overall amount of climbing during the ride. A ride along the Platte River Trail is H1. Up Squaw Pass is H4.

The ride leader determines the rating so one person's H2 is another's H3. If you are the ride leader, please rate your ride as you think other riders will view the climbs. If you know there is only one long climb, you might give the ride an overall H2, but, for example, mention the climb up Cherry Creek Dam in the description.

An INT H2 is probably more difficult than a FUN H2 since they are appealing to riders with different skill levels. We encourage ride leaders to accurately label their rides. If you think it will be too difficult for a FUN level rider or you want to ride faster than the FUN speed, ask the coordinator to label your ride a FUN/INT or INT rather than FUN. Lois and Marti, our FUN Ride Coordinators, won't be insulted. If you want it to be an easy ride, label it LEISURE or LEISURE/FUN.

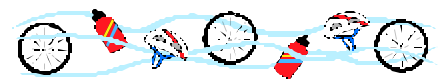
While those of us who have been riding for years know which trails are gravel and which are paved, new riders are sometimes caught by surprise. We'll try to mention in the description that a ride along the Highline Canal is on pea gravel or if a portion of the ride is on gravel. Ride leaders do their best to write an accurate and complete ride description. However, we encourage you to read the description and call the leader if you have questions. As you become more familiar with the trails you will know what to expect.

During spring the FUN rides are usually a bit shorter and easier as many riders are just getting back into shape. Later in the season speeds may pick up and distances lengthen as the riders' physical condition improves. We plan to have a series of evening training rides during the summer to help riders improve their riding skills. It is difficult to become a stronger rider if you only ride on Saturday.

For riders, if you are an INT rider on a FUN ride and want to ride faster than the group, let the leader know. If you take off and get lost, they won't come looking for you. If you are a FUN rider on an INT ride, you may not be able to keep up with the group so you may need to take the map and meet the group at the end. The leader and the riders that show up determine the group dynamics. As a result, what started as a FUN ride may turn into an INT ride, or a FUN ride may seem more like a LEISURE ride. Don't be afraid to try something new, just know you may have to be a little more independent.

Most important, enjoy yourself. Sometimes the ride will be exactly what you expected and sometimes it might not meet your expectations.

We hope that you'll relax and enjoy all your rides. If you are new, you'll get to know the trails and leaders. Remember, you are always invited to put your own ride together. The Ride Coordinators are glad to help you determine a route, write up your description and provide information about how to lead a ride. Plus, if you lead three rides we will have a gift for you at the end of the season.



### Mountain Biking Basics Clinic

Saturday, April 28th 10:00AM

Richard Gieseler is holding an easy mountain bike clinic for those new to the sport or just wanting to pick up a few riding tips. Richard is a leisure biker, so he'll take you on a ride into Bear Creek Lake Park for a brief clinic on riding essentials. The ride will have many re-group points so no one will be left behind. Extreme riders need to find another ride. See the schedule for details.

### Family Bike Ride

Saturday, April 14th 9:30AM

Art Castro

Join us for a family bike ride at Waterton Canyon Park. Riding pace will be moderate. We will ride for pleasure with frequent stops for the kids / parents / grandparents to catch their breath, smell the roses and enjoy the views. Bring water, helmet and snacks for a short picnic. The path has a gentle slope (by Denver standards). For those who choose to ride all the way, the ride will be 12 miles (about 1 ½ to 2 hours of bike riding). Please e-mail or call me at [EnjoyDenver@Comcast.net](mailto:EnjoyDenver@Comcast.net) or 303-386-3295 (before 8 PM) to sign up and/or for more information.

**DBTC's Officers**

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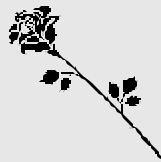
**WebSite.....**http://www.dbtc.org

**2007 Out-of-Town DBTC Trips**

|   |                                |                                 |                                       |
|---|--------------------------------|---------------------------------|---------------------------------------|
| <b>Santa Fe/Taos Multi-Sport Trip</b>   | May 12-19 2007<br>3 Open Slots | John Campbell<br>Ellen Chilikas | jwc@rmi.net<br>outdoorsdiva@yahoo.com |
| <b>Fruita MTB &amp; Colorado National Monument Road Bike</b>                  | May 12-14 2007<br>Open         | Jeff Baysinger                  | jbaysinger@do.usbr.gov                |
| <b>Road Riding in Steamboat</b>   | May 26-28 2007<br>Open         | Diane Short                     | dianbike@eazy.net                     |
| <b>Mountain Bike in Fairplay</b>  | July 20-22 2007                | Jeff Baysinger                  | jbaysinger@do.usbr.gov                |
| <b>Mountain Bike in Crested Butte</b>   | Aug 17-19 2007<br>In Planning  | Jeff Baysinger                  | jbaysinger@do.usbr.gov                |
| <b>MTB &amp; Road, Rocky Mountain National Park Fall River Road Challenge</b> | Sep 8-9 2007<br>In Planning    | Jeff Baysinger                  | jbaysinger@do.usbr.gov                |
| <b>Teton Trek Wyoming</b>   | Sept 9-15 2007<br>In Planning  | John Campbell                   | jwc@rmi.net                           |
| <b>Mountain Bike in Moab</b>  | Oct 3-6 2007<br>In Planning    | Jeff Baysinger                  | jbaysinger@do.usbr.gov                |
| <b>Moad Road Bike &amp; Hike</b>  | Oct 13-20 2007                 | Ellen Chilikas                  | outdoorsdiva@yahoo.com                |

Members are encouraged to combine their love of bikes and travel. All trips need to be coordinated through the OOTT committee at least 90 days prior to the start date, if possible. We won't schedule conflicting trips, so the earlier you coordinate with the committee, the better chance you have at getting the dates and location you want. To coordinate with the committee, send an email to BikeMcClain@aol.com and/or outdoorsdiva@comcast.net.

*Long-time DBTC friend,  
member and rider since  
1998, Pam Yeaman, died  
February 17th.  
Thank you to Dick Krug  
for notifying us*



**W**e want to thank all of our great and loyal DBTC customers, many of who have become good friends, for a remarkable 6 years at the Oasis on the Platte... It has truly been an honor and privelege to get to know you and share the experience that was the Oasis...

**I**f you have the opportunity to stop by our other shop, Romancing the Bean, at the east end of Little's Creek trail (1/4 mi. north of the former Oasis) we promise the same friendly service and great beverages you've come to know at the Oasis...



**Oasis on the Platte**

*Jeannie*

www.RomancingtheBeanLittleton.com

**Board Meeting...**Any member wishing to attend a board meeting is welcome to attend. The next board meeting is Monday, April 2nd, at 6:00 PM at Perkins Restaurant, 1995 S. Colorado Blvd. If you wish to address the board, contact the secretary, Steve Ingraham singraham046@aol.com or 303-756-7847 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 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 we must give credit to the author. 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.

The McKee Medical Center Foundation presents the 20<sup>th</sup> annual

# Community Classic Bike Tour

## Sunday, May 20, 2007

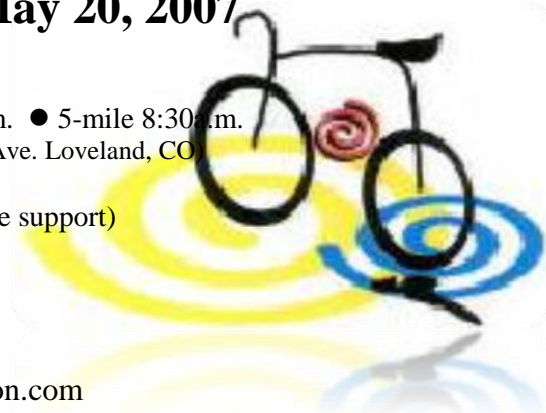
**Routes:** ● 62-mile 6:30a.m. ● 37/30-mile 7:30 a.m. ● 5-mile 8:30 a.m.  
(begins and ends at McKee Medical center, 2000 Boise Ave. Loveland, CO)

**Fees:** (includes t-shirt, breakfast, goodie bag & route support)

Riders 18 & Up: \$50 (\$60 after 4/30/07)

Riders 13-17: \$25 (\$30 after 4/30/07)

Riders 12 & Under: \$10 (\$15 after 4/30/07)



**Maps and Registration:** [www.mckeefoundation.com](http://www.mckeefoundation.com)

**Questions & Volunteer:** (970) 593-6038 – [cheri.lohnes@bannerhealth.com](mailto:cheri.lohnes@bannerhealth.com)

**Sponsorship Opportunities:** (970) 203-2519 – [Rebecca.dakin@bannerhealth.com](mailto:Rebecca.dakin@bannerhealth.com)

100% of your registration fee benefits Pediatric Trauma Care at McKee Medical Center

### Amazing May 12-14 Fruita Riding Trip

By: Jeff Baysinger

Leader: Peggy VanAllen- [p.vanallen@comcast.net](mailto:p.vanallen@comcast.net)

Once again, make plans to join DBTC mountain bike riders for the spring desert extravaganza! Hike, bike, or sightsee as you wish. Plan to leave Denver Saturday morning and return Monday afternoon. Camp in the Colorado National Monument or motel accommodations are available.

Three intermediate rides are planned. These rides will offer 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 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 trail riding at Chutes and Ladders off Road 18. Return to Denver later with your batteries charged.

Please confirm or direct questions to the illustrious leader Peggy VanAllen: [p.vanallen@comcast.net](mailto:p.vanallen@comcast.net) or 303-410-1986. Peggy can offer motel suggestions. Carpooling is also encouraged so if you have passenger space, pass this along. A happy hour and group dinner will be followed by star gazing at the campout on Sunday night. Please check in soon for this fun spring event. Tall tales will be entertained.

### Steamboat Springs Memorial Day Weekend (May 26-28)

Leader: Diane Short

Bicycle the magnificent Steamboat Springs valley and surrounding mountains. Ride Twenty Mile Road to Oak Creek on Saturday with the option to add Yellow Jacket Pass loop (a 65 - 75 mile day with some surprising elevation). Ride Rabbit Ears Pass on Sunday (35 - 65 miles). Ride Yellow Jacket Pass to Oak Creek for a shorter day or option to ride to Gore Pass on your own. On Monday, ride Clark/Steamboat Lake, an out and back allowing turn around as needed for plans to return home. Trip is moderate to advanced/moderate depending on routes. Maps provided for all noted routes. Trip leader will guide each day's ride. Routes may be switched depending on weather. The tour is not sag supported, so bring all the tools you need for tire or bike repair -and plenty of food, water and clothes for the weather conditions.

Cost includes 3 nights lodging (continental breakfast included), social hours, snacks and Gatorade for rides, and maps. Social hour on Saturday from 4:30 PM to 5:30 at the Nordic Lodge. Leftover snacks for Sunday and all other meals are on your own.

For more information contact Diane @ 303-763-9874 or email [dian-bike@eazy.net](mailto:dian-bike@eazy.net). Please fill out the DBTC OTT Registration and Medical form that is available online at [www.dbtc.org](http://www.dbtc.org) and send with your \$180 check made out to Diane Short (not DBTC) to 2634 S. Deframe Circle Lakewood, CO 80228.

## APRIL RIDE SCHEDULE

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

| Pace of Ride         | Difficulty of Terrain                   | Mileage              | Quadrant of City | Departure Time   |
|----------------------|---|----------------------|------------------|------------------|
| Roses - Leisurely    | H1 - Flat                               | This is an estimate- | NW               | Arrive early     |
| Fun - Comfortable    | H2 - Small Hills                        | options may be       | NE               | enough to unload |
| Int - Faster         | H3 - Some Climbs                        | offered.             | SE               | your bike and be |
| Road - Faster        | H4 - Serious Climbs                     |                      | SW               | ready to leave.  |
| ATB- Unpaved Roads   | T1 Beginner to T4 Highly Skilled Riders |                      | W                |                  |
| MTB - Mountain Bikes | P1 to P4 Physical Conditioning Required |                      |                  |                  |

**Rides are cancelled if the temperature is below 40 degrees or it is raining or snowing.**

Finally, spring has sprung and we hope that by the time you read this, the trees are starting to leaf out and the daffodils are in bloom. April weather is still unsettled so we start our regular schedule, but rides can be canceled due to weather.

If you'd like to include an activity in the newsletter, please email it to [ridecoordinator@dbtc.org](mailto:ridecoordinator@dbtc.org) by April 10<sup>th</sup> for the May newsletter or contact Patty at 303-989-8268.

### DBTC's E-Mailing Lists

*Get late breaking news, last-minute ride updates, and short-notice of weekday rides, all e-mailed directly to you as soon as the information is posted.*

•DBTC Message Board is the DBTC General E-Mail List

To join, send an e-mail to: [ColoradoBicyclist-subscribe@yahoogroups.com](mailto:ColoradoBicyclist-subscribe@yahoogroups.com)

•DBTC Mountain Biking E-Mail List

To join, send an e-mail to: [COMtnbikers-subscribe@yahoogroups.com](mailto:COMtnbikers-subscribe@yahoogroups.com)

You can join both groups. After you send the e-mail requesting to join, you will be contacted via e-mail with a confirmation. 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.

*Please Note:*

•Joining either of these Yahoo Groups does not make you a valid member of the DBTC

•If your e-mail address changes, you must send your new e-mail address to both the Yahoo Group and to the DBTC webmaster ([webmaster@dbtc.org](mailto:webmaster@dbtc.org))

•The DBTC Website operates independently from the Yahoo Groups. The Yahoo Groups send only e-mail messages concerning some upcoming events. The DBTC monthly Newsletter, **The Colorado Bicyclist**, is sent to DBTC members via e-mail only if you have so requested on your club membership application or annual renewal.

### Wednesday FUN Group Needs a New Coordinator

John Mues has retired as Wednesday FUN Ride Coordinator. We need someone to put this part of the schedule together. We can provide you with his email list to help you get started. Please contact Patty Gaspar at [ridecoordinator@dbtc.org](mailto:ridecoordinator@dbtc.org) or 303-989-8268 for information. Without

a coordinator the rides become show and go and the group will probably fall apart. It is an important function but should only take a few hours a month. If someone would like to lead a specific ride for the Wednesday Fun group, they can post a message with the ride description, date, meeting place and time to the **DBTC message board**.

The "Roses" group has invited Fun riders to join them when they don't have a ride leader. Most rides have a possible longer option or you can ride at a faster pace, and still socialize with the "Roses" before and after the ride. Some of the Show and Gos are scheduled around the same starting point. FUN riders wanting to go faster should just go ahead so as not to make the slower riders feel rushed - it is their ride.

### Tuesday and Thursday Evening Rides

**INT-H2/3-20-NW-5:30 PM** Meet us at Boulder's Scott Carpenter Park (on 30th just south of Arapahoe) for a brisk (but not ridiculous) ride with a great bunch of friends every Tuesday and Thursday. We pick a different direction from the park each week and grab dinner and Margaritas afterwards. Rides are 20-25 minutes with average speed of 15mph. For information call **Jim** at 303-415-9200. Directions from Denver: take Hwy 36 west to Boulder; right at 2nd light/Arapahoe; right at 2nd light/30th; right into parking lot 100 yards down.

### April Road Rides/E-Mail Only Postings

Donald Schmertz will be leading some **Training Rides for Road Riders** during April. The Road Rides will be on either **Saturday or Sunday**. The rides will be posted on the **DBTC Message Board** not before Thursday each week during April. Weather could cause a last minute cancellation of the ride, so please check the DBTC Message Board (or your own email for a notice from the Message Board) before each morning ride.

•All rides will start at **Crown Hill Park** in Lakewood, in the parking lot with bathrooms at Garland Street and 26<sup>th</sup> Ave, just east of Kipling St.

•Start time will be **10:00AM** (possibly later time if weather dictates). Please arrive 15 min. early and be ready to ride at 10:00AM.

•Mileage is from **20miles to 35miles** on routes that are not too hilly.

These Spring Training rides will be No Drop with regrouping points. The pace on the flat sections will be **15+ mph**.

Donald can be reached at 303-233-0840 (before 9pm) or [roadrider80226@yahoo.com](mailto:roadrider80226@yahoo.com)

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## APRIL RIDE SCHEDULE

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- Sunday, April 1** **FUN-H2-25-SE-9:00 AM** Meet **Susan Gregory** (303-477-9233) at Fairmount Cemetery (Alameda & Quebec). Enter the cemetery off Alameda and park in the first lot you see. We will ride on the Highline Canal (pea gravel) and Cherry Creek Trails to REI for coffee. Maybe THE APRIL FOOL WILL JOIN US!!!
- FUN-H3-22-NW-10:00AM** Explore with **Steven Stevens** (303-271-1998) Le Tour Du Tables D'Or (The Tour of the Table Mountains of Gold(en) departing from the Golden Oldy Cyclery (17224 West 17th Place in Golden). Come in time to be ready to ride at 9:59AM (come 15 minutes ahead to be sure your tires have air and use facilities). We will circle counter clockwise both the South and North Table Mountains. We will have a moderate climb to White Ranch Park's lower parking lot before dropping back into Golden and seeing the downtown historic sites. The museum will be open for 45 minutes before and 45 minutes after the ride.
- MTB P1-2, T1-2 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. Cruise this pretty park. Lunch after at CiCi's on South Kipling.
- Tuesday, April 3** **INT-H2/3-20-NW-5:30 PM** Meet us at Boulder's Scott Carpenter Park (on 30th just south of Arapahoe). See details above.
- Wed., April 4** **"Roses" ride H1-13 SW 10:00 AM** Meet **Connie Engelbert** at the Waterton Canyon parking lot. South on Wadsworth at C-470 past Chatfield St. Park to Waterton Rd., Left 1/4 mile to parking lot on the left. We will ride on the unpaved road alongside the Platte River to the dam and return, a good place to see wildlife. Bring a snack and money for lunch at a favorite restaurant. For information call Connie at 303/904-9288.
- FUN/INT- H1/3-TBD 10:00 AM Show and Go** Meet at Washington Park in the parking lot at the SW edge of Smith Lake, near the intersection of Downing Street and Exposition Avenue. There should be parking available there or in nearby lots by the Dos Chappell Bathhouse or on the park road.
- MTB P2-3, 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 hill crest. Look for the DBTC crew. Afterwards, by popular acclaim, Talk of the Thai restaurant. Jeff 303-969-9241
- Thursday, April 5** **INT-H2/3-20-NW-5:30 PM** Meet us at Boulder's Scott Carpenter Park (on 30th just south of Arapahoe). See details above.
- Saturday April 7** **FUN-H1-14-E-9:30 AM** WARM-UP ride around Cherry Creek State Park. Meet **Tom Tobiassen** (303-699-9260 ) at 15460 East Orchard Road trail head, just east of Parker Road on East Orchard Road.
- FUN-H1-25/30-S-10:00 AM** Join **Stuart Black** (303-433-9041) at the Carson Nature Center/Mineral Park-n-Ride. It's been a hard winter. It's been a long winter. Our muscles are stiff and don't need a whole lot of stress this early in the season, so let's do a mild ride along the Highline Canal (pea gravel). We'll go for a large, flat loop along the southern reaches of the Highline and Platte River trails. This is a dirt ride but easily doable on a wider tired road bike. If it's muddy, we'll do something along the C-470 trail.
- FUN-H2-25-NW-10:00 AM** Meet **Merri Bruntz** (303-517-9781) at the Prospect Park picnic tables (W 44th Ave at Robb St, Wheat Ridge) for a ride through Wheat Ridge and North Denver to REI for coffee at Starbucks. We will return a similar, yet different, route back.
- INT-H2/H3 28 10AM** Meet **Bruce Kohl** (303-458-7322) at Wild Oats in Superior, (Hwy. 36 And McCalslin Blvd) Ride North thru Boulder then up to NCAR and return.
- MTB P2-3, T2 10:00 AM Jeff Baysinger** (303-969-9241) at C-470 and Morrison Road, across from Conoco. Ride up to Green Mtn and over, then ride by the dinosaur tracks along the hogback, followed by the lower Red Rocks trail option. Park your wheels for lunch at the Morrison deli on the loop end.
- Sunday April 8  
Easter Sunday** **FUN-H2-20-NW-10:00AM** Meet **Curt Pellegrin** at Prospect Park (44th and Robb St). The journey will take us north to the Ralston Creek path where we will head west to Quaker, south via Easley Road and back to the park via Clear Creek path.
- ROAD-H4-25/37-SW-9:30AM** Two part ride: First, 25 mile loop, Lookout Mtn via Golden from C-470 and Morrison Road, meet across from Conoco Station. Second, 12-mile optional loop (after part 1) to Belleview and C-470 trail. Jeff (303-969-9241)
- Tuesday, April 10** **ROAD- H3/H4 -28- SW-10:30AM** Meet **Darrell Deering** (303-697-6126) at Deer Creek Park parking lot. Go west from Wadsworth Blvd.on Deer Creek Road for about 4 miles to Grizzly Road turn left to Deer Creek Park. We'll ride up Deer Creek Road to the High Grade on to Oehlman Park Rd. through Hill Dale Pines, on to South Turkey Creek Rd. back to Deer Creek.

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## APRIL RIDE SCHEDULE

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- Tuesday, April 10** Rd. and return. We will climb about 2000 ft. in the first 12 miles. Average pace will be about 10 MPH for the ride. Lunch is in the Ken Caryl Ave C470 area.  
**INT-H2/3-20-NW-5:30 PM** Meet us at Boulder's Scott Carpenter Park (on 30th just south of Arapahoe). See details above.
- Wed., April 11** "**Roses**" **H2-16 SW 10:00 AM** Meet **Art Castro**, 303/386-3295, at Carson Nature Center, (N on So Platte Parkway, West of Mineral and Santa Fe, opposite Aspen Grove Shopping Center.) for a ride north, then Dry Creek, Highline Canal, Lee Gulch and the Nature Center. Fat tires or cross bikes suggested. Plan B (in case we can't ride on the trails) is to ride south into Chatfield State Park (all paved.) Bring a snack and money for lunch at a favorite eatery after the ride.  
**FUN TBD 10:00 Show and Go** Meet at the same place as the "Roses" riders and that the Plan B route.  
**MTB P2, T2 6:00 PM** Green Mountain (Hayden) Trailhead off west Alameda Ave. Serrano's afterwards.
- Thursday, April 12** **INT-H2/3-20-NW-5:30PM** Meet us at Boulder's Scott Carpenter Park (on 30th just south of Arapahoe). See details above.
- Saturday, April 14** **Family Bike Ride - Start at 9:30AM.** Join **Art Castro** for a family bike ride at Waterton Canyon Park. Riding pace will be moderate. We will ride for pleasure with frequent stops for the kids / parents / grandparents to catch their breath, smell the roses and enjoy the views. Bring water, helmet and snacks for a short picnic. The path has a gentle slope (by Denver standards). For those who choose to ride all the way, the ride will be 12 miles (about 1 ½ to 2 hours of bike riding). Please e-mail or call Art at EnjoyDenver@Comcast.net or 303-386-3295 (before 8 PM) to sign up and/or for more information.  
**FUN-H2-30-SW-10:00AM** 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 is at Golf Clubhouse to follow.  
**FUN-H2-21-NW-10:00AM** Meet **Bill Kunzman** (303-278-3059) at Prospect Park (44th & Robb St) in back of park by the picnic tables. Journey will take us north to 72nd Ave, west to Quaker, south via Easley Road and back to the park via 44th and the Clear Creek path. Lunch is optional.  
**INT-H2/H3-40-SW- 10:30AM** Meet **Ellen Chilikas** (H: 303.750.5099/C: 720.670.0296) Meet in Sedalia (take Santa Fe south to Sedalia) on the north side of the road by the second set of railroad tracks. We'll ride on the road (narrow shoulder but usually polite drivers) out and back to Larkspur where we'll stop at the convenience store before returning. Those wanting an easier ride can turn around before the turnoff to Larkspur to avoid the hill. Ride will go if the roads are dry and the temperature is reasonably warm (50+). Call leader if conditions are questionable. This is a training ride for people going on the May Santa Fe/Taos trip but is open to all DBTC members.  
**INT/Road H4-30 10:00AM** Start with **Denny Martin** (303-793-0395) at the Park & Ride at Mineral and Santa Fe in Littleton. We'll pedal through Chatfield Reservoir and then to the top of Deer Creek Canyon on an out and back route. Lunch afterwards is at Panera Bread at Aspen Grove.  
**ROAD(15mph)-H1-26-NE - 10:00AM** Meet **Steve Ingraham** (303-756-7847) at the RTD Park-n-Ride at Broadway and 70<sup>th</sup> Ave. We will do an out-and-back northeast on the Clear Creek Trail, Platte River Trail, Riverdale Road, Tucson Street, and 168<sup>th</sup> Ave to north Brighton.
- Sunday, April 15** **FUN-H2-25-NW-10:00AM** Meet **Bruce Kohl** (303-458-7322) at Hilario (4835 W 38th Ave., just east of Sheridan). Bruce will take you on a loop around northwest metro Denver that indeed loops around a cove of five lakes: Berkeley, Sloan, Crown Hill, Prospect Park and Rocky Mountain, in that order. Look for a scenic shoreline ride with lunch afterwards at a neighborhood restaurant.  
**INT-H1-35-Central 9:30AM** **Gary Bohn** (303-650-5082) will lead a ride down the Platte river trail from REI downtown. We will group in the back of REI next to the Trail and ride south on the Platte river trail to the top of the Chatfield dam and back. We will leave on time so don't be late. Expect the intermediate ride speed limit of 15 Mph average.  
**MTB P2-3, T2 9:30AM** 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 Wild Oats healthy meal delights.
- Tuesday, April 17** **INT-H2/3-20-NW-5:30 PM** Meet us at Boulder's Scott Carpenter Park (on 30th just south of Arapahoe). See details above.
- Wed., April 18** "**Roses**" **H1-20 SE 10:00AM** Meet **Judy Deist**, 303/841-4792, at East Bank Park, south of Main Street, south of Hilltop, where Pine/Indian Pipe crosses Parker Rd. in Parker for a ride along the Cherry Creek Trail, out and back. Most is paved, with a short section of pea gravel on a road. Bring a snack, and money for a restaurant lunch after the ride.

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## APRIL RIDE SCHEDULE

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- Wed., April 18** **FUN H2/3 25 SW 10:00 AM** Meet **Patty Gaspar** (303-989-8268) behind the McDonald's at Sheridan and Hampden. We'll head to the Tech Center on various trails. We have to climb some hills and there are sections on the Highline Canal (pea gravel), but it is a beautiful ride and we get have a wonderful downhill back to Bear Valley. We'll have our morning Latte in the tech center and lunch in Bear Valley.  
**MTB P2, T2 6:00 PM** Green Mountain (Hayden) Trailhead off west Alameda Ave. Tuk Tuk Thai perhaps this evening.
- Thursday, April 19** **INT-H2/3-20-NW-5:30 PM** Meet us at Boulder's Scott Carpenter Park (on 30th just south of Arapahoe). See details above.
- Saturday, April 21** **FUN-H2-22-E-9:30 AM** Meet **Tom Tobiassen** (303-699-9260) at Treads Bicycle Outfitters north side parking lot 16701 E. Iliff Ave.(northwest corner of Iliff and Buckley) for a 22 mile ride along the Cherry Creek, Highline Canal and Tollgate Creek Trails.  
**Leisure-H1-16-NW-10:00AM** Meet **Nadean Kruse** (303-988-8186) at the north end of the Wheatridge Recreation Center (4005 Kipling) parking lot. We will ride east on the Clear Creek Trail about 8 miles and return. Lunch at Nadean's favorite place.  
**INT H2/H3-30/40-SW-11:00 AM** Meet **Ellen Chilikas** (H:303.750.5099/C: 720.670.0296) at the intersection of Wadsworth and Deer Creek Canyon for a hilly ride up to Arrowhead and the Manor House. We'll go through Chatfield, ride up to Arrowhead, come back along Wadsworth and head up to the Manor House. Ride will go if the roads are dry and the temperature is reasonably warm (50+). Call leader if conditions are questionable. There is a breakfast for people going on the Santa Fe/Taos ride prior to the ride - trip participants will receive an email with the details. This is a training ride for people going on the May Santa Fe/Taos trip but is open to all DBTC members.  
**ROAD(17mph) - H2 - 40 - NW - 10:00AM** Broomfield Park-n-Ride, 120th and Wadsworth- **Stuart Black** (303-433-9041) Let's throw a loop around Louisville! Come ride the quiet roads of eastern Boulder County on some of the best bicycle roads in the state.
- Sunday, April 22** **FUN-H2-30-SE-9:30AM 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-H2-17-NW-10:00AM** The Historic and Pre-historic Tour of Golden. Meet at 17224 West 17th Place at 9:45AM for a fun ride on mostly paved trails that will include a fair amount of uphill riding through Golden. We will have frequent stops for historic discussion. We will end the ride at the Golden Oldy Cycling Museum. We will be ready to ride @10AM, if the weather is good. **Steve Stevens** (303-271-1998).  
**INT-H3-27-NW-10:00AM** Meet **Peggy Vanallen** (303-410-1986) at the Broomfield PNR at Wadsworth and US 36. Peggy will follow a perimeter route that circles around the city of Superior that will include Boulder, Jefferson and Broomfield counties. Look for some hills but a well paced ride on shouldered streets, up country lanes and through quiet towns. Lunch afterwards is in downtown Broomfield.  
**MTB P2-3, T2-3 10:00AM** **Jeff Baysinger** (303-969-9241) at the Rooney Road lot, west side of Green Mtn. Three park, ride Green Mtn, next loop over the hogback via the Zorro Trail, followed by Matthew Winters/ Red Rocks option.
- Tuesday, April 24** **INT-H2/3-20-NW-5:30 PM** Meet us at Boulder's Scott Carpenter Park (on 30th just south of Arapahoe). See details above.
- Wed., April 25** "Roses" **H1-20 SW 10:00 AM** Meet **David Grimes**, 303/986-7666, at the Stone House, east side of So Estes, a little south of Yale, for a ride on the Bear Creek Trail (paved.) Bring a snack, and money for a restaurant lunch after the ride.  
**INT-H2-31-SE-10:00AM** Meet **Steve Ingraham** (303-756-7847) in Washington Park in the parking lot at the SW edge of Smith Lake (near Downing Street and Exposition Ave). Park in the lots near the Dos Chappell Bathhouse or on the park road nearby. This medium paced out-and-back ride will follow the Cherry Creek trail to Cherry Creek State park and loop once around the park. Lunch afterwards if the group wishes.  
**MTB P2, T2 6:00 PM** Green Mountain (Hayden) Trailhead off west Alameda Ave. Burrito eve.
- Thursday, April 26** **INT-H2/3-20-NW-5:30 PM** Meet us at Boulder's Scott Carpenter Park (on 30th just south of Arapahoe). See details above.
- Saturday, April 28** **FUN-H2-25-NW-10:00AM** Meet **Cindy Ferry** (303-425-9454) at the Prospect Park picnic tables (W 44th Ave at Robb St, Wheat Ridge). We'll explore portions of the area Creek Trails which will include Van Bibber, Ralston, Little Dry and Clear Creek. Look for a great ride along some wonderful greenbelt areas. Lunch afterwards at a local Applewood establishment.

## APRIL RIDE SCHEDULE

- Saturday, April 28 FUN-H2-23-SE-10:30 AM** Meet **Gary Goins** (303-433-4398) at Four Mile Historic Park for a ride to Cherry Creek Stat Park and a ride around the reservoir. This ride will be on paved bike paths and paved roads. We will stop for lunch. Bring a smile and money for lunch. (Four Mile Historic Park is at 715 Forest St. Take Leetsdale east to Forest, turn south. Forest will take you to the park.)
- MTB P1 T1 10:00 AM.** Easy mountain bike clinic to try mountain biking or pick up a few riding tips. Meet **Richard Gieseler**, 303.722.1475, a leisure biker, at the parking lot north of Morrison Rd. and east of the gas station at C-470, the northwest corner on the road to Bandimere drag racing Speedway. We'll ride into Bear Creek Lake Park for a brief clinic on riding essentials. The ride will have many regroup points so no one will be left behind. Extreme riders should find another ride.
- ROAD - H3 - 30 - NW - 10:00AM** 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. We will head in to Golden with a stop at the Higher Ground, then east on 44th to Easley Road. From Easley, we will turn east onto 54th, and return back to Prospect Park via 52nd and Tabor Street.
- Sunday, April 29 FUN-H2-30-NW-10:00AM** Meet **Merri Bruntz** (303-517-9781) at the Prospect Park picnic tables (W 44th Ave at Robb St, Wheat Ridge) for a ride down the Clear Creek Trail to 88th and Colorado (weather permitting). If it's cooler, we will return sooner and not ride the full 30 miles.
- INT-H2/3-20-SW-9:00 AM** Meet **Don Morris** (303-697-5248) at the SW corner of the Wal-Mart parking lot at Bowles and C-470. We will ride thru the Ken Caryl and South Valley areas to Deer Creek Canyon, then up to Grizzly drive and loop back to the start. Lunch is optional.
- INT-3-40-SW-9:00 AM** Meet **Gaar Potter** (303-691-0938) at the King Soopers, Wadsworth and Chatfield (Just North of C-470). This is a joint ride with Heartcycle called Turkey Creek Run. Ride up Deer Creek Canyon to Turkey Creek and beyond.
- INT H1-50-NE-10:30 AM** Meet **Ellen Chilikas** (H:303.750.5099/C: 720.670.0296) at the 70th and Broadway Park-n-Ride for a flat out and back 50 miler to Ft. Lupton. We'll regroup at the Sonic in Ft Lupton and grab a snack before heading back. Ride will go if the roads are dry and the temperature is reasonably warm (50+). Call leader if conditions are questionable. This is a training ride for people going on the May Santa Fe/Taos trip but is open to all DBTC members.
- MTB P2-3, T3 10:00 AM** Alderfer/ Three Sisters/ Evergreen Mtn Explore with **Chuck Caldwell** (h 303-697-4241, cell 303-807-1562), meet at the upper parking lot for a tour of Alderfer, then on for the view from Evergreen Mtn. Cactus Jack lunch.

### 2007 Advance Planning Calendar

April 26-29  
Fruita Fat Tire Festival  
[www.emgcolorado.com](http://www.emgcolorado.com)  
Fruita, CO

May 19  
Buena Vista Bike Fest  
[www.bvbf.org](http://www.bvbf.org)  
Buena Vista, CO

May 20  
Community Classic Bike Tour  
Loveland, CO  
[www.McKeefoundation.com](http://www.McKeefoundation.com)

May 20  
Santa Fe Century  
[www.santafecentury.com](http://www.santafecentury.com)  
Santa Fe, NM

May 28  
DBTC Memorial Day Picnic  
[www.dbtc.org](http://www.dbtc.org)  
Prospect Park, Wheat Ridge

June 3  
Elephant Rock Ride  
[www.elephantrockride.com](http://www.elephantrockride.com)  
Castle Rock, CO

June 16  
Greenwood Goosechase  
[www.goosechase.org](http://www.goosechase.org)  
Greenwood Village, CO

June 16  
Starlight Spectacular  
[www.starlightspectacular.org](http://www.starlightspectacular.org)  
Colorado Springs, CO

June 17-23  
Ride the Rockies  
[www.ridetherockies.com](http://www.ridetherockies.com)  
Cortez - Cañon City, CO

June 23  
Tour de Prairie  
[www.cheyennecity.org](http://www.cheyennecity.org)  
Cheyenne, WY

June 24-30  
Bicycle Tour of Colorado  
[www.bicycletourcolo.com](http://www.bicycletourcolo.com)  
Steamboat Springs Loop

June 27  
Bike to Work Day  
Denver Metro area

July 7-8  
MS 150 Bike Tour  
[www.goforthegorge.org](http://www.goforthegorge.org)  
Broomfield - Ft. Collins Loop

July 14th  
Triple Bypass  
[www.teamevergreen.org](http://www.teamevergreen.org)  
Bergen Park, CO

July 15-21  
Tour de Wyoming  
[www.cyclewyoming.org](http://www.cyclewyoming.org)  
Dayton, WY

July 21-23  
Courage Classic  
[www.couragetours.com](http://www.couragetours.com)  
Leadville, CO

July 29  
Colorado-Eagle River Ride  
[www.vailvelo.com](http://www.vailvelo.com)  
Beaver Creek, CO

July 22  
Durango-100 Century  
<http://durango100.com>  
Durango, CO

July 22-28  
RAGBRAI  
[www.ragbrai.org](http://www.ragbrai.org)  
Rock Rapids - Bellevue, Iowa

Aug 12  
Pikes Peak Classic  
[www.s-cap.org](http://www.s-cap.org)  
Buena Vista, CO

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

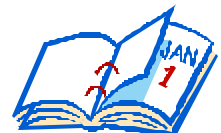
August 18  
Stonewall Century Ride  
[www.spcycling.org](http://www.spcycling.org)  
La Veta, CO

August 25  
Tour de Cure  
[www.diabetes.org](http://www.diabetes.org)  
Longmont, CO

September 9  
Buffalo Bicycle Classic  
[www.buffalobicycleclassic.com](http://www.buffalobicycleclassic.com)  
Boulder, CO

September 15  
Tour of the Vineyards  
[www.Coloradowinefest.com](http://www.Coloradowinefest.com)  
Palisade, CO

October 5-7  
Moab Century Tour  
[www.skinnytirefestival.com](http://www.skinnytirefestival.com)  
Moab, UT



### 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.arapahocyclery.com

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

BICYCLE PEDAL'R  
2030 E. COUNTY LINE ROAD  
LITTLETON, CO 80126  
303-730-8038  
www.BicyclePedalr.com

BIG KAHUNA BICYCLES  
9032 W KEN CARYL AVE  
LITTLETON, CO 80128  
720-981-5199  
www.bigkahunabicycles.com  
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. 64<sup>th</sup> AVE.  
ARVADA, CO 80004  
303-420-0815  
www.foothillscycling.net

GOLDEN BEAR BIKES (2 locations)  
\*290 NICKEL STREET  
BROOMFIELD, CO 80020  
303-469-7273  
www.goldenbearbikes.com  
\*2300 E 120TH AVE  
THORNTON, CO 80233  
303-451-7733  
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  
www.mobcyclery.com

PEAK CYCLES  
801 14<sup>th</sup> 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.sportsplusdenver.com

SAMPSON SPORTS  
1435 S. HOLLY  
DENVER, CO  
303-691-5650  
www.sampsonsports.com  
No discount on labor.

THE GOLDEN BIKE SHOP  
722 WASHINGTON AVE  
GOLDEN, CO  
303-278-6545

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.

### RIDERS AS SIGNPOSTS

There is a system of using riders as "sign posts" during the ride. To make it work you need a "designated leader" and a "designated sweep" (last person).

- ♦The leader stays at the front of the group.
- ♦The last rider is the designated sweep.

- ♦Each time there is a change of direction, turn, or a confusing area, the person directly behind the leader stays at that spot as a signpost to direct the other riders.
- ♦When the designated sweep arrives, the signpost rejoins the group.

Some rides may need multiple signposts - and some rides at only one spot. It really works and can be fun when you get used to doing it. Give it a try. After all, it is the leader's responsibility to make sure all riders return to the starting location.

### NEWSLETTER VIA EMAIL

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

### BIKE BOXES

Taking a trip? Going on vacation?  
Taking your bike?  
DBTC has bike boxes ideal for travel.  
Contact Gaar Potter 303-691-0938 or gaarpo@mno.com

### NEW MEMBERS

ERIN DOAK  
SHAWN FREED  
SHERYL & GREG HUNT  
WARREN JACOBS  
TONY MORGAN  
LYN PIERCE  
NANCY RYAN

### DBTC BIKE ROUTE MAP - Revision

DBTC is tentatively planning on a map revision for 2008. Cyclists riding the current routes are the best resource for updating the map. Your help is needed. Please send in any corrections, deletions, additions, or changes you find. Since the map was published, we have seen an increase in construction and traffic, and some current routes may not be viable or safe.

Submitted by: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

This route is in: City or County: \_\_\_\_\_

Surface: Concrete \* Asphalt \* Hard-pack \* Dirt \* Painted Bike Lane \* Other \_\_\_\_\_

**Description:** Please be very specific. Describe the starting point, the direction the trail takes at each turn, which side of the street, is there an underpass, change in grade, and the end point. If possible, attach a sketch or an enlarged photo of the present map with your correction clearly marked.

**Mail To:** Darrell Deering  
17672 N Canyon Dr.  
Littleton, CO 80127

**Call or email:** 303-697-6126  
jncanyon@cs.com