



The Colorado Bicyclist

May 2007

MEMORIAL DAY PICNIC

Monday, May 28

..... Prospect Park.....

11300 West 44th Avenue...Wheat Ridge...West on 44th Ave. at Kipling
The park is adjacent to the Clear Creek Bike Path.

Roses, Fun, Intermediate, Road, and MTB rides
start at the picnic shelter at the far end of the park.
See the ride schedule for ride start times. Times vary.

Picnic lunch, provided by  *Darlene Dietzler and her crew will cook.*

Good weather (hopefully), a bike ride, and picnic with friends...
This is a great way to welcome summer.
Bring a blanket or chair for the lawn area.

*Extra parking available near front entrance to the park.
Plan on arriving early enough to pump up your tires, sign in for your ride, sign up for the picnic, and be ready to leave on time.*

DBTC water bottles will be available for purchase at \$5.00 each.

COMMUNITY CLASSIC BIKE TOUR

Loveland Sunday May 20 - (see ad)

Darlene Dietzler

This is one of my favorite rides. Loveland isn't all that far - just north on I-25 - and you are out in the country enjoying the early morning sunrise. There are several distance options, with the longest being the metric century. That includes a scenic climb up Carter Lake and Horsetooth Reservoir. It is a great fun ride and an even greater road ride. The entire registration fee goes to a McKee Medical Center Community Clinic. When registering, put down DBTC under team.

TWO SPECIAL EVENTS FOR MAY

Sunday, May 6 - Training Ride for New Ride Leaders

- This ride is for members who would like to learn about leading a club ride without an obligation to do so. Everything you need to know will be explained to you during this ride: finding a good meeting place, creating the route, sign up sheets, making a map, welcoming riders, pre-ride address, using a sweep, leading the ride, breaks and stops, signposts and hand signals, flats and lost riders, writing the description, scheduling the ride, creating a theme, lunch after the ride and many other details. See the schedule for details.

Saturday, May 12th - Family Bike Ride - Join

Art Castro for a family bike ride at Waterton Canyon Park. 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. See the schedule for details.

HELP WANTED: People and Grills

Plans for the DBTC all-time favorite Memorial Day picnic are under way. We need people to help prepare, cook, and serve lunch. We also need 2 or 3 grills. If you can help, please call Darlene Dietzler 303-366-2215 or email Darlenedt@comcast.net. We also need someone with a pickup truck or van to pickup and return large coolers to storage locker. Thanks.

STEAMBOAT SPRINGS

Memorial Day Weekend (May26-28)

There are still openings for the trip. Deadline is May 10. Cost includes 3 nights lodging, continental breakfasts, social hour and snacks, and maps. See write up in April newsletter for complete details. Contact Diane @ 303-763-9874 or email dian-bike@eazy.net. Send check for \$180, made out to Diane Short, to 2634 S. Deframe Circle, Lakewood, CO 80228. Get DBTC OTT Reg. and Med. forms are at www.dbtc.org.

ELEPHANT ROCK

When registering for the Elephant Rock, put "DBTC" for team. Let's have a good showing. Wearing the club jersey would be nice. Ludwig Goppenhammer has arranged a DBTC booth in the expo area. Members are needed to staff it. Come over after your ride. DBTC may also have a booth at the Greenwood Goose Chase. If you can help staff either booth, please Contact Ludwig at 303-279-7951 or email lgoppenh@us.ibm.com. Thanks.

DBTC's Officers

- President**
Bruce Kohl.....303-458-7322
President@dbtc.org
- Vice President**
Ludwig Goppenhammer.....303-279-7951
VicePresident@dbtc.org
- Secretary**
Steve Ingraham.....303-756-7847
Secretary@dbtc.org
- Treasurer**
Elfriede Shoemaker.....720-922-0220
Treasurer@dbtc.org
- Board Members at Large**
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Rickclauder1@msn.com
Gary Goins.....303-433-4398
gwgoins1@yahoo.com

Directors and Staff

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RideCoordinator@dbtc.org
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- Intermediate Ride Director**
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jncanyon@cs.com
- Wednesday Fun Ride Coordinator**
Joyce Terlaje.....303-548-2628
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- "Roses" Ride Coordinator**
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- Historian**
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- Membership Database/Webmaster**
Dave Grimes.....303-986-7666
webmaster@dbtc.org
- Map Sales (wholesale)**
Darlene Dietzler.....303-366-2215
Mapsales@dbtc.org
- Newsletter Mailing Group**
Carolyn Bauer303-740-8491
cmb8030@comcast.net
- WebSite**.....http://www.dbtc.org

Message from the President.....Bruce Kohl

With the winter snow a distant memory, 130 members came out for this year's annual kick-off party. Due in part to the fine efforts of Darlene Dietzler for the work she has done with Map Sales, the board made the decision to have the kick-off party catered. And catered it was. There was plenty of food supplied by Gregorio's Mexican Restaurant. Greg and his wife not only delivered the dinner, but stayed and helped serve. There was plenty of food left over for members to take home. I've known Greg for 18 years. Stop by for lunch or dinner. Our guest speaker, Ron Kiefel, shared his experiences riding in the Tour de France and the Giro d'Italia. Members asked him those questions we all wonder about, but are afraid to ask. His answers were informative and entertaining. You had to be there. And if you weren't, you missed a fun evening.

Patty Gaspar and the ride directors are working hard and started the year with a great April schedule. Jim McClain and his committee are putting together some great out of town tours. Watch your newsletters for more information. Lets all get out and ride -- see you on the road and trails.

A Special Thanks to all the people that helped put the dinner together. Thank you to Darlene Dietzler, Patty Gaspar, Jim McClain, Bill Orchard, Lois Kahn, Cindy Ferry, Susan Gregory, Marti Krusko, Curt Pellegrin, and the members that helped that night. Thank You all.

We still have a number of DBTC insulated water bottles that keep your water cool on those long hot days. They are only \$5.00. Contact a board member and we will find a way to get one, or two, to you.

Advance Planning Calendar

<p>May 19 Buena Vista Bike Fest www.bvbf.org Buena Vista, CO</p>	<p>June 24-30 Bicycle Tour of Colorado www.bicycletourcolo.com Steamboat Springs Loop</p>	<p>July 29 Colorado-Eagle River Ride www.vailvelo.com Beaver Creek, CO</p>
<p>May 20 Community Classic Bike Tour Loveland, CO www.McKeefoundation.com</p>	<p>June 27 Bike to Work Day Denver Metro area</p>	<p>August 11 Tour De Steamboat www.rockypeakproductions.com Steamboat Springs, CO</p>
<p>May 20 Santa Fe Century www.santafecentury.com Santa Fe, NM</p>	<p>July 7-8 MS 150 Bike Tour www.goforthegorge.org Broomfield - Ft. Collins Loop</p>	<p>August 12 Pikes Peak Classic www.s-cap.org Buena Vista, CO</p>
<p>May 28 DBTC Memorial Day Picnic www.dbtc.org Prospect Park, Wheat Ridge</p>	<p>July 14th Triple Bypass www.teamevergreen.org Bergen Park, CO</p>	<p>August 18 Stonewall Century Ride www.spcycling.org La Veta, CO</p>
<p>June 3 Elephant Rock Ride www.elephantrockride.com Castle Rock, CO</p>	<p>July 15-21 Tour de Wyoming www.cyclewyoming.org Dayton, WY</p>	<p>August 25 Moonlight Classic www.moonlight-classic.com State Capitol, Denver</p>
<p>June 16 Greenwood Goosechase www.goosechase.org Greenwood Village, CO</p>	<p>July 21 DBTC picnic Clement Park</p>	<p>August 25 Tour de Cure www.diabetes.org Longmont, CO</p>
<p>June 16 Starlight Spectacular www.starlightspectacular.org Colorado Springs, CO</p>	<p>July 21-23 Courage Classic www.couragetours.com Leadville, CO</p>	<p>September 9 Buffalo Bicycle Classic www.buffalobicycleclassic.com Boulder, CO</p>
<p>June 17-23 Ride the Rockies www.ridetherockies.com Cortez - Cañon City, CO</p>	<p>July 22 Durango-100 Century http://durango100.com Durango, CO</p>	<p>September 15 Tour of the Vineyards www.Coloradowinefest.com Palisade, CO</p>
<p>June 23 Tour de Prairie www.cheyennecity.org Cheyenne, WY</p>	<p>July 22-28 RAGBRAI www.ragbrai.org Rock Rapids - Bellevue, Iowa</p>	<p>October 5-7 Moab Century Tour www.skinnytirefestival.com Moab, UT</p>

Board Meeting...Any member wishing to attend a board meeting is welcome to attend. The next board meeting is Monday, May 7th, 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.

TETON TREK TRIP

SEPTEMBER 9-15, 2007

With JOHN CAMPBELL and SALLY SWARTZ

4 nights in Jackson Hole and 2 nights in Teton's Colter Bay, Wyoming

✓Sunday 9/9/07: drive to Jackson Hole, Wyoming, 500 miles (8-9 hours), 3 days of riding in and around Jackson Hole and Teton National park

✓Monday 9/10/07: a 34 mile out and back ride to Hoback Junction beside the Snake River and returning along the South Park Trail

✓Tuesday 9/11/07, a 60 mile loop in Teton Park, from Moose Center along the Snake river and a scenic ride by Jenny Lake, with views of Jackson Lake and an up close view of the Teton mountains.

✓Wednesday 9/12/07: a 34 mile out and back from Teton Village through Wilson to Red Top Meadows along a bike path following Highway 390 to Wilson and a picturesque ride from Wilson with a gradual climb to Red Top

✓Thursday 9/13/07: free day for you to do your own thing, Sally will lead a one to five mile hike in the Jenny Lake region for those interested, there are raft trips down the Snake River and shuttle boat rides across Jenny Lake to Hidden Falls; plenty to do

✓Thursday 9/13/07: check out of Jackson motel and move to Colter Bay Cabins for 2 nights, happy hour or picnic dinner by Jackson Lake the first night (depending on availability of facilities - we will notify prior to leaving Jackson Hole if it is a dinner or happy hour); two restaurants and a small convenience store available in Colter Bay

✓Friday 9/14/07: final day's ride; drive to West Thumb in Yellowstone Park and, if the weather is good, ride out and back from West Thumb over the Continental Divide (1000 foot gain) to Old Faithful (34 miles round trip) or, if threatening weather, ride West Thumb to Lake Village along Yellowstone Lake (42 miles round trip) with very little elevation gain

✓Saturday 9/15/07: depart Yellowstone and return to Denver

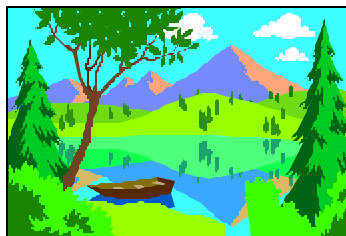
The cost of the trip is \$500 and includes the following: 6 nights double occupancy lodging; a pre-trip planning and information party; continental breakfasts at the motel in Jackson; a couple of happy hours; a possible dinner at Colter Bay; and a post party dinner back in Denver. All route maps for the rides are also included. The cost does not include your meals on the trip, unless mentioned above. National Park Passes can be purchased for 7 days at a cost of \$25.00 per vehicle or if you are over 62 years old, one can purchase a Golden Age Passport for \$ 10.00 and that is good for one pass per vehicle as well. If you already have a National Park pass and it is not expired, you should not need to purchase another one.

Trip deposit of \$100.00 (please make checks out to Sally Swartz) can be sent to Sally at 4328 S. Alton Street, Greenwood Village, Colorado 80111. Along with your deposit, you will need to go the DBTC web site (http://www.dbtc.org/OTT2005_index.htm), download the 3 forms for out of town trips and mail them, with your deposit, to Sally.

1. Liability waiver
2. Medical form
3. Registration form

The final payment is due by July 30, 2007. If you have any questions, you can contact John Campbell at 303-797-0250 or Sally Swartz at 303-220-0955. We are looking forward to having you

come and play with us in Wyoming's play ground.



Moab Multi-Sport Trip

(Road Riding and Hiking)

Saturday 10/13 - Saturday 10/20

Leaders: Ellen Chilikas and Ruth Berkshire

Overview: We'll spend one day in the Needles which is part of the Canyonlands National Park, 2 days in Arches National Park, one day in Castle Valley and one day in a slick rock canyon close to Moab. There will be 5 activity days - you can either hike or bike, or do a little of both. The road biking options are between 25 - 60 miles, will be on paved roads with narrow shoulders and include some "serious" climbing. All the rides except for one (which is easy) are Intermediate - there will be no sag vehicle so riders must be self sufficient. The hiking options are on sand, dirt and slick rock trails and range from 2.5 - 8 miles each day. All are moderate. You can cool off one day on a river rafting trip. Cost for the trip is \$400 per person double occupancy and includes 7 nights lodging (hotel has a pool, outdoor hot tub, daily continental breakfast; and grassy BBQ area). Also included in the trip cost are: pre- and post-trip parties, several training rides in the Denver area the month before the trip, 2 happy hours, and a farewell BBQ dinner at the hotel. Park entrance fees and optional raft trip are NOT included. A \$100 deposit holds your spot with final payment due 9/6/07 (after which refunds are based on filling your spot). ABSOLUTELY NO late registrations accepted. You must be a member of the DBTC. Make checks payable to Ellen Chilikas and send to: PO Box 471803, Aurora, CO 80047 along with ALL 3 DBTC tour forms (Liability, Medical and Registration) from the DBTC web site (http://www.dbtc.org/OTT2005_index.htm).

VOLUNTEERS AND RIDE LEADERS

Dave Grimes, the data base manager, keeps the official record of club member ride leaders and volunteers. The data is used for the Volunteer Recognition Dinner in the fall. The number of rides credited to a ride leader is taken from the newsletter. If you lead a ride due to a substitution, you must notify Dave to be credited. The chairman of the dinners and picnics and other major or ongoing events sends a list of names of the volunteers for each event. If you volunteered, check with the chairman to see if your name was included. Or, email - webmaster@dbtc.org - with the necessary information.

**Gregorio's Mexican
Restaurant
1910 Wadsworth Blvd.
Lakewood, CO.
Mariachi Band
Thursday Nights
7:00 - 9:00**



MAY RIDE SCHEDULE

Pace of Ride	Difficulty of Terrain	Mileage	Quadrant of City	Departure Time
Roses - Leisurely	H1 - Flat	This is an estimate- options may be offered.	NW	Arrive early enough to unload your bike and be ready to leave.
Fun - Comfortable	H2 - Small Hills		NE	
Int - Faster	H3 - Some Climbs		SE	
Road - Faster	H4 - Serious Climbs		SW	
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.

Ride Locator: There is a guide to the most frequent start locations on our website - www.dbtc.org.

It provides the information you need to use Map Quest to make a map to the starting location.

If you'd like to include an activity in the newsletter, please email it to ridecoordinator@dbtc.org by May10th for the June 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

DBTC Mountain Biking E-Mail List

To join, send an e-mail to: 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)

- 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 you from the DBTC Website via e-mail only if you have so requested.

Tuesday and Thursday Evening Rides May thru Sept: 25 miles of H2/3 starting at 6:00 PM

INT-H2/3-25-NW-6:00 PM Meet us at Boulder's Scott Carpenter Park (on 30th just south of Arapahoe) at 6:00p 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. 20-25 miles on rolling roads. Avg speed is about 15mph, slightly faster on Thursdays. More info? 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.

New Wednesday Fun Ride Coordinator

by Patty Gaspar

Let's give a big round of applause to our new Wednesday Fun Ride Coordinator, Joyce Terlaje. She was born in Washington State, lived on Guam for 18 years, and moved to Colorado in November 1991. She bought her first road bike from Wheat Ridge Cyclery in 2000. Joyce did Ride the Rockies in 2000, 2001, 2003 & 2004. She moved to Tennessee in December 2000 and did some racing at the Cat 4 level. She moved back to Colorado December 2005. Joyce started riding with the Wednesday group last summer. She frequently pulled daughter Renee in a trailer, but, as you can see, Renee is a big girl and will soon be riding her own bike. Anyone who rides with the Wednesday FUN group please welcome her by emailing your rides to hikergal42@yahoo.com, or call 303-548-2628.



MAY RIDE SCHEDULE

- Wednesday, May 2** **Fun-21-SW 9:15 AM** Meet **Marilyn Smith** (cell 303-916-8097) at Deer Creek & Wadsworth for a fun ride with an 800 ft. elevation gain. (Take C-470 to Wadsworth-exit south and at the first stop light turn west.) The parking is on the NW corner of Deer Creek/Wadsworth intersection. This loop will start toward Roxborough State Park and Arrowhead golf course and return through Chatfield State Park. I am open to suggestions for lunch.
"Roses" H2-18 miles SW 9:30 AM Join **Bob Jarrett** (303) 933-1699 at Clement Park (corner of Pierce and Bowles) for a scenic ride through Belmar, Bear Creek Trail, Kipling Bike Trail and some residential areas. Bring a snack, and money for lunch at a local restaurant after the ride.
MTB P2, T2 6:00 PM, Evening ride, Green Mountain in Lakewood, meet the DBTC crew at the main (Florida Dr) parking lot off west Alameda.
- Saturday, May 5** **FUN-H2-22-E-8:30 AM** Meet **Tom Tobiassen** (303-699-9260) at Treads Bicycle Outfitters north side parking lot 16701 E. Liff Ave.(northwest corner of Liff and Buckley) for a 22 mile ride along the Cherry Creek, Highline and Tollgate Creek Trails
FUN-H1-22-NW-10:00AM Meet **Dave Noble** (303-694-2008) at West Woods Golf Club in Arvada (66th Ave. & Quaker St.) for a ride along Easley Rd., the Clear Creek Trail, and back on the Ralston Creek Trail to the West Woods Golf Club for lunch
FUN/ATB-H2-18-SE-1:00 PM...AFTERNOON ENGLEWOOD ICE CREAM RIDE!! Join **Nadean** Kruse (303-8186) in Cinderella City area in the parking lot between Petco & Ross stores. From Hampden, go north on Galapago- then first right into shopping area. We'll take a leisurely route that uses bike paths and the Highline Canal- that is gravel. After the ride, we'll head for a super-duper ice cream store!
INT H3/4-30/40-SW-10:30 AM Meet **Ellen Chilikas** (H: 303.750.5099/C: 720.670.0296) at the Carson Nature Center (overflow parking at Santa Fe and Mineral Park-n-Ride). We'll ride into Chatfield, over the dam; go out the west entrance of the park and head up Deer Creek Canyon to the top. We'll go back through Ken Caryl for the scenery and take 470 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, T2 9:30 AM New to mountain bike riding??? This is a follow-up to Richard's ride last week in Bear Creek Park. Meet again across from the Morrison Road/C-470 Conoco. Call **Jeff** (303-969-9241) to confirm the ride and level.
- Sunday, May 6** **FUN-H2-20-NW-10:00AM Training Ride for New Ride Leaders-** This ride is specifically for members who would like to learn what's involved with leading a club ride without being obligated to do so. Everything, and we mean everything, you need to know will be explained to you during this ride: finding a good meeting place, creating the route, sign up sheets, making a map, welcoming riders, pre-ride address, using a sweep, leading the ride, breaks and stops, signposts and hand signals, flats and lost riders, writing the description, scheduling the ride, creating a theme, lunch after the ride and many other fascinating details. If you're interested, meet **Bill Orchard** (303-422-9468) at the RTD Park-n-Ride at 70th and Broadway. The ride is a triangular polygon on Clear Creek, Big Dry Creek and Ralston Creek Trails with lunch afterwards at the new Mickey's on the corner. Come and be part of the DBTC excitement!
INT H3/4-26 SW 10 AM Bruce Kohl 303-458-7322 This is an out and back climbing ride up Deer Creek Rd / High Grade. Meet at Deer Creek Rd & Wadsworth parking area. Lunch options after the ride.
MTB P3, T3 9:30 AM, Take a grind up Bergen Peak starting from the lot off Stagecoach Blvd. Join **Russ "Everest Challenge" Peterson** (720-299-8269) for this 2000', 11-mile journey, to the view.
- Tuesday, May 8** **ROAD H3/H4-28 10:30 AM** 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. 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 and C470 area after the ride.
- Wednesday, May 9** **"Roses" H2-20 SE 9:30 AM** Meet **Ann Layshock** 303/771-6353 at Village Green Park, corner of Union & Dayton near Cherry Creek State Park. Go to northernmost part of parking lot. The ride will be on pavement by the dam, the spillway, and return through the park. Bring a snack, and money for a restaurant lunch following the ride.
FUN/INT-H1-25-SE-9:30AM Meet **Steve Ingraham** (303-756-7847/singraham046@aol.com) at Village Greens Park east parking lot (NE corner of Dayton & Union near Cherry Creek Reservoir west entrance) for an intermediate paced 25 mile out-and-back ride to Parker. Ride on pavement, following the bike paths and couple mile stretch of Jordan Road. Lunch after.

MAY RIDE SCHEDULE

Wednesday, May 9 **MTB P2, T2 6:00 PM**, Evening ride, Green Mountain in Lakewood, meet the DBTC crew at the main (Florida Dr) parking lot off west Alameda.

Saturday, May 12

FUN-H2-21-SW-10:00AM Meet **Bill Kunzman** (303-278-3059) at McDonald's Parking Lot (Directions: Sheridan & Dartmouth, exit Sheridan north from Hampden, turn left (west) at Dartmouth) The group will ride Bear Creek Trail to Morrison. After lunch at Tony Rigatoni's in Morrison return via Bear Creek Trail.

FUN/ATB-H2-20-SW-10:30 AM Meet **Gary Goins** (303-433-4398) at Writer's Vista Park (1 mile east of South Santa Fe Blvd on Mineral) for a ride on the Highline Canal Trail. The trail is unpaved but maintained. Road bikes as well as mountain bikes can use it. This is an excellent ride for both Fun and Intermediate riders. Bring Money for lunch.

FUN/LEISURE-H2-20-SE-9:30 AM *SLOW AND EASY RIDE IN EAST DENVER*. Meet Robin McDougal (303-388-6590) between 7th and 8th Avenue on High St. by Williams Street Park. We will ride on D-12 out 7th Avenue Parkway to Lowry where we will do a big loop and the ride over to Fairmount where we pick up the Highline Canal going east (gravel path), turning around at Havana. Then we head back to Fairmount Cemetery and on the Cherry Creek Bike path back to the C.C. Shopping Center where we will stop for hamburgers and shakes at Johnny Rockets.

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). Non-members are welcome. 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.

MTB P2, T2-3 1:00 PM, Mary's - Horsethief Bench - Steve's spur loop from the Loma Kokopelli Trailhead, Fruita weekend. Campout stayover. See the April newsletter for details on the Spring Desert Fling.

Sunday, May 13



FUN-H2-20-NW-10:00AM Join **Dave Grimes** (303-986-7666) for the **22nd Annual Mother's Day Ride**. Dave will lead the group on a semi-traditional route that is an easy 16 to 20 mile northwest Denver ride. The group will meet at Sloan Lake Park (25th and Sheridan) and head north by northeast, after a loop around the lake to collect any latecomers. Look for a stop at REI at Confluence Park before returning to Sloan Lake. Lunch afterwards.

FUN-H2-28-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 9:30 and proceed to Java Creek Coffee Shop (287 Columbine in Cherry Creek North) to collect a few more riders at 9:50. Proceed on easy street through East Denver to Stapleton, ride the Westerly Creek Trail and check out the New Central Park. Return route by way of City Park and Capitol Hill. Optional lunch afterwards.

MTB P2-3, T2-3 9:30 AM, Rabbit Valley explorations, Fruita weekend.

MTB or ATB or ROAD P3, T1 9:30 AM The Colorado National Monument loop "Out of this World," Fruita weekend.

Monday, May 14

"Roses" H1-20 NW 9:30 AM Meet **Wally White** 303/420-6409 at Prospect Park, 44th Ave. at Robb St. Wheatridge for a ride on the Clear Creek Trail. Bring a snack, and money for a restaurant lunch after the ride.

Wednesday, May 16

FUN/INT - Meet with Roses riders. Either Show & Go or same route as Roses but at a faster pace and longer distance.

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

Saturday, May 19

FUN-H2-(20/25)-NW-9:00AM Meet **Cindy Ferry** (303-274-9454) at Crown Hill Park (26th and Garland). Ride Clear Creek Trail to downtown Golden. Cindy will take the group several miles around Golden. Return via 32nd Ave. Lunch afterwards.

FUN/ATB-H1-14-E-9:30 AM-12:30 PM. CYCLE INTO HISTORY AT FAIRMOUNT CEMETERY. **Tom Tobiassen** (303-699-9260) leads this history tour by bike along the shaded paths of Fairmount Cemetery. Cyclists encounter the graves of past builders and characters with stories of bygone times. Meet at the Aurora History Museum, 15051 E. Alameda Pkwy. in Aurora. Bring bike, water, etc. 14 miles along Highline Canal Trail.

ROAD-H3-50-S-10:00 AM Meet **Gaar Potter** (303-691-0938) at Castle Rock Safeway parking lot (West end, South of Big O Tires). This is 2 blocks East of I-25 exit 281 (Plum Creek Parkway). We will take Tomah Road and Perry Park Road to Palmer Lake. Good training ride. Very pretty. Return will be by the same route, downhill with a tailwind!

FUN/INT-H3-48-S-8:30 AM Louviers to Larkspur. Meet **Gaar Potter** (303-691-0938) at Superior Metal Products in

MAY RIDE SCHEDULE

- Sunday, May 20** Louviers (6.5 mi. south of C-470 on Sante Fe, west on Kelly Ave, south on Cora Rd.) Joint ride with Heartcycle. There will be 2 leaders: 1 for fun riders and 1 for intermediate riders.
MTB P2-3, T2-3 9:00 AM, Buffalo Creek, 18 miles, 1850'. Meet Fred "#2" Berry (720-840-8596) at the Fort parking lot just off Hwy 285, south of Morrison, for the carpooling first.
- Wednesday, May 23** "**Roses**" **H2-20 SE 9:30 AM** Potluck Ride! Meet at Barb Johnson's, 14303 Napa Pl #4A in Aurora. From Quincy and Parker Rd., go east to Carson St., then north to Napa Pl. We will ride toward downtown on the Cherry Creek Trail. Bring a snack, and food to share. Any questions, call Barb at 720/870-7808.
FUN/INT-H2-56-SW-9:30AM Meet **Dale Trone** (303-981-9161) and Kathi Baird (303-981-9158) at the OLD location for Lakewood Performance Bicycle Shop (Jewell and Kipling - do not park near buildings) The route will go west on Jewell, north on the C-470 trail and Rooney Rd to Golden. We will then pick up the Clear Creek Trail, the Platte, and Bear Creek Trails. Pack lunch and/or a lot of snacks as there are limited places to purchase food until we reach REI at mile 40.
MTB P2, T2 6:00 PM, Evening ride, Green Mountain in Lakewood, meet the DBTC crew at the main (Florida Dr) parking lot off west Alameda.
- Saturday, May 26** **FUN/ATB-H2-20-SW-10:30AM** Meet **Gary Goins** (303-433-4398) at DeKoven Park (6301 S. University). We will ride on a pleasant stretch of the Highline Canal Trail with a mix of paved and unpaved surfaces. Both road bikes and mountain bikes are welcomed. This is an excellent early season ride for both Fun and Intermediate riders. Bring lunch money.
ROAD (16mph)-H2-34-NW-9:00AM Meet **Steve Ingraham** (303-756-7847 /ingraham046@aol.com) at 9:00am in the Superior Wild Oats/Whole Foods parking lot (US36 @ McCaslin, Superior Exit) for a ride through Marshall to Boulder's Pearl Street Mall. Return via S. Boulder Creek Trail, go up to El Dorado Springs and return to Superior. Optional lunch afterwards.
MTB P3, T2-3 9:30 AM, Up Lair o'the Bear and then down Mt Falcon loop, starting from Morrison and C-470 PNR, 20 miles, 2500', Jeff 303-969-9241
- Sunday, May 27** **LEISURE/FUN-H1-16-E-9:00 AM** Meet **Don & Marilyn Swett** (303-791-5863) at Fairmount Cemetery, located at the intersection of Alameda & Quebec. Use the Alameda entrance and meet at the Gate House next to this entrance. Be prepared for many stops as we view historic sites of Denver. We will travel quiet residential streets through Montclair, Park Hill, City Park, Cheesman Park and return to Fairmount.
FUN-H2-23-W-9:30AM Meet **Merri Bruntz** (303-517-9781) at Crown Hill. Ride south through Lakewood to Morrison via the trail on the south side of Alameda Pkwy & Rooney Rd (nice smooth downhill). We will then ride east on Morrison Rd to Stone House, returning via Garrison St.
FUN-H3-Mountains-9:00 AM Meet **Susan Gregory** (303-477-9233) in Idaho Springs in the public parking lot behind BeauJo's for a calorie-burner ride from Idaho Springs to Georgetown, almost 1,000 feet elevation gain. Ride up and turn around before the wind starts blowing up the canyon and we would have to work to ride downhill!! Lunch is at Tommyknocker's Brewery.
INT-H3-30-NW-9:00AM Meet **Curt Pellegrin** (303-234-9998) at the picnic tables in back of Prospect Park (W 44th Ave at Robb St, Wheat Ridge). Curt will lead the group north to the Ralston Valley HS, west to town of Leyden, and south on Quaker to the West Woods Golf Course. After climbing to the top of the Arvada Reservoir, the group will go south on Easley to downtown Golden, and return via the new Clear Creek Trail extension to Prospect Park. Lunch at an Applewood eatery.
- Monday, May 28** **LEISURE/FUN-H1-5-28-W-8:30 AM** Meet **Marilyn and Don Swett** (303-791-5863) at the Prospect Park picnic parking area. We are starting early because we will be making stops along the way to check out historic sites and tell stories at Riverside and possibly, Crown Hill Cemeteries. The ride will be on about 50/50 bike path and quiet residential streets. Note the distance.
FUN-H2-19-NW-9:00AM Join **Marti Krusko** (303-234-9998) and **Curt Pellegrin** (303-522-3592) for another great Memorial Day outing. Meet at Prospect Park (44th and Robb St.). The journey will take us north to the Ralston Creek trail where we'll head west thru the West Woods golf course, south via Easley Road and back to the park via Clear Creek path.
INT H3 30 NW 9:00 AM Meet **Darrell Dearing** (303-697-6126) at Prospect Park. The DBTC Memorial Day picnic will follow the ride. Prospect Park is located on 44th between Ward Rd. and Kipling St. We will ride west on the Clear Creek trail to Golden south on Hwy 93/ Heritage Rd., ride through Red Rocks and Morrison and back to Golden by way of Rooney Rd.
ROAD (16mph on flats)-H3-35-NW-9:00AM Meet **Steve Ingraham** (303-756-7847 /singraham046@aol.com) at 9:00am at

Memorial Day
Picnic



MAY RIDE SCHEDULE

Monday, May 28
continued

Prospect Park in Wheat Ridge (44th and Ross) for a ride thru Golden, Red Rocks Park, and Bear Creek Park, returning thru Golden. We'll be riding with few breaks in order to get back to the picnic on time.

MTB P2, T2 9:30 AM South Table Mountain Picnic Day ride. Hookup with **Neal Koster** (303-238-2592) for this annual adventure ride from Prospect Park. Then celebrate the coming summer with your DBTC comrades afterwards at the picnic.

Wednesday, May 30 "Roses" SW, H1-18, 9:30AM Meet **Connie Engelbert** (303/904-9288) at South High School parking lot E, corner Louisiana & S. Franklin, for a loop ride on the Platte and Cherry Creek trails. Please be early, we leave on time. Bring a snack and money for lunch at a nearby restaurant after the ride.

FUN/INT- 25-H2/3-SW 9:30 AM Meet Patty Gaspar (303-989-8268) at the OLD location for Lakewood Performance Bicycle Shop (Jewell & Kipling - do not park near buildings) for a loop over the hogback. Some climbs and some great downhill. Lunch afterwards.

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

"Passing on Your Left" vs "On Your Left"

There have been numerous discussions regarding the correct term to use when passing someone while on your bike.

Members of bike clubs know the vocabulary. "On Your Left" is recognized. Riding on public paths and roads presents a different situation. One member of DBTC was riding on the Bear Creek Path when he tried to pass another cyclist. He called out "On Your Left". The woman promptly turned to the left. His bike was totaled. The woman said she didn't know what "On Your Left" meant. Practice **Situation Awareness** and **Common Sense**. The words you use can be the difference between passing safely and a broken collar bone and totaled bike.



The following is an excerpt from Stuart Black's *The Spoken Wheel*: They walk before me. Five of them; a phalanx of pedestrians across the bike path. Their backs to me and their minds occupied by discussions of work or life. They paid no attention to the world around them but were completely consumed by the beauty of the day. I didn't want to disturb their collective reverie but I needed to get down the path to home and hearth. "On your left!" I said with a commanding voice. And they went in 8 different directions! One went left. One went right. One went left, then right, then left, then straight. One went left while the other one went right and they met in the middle.....

The McKee Medical Center Foundation presents the 20th 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)

Five-Milers (All): \$10

Maps and Registration: www.mckeefoundation.com

Questions & Volunteer: (970) 593-6038 - cheri.lohnes@bannerhealth.com



Thank you to our Sponsors



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

DBTC SPONSORING SHOPS

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

Support your local stores.

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REMINDERS WHEN RIDING

- 1: Always carry identification and medical card.
- 2: On multi-use paths, ride in single file and stay to the right. Obey posted speed limits. Be alert. The paths are shared by walkers, roller bladers, baby strollers, horses, and dogs - on and off leashes.
- 3: When overtaking another road or trail user, call out "Passing on left". If in a group, tell how many will pass. Last one say, "Last one" and "thank you".
- 4: Use proper hand signals for right turn, left turn, and STOP.
- 5: Ride leaders - when crossing busy streets (traffic lights), stop and regroup at a safe place and wait until the last rider has safely crossed the street.
- 6: Always be alert and watch out for vehicles. Do not assume they see you.
- 7: Do not follow too close to the rider in front of you. Leave adequate space for unexpected situations and quick braking.
- 8: When appropriate, acknowledge and say "Thank You".

"Thank You".

9: Pull completely off the trail or road to stop and regroup - we are not the Denver Blocking Trail Club.

10: Practice **Situational Awareness**, **Common Sense**, and **Courtesy**.



DBTC Jerseys

Hurry before it's too late. We only have 6 large and 6 medium of our great looking, comfortable and quality Jerseys left. These Jerseys are identical to the last ones; zippered front, short sleeves, yellow and manufactured in the USA by Voler. We purchased them for over \$50. The good news is that in order to attract more members and to promote camaraderie within the DBTC we are selling them for only \$30.

To purchase them contact Elfriede Shoemaker @ 720 922 0220. Please add \$4 for shipping.



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

NEWSLETTER VIA EMAIL

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

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DENNA HATTERMAN & JOHN FREASE
PAUL HYLAND
HUNTER & PAT JOHNSON
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