



The Colorado Bicyclist

September 2007

September Picnic

Saturday September 22

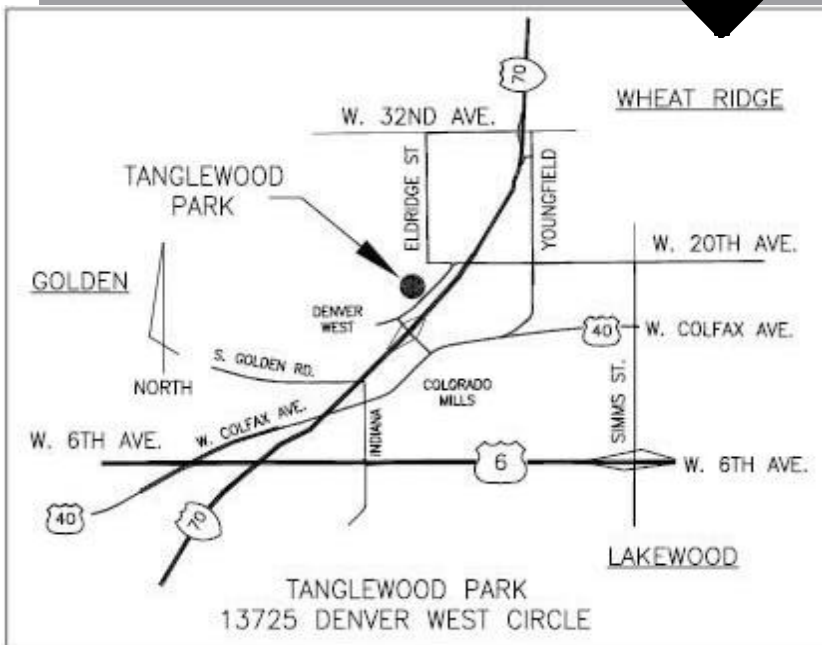
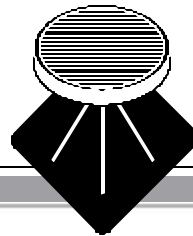
Share memories of a summer gone
 And celebrate the fall to come.
 A ride with friends in the cool crisp air
 And hearty traditional picnic fare.

Tanglewood Park - 13725 Denver West Circle - Lakewood/Golden

Lunch provided by DBTC, and organized by our own
 President, Bruce Kohl, who is also the head cook.
 Come on out and check out the new location.

See ride schedule for ride start times. Lunch served around noon.
 Water bottles \$5.00...The Great Outdoors, fun, and fellowship - FREE.

Take W 20th Ave, west, it ends at the Park. From I-70 west, exit Denver West Blvd. Make two right turns and you're at the Park. From I-70 east, exit Denver West Blvd. Make a left turn then right turn and you're there.



Tour de Trois Routes en Velo

Formerly Jeff Jones' TripleByPath

Saturday, September 29th

9:00 am start -- Lions Park, downtown Golden

1101 - 10th Street

West end of 10th St., 5 blocks west of Washington Ave.

End-of-Summer "Signature Ride"

and a free T-shirt too !!!!

Let's have some end of summer fun and get a great tee shirt. We'll have refreshments, festivities and surprises when we return to Lions Park around 3 or 4PM.

A Metric Century+, 67 miles, with some moderate hills. We welcome ALL level of riders. This is at the **intermediate level**, but riders who normally do DBTC FUN Rides and want a bit of a challenge and are willing to be a bit more independent are encouraged to join the group. Since it is on bike paths, you can do an out and back. **Remember a Helmet is required.** Lunch, at your expense, is at Panera Bread at Mineral and Santa Fe Drive in Aspen Grove center.

RSVP not required to do the ride. Just show up, sign in, and go. **BUT to get a T-shirt, you need to be a DBTC member:** and to RSVP with T-SHIRT SIZE by **September 5th.**

Darrell Deering (ride leader) - 303-697-6126, 303-903-0239 (cell), IntermediateRides@dbtc.org

Steve Ingraham (ride leader) - 303-756-7847, 720-218-9204 (cell), secretary@dbtc.org

Ludwig Goppenhammer - 303-279-7951, 303-880-0181 (cell), vicepresident@dbtc.org

If you are not a DBTC member, now is your chance to join. Membership is only \$25 for a single or \$30 for a family. Visit our website at www.dbtc.org.

Route: From Lions Park to Hwy 93 & 19th St. Then **C-470 trail** from Golden to Chatfield Reservoir. **Platte River Trail** from Chatfield Reservoir to **Clear Creek Trail**. Clear Creek Trail back to Golden Lions Park. **THANK YOU to the following downtown businesses:**

The Blue Canyon Grill, Big Ring Cycles, and The Buffalo Rose for their contributions.

DBTC's Officers

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President@dbtc.org
- Vice President**
Ludwig Goppenhammer.....303-279-7951
VicePresident@dbtc.org
- Secretary**
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Secretary@dbtc.org
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Nancy Blizzard.....720-299-9986
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Carolyn Bauer 303-740-8491
cmb8030@comcast.net
- WebSite**.....http://www.dbtc.org

Board Meeting

Any member wishing to attend a board meeting is welcome to attend. The next board meeting is Monday, September 10th at 7:00 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.

Board of Directors Election

The election for the Board of Directors is in October. This is the chance you've been waiting for. We need all kinds of help and skills, so there is a spot for you. If you are unable to serve this term, please talk to your friends whom you think would make good board members. The term of office is 2 years and starts in November.

Job Description

Attend monthly dinner meetings from approximately 6-9 PM. We will accommodate your schedule. Members participate in planning and helping at the picnics and dinners, various advocacy efforts, support the newsletter editor and mailings, membership, and many other nuts and bolts activities.

How to apply

Candidates must provide a short resume (including interests and skills), and picture (preferably a digital face close up).

Email to Gary Goins:

gwgoins1@yahoo.com
or mail to Attn:
DBTC Election Committee
PO Box 260517,
Denver, CO 80226-0517.
Applications should be sent by September 10 to appear in the October newsletter.

Questions

Email Gary Goins or call him at 303-433-4398. Any Board member will be glad to answer your questions and help you with your nomination. If you don't apply, we will find you anyway. We know where you live so please consider helping your club and, believe it or not, have some fun.

A Pleasure and a Privilege

Your club, and my club, need people to run for its Board of Directors. This is a wonderful opportunity to serve bicyclists in Denver and Colorado and is also an opportunity to help make this corner of the world a better place to ride and live. I am stepping down from the Board after three and a half years. Before I go I would like to take the opportunity to encourage you, yes you reading this, to nominate yourself and participate in the upcoming election. It is good for you step forward and help make things happen. My tenure on the Board has been

both a pleasure and a privilege. I have had the pleasure of working with people who wanted to make the Club a successful organization where all riders can have a positive experience. Anytime you can serve others is a privilege. The same people have been serving on the Board for sometime now. Give them a rest; come forward with Your energy and Your ideas to help make this club even more successful. Call me, Gary Goins, at 303-433-4398 about service on the Board.



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.

Mountain Bike Happenings

Jeff Baysinger

Mango Martini Afternoon Grilling Affair

Enjoy a Labor Day Weekend barbecue hosted by Terrie and Keith. The Mango Martini Afternoon Grilling Affair will occur after the Tourdefranc ride to Evergreen Mountain on September 2nd. Directions will be provided at the ride or contact the illustrious ride leader of the day.

September 8th...Pre-ride Party and Campout

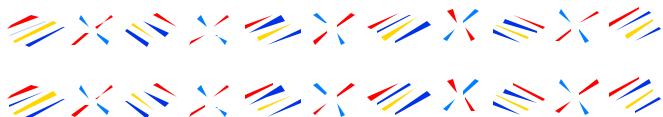
Since this is the time of the year when the park elk start their bugling ritual, a campout will occur on Saturday eve before the MTB vs Road Challenge. Confirm with Jeff Baysinger (303-966-9241) by Tuesday, September 4th if you want to take part in the campout, A casual Saturday afternoon ride on park roads that can accommodate both types of bikes will be entertained. At 6 PM both the Roadies and the MTBers plan a pre-ride gathering at the Estes Park Brewery, 470 Prospect Drive. Drive about ½-mile south of downtown on Riverside Drive to the Brewery. If you're not camping with Jeff make your own arrangements to stay in the area. Note, hotels fill up so book early.

Rocky Mountain National Park MTB vs Road Challenge

September 9th, road riders will challenge us in Rocky Mountain National Park. Both bike types will have an equal 3300' morning elevation climb. Each group will look forward to relaxing with others at the Alpine Visitor Center. Afterwards, everyone can shake the blues at Oskar Blues in Lyons, about 4:30 PM Sunday.

Time for Moab

After September, preparations should be made for the annual pilgrimage to ride Moab, Utah area mountain bike trails. Mountain bike riders will be there Oct 5th to 8th. Rides will include Yellowjacket Canyon, Poison Spider, Moab Rim, and Klondike Bluffs.



DBTC Members on the Road:

- ▶ **Carl Gaspar and Scott Houchin** rode the 3-day Courage Classic, a fund raiser for Children's Hospital. The ride began and ended in Leadville and covered the high points of Summit County.
- ▶ Riding across Iowa for 7 days, doing the RAGBRAI (Registers Annual Great Bike Ride Across Iowa) were **Carolyn Nolan, Ann Nolan, Annie Nordstrom, Bruce Kohl, and Row Helman**. This ride is known as a non-stop party and food fest.
- ▶ **Jerry Baer, Mary Gallagher, and Steve McCormick** did the "Copper Triangle" ride. It is a benefit ride for the Davis Phinney Foundation, which supports Parkinson's disease research.

"PROJECT FULL CIRCLE"

Don Pearson

Back in 2001, DBTC was approached about collecting & fixing bikes for the children at the Mt. St. Vincent Home. The club jumped at the idea, and named it, "Project Full Circle". That year we collected, delivered & repaired some 55 bikes for the kids. DBTC has been continuing that project ever since.



Although the majority of the bikes were used, and some didn't look too good - the kids love them.

It's so great to see their happy faces when they get a bike to ride.

In fall of 2006, a benefactor left money to buy all the kids their OWN BIKE and take with them when they leave. Previously, we gave all kids a bike to use - but only while at the home. This generous gift left us with some 60 bikes. We decided to give all the new kids their own bike to keep.

We must continually repair the bikes, as kids can break anything, but they're just kids, so we fix those we can. We have junked ones we use for parts. We only buy parts we can't fix or get from a junked bike.

The club has a budget for new tires & parts, and although we are in fairly good condition now, we still encourage continuing donations of used bikes, bike parts and helmets. We work with and share extra bikes and parts with the Golden Optimists. They also have a program of repairing donated bikes and giving them to schools, organizations for disadvantaged children, and Indian reservations. DBTC member, Howard Bagdad, is President of the Golden Optimists.

As a volunteer, I'm so pleased & honored to be the head fixit guy. I know all of our members, who give of their time and energy to the program, feel a similar pleasure in being a part of doing something very worthwhile. *Someday, some of these children may very well ride with us on a club ride - and maybe even become members!*

"A person is never so tall, as when they bend down to help a child."

MOUNT ST. VINCENT HOME FOR CHILDREN

In 1883, the Sisters of Charity of Leavenworth, Kansas, founded Mount St. Vincent as a home for 200 orphans. In 1902, the home was rebuilt after being destroyed by fire.

Many changes occurred in the ensuing years. In 1969, the home began to provide residential & day treatment for boys & girls (ages 5-14) with severe emotional and behavioral difficulties. In 2005 a new school was built and later a new baseball diamond. The home, school, and facilities cover 16 acres.

HELP PUT THE 'TOUR' BACK INTO THE DENVER BICYCLE TOURING CLUB

Ellen Chilikas

Want to lead an out of town tour but aren't sure how to go about it? Did you know that your hotel and some other trip expenses are free when you are a tour leader? Well, come to dinner at Old Chicago on Thursday September 20 at 6:30 pm and we'll tell you all about it. Dinner is on DBTC. But you need to commit to at least being on the Out of Town Tour (OOTT) committee and hopefully leading a tour in 2008 or 2009. Tours can be for weekends or for a whole week. You can either come up with an itinerary of your own or use some of our tried and true past trips. We'll even provide you with a tour mentor who can help answer all of your questions and give you practical advice from tours past. If you are interested, RSVP to me, Ellen Chilikas, at 303.750.5099 and I will provide you with the location of the restaurant.

HELP WANTED

Saturday September 22 picnic

Bruce Kohl is looking for some members to help with shopping, pick up, food prep, and cooking. If you have not volunteered in the past, now is your chance to help the club.

Please contact either Bruce Kohl (I will be out of town the first week of Sept.) at 303-458-7322 or Rick Clauder at 303-709-5489. Thank you.



LAST CHANCE TO SIGN UP FOR THE MOAB ROAD BIKING/HIKING TRIP!

The Moab multi-sport trip (ROAD biking and hiking) is October 13-20. The hotel needs to be paid in advance so final payment needs to be in by Sept 10. If interested please email Ellen Chilikas at outdoorsdiva@yahoo.com.

The trip cost is \$400/person double occupancy. Each day there will be both hiking and road biking options. We'll be playing in and around Moab, including the Needles in Canyonlands and Arches National Park (one of the most beautiful places I know). The road biking is Intermediate and hilly, and the hiking is Easy/Intermediate, with some sand, slick rock and a few ladders. There will also be one free day - we'll have plenty of things to do. We are trying to arrange an optional raft trip. A detailed itinerary is available.

2007 Out-of-Town DBTC Trips

MTB & Road, Rocky

Sept 8-9 2007

Jeff Baysinger

jbaysinger@do.usbr.gov

Mountain Bike in Moab

Oct 3-6 2007

Jeff Baysinger

jbaysinger@do.usbr.gov

Mountain National Park

Fall River Road Challenge

Teton Trek Wyoming

Sept 9-15 2007

John Campbell

jwc@rmi.net

Moab Road Bike & Hike

Oct 13-20 2007

Ellen Chilikas

outdoorsdiva@yahoo.com

Members are encouraged to combine their love of bikes and travel. Coordinate trips through the OOTT committee at least 90 days in advance. No conflicting trips scheduled. Send an email to BikeMcClain@aol.com and/or outdoorsdiva@comcast.net.

DBTC FALL 2007

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			

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:

ColoradoBicyclistssubscribe@yahoogroups.com

- **DBTC Mountain Biking E-Mail List**

To join, send an e-mail to: **COMtnbikers-subscribe@yahoogroups.com**

You may join both groups and you will be contacted via e-mail with a confirmation.

To post an event, simply go to the site. Only club-related activities may be posted.

We reserve the right to cancel any posting deemed inappropriate.

Please Note:

-Joining either of these groups does not make you a DBTC member.

-Send e-mail address changes to both the Yahoo Group and 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 when so requested.

Rides are cancelled if the temperature is below 40 degrees, it is raining or electrical storms are in the area.

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 the 10th for the following newsletter or contact Patty at 303-989-8268.

SEPTEMBER RIDE SCHEDULE

- Saturday, September 1**
- LEISURE/FUN H2-17-SE-9:00 AM** *Nadean Kruse* (303-988-8186) loves to explore "bike paths less traveled" and she's just put together a great new SE loop. It starts near Park Meadows Shopping Mall and mostly travels on packed cinder bike paths at a leisurely pace. There will be some rest stops and a refreshing break for award-winning ice cream just introduced to Denver. To get there: get on Yosemite St. and go west of the main shopping mall past Home Depot, turn left at Pearle Vision on Parkway Drive, then left again and park in front of the "Mattress King" store. Optional lunch after ride
- FUN-H2-20-NW-9:00AM** Meet *Cindy Ferry* (303-274-9454) at Sloans Lake Park (25th and Sheridan) for a ride on 23rd Ave. to the Cherry Creek Trail and Colorado Blvd. Return will be via Exposition and Washington Park. After a spin around Washington Park, ride to the Cherry Creek trail back to REI and Sloan Lake.
- FUN-H2-38-E to W-9:30 AM** REI RIDE Meet *Tom Tobiassen* (303-699-9260) at Treads Bicycle Outfitters, 16701 E. Iliff Ave. We will stop for a short shop at REI store and return. Bring a daypack for your purchased items.
- ROAD-H3-47-NW-9:00AM** Meet *Steve Ingraham* (303-756-7847 singraham046@aol.com) at NW corner parking lot at Sloans Lake, Sheridan Blvd and 25th Ave. The ride will proceed west to Arvada Reservoir, south to downtown Golden, over Dinosaur Ridge, to Morrison Road, then return on Garrison and 26th Ave. Lunch afterwards if the group desires.
- Sunday, September 2**
- LEISURE/FUN H1-21-SE-9:00 AM** Meet *Bruce and Lois Thompson* (303-814-1034) in the parking lot at Cottonwood Trailhead (the trailhead is at the SW corner of Cherry Creek and Cottonwood Drive, which is on Cottonwood Drive about 0.4 miles west of Parker Road. Cottonwood Drive is approx. 1.7 miles north of the intersection of Parker Road and Lincoln Ave., which is about 2 miles north of the town of Parker). We will ride the paved bike path south along Cherry Creek about 10 miles and on our return we will stop for coffee in Parker. Lunch is following for those interested.

SEPTEMBER RIDE SCHEDULE

Sunday, September 2

FUN H2-25-NW-9:00AM Meet **Barbara Berry** (303-271-0355) and her "assistant" Merri Bruntz (303-517-9781) at Prospect Park (44th and Robb) for a ride through Olde Town Arvada, the Ralston Creek Trail over the Arvada Reservoir, Easley Rd to Golden and then back to the park.

INT H3/4-40-Mountains-9:30am - Meet **Ellen Chilikas** (h:303.750.5099, c: 720.670.0296) in Idaho Spring behind Beau Jo's. We'll ride up to Georgetown and continue on to Bakerville if we can make it that far. I've never ridden up to Bakerville so it will be a new experience for me. The climb to Georgetown isn't difficult but I understand it gets steep as you go through Silver Plume and to Bakerville. On the positive side, it's downhill all the way back!

MTB P2/3-T2/3 9:30 AM, Dedisse Park to Evergreen Mountain Tourdefranc. Come one, come all. Be ready to pace up the trail with the Zen master bike mechanic **Keith Lawson** (303-512-3455)! Expect a 3-hour ride, but note that no blood doping will be allowed. Then, after the ride, unwind yourself at the Mango Martini Afternoon Grilling Affair in Terrie's house on Floyd Hill. See the pictures from Crested Butte and other summer rides projected on the big wall! This is a party day.

Monday, September 3 LABOR DAY RIDES

Single Speed H1-16-N-9:00 AM Single Speed Monday--Meet **Doyle Brewer** (303) 373-2587 at the Park-N-Ride (70th and Broadway) for a special ride down the Clear Creek and Platte River Trails. Bring your single speed, fixer, cruiser, old stingray, etc. for a fun ride on flat ground. Dust off the old iron and come and be a kid again or bring the kids! The equipment and those who show up will set pace. email (Brewerhunt@aol.com)

FUN/INT H2-30-NW-9:00AM Meet **Merri Bruntz** (303-517-9781) at Crown Hill (26th and Garland) for a ride north through Wheat Ridge into Arvada to the Ralston Creek Trail. We will climb over the Arvada Reservoir and then ride to Golden via Easley Rd. We will then return to Wheat Ridge via 32nd and 26th avenues.

Wednesday, September 5

"Roses" H2-20-SW-9:00 AM Meet **Dianne Spiller**, 303-204-5887, at Carson Nature Center (off Platte River Pkwy, just west of Mineral and Santa Fe, opposite Aspen Grove Shopping Ctr) for a ride out the C-470 trail to Ken Caryl, down South Park to Deer Creek Canyon and return. Bring a snack and money for lunch at a favorite eatery following the ride.

FUN/INT-H2-31-SE-9:30AM Meet **Steve Ingraham** (303-756-7847 singraham046@aol.com) at Washington Park (west side parking lot near Kentucky Ave entrance) for an out-and-back ride on the Cherry Creek Bike path to Cherry Creek Reservoir plus a loop around the reservoir. Lunch afterwards if the group desires.

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, September 8

Family Bike Ride - Start at 9:30AM. Join **Art Castro** for a family bike ride at Highlands Canal, a portion riding North of the Goodson Recreation Center located north of the Arapahoe Rd and University Blvd intersection. Riding pace will be moderate (under 10 mph). 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 some 10 miles (about 2 hours plus of bike riding). Non-members are welcome. Please e-mail Art at EnjoyDenver@Comcast.net or call at 303-386-3295 (before 8 PM) to sign up and/or for more information.

FUN H1-25-S-9:00 AM Sedalia ---Meet **Howard Bagdad** (303-278-0541) in the parking lot in Sedalia at Bud's Bar!!! The ride goes along Highway 105 which is a beautiful farm country road. Go out and back. Lunch at Bud's Bar (great burgers!!)

FUN H2-30-NW-9:30AM Rick Clauder (303-709-5489) at Scott Carpenter Park in Boulder. The park is one block south from Arapahoe on 30th St left west side. We will follow Boulder Creek trail west out of town the use streets through Niwot to Hygiene. We will return the same way stopping at the coffee shop in Niwot. Lunch after on Pearl St via the Boulder Creek Trail.

INT H3-45-S-9:00 AM Meet **Mark Smith** (303-814-6823 or Mark98027@aol.com) in Castle Rock at the Safeway Parking lot (west side), E of I-25, exit 181 (Plum Creek Parkway). We will ride to Larkspur, Palmer Lake, and return. Loop goes south on Frontage and Spruce Mtn. Roads, back to Castle Rock on Perry Park Rd. (CO-105) & Wolfensburger. Nice scenery, pleasant ride. Approximately 1-mile on I-25, but wide shoulders, safe, and no issues.

Sunday, September 9 ROAD VERSUS MTB IN ESTES PARK

FUN H1-20-NW-8:30 AM Meet **Dennis Walker** (303 650 9657) at Twin Lakes Park, 1/2 block west of Broadway on the south side of 70th Avenue (diagonally across 70th Avenue from the Park N Ride). Ride ten miles west on the Clear Creek Bike Path to Prospect Park and return. Bring a snack and money for lunch at Los Delicias #2 after the ride.

SEPTEMBER RIDE SCHEDULE

Sunday, September 9

FUN H2-30-SE-9:00 AM TWENTY Parks Tour SE. Meet **Gaar Potter** (303-691-0938) at Eisenhower Park. We'll tour SE Denver and ride in as many parks as possible. Riders invited to count the parks and contemplate the merit of the routing.

MTB P4-T1-10:00 AM Fall River Road, Rocky Mtn National Park. Road riders have vowed to show this year. This 3300' climb ride takes place on the one-way dirt road to the Alpine Visitor Center. Afterwards, riders must take the paved road back down, after climbing an additional 500 feet by Iceberg Pass, 35-mile loop.

ROAD H4-42-Estes Park-9:30AM Meet **Steve Ingraham** (303-756-7847 singraham046@aol.com) at the Park Headquarters Visitor's Center of Rocky Mountain National Park (RMNP) for an out-and-back Road Ride to the Alpine Visitor's Center within RMNP. To get to Park Headquarters Visitor's Center (elev 8160ft) from downtown Estes park, follow US36 west 2.3 miles. Cars can park there to start the ride. The ride will follow US36 1.2 miles to the entrance to RMNP at Beaver Meadows. At Beaver Meadows each rider will pay the **\$10 daily fee to enter the Park**. From there we continue on US36 for 3.3 miles to the junction with US34 (Trail Ridge Road). The elevation at this junction is 8920ft. We then climb on Trail Ridge Road for 16.7 miles over Iceberg Pass (elev 12200ft) to the Alpine Visitors Center (elev 11800ft).

A group of DBTC MTB-riders will be in the area this same day. The MTB group will be riding Fall River Road. We Road Riders plan to meet them at the Alpine Visitors Center between Noon and 1PM for some revelry and lunch. So bring some "vittles" for a well-deserved break at the top-of-the-world! We'll start our descent about 1:30pm, getting back to the Park Headquarters Visitors Center about 2:30pm. Remember to bring your cool-weather riding gear for the ride down. If a storm cloud or two moves in earlier, you may need your rain gear on the way up. Come prepared!! To finish off the alpine adventure, both we Roadies and the MTBers plan to gather in the town of Lyons at Oskar Blues Grill, 303 Main Street, about 4:30pm to tell our stories.

See the *Mountain Bike Happenings* article for details about the pre-ride party and camping or hotel options.

Wednesday, September 12

FUN-H2-20-NW-8:30 AM. Meet **Dennis Walker** at Twin Lakes Park 1/2 block west of Broadway on the south side of 70th Avenue (diagonally across 70th Avenue from ParkNRide). We will go west on Clear Creek Bike Path ten miles to Prospect Park and return. Bring snack and money for lunch after ride at either Udi's or Los Delicias. 303 650 9657.

"Roses" H2-20 SE 9:00 AM Meet **Peggy Ochiatto**, 303-850-9731 in the Safeway parking lot (NE corner of Quebec and County Line) for a ride east on the E-470/C-470 trail, and the Cherry Creek Trail. Bring a snack, and money for a restaurant lunch 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, September 15

FUN/INT-H2-28-SW-9:00AM Meet New Ride Leader **Bill Lew** (303-985-5957) at the Lakewood Heritage Center at Belmar Park (Ohio and Wadsworth). He will take the group to Rooney Rd (route is still being developed) over Dinosaur Ridge to Red Rocks Trading Post, Morrison and Bear Creek Lake Park, Bear Creek Trail, and North on Garrison back to Belmar. Lunch is optional.

FUN-H2-18-Loop-9:30 AM Westerly Creek Loop. Meet **Tom Tobiassen** (303-699-9260) at Treads Bicycle Outfitters north side parking lot at 16701 E. Iliff Ave. (northwest corner of Iliff and Buckley).

INT-H2/3-30/35-SW-9:00 AM - Meet **Ellen Chilikas** (h:303.750.5099, c: 720.670.0296) at Bear Creek Park near Hampden and Sheridan (take Hampden to Sheridan, north to Dartmouth, then go south on S. Raleigh St to the park). We'll follow the Bear Creek trail west, climb Mt. Carbon, go into Morrison, head south along CO8 past the Fort restaurant, take Belleview to E470, climb back up Mt Carbon from the other side and follow the Bear Creek trail back to the cars. Expect a hilly ride!

MTB-P2/3-T2-3- 9:00 AM, Colorado Trail, South Platte West section. Carpool meets at The Fort PNR, Hwy 8 south of Morrison. Enjoy a day in the dirt with playgirl **Mary Kay "Fiona" Engel** (303-637-9707). Ride is about 13 miles, 2300' climbing long. Trailhead is along the Foxton Road south of Conifer

Sunday, September 16

FUN/INT H3-20-NW-9:00AM Have you been climbing the Arvada Reservoir and Mt. Carbon all summer but you are convinced that you will never climb Lookout Mountain? Here's your chance to climb Lookout at an easy pace with friends. Meet **Merri Bruntz** (303-517-9781) on the north side of the Target store at Colorado Mills (Colfax and Indiana). After a brief bathroom stop at the Wild Oats across the street, we will ride to Golden on Old Golden Rd to

SEPTEMBER RIDE SCHEDULE

Sunday, September 16

19th street and up over Lookout Mtn. We will ride down the easier side to Hwy 40, past Heritage Square and back to Colorado Mills. Merri will sweep this ride and no one will be left behind.

INT H3-35-W-9:00 AM Meet **Gaar Potter** (303-691-0938) at the Idaho Springs Safeway parking lot. (Take 1st Idaho Springs exit, go straight, about ½ mile on your left). We will ride up Clear Creek to Bakerville. Up out, Down back. Perfect for bailouts! Possible stop in Silver Plume for a lemon square. Yum.

ROAD(16mph) H2-45-NE-9:00AM Meet **Steve Ingraham** (303-756-7847 singraham046@aol.com) at the parking lot at the NW corner of Sloans Lake, Sheridan Blvd and 25th Ave. The ride will proceed north on Tennyson to the Clear Creek trail, then to the Platte River trail, Riverdale Road, and 160th Ave to Brighton. We'll return via Brighton Rd, the Platte River trail, and 23rd Ave. Lunch afterwards if the group desires.

Wednesday, September 19

"Roses" H1-20 SW 9:00 AM Meet **David Grimes**, 303/986-7666, at the Stone House, (E side of S Estes, south of Yale) for a ride on the Bear Creek and Platte River Trails. Bring a snack, and money for a restaurant lunch after the ride.

FUN/INT-H1.15 (85% h1 15% h2)-30(short option) or 56(long option)-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 ride 19th/32nd to Crown Hill where the short option splits off and returns via Garrison. The long option will continue via 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 5:30 PM, Evening ride, TIME CHANGE, Green Mountain in Lakewood, meet the DBTC crew at the main (Florida Dr) parking lot off west Alameda.

Saturday, September 22 PICNIC RIDES

LEISURE H2-20-NW-8:45AM Meet **Dave Grimes** (303-986-7666) at the Tanglewood Park for an out and back via 20th Ave., Eldridge St., Clear Creek Trail and east to Ralston Creek.

FUN H2-20-NW-9:00AM Meet **Marti Krusko** (303-234-9998) at the Tanglewood Park (Directions: Denver West Parkway and Denver West Circle). The ride will be an out and back to North Golden via 20th Ave, Eldridge Pkwy, Clear Creek Trail and Tucker Gulch.

INT H3-30 9:00 AM Meet **Peggy Vanallen** (303-410-1986) at Tanglewood Park west of I-70 on 20th St. Golden. We will ride to Golden and then up Look Out Mountain and return Hwy. 40. Lunch will be at the DBTC Sept. Picnic is at the Tanglewood Park.

ROAD H2-34-NW-9:00AM Meet **Steve Ingraham** (303-756-7847 singraham046@aol.com) at Tanglewood Park in Lakewood. Tanglewood Park is located just west of the intersection of I-70 and West 20th Ave, on Denver West Pkwy. The DBTC fall picnic will be held in Tanglewood Park after the ride. This Road Ride will wind through Golden, around Arvada Reservoir, north to Leyden, to Prospect Park, then through Crown Hill Park, returning on 20th Ave. The many hills on the route will build your appetite for the picnic afterwards.

MTB P2/3-T2/3-9:00 AM, Tanglewood Park Picnic Ride. Take a spin to a nearby Jefferson County park. Surprise location to be determined that morning.

Sunday, September 23

FUN H2-22-Summit County-11:00 AM Meet **Georges Becus** (970-513-9960) at the Dillon Marina parking lot for a fun ride to Keystone River Run, and back, with a detour thru Summit Cove and Keystone Ranch. 65% trail, 35% quiet paved roads. In case of snow, rain or cold (below 40) ride will be cancelled. Questions: 970-513-9960, georgbcus@netscape.net

MTB P2/3-T2/3-8:45 AM, Nederland DOT trail ride. Hookup with **Laurie Armijo** (303-717-7676) and **Jeff** for a new ride. Carpool pre-meet first at 4th and Union PNR or else meet 9:30 AM at the trolley car and bike coffee shop parking lot in Nederland. From there, riders will carpool to the small trailhead parking lot.

ROAD(16mph)-H2-37-SE-9:00 AM Village Greens Park - near Cherry Creek State Park **Mary Gallagher** (303-907-4621) Out-and-back: to Starbucks at REI Flagship Store. Meet in the parking lot at the Village Greens Park just north of the west entrance to Cherry Creek State Park (Union at Dayton) for this slower paced Road Ride. We will ride through the park and pick up the Cherry Creek Bike path and ride down to REI. Coffee stop at Starbucks and return via Cherry Creek Bike Path and the dam(n) bike path to the Village Greens Park. The ride is a GO if the temperature is at least 40 degrees at the beginning of the ride & it is not raining.

SEPTEMBER RIDE SCHEDULE

Wednesday, September 26 "Roses" H1-20-SW-9:00 AM Meet **Rex Cole**, 303/936-7227, in the parking of South High School (East Louisiana and South Franklin, near Washington Park) for a ride through neighborhoods, the Platte River, and Cherry Creek. Bring a snack and money for a restaurant lunch after the ride.

FUN H2-30-SE-9:30 AM Meet **Patty Gaspar** (303-618-5069) at the Village Green Park across from Cherry Creek High School for a loop ride on the bike path through Aurora and Cherry Creek Park. There is one hill, but it is steep, then the rest is on flat bike paths. The fall colors should be beautiful. We'll have lunch at a place the kids haven't found.

MTB P2-T2- 5:30 PM, Evening ride, Green Mountain in Lakewood, meet the DBTC crew at the main (Florida Dr) parking lot off west Alameda. End of regularly scheduled evening rides.

Saturday, September 29

FUN H1-25-SE-9:30 AM This is a mostly flat but long fun ride. Meet **Susan Gregory** (303-477-9233) at Fairmont Cemetery (Alameda & Quebec). Enter the cemetery off Quebec and meet near the cemetery office. We will ride the Highline Canal (pea gravel) and Cherry Creek trails to REI for coffee. Let's hope for a nice golden autumn day.

INT West, Metric Century - 67 miles, H-2, 9:00 AM *Tour de Trois Routes en Velo* This is at the intermediate level, but riders who normally do DBTC FUN Rides and want a bit of a challenge and are willing to be a bit more independent are encouraged to join the group. Please see article in newsletter and web page for more information. Ride Leaders:

Darrell Deering 303-903-0239 IntermediateRides@dbtc.org; **Steve Ingraham** 720-218-9204 secretary@dbtc.org;

Ludwig Goppenhammer 303-880-0181 vicepresident@dbtc.org **Start Location:** Golden Lions Park. 1101 10th Street, Golden, CO. West end of 10th St., 5 blocks west of Washington Ave, Golden's main drag. RSVP not required to do the ride. Just show up, sign in, and go. *BUT to get a T-shirt, you need to: RSVP to ride leader with T-SHIRT SIZE by September 5th, AND participate in the ride*

MTB P2/3-T2/3 9:00 AM Mt Falcon Park, upper parking lot. Meet **Chuck Caldwell** for a loop ride on Parmalee Gulch trail (h 303-697-4241, cell 303-807-1562). Lunch is at the Indian Hills Wild Man Bar or other nearby place.

Sunday, September 30

FUN H2-52-SW-9:00 AM OVERCONSUMTION OVERPOPULATION SPRAWL RIDE (aber mit wunderschoenen Aussichten) **Jeff Messerschmidt** (303-904-0573) leave message...leading from King Soopers recycle dumpsters at Kipling and Belleview to Daniels Park-tired?, bad weather?, lonesome pets? - no problemo- we can turn back at will.....

FUN/INT H2-26-NW-9:00AM Meet **Merri Bruntz** (303-517-9781) at Crown Hill (26th and Garland) for a ride down Garrison to the Stone House. We will continue east on the Bear Creek Trail to the South Platte Trail, which we will take north to REI. We will then return via neighborhood streets in north Denver and Wheat Ridge.

ROAD-H4-40-W-9:00 AM, Meet **Brad West** (303-422-6592) for an intermediate paced Road Ride at the park in Golden, Visitor's Center parking lot at SW corner of 10th and Washington in Golden. The route will follow the Lariat Loop. The Loop is described as "a scenic circle connecting natural splendors, historic treasures, and recreational pleasures in the foothills of the Colorado Front Range". This 40-mile ride will start with the steep climb up lookout mountain. East is Bergen Park, then up to Evergreen. It's downhill to Morrison and back up to Golden. Lunch along the way will be optional. For more information on the Lariat Loop, see <http://lariatloop.org/>.



The July 21st picnic was a great success. We had about 50 riders and many others who showed up just for the BBQ. Even though the weather was somewhat hot, the day was pretty and it didn't rain. I want to thank all the volunteers: Ludwig Goppenhammer who brought all the stuff from the storage locker, Vickie Leger who went out during the meal to get ice cream, Don Zimmerman, Bob Jarrett, and Dennis Walker who shopped for the food and prepared

it, and Susan Gregory who provided the vegetarian fare. We all need to thank these people for their help so that the rest of us could enjoy the day. Also thanks to all the new volunteers and to the many who offered to help but weren't needed. It was nice to give some time off to those who seem to always volunteer. *Rick Clauder*

Advance Planning Calendar

September 9
Buffalo Bicycle Classic
www.buffalobicycleclassic.com
Boulder, CO

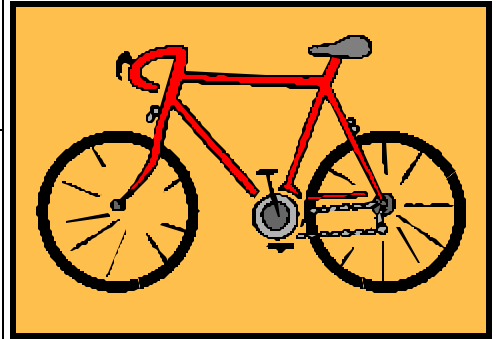
September 15
Tour of the Vineyards
www.Coloradowinefest.com
Palisade, CO

September 22
DBTC Picnic
Tanglewood Park (Lakewood/Golden)

September 23
Good Sam Bike Jam
www.goodsambikejam.org

October 5-7
Moab Century Tour
www.skinnytirefestival.com
Moab, UT

November 10
Volunteer Recognition Dinner
Holiday Inn, Denver



Merri Bruntz's 50th Birthday Ride ...13 people showed up to help her celebrate by riding 50 kilometers on July 30th ... HAPPY BIRTHDAY MERRI!



Swan Mountain Bike Path Opened

From CBS Denver 4
Andrea Lopez
Reporting on August 14, 2007

"Cycling in the high country just got better, and safer. The first phase of the Swan Mountain Recpath is now open for riders.

The path takes cyclists from Summit Cove to a point near the top of Swan Mountain Road. .. The new bike path will let cyclists bypass just over two miles of Swan Mountain Road, giving them two miles of safe riding they didn't have before."

DBTC members attending the ribbon cutting ceremony were Dale Throne, Kathie Baird, Don and Margery Langmuir, Sunny Woods, Erik Von Hortenau, and Darlene Dietzler. They were part of the Summit County Biking group who did the official first ride up the new bike path. And it was really a ride "up".



DBTC SPONSORING SHOPS

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

<p>ARAPAHOE CYCLERY 6905 S BROADWAY UNIT 169 LITTLETON, CO 80122 303-797-1858 www.arapahoecyclery.com</p>	<p>CYCLE ANALYST 722 S. PEARL St. DENVER, CO 80209 www.cycleanalystinc.com</p>	<p>GREEN MOUNTAIN SPORTS 2950 S BEAR CREEK BLVD LAKEWOOD, CO 80228 303-987-8758 www.greenmountainsports.com</p>	<p>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.</p>
<p>ARVADA BIKE COMPANY 6595 WADSWORTH BLVD ARVADA, CO 80003 303-420-3854</p>	<p>DERBY BICYCLE CENTER 410 EAST 104TH AVE THORNTON, CO 80233 303-288-4100 www.derbybicyclecenter.com</p>	<p>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</p>	<p>THE GOLDEN BIKE SHOP 722 WASHINGTON AVE GOLDEN, CO 303-278-6545</p>
<p>BICYCLE PEDAL'R 2030 E. COUNTY LINE ROAD LITTLETON, CO 80126 303-730-8038 www.BicyclePedalr.com</p>	<p>ECHELON SPOKES & SLOPES 297 N. Hwy 287, Ste 110 Lafayette, CO. 80026 303-604-1825 www.echelonspokesandslopes.com</p>	<p>PEAK CYCLES 801 14 th ST. SUITE B GOLDEN, CO 80401 303-216-1616 BikeParts.com</p>	<p>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</p>
<p>BIG KAHUNA BICYCLES 9032 W KEN CARYL AVE LITTLETON, CO 80128 720-981-5199 www.bigkahunabicycles.com Includes 10% discount on bikes!</p>	<p>FOOTHILLS CYCLING 11651 W. 64th AVE. ARVADA, CO 80004 303-420-0815 www.foothillscyding.net</p>	<p>SCHWAB CYCLES 1565 PIERCE ST LAKEWOOD, CO 80214 303-238-0243 www.schwabcycles.com Restrictions: No discount on Shimano and Campagnolo</p>	<p>WESTSIDE CYCLE & FITNESS 7310 W COLFAX LAKEWOOD, CO 80214 303-237-1115 www.westsidecycling.com</p>
<p>BIKESOURCE 8 2690 E COUNTY LINE RD LITTLETON, CO 80126 303-221-4840 www.bikesourceonline.com</p>	<p>GOLDEN BEAR BIKES 290 NICKEL STREET BROOMFIELD, CO 80020 303-469-7273 www.goldenbearbikes.com</p>		
<p>CAMPUS CYCLES 2102 SO. WASHINGTON ST. DENVER, CO 80210 www.campuscycles.com</p>			

DBTC BIKE ROUTE MAP - Revision

DBTC is planning 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 last 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 is: 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

Deadline for submissions: October 30, 2007

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@comcast.net



NEW MEMBERS

LAURIE ARMIJO
KATHY BASEL
DON & JANIS FLOREZ
CHRISTOPHER LEE HOADLEY
SCOTT JOGGERST
CHRISTIAN LIND
JIM MOSS

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