



# The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

OCTOBER 2019

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*In an effort to be a more connected and caring club, we would like to send a card to those members suffering from an injury, illness, or loss. If you know of someone who could use a pick-me-up, please email their name to Linda at 528tiernan@gmail.com.*



## DBTC Annual Fall Ride

**Saturday, October 19:** Various rides will be departing from the Arapahoe Bike Trail head on the Cherry Creek bike trail, next to Arapahoe Road. After the rides, hearty snacks will be served. Check the October Schedule on page 19 for ride descriptions.

**October 19, 2019 METRIC CENTURY, 67 mile,** plus or minus, bike ride and luncheon for DTBC members and their guests.

This is the End-of-Summer signature ride for the DBTC. Riders will begin and end, their rides at the Arapahoe Road Trail Head, adjacent to the Cherry Creek Bike Trail.

There's plenty of parking, if you're starting your ride here. A light lunch will be provided by DBTC. Rides start at various times, so be sure to check the ride schedule. Lunch will be provided between 11:00-1:00.

RSVP is not required, but is greatly appreciated.

***Please sign up, and enjoy the ride and fellowship, for FREE***

## DBTC's Officers

President Cyndy Klepinger <a href="mailto:president@dbtc.org">president@dbtc.org</a>	303-725-1565
Vice President Helen Berkman <a href="mailto:vicepresident@dbtc.org">vicepresident@dbtc.org</a>	720-355-5687
Secretary Dick Shelton <a href="mailto:secretary@dbtc.org">secretary@dbtc.org</a>	720-934-9824
Treasurer Steve Thomas <a href="mailto:treasurer@dbtc.org">treasurer@dbtc.org</a>	303-419-2531
Board Members at Large	
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Phil Gee <a href="mailto:phil2e@yahoo.com">phil2e@yahoo.com</a>	720-319-8087
Sunnye Keeley <a href="mailto:skeele@yahoo.com">skeele@yahoo.com</a>	941-228-0319
Linda Wheeler <a href="mailto:528tiernan@gmail.com">528tiernan@gmail.com</a>	419-973-8282
Clark Wilson <a href="mailto:clarkwilson@gmail.com">clarkwilson@gmail.com</a>	303-495-0671

## Directors and Staff

Director of Ride Activities Patty Gaspar <a href="mailto:Patty@gasparjones.com">Patty@gasparjones.com</a>	303-989-8268
Out of Town Tour Director Kathy Stommel <a href="mailto:OutOfTownTours@dbtc.org">OutOfTownTours@dbtc.org</a>	719-671-5579
MTB Coordinator Chuck Caldwell <a href="mailto:ccaldwe@yahoo.com">ccaldwe@yahoo.com</a>	303-807-1562
Fun Ride Coordinator North Jeff Krinsky <a href="mailto:jkrinsky2003@yahoo.com">jkrinsky2003@yahoo.com</a>	720-373-9107
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Weekday Fun/Int Ride Coordinator Patty Gaspar <a href="mailto:Patty@gasparjones.com">Patty@gasparjones.com</a>	303-989-8268
"Roses" Ride Coordinator OPEN	
Information Coordinator Ellen Chilikas <a href="mailto:info@dbtc.org">info@dbtc.org</a>	
Membership Database/Webmaster Jeff Krinsky <a href="mailto:webmaster@dbtc.org">webmaster@dbtc.org</a>	720-373-9107
Communications Director Kathleen Shelton <a href="mailto:communications@dbtc.org">communications@dbtc.org</a>	303-264-9878
Map Sales (wholesale) Doug Schuler <a href="mailto:mapsales@dbtc.org">mapsales@dbtc.org</a>	303-829-5861
Guest Relations Mary Stewart <a href="mailto:guestrelations@dbtc.org">guestrelations@dbtc.org</a>	

### Board Meetings

Members wishing to attend a board meeting are welcome! The DBTC board meets the second Monday of each month at 6pm, Perkin's Restaurant (1995 S. Colorado Blvd). Anyone wishing to address the board, contact the president at [president@dbtc.org](mailto:president@dbtc.org) or call 303-725-1565 so your topic can be placed on the agenda.

# The President's Page

Cyndy Klepinger



There has been a lot of talk about bike safety among many DBTC members. One cyclist reminded me that CDOT publishes a Bicycling Manual. She also suggested that we add a link from the DBTC website to this informative publication. So we did!

To make it easier for you, here's the link: <https://www.codot.gov/programs/bikeped/information-for-bicyclists/bike-ped-manual/bicycle-pedestrian-manual>

Take the time to review the rules of the road as bicycle drivers who violate traffic laws will be subject to the same penalties as drivers of motor vehicles, except that no penalty points shall be assessed against the bicyclist's driver's license.

And did you know that if a bicycle rider is stopped for a traffic violation, and the officer has reason to believe that the bicyclist will not appear in court, or the officer is unsure of the bicyclist's identity, the officer may arrest the bicyclist and require the bicyclist to post bond.

The manual also explains "bike boxes," and no, it's not a container used to travel with a bike, it's a green painted square in a designated location at the front of the intersection for bicyclists to wait safely. Bike boxes can usually accommodate at least two to three cyclists.

Another regulation that I didn't know is that Colorado law states the bicycle must be equipped with a working brake or brakes that will enable you to stop within 25 feet from a speed of 10 miles per hour on dry, level, clean pavement.

The informative manual offers additional safety tips, equipment information as well as tips and regulations for mountain bike trails. In reviewing the manual, I learned some unknown rules. But being safe while biking is more than following the rules of the road, it also being aware of what is happening around you: cars turning or stopping, car doors opening, potholes in the road, etc.

Please be safe out there . . .

Pictures and Articles for the Newsletter... This newsletter belongs to the members. If you have pictures or an article to share, please email them to [patty@gasparjones.com](mailto:patty@gasparjones.com). 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, we may make you a published author! The deadline for publishing is the 20th, but please send your articles earlier.

# Wearing A Helmet Does Make A Difference

A recent article in the Denver Post mentioned that only 22% of adults seriously injured while biking were wearing a helmet at the time of their accident, according to information from the National Trauma Data Bank on 76,032 bicyclists who sustained head or neck injuries from 2002 to 2012.

Men were less likely than women to wear helmets (21% vs. 28%). They also spent more time in the hospital than did women, and their injuries were more severe.

Bicyclists who were wearing helmets when accidents occurred generally had less severe injuries, spent less time hospitalized, including shorter stays in intensive care, and were less likely to have died as a result of the accident, according to researchers' analysis of the data, published in the journal Brain Injury.

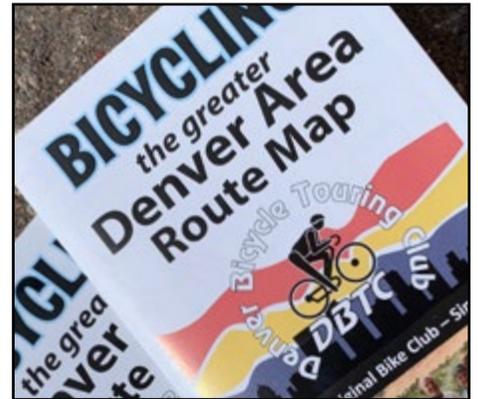
The data did not provide information on the type or design of helmets worn by the injured bicyclists.

So please wear your helmet . . .



# Plan a Ride with the New DBTC Bike Map!

The DBTC greater Denver Area Bicycle Route Map has been released after a one-year critique. The revised map adds new routes, paths and trails for bicycling adventures. It also includes more identifiers for major streets, bike routes, paths and trails. Maps are available at most bicycle shops and Tattered Cover book stores. New members also receive a copy of the map after they sign up.



## Social Media for DBTC

Become a member of these social media sites for relevant cycling news, last-minute rides and social activities with fellow members, such as ski trips and movies.



### To follow us on Facebook:

Go to [facebook.com](https://www.facebook.com) and join the DBTC page where you can find links to articles discussing the cycling community along the front range.



### To join Meetup:

Go to [meetup.com](https://www.meetup.com) and join the DBTC Meetup by searching for "Denver Bicycle Touring Club" in Groups.



### To join Yahoo Groups:

To receive email updates from the Cycling Yahoo Group click [HERE](#) or the Mountain Biking Yahoo Group, click [HERE](#)

You'll then receive emails about upcoming rides for those respective groups. You can also check out the latest [CYCLING](#) or [MTB](#) updates.

## WELCOME

### NEW DBTC MEMBERS

**Jody Allen Smith**

**Philip Boor**

**Jim Booth**

**Gordon Eaton**

**Martha Eubanks**

**Clay Houser**

**Perry Huntley**

**Joan Kahn**

**Gerry Newton**

**Nuri Ozkan**

**Bob Smith**

**Susan Smith**

**Ron Vasquez**

# • 2019 • Club Events

## Fall Ride

Saturday, October 19th  
Arapahoe Trailhead on  
Cherry Creek Trail

## Volunteer Recognition Luncheon

Saturday, Nov. 9th  
Applewood Golf Course

**Many Fun Club  
Events  
Are In The Works  
For 2020!**



*Applewood Golf Club*

**SATURDAY**

**November 9th 11:30-2:00**

Another good season of biking is drawing to a close and it's time to recognize members who have lead rides during this past year. DBTC is hosting a luncheon at the Applewood Golf Club for members to get together, share memories, meet new friends and enjoy a delicious fajita luncheon.

MORE DETAILS TO FOLLOW IN THE NEXT NEWSLETTER... BE SURE TO SAVE THE DATE ON YOUR CALENDARS!

# PRIMAL

Hopefully, you were able to take advantage of the 40% discount on items purchased at the Primal Store at its location along the Cherry Creek Bike Path.

**But if you didn't ...  
20% discount on online  
orders from Primal  
CODE: DBTC20  
Expires 10/31/19**

*Thank you Primal! Yes,  
it pays to be a DBTC  
member!*



# JERSEY SWAP

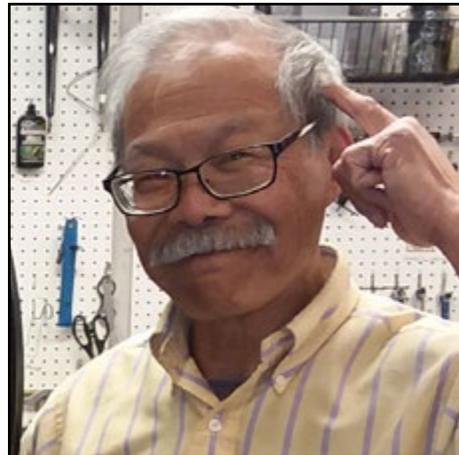
How many jerseys are in your closet? This is your opportunity to join other members and swap jerseys. Bring any you would like to swap to the VRL on November 9th, and we will have a rack for exchanging, or for you to leave for someone else who would love to wear it!

# Board Candidates



**Riggs Osborne**

I have been a member of the club since the 1980s (off and on). In the past I was a ride leader and plan to do more of that in in the Southwest part of the City. I rode the club's Maine Coast tour last year and enjoy supporting local rides such as Children's Hospital Courage Classic.



**Phil Gee**

I've been involved with bicycles since I was a teenager, worked as a bicycle mechanic in high school and after college. I've been volunteering at Bikes Together for the last ten years. Serving on the DBTC board the last two years.



**Nelson Paler**

After careers in the military and in education, I retired to CO and fell in love with cycling. Joined DBTC in 2016 and have participated in nearly a dozen in- and out of state rides with DBTC, including a glorious week in the San Juan Islands and last year, a lobster filled trip to the mid-coast of Maine.

I have made wonderful friends through DBTC rides and trips, and I would welcome the opportunity to serve the club and its members by serving on the Board.



**Suzanne Carter**

Suzanne has been doing Triathlons for the last 12 years. She does them with some friends and they "walk" the run. Her Dad loved biking, swimming and walking/ hiking and put this exercise bug into her from the time she could walk. She believes that being active is one of the four most important things one can do to live a LONG and HEALTHY LIFE. Being a native

of Colorado certainly nurtures this desire for healthy outdoor activities.

Professionally, Suzanne has been a Unity minister for 33 years and a licensed psychotherapist for 35. She is the Author of the book, "All Children Are Gifted: Raising Spiritually Aware Children." She wrote the book after her one and only son was born and realized how important it is to help our children connect to their own inner gifts and inner dreams. Christopher, who is in Fort Collins, is also an avid exerciser! She does Animal Assisted therapy as one specialty because animals teach us how to be better people. She loves DBTC because it creates an arena for healthy biking and in that arena, people come together and do something else that is important to live a LONG and HEALTHY LIFE: Create Community.

# Great American Dinosaur Ride



*On Sunday, September 8th, Jeff K. led riders on The Great American Dinosaur Ride. Riders were able to take a break to learn about the geologic history of the area, and to take scenic photos.*



## Bike and Barge Opportunity

**April 18-25, 2020**

DBTC members Helen Berkman and Marilee Boe have registered for a Bike and Barge trip with Van Gogh Tours -- April 18-25, 2020 in the Provence/Camargue region of France. Trip details can be found here: [https://vangoghtours.com/vgt\\_tour/provence-camargue-aigues-mortes/](https://vangoghtours.com/vgt_tour/provence-camargue-aigues-mortes/). As of 9/24/19 there were 5 cabins still available on the Caprice, including one single cabin. This is a Van Gogh Tour, not a DBTC tour, but if you register for this tour, you'll be joining other Denver folks, and we'll share all our trip research with you – schedules and prices for flights and trains, hotels in Paris and Provence, places to visit near Avignon after the tour, etc. For other questions, contact Helen at [h.berkman@comcast.net](mailto:h.berkman@comcast.net). A good opportunity for those who want a reasonably priced trip to France with a lot less hassle! However, these trips are popular, so reserve soon!



# Downtown to Hudson Gardens Ride



*On Saturday, August 31st, Jeff Krinsky led this ride along Platte River to Hudson Gardens where DBTC picked up the drinks!!!*

## Thursday Night Peak to Peak

Bicycle Aurora and DBTC riders joined together for a Thursday evening ride before returning to Peak to Peak Brewery for refreshments.





***On Friday, August 30th, riders met Ellen C. at Pedal Bike Shop in Littleton for a ride to Comrade Brewing Company. DBTC provided pretzles and peanuts to enjoy with a tasty brewed beverage during the ride.***

## **Show and Go From Bear Valley**

***On Wednesday, August 21st, Patty Gaspar led these riders on a show-and-go ride from Bear Valley around Littleton!***



# Stay Connected!



Have you experienced missing a ride due to a) weather, b) meeting time or place change, c) leader cancellation, d) new ride posted, or e) any or all of the above?

## Here's your solution: MEETUP.COM

If you're not already registered in the DBTC Group of Meetup, you're not receiving up-to-date information from ride leaders on day rides. It's quick & easy:

1. Go to: [www.meetup.com](http://www.meetup.com)
2. Sign up with your email and create a password.
3. Enter the site and search DBTC.
4. Click on the group, and you're in!
5. Remember to sign out.

Our ride leaders are using Meetup more and more; and if you're registered on the DBTC Group of Meetup, you'll receive ride(s) information on those listed in the DBTC monthly newsletter as well as rides added on during the month. Remember to respond YES to your reminder email so the ride leader can expect you (you can always change your plans to NO).

***Don't miss out -- stay connected to DBTC!***



## A Note from Bicycle Colorado:

Denver Bicycle Touring Club members, we need your help. You care about safe places to ride in Denver. Please support Bicycle Colorado and help us do even more as a member of the movement!

Safe places to bike don't just happen. Together with our members we are making Denver a better and safer place to live and ride through advocacy and education. As a member-driven nonprofit, it takes a movement to make change happen.

Please become a member of Bicycle Colorado for \$5/month or \$30/year. Safe streets don't happen without the support of people like you. Thank you!

<https://www.bicyclecolorado.org/join-us/become-a-member/>

## ***In Case of Accident...***

There is a lot in the news and on Facebook about car/bike incidents. Just a reminder that if something happens you need to get the driver's name, address and insurance information. Even if you call the police, take pictures and get names of witnesses. Write down what happened. If the driver is at fault, contact their insurance agent or company to file the claim. Keep all invoices and explanation of benefits from hospitals or doctors. Same applies to bike/bike accidents, however, it may be the homeowners insurance you need to file the claim with. If it is your fault, you need to provide that information to the other party.

If you are on a DBTC ride, we have accident insurance to help with expenses not covered by other insurance. There is a deductible and maximum.

# Hidden Gems of Louisville

*On Sunday, August 18th, Jeff Krinsky lead The Hidden Gems of Louisville including the Double Lombard Street Experience and the Great Black Hole of Louisville.*



## MTB Lunch Break - Lair O' The Bear



**Here we are at the turnaround point at the Lair O' The Bear Mountain Biking Ride on Tuesday, September 10th.**



# ATTENTION ALL DBTC MEMBERS!

## IT'S TIME to start using this new Member benefit:

### *Ride With GPS!*



Did you know that all members with Active status can access our new Member benefit, the Ride With GPS Club Account? You'll get access to our Route Library to view route maps, print off cue sheets, and download routes to your mobile device. Note that Ride With GPS has two interfaces: one is an Internet browser and the other is an Android/iPhone app. Using these will be addressed in the following instructions.

QUESTIONS / COMMENTS? Please contact Marilyn at [mjchoske@gmail.com](mailto:mjchoske@gmail.com) or John at [johnklever@msn.com](mailto:johnklever@msn.com). We're here to help!

#### 1 Get Started:

1. Using your desktop, laptop, or tablet (don't use your cellphone yet), go to [www.ridewithgps.com](http://www.ridewithgps.com) and set up a Personal (free) account. You'll need your email address and a password.
2. Email a "request for the RWGPS link" to our RWGPS Administrator, Bob Horney: [dbtcvelo@gmail.com](mailto:dbtcvelo@gmail.com)
3. Bob will email the link back to you.
4. Click on the link in your email to access the DBTC Ride With GPS Club Account.

#### 2 Access the RWGPS Club Account:

1. Sign into your Personal Account and find the DBTC icon on the left-hand side of the homepage, below the "More" icon.
2. Click on the DBTC icon. This brings up the Club Account page with a photo of DBTC members at the top.
3. Below the photo and on the right, click on the orange box "SIGN INTO CLUB". A yellow strip at the top of the same page is displayed. You are in the Club site.

#### 3 Set Up Your Portable Device:

1. Cellphone users - Search for Ride With GPS App. Follow instructions for your phone type, then INSTALL the App.
2. Garmin users - Please read more in your Personal Account on how to set up your Garmin device.

#### 4 Access RWGPS Club Route Library on your PC:

1. After you're in the Club account, click on "Route Library". The list of routes is displayed. NOTE: Routes are categorized with this algorithm for distance (mi)/elevation (ft): Easy- 3 = 1-15 mi/1000'; Moderate-5 = 16-39 mi/2000'; Advanced-7 = over 40 mi/2100'+ . Pace is determined by the rider(s).
2. If looking for a particular type of route, you can shorten your search by toggling the distance and/or elevation gain variables, or by typing in a start location (city), all located just above the library list.
3. Select (check box to LEFT of route title) a route and click "View" on RIGHT side of listing.
4. When route map & cues screen appears, you can click on "More" (top left above route name) to read other options.
5. Try sending the route to your mobile device: Tap the orange box "SEND TO PHONE (or DEVICE)" and follow directions. No need to download to your device unless you plan to use it.
6. To return to Route Library page, use the back arrow or click "ROUTES" on yellow strip.

#### 5 To Exit DBTC Club site and Personal Account:

1. Below and to the far right of the DBTC members photo, click on "SIGN OUT". The yellow strip disappears. Now click on the upper left-hand corner orange bicyclist image that takes you back to your Personal account homepage.
2. Upper right-hand corner of your homepage, click on the gray bicyclist image for drop-down menu and click "SIGN OUT". This takes you completely out of Ride With GPS website.

#### 6 From your Personal Account homepage, you can CREATE, EDIT, DELETE your own routes Here are some CREATE A ROUTE tips:

1. Click on "ROUTE PLANNER" tab at top of homepage. This brings up a map; type in a Start Location in the "Enter a location" box, top right page.
2. If you want to create a route containing bicycle-friendly paths, roads, etc., click on "Bike Paths" in the upper right-hand corner of the map. These areas will highlight in green.
3. Also in upper right-hand corner of the map to the right of Bike Paths, you can choose the Map Style. The map comes up in Satellite or Hybrid, but choosing "Map" makes for a simpler 'cavass' unless more detail and definition is needed (then Satellite is good).
4. Far right column: click to: Follow Roads.
5. Optimize for: Cycling (or walking, driving).
6. Click on "Avoid Highways".
7. Lower left-hand corner of screen is "Tip of the Day." Strongly suggest to click on "Learn more" (red letters) and read ALL the tips and watch any YouTube tutorials that are offered. You'll learn lots.

# Decorah Iowa, Door County OOT Recap

by Jean Deering

The adventure began in Decorah, Iowa, which is an occasional stop on the RAGBRAI. Our local hosts, Marla and Kent were able to dispel a common misconception that "Iowa is all flat!". They led us on a 12 mile hilly loop through towering bluffs, a waterfall, local parks and beautiful scenery.

Then onto Door County, Wisconsin and the quaint small town of Fish Creek, our home base for the week. Many of our routes gave us great views and sunset shots from the Green Bay and Lake Michigan shorelines.

A few of the highlights along the way in Door County included a winery tour/tasting at Door Peninsula Winery; ferry ride to Washington Island-home to a large Icelandic community; Door County Fish Boil (a local tradition) at the historic "Old Post Office"; a ride through the beautiful Peninsula State Park; stop at 150-year old Cana Island Lighthouse; a visit to "The Farm"-a living outdoor museum of American farm life (some of us witnessed the hatching of a baby chick-so cool for kids of all ages!).

Many of our group took a lighthouse tour on a 60-foot long schooner, which was a model of an 1800's ship.

We were amused by the Door County signs warning bikers of approaching "HILLS" which were more like bumps in the road, to those of us from Colorado.

The weather was perfect for biking. We had no rain and the mosquitos were nearly non-existent. Per tradition, our tour ended with a Farewell party, complete with awards, entertainment and Joe's revised lyrics to the song, "Wichita Lineman".

***Thank-you Kathy and Joe, for another awesome tour!***





# **NEW DBTC Tour: Great Allegheny Passage (GAP) Trail**

**May 31st - June 6th 2020**

Have you ridden the GAP yet? I've done the C&O Trail, the Mickelson and the Katy and the GAP trail is one of the best! It's gorgeous and lush, the riding is mostly flat and the history is interesting. A few friends and I did this trip in May 2019 and I liked it enough that I want to do it again.

The tour operator is Discovery Bicycle Tours and they have agreed to run a trip just for us. All riding is on the unpaved trails except for the day of the Flight 93 Memorial visit - the ride on that day is on hilly back country roads but the sag is available for those who don't want to do the ride. Daily rides are between 15 and 46 miles, most of the daily rides are closer to 40 miles. There is plenty of light in early June so if needed you have all day to do the ride. The sag rider rides at the back of the pack so there is always support. Plus you can ride in the van from predetermined points each day (at a minimum you can take the sag to lunch or from lunch) if you want a shorter day's ride.

**Here is the [tour description](#)**

The GAP Trail is on the bucket list of many cyclists for good reason. Its spectacular views and peaceful surroundings will thrill you. The wide crushed-gravel trail follows a railroad grade the full distance, with views of the Allegheny Mountains and the Casselman, Youghiogheny and Monongahela rivers. Our route ends in downtown Pittsburgh at the famous "three rivers" confluence of the Monongahela, Allegheny and Ohio Rivers.

We start in Cumberland, MD, with the trip up to the Eastern Continental Divide and through a one-mile historical rail tunnel. The first three days are deep in the Allegheny Mountains, highlighted by the beautiful Ohiopyle State Park. We'll also visit the Flight 93 National Memorial near Shanksville, PA.

In addition to the opportunity to ride all 150 miles of the GAP Trail, we'll do a ride on the C&O Canal Trail on the first day out of Cumberland, MD. Our final day will allow you to see the transition from rural Pennsylvania through the evolving river corridors of Pittsburgh with a triumphant finish at the revitalized downtown area with its famous sports stadiums.

To fully experience the splendor of the entire length of this historic railroad route, we stay in comfortable, but casual inns. You'll enjoy delicious meals, gorgeous scenery and outdoor camaraderie in these lovely locations.

We are going to add on a visit to Frank Lloyd Wright's famous [Fallingwater](#) home.

The tour includes pickup (on the morning of 5/31/2020) and drop-off at a hotel near the Pittsburgh airport (on the afternoon of 6/6/2020), full sag support (one leader drives the van and the other rides with the group), use of a hybrid bike and helmet, all meals except for 2 lunches, the visit to the Flight 93 Memorial, the visit to Fallingwater, and several E-bikes for our use. You need to provide lodging on the night before the tour, the last night of the tour, your airfare and the two not included lunches. By the way, Pittsburgh is a fabulous city - really! - it is quite walkable and has over 400 bridges and many museums. Plus lots of breweries! We added on a weekend in Pittsburgh and thoroughly enjoyed it.

The cost is \$1795/person plus the DBTC fee of \$50 for a total of \$1845/person. Some single supplements are available for \$250. The tour is a go with at least 8 guests and a maximum of 14 guests.

A \$550 non-refundable but transferable deposit is due Nov 1, 2019. The tour is limited by the size of the van so a maximum of 14 people can go. Please send a check for \$550 made out to Ellen Chilikas plus the DBTC tour forms located here <http://www.dbtc.org/page-1568909> to Ellen at 2880 W Riverwalk Cir - Unit B, Littleton CO 80123.



# 2019 Cruisin' Colorado's High Country

by Marilyn Choske, tour leader

It all began...a few years ago when a spin instructor expressed her desire to bicycle--via bikepaths and bicycle-friendly roads--from DIA to Grand Junction. That's all some people need is the planted seed in the brain in order to cultivate the idea and bring it to fruition! Thus was created the 2019 Cruisin' Colorado's High Country (CCHC) road bike tour, July 21-27, from west of Denver to Glenwood Springs.

Our group of 11 ambitious riders gathered at the eastern end of the Scott Lancaster Trail off I-70 Exit 248 on Sunday, July 21, at 9am, to begin our 5-day bicycle tour to Glenwood Springs. We were embarking on a 176-mile, 9,564' elevation gain quest that included two high mountain passes. So let's get rolling...

**Sunday:** "Let's get this show on the ROAD!" Eastern trailhead Scott Lancaster bikepath to Georgetown; 17 miles, 1,563' elev. The city of Idaho Springs has recently laid a nice greenway through the town that also runs parallel to Clear Creek at one point. Have you been to the Charlie Taylor Water Wheel park, located on the south side of I-70? You can't see it from I-70 and is easily accessible from the Buffalo Bar parking lot. The group enjoyed a brief stop there before continuing on. At the Visitor Center, the bikepath trail was completed a week before our tour, and we enjoyed still being able to ride off-roads for a brief while. We accessed the standard Stanley Road and rode into Georgetown to our hotel.

**Monday:** "Our BIG DAY!" Georgetown to Frisco; 37.6 miles, 3,964' elev. Besides the physical efforts of elevation looming ahead of us, the leader and a few others were concerned about bikepath access at the I-70 eastbound overlook above G-Town that had been under construction for awhile. So up we climbed on the bikepath from the Narrow Gauge RR parking lot and soon approached the overlook. Well, construction workers greeted and rallied us onward and upwards to the town of Silver Plume. There we re-grouped and continued riding on the frontage road to Bakerville. The Bakerville/Loveland Trail (BLT) had been paved and "laned" (yellow line) about 10 years ago; it serves as a great cross-country ski trail in the winter. While the pavement was spotless and smooth, the uphill climb was, well, uphill. Our SAG person, Bob, had snacks and beverages ready for us at the Loveland Valley parking lot; we re-fueled and continued riding the sometimes-intimidating-traffic Highway 6 to and over Loveland Pass. For a few of us, this was our first--and successful--attempt at doing so. Another potential and uncertain obstacle was Loveland Pass Road construction. We encountered and safely passed through that area about a mile or two down from the Pass. Everyone seemed to not have burned out their braking systems or pads by the time they reached our next SAG stop for lunch, at Keystone Ski Area's River Run parking lot. A good Summit County bikepath system took us to our Frisco hotel. The tour leader's masseuse had graciously agreed to provide 20-minute sports massages at a reasonable rate to all who registered; she stayed busy with 9 of 11 of the group! We later enjoyed a catered group dinner in the hotel meeting room.

**Tuesday:** "Get OVER it!" Frisco to Avon; 39

miles, 1,976' elev. Because the Ten-Mile Canyon repath had reopened in late June, that potential obstacle was no longer an issue. We warmed up that morning with a pleasant 2-mile ride from hotel and through a sleepy neighborhood over to the Ten-Mile Canyon repath, passed through the Copper Mountain Village, and accessed the Vail Pass path where, at the top of Vail Pass rest stop, Bob had snacks and beverages waiting for us. For some of us, the west side downhill-to-Vail bikepath was a first, and everyone enjoyed the ride. Some of us were slightly in awe of several guys "longboarding" the path. They had on PPE; but without any braking mechanism--to us, it was a risk none of us would take! After a brief SAG stop, we rode the frontage roads thru Vail to the far-west bikepath that takes one to Hwy 6. A wide off-road path eventually greeted us, and we pedaled to our Avon hotel.

**Wednesday:** "An easier day" Avon to Eagle; 21 miles, 368' elev. Our group was able to avoid riding the road on Highway 6 for awhile: from the hotel we swung around a quiet street and accessed the local bikepath that we left just before (guess what) some major road-intersection/bikepath construction areas. My scouted route from 2 weeks earlier still took us thru a shopping area and then we had to cross Highway 6 to the opposite side. But a good bikepath there kept us off the road for a few miles. About 6 miles from Eagle we were able to hop onto a nice bike path until (guess again) we encountered bikepath/roadside containment construction. Adventurers and somewhat if-it's-safe-enough risktakers that we were, the construction workers showed us the slight uphill and narrow dirt trail that we could negotiate in order to gain the concrete bikepath again. So we dismounted from our bikes, called on our nimble and coordination skills and maneuvered and pushed ourselves and our bicycles along this stretch of "I-can't-believe-I'm-doing-this" dirt tightrope! But everyone and every bike exited with no war wounds. After our heart rates settled down, we continued the ride to the Eagle hotel. A few of us opted for a late Mexican lunch just next-door to our hotel. The tour leader, a connoisseur of 'fine' fried ice cream, encouraged the other 3 to try this dessert. Our SAG person, Bob, said he'd try a couple of spoonsful of his wife, Beth's, dessert, and ended up eating half anyway! Frank had his own all to himself, as I did, likewise!

*continued next page*



## Cruisin' Colorado's High Country Continued...

**Thursday:** "Hit or Miss?" Eagle to Glenwood Springs; 34.1 miles, 966' elev. When I scouted this tour 2 weeks prior, eastern parts of the Glenwood Canyon bikepath were flooded up to 3 feet and impassable. So I had made tentative arrangements with Canyon Bikes on W 6th Ave in Glenwood Springs (yes, I recommend them!) to pick up us riders at Dotsero and transport us & bikes to the Grizzly Creek rest area. These guys were on top of communicating with me the previous 2 days when we might need the transport services. Then I received a call from them that morning that the bikepath was totally open for us to ride through. So that was the final obstacle we may have had to deal with, but a solution was waiting in the wings. Our ride to and through Glenwood Canyon was perfect and scenic, with a SAG lunch at Bair Ranch, and we arrived at our hotel in the afternoon. Several of us walked over to Tequila's for Mexican dinner. Guess what more people tried for dessert?

**Friday:** "Free Day--ride, soak, or shop?" Hotel to Carbondale; 27.3 miles RT, 727' elev. After breakfast, the entire group (no SAG today) departed for a ride southbound on the Rio Grande bikepath. Some of us enjoyed a lunch at The Village Smithy; some walked around town; some went over to the annual Carbondale Mountain Fair. Later, the group walked across the way to the Glenwood Caverns Adventure Park where we took the gondola ride to the top of the mountain park. We had a group dinner at the open-air Lookout Grille and then dispersed and explored on our own.

**Saturday:** "Homeward Bound" After a good breakfast at the hotel, the riders prepared for their transports home: most went by pre-arranged car, and four of us went by Amtrak.

This was a jam-packed week of riding, and I think everyone got some good pedal-pushing in their days.

Every event can be well-planned as best as possible, but we know it takes the participants to make that event safe, fun and successful! Thanks to my Team of CCHC Riders: Beth, Bob (SAG Person Extraordinaire), Bruce, Ellen, Frank, Lise (fractured elbow & all, she rode often on her recumbent trike), Nelson, Patti, Rob, Sally. Tour Leader, Marilyn

Photo credits: Beth, Ellen, Sally.



# 2019 Master Ride List

Here's a listing of some of the biking opportunities in Colorado and neighboring states. It is not inclusive. For other rides, go to:

[bicyclecolorado.org/events/event-calendar](http://bicyclecolorado.org/events/event-calendar)  
[bikeride.com](http://bikeride.com) [www.cyclingutah.com](http://www.cyclingutah.com)

## MOUNTAIN BIKE RIDES

**October 4-6** — Outerbike Fall, Moab, UT [outerbike.com](http://outerbike.com)

**October 5-6** — October Trek, Weiser, ID, 2 day mountain bike gravel ride  
[weisertrail.org/octobertrek.html](http://weisertrail.org/octobertrek.html), [kotaho.com/octobertrekinformation/](http://kotaho.com/octobertrekinformation/)

**November 8-10** — Roam Bike Fest, Sedona, AZ, Roam Bike Fest is a three day gathering of female riders.  
[roambikefest.com](http://roambikefest.com) [thisisroam.com](http://thisisroam.com)

## ROAD BIKE EVENTS

**October 19** — Solvang Autumn Double Century and Double Metric Century, Solvang, CA  
[planetultra.com](http://planetultra.com)

**October 26** — Goldilocks Vegas, Goldilocks Bike Ride, Las Vegas, NV, The only women exclusive ride event in Nevada.  
[goldilocksride.com/events/glv](http://goldilocksride.com/events/glv)

**November 23** — Death Valley Century, Death Valley, CA, 50 and 100 mile options.  
[planetultra.com](http://planetultra.com)



# DBTC Announcements

The DBTC is always looking for ride leaders. Please contact your ride coordinator by the 20th to get onto the early schedule. Worried about the weather, you can add wording that the ride is subject to cancellation if the weather is bad - contact you or watch MeetUp or Yahoo group. Or you can define bad – below 50 degrees or whatever you consider too bad. Rides are automatically cancelled if it is below 40 degrees and/or raining or snowing.

**Here's how to contact one of the ride coordinators:**

**South:** Ellen Fitzpatrick [ellenfzt4@comcast.net](mailto:ellenfzt4@comcast.net)

**North:** Jeff Krinsky [jkrinsky2003@yahoo.com](mailto:jkrinsky2003@yahoo.com)

**Weekday:** Patty Gaspar [patty@gasparjones.com](mailto:patty@gasparjones.com)

**Leisure:** Lin Hark [mtnlin08@gmail.com](mailto:mtnlin08@gmail.com)

MTB: Chuck Caldwell [ccaldwe@yahoo.com](mailto:ccaldwe@yahoo.com)

**See you at the Fall Ride on October 19th – there will be rides scheduled that day!**

## NEEDED -- NEW LEISURE RIDE COORDINATOR

At the End of Season Ride last year, Lin Hark resigned as the Leisure/Roses Ride Coordinator. Until this position is filled by another volunteer, Lin has agreed to put Show N Go rides each Wednesday in the newsletters until further notice.

Lin is one of those people DBTC can count on whenever help is needed. She has been on the board, put together trips, taught mountain biking and, of course, led rides. She agreed to step in when Melba Bouquet retired as "Roses" coordinator. She has put her own stamp on the group by changing the name to Leisure. She has even had rides to re-introduce people to cycling. Because she travels a great deal, she needs someone to take her place. If you have questions please contact Patty Gaspar: 303-618-5069 or [patty@gasparjones.com](mailto:patty@gasparjones.com) or Lin – [mtnlin08@gmail.com](mailto:mtnlin08@gmail.com).

**Online Construction  
Detours from Denver  
Parks & Rec:**



<https://www.denvergov.org/content/denvergov/en/denver-parks-and-recreation/parks/trails/trail-detours.html>

# FOR SALE

## 2013 Salsa El Mariachi II • 29er Hardtail

"General Lee" Orange • 15" Frame • Shimano SLX 2x10sp

Fork: Fox Evolution 32 Float w/100mm travel

Ergon grips • Tubeless rims/tires

Crank Bros. pedals (or yours, your choice)

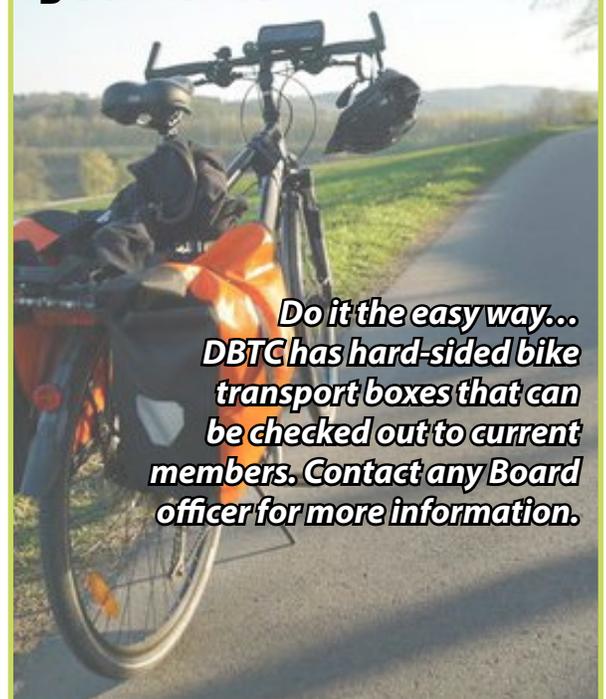
Lightweight, fast & fun! Great for XC singletrack & bikepacking

It's been on a hut trip and 15-20 day rides since; original owner

**\$1,200 or best offer**

Contact Lise: [lisegneer@yahoo.com](mailto:lisegneer@yahoo.com)

## Traveling with your bike?



*Do it the easy way...  
DBTC has hard-sided bike  
transport boxes that can  
be checked out to current  
members. Contact any Board  
officer for more information.*

# DBTC OCTOBER 2019 RIDES

If you'd like to include an activity in the newsletter, please email it to [patty@gasparjones.com](mailto:patty@gasparjones.com) by the 20th for the next newsletter, or contact Patty at 303-989-8268.

## How to get onto the November schedule - contact one of these people:

North Fun & Int: Jeff Krinsky [jkrinsky2003@yahoo.com](mailto:jkrinsky2003@yahoo.com);  
 South Fun Ellen Fitzpatrick [funridesouth@dbtc.org](mailto:funridesouth@dbtc.org);  
 Leisure (Roses) Lin Hark [mtnlin08@gmail.com](mailto:mtnlin08@gmail.com);

Weekday Patty Gaspar [patty@gasparjones.com](mailto:patty@gasparjones.com)  
 MTB Chuck Caldwell [ccaldwe@yahoo.com](mailto:ccaldwe@yahoo.com)

Pace of Ride	Difficulty of Terrain	Distance	Quadrant of City	Departure Time
Roses – Leisurely (Avg. 8-10 mph) Fun – Comfortable (Avg. 10-12 mph) Fun Plus – (Avg. 11-15 mph) INT – Brisk (i.e.15-18 mph) ROAD – FAST ATB – Unpaved Roads MTB – Mountain Bikes	H1 – Flat, options may be offered H2 – Small Hills H3 – Some Climbs Alt gain may show (i.e. 1800 ft.) H4 – Serious Climbs T1 Beginner to T4 Highly skilled riders; P1 to P4 physical conditioning required	This is an estimate – options may be offered	NW NE SE SW W	Arrive early enough to unload your bike and be ready to leave at the time shown.

## Riding Information

Rides are cancelled if the temperature is below 40 degrees at start time or it is raining or snowing. Be ready to start at the time listed – tires pumped up and bike ready. The ride leader is not a mechanic so if your bike needs repair, please take it to the shop.

### Fall Riding Guidelines

Weather: No rain or thundershowers or snow (sorry, that time of year)  
 Clothing: Wear layers and bright colors  
 Other: Bring sunscreen, LOTS OF WATER, repair items, and a snack.

**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 or Google Maps to make a map to the starting location.

If you'd like to include an activity in the newsletter, please email it to [patty@gasparjones.com](mailto:patty@gasparjones.com) by the 20th of the month, for the following newsletter or contact Patty at 303-989-8268.

### DBTC's Emailing Lists

Get late breaking news, last minute ride updates, and short-notice of weekday rides, all emailed directly to you as soon as the information is posted. If the weather is "iffy", a ride leader can post a notice to let you know if the ride will go or be cancelled.

DBTC Message Board is the DBTC General Email List. To join, send an email to: [ColoradoBicyclist-subscribe@yahoogroups.com](mailto:ColoradoBicyclist-subscribe@yahoogroups.com)

### DBTC Mountain Biking Email List

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

DBTC MeetUp group: [MeetUp.com/Denver-Bicycle-Touring-Club/](https://www.meetup.com/Denver-Bicycle-Touring-Club/) is used to post rides as well. Once you have posted your ride, we will review the ride information to be sure it complies with the club requirements then upload it to the MeetUp web site where you can edit your ride. MeetUp is open to the public and can increase the number of riders on your rides and, hopefully, club members. Rides cannot conflict with the ride schedule. If you have registered with MeetUp, we will post your scheduled rides.

We are also on Facebook if you want to share pictures or bike related news. Please Note: Joining Facebook or any other group does not make you a valid member of the DBTC.

Twitter account is [@DenverBikeClub](https://twitter.com/DenverBikeClub) – note that many members do not tweet.

The DBTC Website operates independently from the Yahoo Groups. The Yahoo Groups send only email messages concerning some upcoming events. The DBTC monthly Newsletter, The Colorado Bicyclist, is sent to you from the DBTC Website via email only if you have so requested.

You can join any or all groups. After you send the email requesting to join, you will be contacted via email 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. See the website for posting rules.

If your email address changes, you must send your new email address to the DBTC webmaster ([webmaster@dbtc.org](mailto:webmaster@dbtc.org)). The DBTC monthly Newsletter, The Colorado Bicyclist, is sent to you from the DBTC Website via email only if you have so requested.

## "How do I get to the start of that ride?"

Not certain where to meet your DBTC friends to ride?

Many of our start locations are available on our website: [dbtc.org](http://dbtc.org)

# October 2019 DBTC Ride Schedule

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## Wednesday, October 2nd:

**9:30 AM Leisure Ride H1-20 SE** Meet Julie Brown, 303-947-7908 in the Parking Lot at Bible Park. (From Yale and Monaco, go east and turn south into the parking lot.) This is an out-and-back, heading east on the Highline Canal. We will ride to Fairmount Cemetery to view the fabulous fall colors! Bring a snack and money for lunch after the ride. Please arrive early, as we will leave at the designated time.

**10:00 AM FUN PLUS-H2to3-25 SW** I'll update via MeetUp and Yahoo group when I know if Patty has jury duty. If so, it is Show and Go. If she doesn't, meet Patty Gaspar (303-618-5069) at the Bear Valley McDonalds (Dartmouth and Sheridan). We'll head toward the rebuilt Bow Mar area and go to Bowles Lake, Grant Ranch to Wadsworth and back to McDonalds. We'll ride some hills and lots of ups and downs, some beautiful quiet streets and pleasant bike paths. Lunch is afterwards.

## Friday, October 4th:

**10:30 AM FUN-H1-10-15-SW** Meet Ellen C (outdoorsdiva@yahoo.com) at Lucille's in Littleton (2852 West Bowles Ave, Littleton, CO 80120). BEIGNETS, BIRDS AND BIKING IS BACK! We will meet for pre-ride snacks (think beignets) at 10:30 before heading out for some birding at 11:15. If the weather is nice we will bike, if not we will walk. We will do most of our birding along the Platte River Bike Path but may also go up to Sterne Park to look for the Wood Ducks. Expect plenty of bird watching stops! As of late September, some Widgeons and Shovelers are back. And there are still Common Mergansers, Snowy Egrets, Cormorants, Night Herons and Great Blue Herons around. If we are in need of liquid refreshment post birding we may stop in for a BEER at Blind Faith Brewery which is conveniently located right next to Lucille's.

## Saturday, October 5th:

**11:00 AM FUN-H2-22-SE** Meet Dick and Lynette Shelton (720-934-9824) at Treads Bicycle Outfitters, 16701 East Iliff Ave., Aurora, for an end of season ride to Arapahoe Road bridge and includes a loop around Cherry Creek Reservoir, finishing back at the Peak to Peak Tap Room next door to Treads. Easy climbs.

## Sunday, October 6th:

**9:00 AM FUN PLUS-H2-25 +-NE** Meet at Cake Crumbs Bakery, 2216 Kearney St., Denver. These rides will be Show and Go. Each Sunday, we pick a different route, and the distances vary from 25 miles up to 50 miles. We ride east toward DIA and Watkins, sometimes north to Brighton, southeast to Aurora Reservoir or Cherry Creek, or maybe northeast to Broomfield and the new Highway 36 Trail. Some rides may be faster than others; reminders and routes are announced on Meetup. If you want to be the leader, just announce on MeetUp what the plan is.

**9:30 AM FUN-H1-21-Downtown** Meet Jeff Krinsky (720-373-9107) for this Final Free Fall Beverage Ride. We will meet at the City of Cuernavaca Park downtown (Exit at 20th Ave going east away from the mountains. Turn right over the bridge onto Little Raven, then turn right onto 19th Street, then right onto Platte River which becomes Rockmont Drive, and go until you dead end into the parking lot) for this fantastic ride down the Cherry Creek Bike Path to the 4 Mile Historic House and beyond. A beverage of your choice will be provided to all riders at the break on the return voyage at the REI Starbucks where we will check out the new landscaped sitting area.

## Wednesday, October 9th:

**9:30 AM Leisure/Fun/ATB H2-16 or 24 Foxtan Rd Ride** Meet Lin Hark and Patty Gaspar at The Fort 8:15 AM or South Platte Hotel 9:15 AM Ride can be shortened since it is 2 out-and-back rides. Meet Lin Hark (mtnlin08@gmail.com or 303-578-9369) at 9:15 AM at the trailhead, or 8:15 AM at The Fort Restaurant to carpool to Foxtan Rd and the South Platte River for an easy ride on an old railroad grade. Hybrid or mountain bike is preferred but a road bike will work. Surface and grade is similar to Waterton Canyon. This is a beautiful ride on a railroad grade along the North Fork of the South Platte River Canyon above Strontia Springs Reservoir above Waterton Canyon. If you love to ride Waterton Canyon you will love this ride even more!!! Lunch after at Zoka's in Pine.

Directions to The Fort Restaurant in Morrison 8:15 AM: from 285 and C-470 go south on 285 (toward the mountains) 1.8 miles, Turn right at CO-8 Go .01 mile and turn right into the parking lot along the road in front of The Fort Restaurant. Look for Lin's white Toyota Prius with the bike on the top.

Directions to Foxtan Road 9:15 AM: from 285 and C470 go south on 285 (toward the mountains) 14 miles, Go past the turn off for County Road 73 (where the Bradley Station is) .2 miles, Turn right where the sign says Foxtan Road, Go a short distance and turn left and go under 285, the road winds and comes to a "T", go left. Go about 12 miles all the way to the end of Foxtan Road, At the River go left and continue for 5 miles to the trailhead across from the historic South Platte Hotel.

## Friday, October 11th:

**10:00AM FUN-H2-20-NE Trike/Bike Friday Ride** Join Lise Neer (303-249-8621) at Cake Crumbs Bakery & Cafe (2216 Kearney St, Denver, CO 80207) for a spin on your trike, Bike Friday (or whatever bike you like!). We'll ride through Lowry to the Highline Canal, connect with the Cherry Creek trail then out and around CC reservoir. Return via Cherry Creek trail & Kearney. Or we may ride downtown to REI and points south or north, and loop back to Cake Crumbs. Ride will cancel if raining at start time or if T-storms are forecast. (Note start-time change for October, and check <https://www.meetup.com/Denver-Bicycle-Touring-Club/events/> for last-minute changes and announcements!)

**4:00 PM FUN PLUS 15 to 18 miles SW** Meet Suzanne Carter (equinelites@aol.com) just northeast of the Pedal Bike Shop in Littleton (2640 W Belleview Ave #100.) We will ride for 15 to 18 miles on the Bear Creek Trail. Meet near the river side of the parking lot. We will ride along bike paths and have a beer or whatever at the Pint Room (2620 W Belleview Ave, Littleton, CO 80123 ) following the ride.

# October 2019 DBTC Ride Schedule

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## Saturday, October 12th:

**10:30 AM, MTB, P2-3, T2-3, Golden Gate Canyon State Park - Mule Deer Trail.** Meet Cathy Leibowitz (720-644-7189) at the Visitor Center, 92 Crawford Gulch Road. \$7 parking fee. Get your pass and then we can park above Kriley Pond - I'll have maps for everyone. Options - the Mule Deer Trail is 7.4 miles (we will start from the pond and ride Blue Grouse to the start of Mule Deer so it a bit longer) and there are other trails if you want to extend the ride. Some tough spots but very doable- just gorgeous!!! Refreshment - lets picnic at the pond. Contact information for Cathy Leibowitz - 720-644-7189. Directions and trail descriptions can be found at [cpw.state.co.us/placestogo/parks/GoldenGateCanyon](http://cpw.state.co.us/placestogo/parks/GoldenGateCanyon).

## Sunday, October 13th:

**9:00 AM FUN PLUS-H2-25 +-NE** Meet at Cake Crumbs Bakery, 2216 Kearney St., Denver. These rides will be Show and Go. Each Sunday, we pick a different route, and the distances vary from 25 miles up to 50 miles. We ride east toward DIA and Watkins, sometimes north to Brighton, southeast to Aurora Reservoir or Cherry Creek, or maybe northeast to Broomfield and the new Highway 36 Trail. Some rides may be faster than others; reminders and routes are announced on Meetup. If you want to be the leader, just announce on MeetUp what the plan is.

**9:30 AM FUN PLUS-H2-23-NW** Meet Jeff Krinsky (720-373-9107) for THE HIDDEN GEMS OF ARVADA. We have all experienced the traditional Arvada classic trails of Ralston Creek, Clear Creek, and Van Bibber. Check out this new route instead that explores Lake Arbor, Pomona Lake, the Arvada Fire Fighter's Park and other forgotten areas and is guaranteed to be an adventure! Meet at the SE corner of HWY 36 and 104th at the back side of the now closed Black Bear Diner, formally Quaker State and Lube Restaurant (10392 Reed St., Westminster, CO) by a hidden entrance to a hidden trail where the adventure will begin (and end).

## Monday, October 14th:

**10:00 AM FUN PLUS-H3-25+ SW** – Meet Carol Bennett (720-425-6124) in Highlands Ranch: Take Exit C470 at the Lucent off-ramp and drive about 1/2 mile south and enter the Target parking lot at SSgt. Jon Sills Drive, and follow the entrance until the southwest corner of the Target parking lot, just north of the Kaiser Building. Meet at the Southwest corner of Highlands Ranch Parkway and Lucent Blvd. We will ride the streets and green belts in Highlands Ranch and will back-track to the west part of Highlands Ranch and make our way to the north and will continue to the extreme east portion of Highlands Ranch. The route is general at this time, and I can add or delete portions of the ride by request of the group. This is a no-drop ride. Bring some snacks and plenty of water. There are bathroom stops in most of the parks. The group can decide if they wish to stop at a local eatery after the ride. Keep the shiny side up!

## Wednesday, October 16th:

**9:30 AM Leisure H1/H2-16-SE** Centennial Trails Ride and Lunch. Meet Jill McMahon (303 888-0314 cell) in the Homestead Farm II neighborhood pool parking lot across the street from 7676 S Krameria Street, Centennial. (This is south and east of Dry Creek and Holly. This is NOT my address.) We will ride through the Willow Spring open space, the Centennial Link Trail and the Highline Canal Trail to the Goodson Rec Center and back. Lunch will follow at our house for riders and others who did not ride and just want to come to lunch. If you would like to bring a dish to share - that would be a big help - but not required. Please RSVP no later than Monday 10/14 at noon to my cell number if you wish to come to the lunch. If you want to drop off food earlier, call or text for my address. Bring a snack for the ride.

**10:00 AM FUN PLUS-H2(H3)-25to30-SW** Meet Patty Gaspar (303-618-5069) behind the tennis bubble at W Bowles and S Federal ride into Ken Caryl and over the hog back. The scenery is beautiful on the downhill then we'll come back through Chatfield. This is the hardest ride I lead, but the backside of Ken Caryl is worth it. Lunch afterwards is in downtown Littleton.

## Thursday, October 17th:

**10:30 AM, MTB P2, T2-3, Mt. Falcon Park – west lot (Show'nGo).** Meet at the Mt. Falcon Park west lot in Indian Hills. Find trail info at <https://www.jeffco.us/1332/Mount-Falcon-Park>. THE DIRECTIONS: Going west on 285, take Indian Hills Parmalee Gulch exit. Follow Parmalee Gulch Road till just past Parmalee Gulch Park. Turn right on Picutis, follow till right turn on Nambe, then right turn on Mt. Falcon Road. THE FOOD: Mac Nation in Indian Hills (near the Indian Hills Post Office on Parmalee Gulch)

## Friday, October 18th:

**10:00AM FUN-H2-20-NE Trike/Bike Friday Ride** Join Lise Neer (303-249-8621) at Cake Crumbs Bakery & Cafe (2216 Kearney St, Denver, CO 80207) for a spin on your trike, Bike Friday (or whatever bike you like!). We'll ride through Lowry to the Highline Canal, connect with the Cherry Creek trail then out and around CC reservoir. Return via Cherry Creek trail & Kearney. Or we may ride downtown to REI and points south or north, and loop back to Cake Crumbs. Ride will cancel if raining at start time or if T-storms are forecast. (Note start-time change for October, and check <https://www.meetup.com/Denver-Bicycle-Touring-Club/events/> for last-minute changes and announcements!)

## Saturday, October 19th: Annual Fall Ride and picnic

**7:00 AM FUN PLUS/INT-H2-63-SE** Meet Ellen Fitzpatrick (720-209-2269) for an early start for a metric century ride starting at the Arapahoe Trailhead (park South side of Arapahoe Road east past Jordan Road). This is a loop ride heading south on Cherry Creek Trail and west on C-470 Trail winding our way to the Platte river greenway north to REI, then north and east through Park Hill. From there south along Krameria and other paths to the Cherry Creek Trail and south into the reservoir and back to the picnic. Bring snacks as there will be only 3 or 4 quick rest stops.

# October 2019 DBTC Ride Schedule

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**8:00 AM FUN-PLUS (Avg. pace of 13-17mph) H2-3, 33 or 45 miles** Join Cyndy Klepinger (303-725-1565) from the Arapahoe Trailhead on the Cherry Creek bike trail next to Arapahoe Road. Ride to the Piney Creek trail to Aurora Reservoir out & back (33 miles incl. 8 mile loop around the res), with opportunity to add a 15-mile loop around Cherry Creek reservoir and back (for a total of 45+ miles). Bring plenty of water and snacks.

**9:30 AM LEISURE RIDE H1/H2-20 SE** Cherry Creek Trail and Piney Creek Trail. Meet Jill McMahon (303 888-0314 cell) at the Arapahoe Rd Trailhead for the Cherry Creek Trail (just past Jordan Road on the south side of the street.) We will ride north into Cherry Creek Park and turn east on the Piney Creek Trail. We will ride about 20 miles to a point just past E 470. This is an out and back ride.

**10:30AM Leisure/FUN H1-2, 15 miles** – Join Lise Neer for a Cherry Creek loop and then we'll join the FUN PLUS group at the intersection of Piney Creek and CC trail—just north of the Arapahoe Road trailhead—as they return from Aurora so we all get to the picnic around noon.

**12:00-2:30 PM PICNIC!!** at Arapahoe Trailhead on the Cherry Creek bike trail near Arapahoe Road and Jordan Road. As the rides return, lunch will be there.

## Sunday, October 20th:

**9:00 AM FUN PLUS-H2-25 +-NE** Meet at Cake Crumbs Bakery, 2216 Kearney St., Denver. These rides will be Show and Go. Each Sunday, we pick a different route, and the distances vary from 25 miles up to 50 miles. We ride east toward DIA and Watkins, sometimes north to Brighton, southeast to Aurora Reservoir or Cherry Creek, or maybe northeast to Broomfield and the new Highway 36 Trail. Some rides may be faster than others; reminders and routes are announced on Meetup. If you want to be the leader, just announce on MeetUp what the plan is.

**10:00 AM FUN-H2-20-NW MAJESTIC FAREWELL SURPRISE RIDE** Meet Jeff Krinsky (720-373-9107) at the Majestic view Nature Center north parking lot (north on Wadsworth to W 72nd Ave, west on 72nd, just west of Carr on the south side. THIS IS NOT THE ENTRANCE at GARRISON ST. nor 71st ST!) The ride will go west on Ridge Road and van Bibber Creek Trail, north on the new Blunn Trail and then return on most of the length of Ralston Creek Trail. The theme of this ride is a “farewell to summer” so a surprise to remember the 2019 biking season will be provided to all participants during the Ralston Creek Golf Course break!

## Wednesday, October 23rd:

**9:30 AM Leisure Ride H1-15-20-W** Tour of Idaho Springs Meet Richard Gieseler (303-722-1475) at NW corner of W 6th Ave and Kipling in the east end of the Furniture Row parking lot at 9:30 AM. We will carpool to Idaho Springs to the parking lot at the Forest Service lot at the SW corner of CO 103 and I-70. This spot lies on the Charlie Taylor Water Wheel Trail, the Prospector Trail and the Idaho Springs trail. Mountain bikes or bikes with low gears recommended for the occasional slope. We will view the lake below the water wheel, the experimental mine, the Apex gold mine and mill, Idaho Springs Hot Spa, possibly the former Kermit's Bar and the mountain park overlooking the town. I will include many stops for rest, viewing, photos and breathing on this leisure ride. I may offer rides in my new red Tesla Model 3 and may experiment with the summon feature in the Forest Service parking lot. Bring your electric and hybrid cars for a bike and car rally, not a race!

**8:30 AM (or 9:30 to meet in Frisco) FUN-H2-20 West** Frisco to Breckenridge fall ride. Meet Linda Wheeler (419-973-8282) Those wanting to carpool should meet at 8:30 am at the Evergreen McDonalds (at the freeway exit for Evergreen). We will drive to a parking area on Forest Drive in Frisco, off of W Main St. Dress for the weather and bring plenty of water for higher elevation. Beautiful views, a few hills but nothing too difficult.

## Thursday, October 24th:

**10:15 AM-FUN-H1-25 SE** – Meet Cyndy Klepinger (303-725-1565 or matilda8@msn.com) at Lowry Soccer Fields, Fairmont Blvd and Sports Blvd. near the outdoor restrooms on the west end of the park. We'll ride a loop on Highline Canal and other bike paths to enter the Cherry Creek Reservoir on the east. Depending on the group, a loop around the reservoir is possible. Return on Cherry Creek and Highline Canal Path. Lunch afterwards at restaurant in Lowry. This is a no-drop ride.

## Friday, October 25th:

**10:00AM FUN-H2-20-NE Trike/Bike Friday Ride** Join Lise Neer (303-249-8621) at Cake Crumbs Bakery & Cafe (2216 Kearney St, Denver, CO 80207) for a spin on your trike, Bike Friday (or whatever bike you like!). We'll ride through Lowry to the Highline Canal, connect with the Cherry Creek trail then out and around CC reservoir. Return via Cherry Creek trail & Kearney. Or we may ride downtown to REI and points south or north, and loop back to Cake Crumbs. Ride will cancel if raining at start time or if T-storms are forecast. (Note start-time change for September, and check [www.meetup.com](http://www.meetup.com) for last-minute changes and announcements!)

## Saturday, October 26th:

**11:00 AM, MTB, P2-3, T2, Waterton Canyon.** Jeff Baysinger (303-969-9241). One of our favorite rides! Meet by 10:50 at the Waterton Canyon parking lot. This ride has the first 6.3 miles along the access road to Strontia Springs Dam, climbing around 600 feet. Often bighorn sheep are seen along the road. Just past the dam, get on the single track Colorado Trail and ride to Lenny's Bench. This next 1.75 mile stretch climbs about 500 feet. The descent is always a kick. Afterward, join for some late lunch refreshment at Virgilios Pizza (10025 W San Juan Way, Littleton, CO 80127). They make some of the best pizza in the area. Waterton Canyon is about 4 miles south on Wadsworth from C-470.

# October 2019 DBTC Ride Schedule

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## Sunday, October 27th:

**9:00 AM FUN PLUS-H2-25 +-NE** Meet at Cake Crumbs Bakery, 2216 Kearney St., Denver. These rides will be Show and Go. Each Sunday, we pick a different route, and the distances vary from 25 miles up to 50 miles. We ride east toward DIA and Watkins, sometimes north to Brighton, southeast to Aurora Reservoir or Cherry Creek, or maybe northeast to Broomfield and the new Highway 36 Trail. Some rides may be faster than others; reminders and routes are announced on Meetup. If you want to be the leader, just announce on MeetUp what the plan is.

**10:00 AM FUN PLUS-H2-22-NW** Scary Halloween Graveyard Ride. Meet Jeff Krinsky (720-373-9107) at Arvada park and ride, NW corner of Wadsworth Blvd and 55th for this tour of scary, old Arvada graveyards. Costumes are welcome but not required. There will be a ghoulish lunch afterwards for those who survive this haunting experience!

## Tuesday, October 29th:

**10:00 AM, MTB P3, T3, Dakota Ridge / Red Rocks.** THE RIDE: Meet Steve Thomas (303-419-2531). The ride will start at the Green Mountain west parking lot. We first climb the Zorro Trail to the Dakota Ridge Trail to the Red Rocks Trail to the Village Trail then across Hwy 93 back onto the Dakota Ridge Trail to the Zorro trail and back to the parking lot (total distance is approx. 6.2 miles). The ride is technical with a lot of rock outcrops, plan on some hike-a-bike. THE DIRECTIONS: Go west on Alameda Pkwy., over 470, then right on S. Rooney Rd. The parking lot is on the right. THE FOOD: Bring snacks, drinks and chairs for after the ride. QUESTIONS: Contact Steve Thomas at 303-419-2531.

## Wednesday, October 30th:

**9:30 AM Leisure Ride H1-15-20-SW** Show N Go Meet at Reynolds Landing (Go west on Brewery Lane at Santa Fe Drive where there is a light. Continue past the Breckenridge Brewery to the big parking lot at the end of the road on the right.) This ride will be a Show N Go ride and will go in the direction decided by the participants on trails and/or streets.

**10:00 AM FUN-H2/H3-25 SW** Meet Patty Gaspar (303-618-5069) 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), and then we'll have our morning latte COMPLEMENTS OF DBTC to celebrate the end of the official season. Then we'll loop back to Bear Valley. It is a beautiful ride and the fall leaves should be spectacular PLUS there are birds you need to see along the trail. We have a wonderful downhill back to Bear Valley. Lunch is in Bear Valley.

## Saturday, November 2nd:

**10:00 AM, MTB, T1, P2, Highlands Ranch Backcountry Trails (approx. 13 miles).** Meet Steve Thomas (303-419-2531) to explore the numerous trail options available at the far south end of Highlands Ranch, including a portion of the Douglas County East-West Trail. All the trails are smooth single track with no rocky areas, just lots of twists and turns and a few short climbs. We will meet at Pronghorn Park in Highlands Ranch. Go south on Broadway to Wildcat Reserve Pkwy. Go right on Wildcat Reserve and take the first left, Wethersfield Way. Go south on Wethersfield a short distance to Pronghorn Park, which will be on the right. Bring a snack to share after the ride.

## Saturday, November 2nd:

**Lin's Birthday Rides** -- 3 Ride choices from REI. Suggested parking at City of Cuernavaca Park for 3 hours or less, REI overflow lot south of the store, or the Downtown Aquarium pay lot. (Directions to Parking: exit I-25 at 23rd Ave., drive past REI and continue north on Platte St about 5 blocks, under the overpass, to the parking lot.) Note: Lin rides at a Leisure pace (8-10 mph) but faster riders are free to go ahead at any point in the ride.

**9:15 AM STAGE 1 FUN/Leisure-H1-18-Central** Meet Lin Hark at REI's South Deck FUN/Leisure morning riders will meet at 9:15 AM sharp for the morning 18 miles. 9:15 AM STAGE 1 FUN-H1-25-Central Hardy riders can brave the morning chill for a short brisk ride north to South Platte River Park on 88th and back on the South Platte trail to arrive at REI for a quick break before stage 2 at 11:15 AM.

**11:15 AM STAGE 2 FUN/Leisure-H1-16-Central** Meet Lin at the REI Flagship Store's sunny porch for the second stage of her birthday ride. Ride out and back on Cherry Creek Trail. Meet at REI no later than 11:15 AM.

**1:15-2:15 PM LUNCH CELEBRATION** Lunch at Starbucks Meet your DBTC friends at REI hopefully out on the deck in the sunshine, but if the sun's not shining we can go inside Starbucks to warm up. If you're not riding anymore but just want to join the fun just come for lunch! Or do your own ride from home and meet at REI for lunch.

**2:15 PM STAGE 3 FUN/Leisure-H1-25-Central** Start with Lin from REI for the last leg going South on the Platte to Hudson Gardens and back. Riders who choose to do only the afternoon ride can come at 1:15 PM to join the group for lunch before riding the afternoon 25 miles (or turn around whenever you like). Bring layers of clothes, water, snacks, lunch to eat at REI (or you can buy a sandwich at Starbucks or Vitamin Cottage) a lock and money for lunch. No gifts, your presence will be Lin's gift. This ride will go regardless of the temperature or trail conditions. Note: The miles don't add up because Lin will be riding to and from the ride herself.