



The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

JULY 2021

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DBTC Summer Picnic!

July 24th, 2021
Prospect Park

**REGISTRATION IS OPEN
YOU CAN ACCESS IT HERE:**

[Summer Picnic Registration](#)

We have at least 5 ride leaders lined up for morning rides (check the schedule as ride start times vary!), and the picnic will include presentations by Charnes Bike Tours (Italy!) and Timberline Adventures (US and Canada tours!).

Aren't you ready to start planning some travel again?

And by popular request, Phil Gee, DBTC Board member, will give us the lowdown on how to successfully change a flat tire.

SUMMER IS UPON US AND MANY GREAT RIDES ARE ALREADY SCHEDULED. CHECK THE RIDE SCHEDULE AND DBTC.ORG WEBSITE AS MORE RIDES ARE BEING ADDED DAILY.

DBTC's Officers

President Helen Berkman president@dbtc.org	720-355-5687
Vice President Karen Betstadt vicepresident@dbtc.org	720-331-5057
Secretary Ron Vasquez secretary@dbtc.org	303-264-9684
Treasurer Nelson Paler treasurer@dbtc.org	303-803-8583
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Riggs Osborne riggsosborne3@gmail.com	720-428-2602
Virginia Dudley vdudley@hotmail.com	303-810-0233

Directors and Staff

Director of Ride Activities Patty Gaspar Patty@gasparjones.com	303-989-8268
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Fun Ride Coordinator North Jeff Krinsky jkrinsky2003@yahoo.com	720-373-9107
Fun Ride Coordinator South Ellen Fitzpatrick FunRideSouth@dbtc.org	303-756-2517
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Information Coordinator Cyndy Klepinger info@dbtc.org	
Membership Database/Webmaster Jeff Krinsky webmaster@dbtc.org	720-373-9107
Communications Director Kathleen Shelton communications@dbtc.org	303-264-9878
Map Sales (wholesale) Doug Schuler mapsales@dbtc.org	303-829-5861
Guest Relations Mary Stewart guestrelations@dbtc.org	

Board Meetings

Members wishing to attend a board meeting are welcome! The DBTC board meets the second Monday of each month via ZOOM during COVID-19 crisis; otherwise 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 or call 720-355-5687 so your topic can be placed on the agenda.

The President's Page

Helen Berkman

Earthdate: July 1, 2021

I hope you are having a great summer of riding. It's hard to believe it's July already, but there are still several more months of riding ahead! I noted with appreciation that our Ride Leaders were active in June, leading 1 to 3 rides every day of the month!

November Event: Attention all DBTC members, old and new: **SAVE THE DATE!** Your DBTC Board is planning an awesome "OMG" November VRE! A Volunteer Recognition Event for the record books, to celebrate and have double fun to make up for the 2020 Zoom VRE we don't want to have to repeat ever again. **WHEN:** Thursday, November 4, 2021 at 6:00 pm. **WHERE:** The Barn at Racoon Creek, 7301 W. Bowles Ave., Littleton, CO. **WHAT:** Socializing, Annual Meeting, Dinner, Awards, and Line Dancing! We're still working on the dancing and other details, but we're close.

Map Sales: We are down to only about 500 maps left from our 2019 map printing. At the June Board meeting, your Board voted to suspend further map printing at this time and not develop or publish a 2022 map. However, please contact any Board member or talk to us at the picnic if you want to help research the possibilities, find a new publisher, develop an on-line map system, or expand and update our route library. Contact any Board member to comment or volunteer.

Summer Picnic: Last but not least, make sure you register today for our Summer Picnic at Prospect Park in Wheat Ridge – Saturday, July 24th – with rides in the morning and picnic lunch with presentations following. See you there!



DBTC Mission Statement - 2020 and Beyond

The Denver Bicycle Touring Club (DBTC), a non-profit corporation run by volunteers, is the original bicycling club of the Denver Metro area.

The Mission Statement of the Denver Bicycle Touring Club is to:

Organize and sponsor all levels of rides for bicycling enthusiasts. Promote recreational and commuter cycling, bicycle safety, and bicycling education to the general public. Advocate and support bicycling routes with local governments in the Denver Metro area.

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. 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.

That Email Is NOT From the DBTC President

Phishing emails are still making the rounds occasionally. People have reported that emails have gone out apparently from "Helen Berkman" or "President" vaguely asking for "a favor" or "a reply" or asking recipients to buy gift cards for veterans or others. This is a reminder that your DBTC president will never send an email asking for money or gift cards. Please do not hit "reply" to these emails or make any purchases. Check the address if you're unsure. The email address is a fake address, not the official dbtc.org address or the correct personal email of the President.

Plan a Ride with the DBTC Bike Route Map!

Plan a Ride with the DBTC Bike Map! Special offer: Right now existing members who want a copy may, in exchange for a small donation, contact president@dbtc.org for a copy to be mailed to them. This newly revised map adds new routes, paths, and trails for bicycling adventures. It also includes more identifiers for major streets, bike routes, and trails. New members 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.

All Yahoo Groups are discontinued as of December 2020

If you are looking for MTB rides, they will be posted through Meetup along with the road rides!

WELCOME

NEW DBTC MEMBERS

Ray Dryjanski
David Fay
Lisa Fay
David Hampton
Christopher Hill
Linda Sue Hoops
Chuck Kutscher
Cathy Leibowitz
Tilo Reber
Larry Reynolds
Michael Seeber
Bob Strenski
Robert Taylor
Suzie White

DBTC Board - Call for Candidates

DBTC is like your favorite vacation – it can be such a pleasure but needs a team to do the planning, scheduling, purchasing, rides, and organizing of events. For DBTC the team is you, your 400 fellow members, the ride leaders, and the 9-member Board. So for the next three months we'll be asking for volunteers to serve on the Board – it's not difficult and only takes a few hours per month – but without fresh ideas and vital energy we'll lose the great rides, opportunities to gather for good food and

fellowship, affordable out-of-town trips, and other benefits of a healthy well-run club. Just email Karen Betstadt with your questions, a brief outline of your background and cycling interests, and your contact information. I'll reply with more info or call you to answer your questions. And ask any Board member about this opportunity at the July 24th picnic or on your next Club ride; if it isn't the right time for you, maybe the rider next to you is interested.

Recipes for a Success-ful Bike Ride

K's Granola

Ingredients:

- 1/2 C. Canola Oil
- 1 TBS. Vanilla Extract
- 1/2 - 3/4 C. Honey
- 1 C. Raw Wheat Germ
- 1 C. Textured Protein (a dehydrated soy product available in most stores)
- 1 C. Sunflower Seeds
- 1 C. Slivered Almonds
- 2 Cups Unsweetened Shredded Coconut
- 7 Cups Rolled Oats

Preparation:

Preheat oven to 350°

In a large roasting pan, heat the oil, vanilla, and honey until blended, remove from heat, stir in next three ingredients, then the coconut, then oats. Put in middle rack of oven and take out and stir every 10 minutes, until evenly browned throughout. Watch carefully after about third stirring, to make sure it doesn't burn. Entire bake time is usually less than an hour and you will have enough granola to last a couple of months. Enjoy with milk or yogurt and later if you've had a really good ride, treat yourself with it on top of your favorite ice cream!

On a recent bike ride, hanging out afterwards in the shade of a park shelter, we shared what kinds of breakfasts we eat before our rides. Some of us get particularly hungry during a ride and others of us seem to breeze through without having to snack. I fall into the latter group and after describing my homemade granola, I was asked by a few to put the recipe in the Newsletter. So, here it is and maybe you will be inspired to share what foods work for you to ride comfortably. Of course, none of this is a recommendation or professional advice; merely a rider's anecdote for an antidote for hunger during a ride. (...and a bonus is that my grandkids all love this with yogurt!)

If you wish, send in your recipes for a success-ful ride to me, Karen Betstadt
720-331-5057.

MTB Easy Cooler Lunch Ride



On Tuesday, June 8th, Liz Cameron led the MTB Easy Cooler Ride at Three Sisters Park.

Volunteerism, DBTC and You

So you show up for a DBTC picnic, grab some coffee and a bagel, go off for a ride, return for lunch and participate in listening to a presentation on a trip to Italy, the Great Allegheny Passage, or about buying an E bike or how to repair a flat! Have you ever thought about the planning of such an event? Who picked the date, who made the pavilion reservation, who decided on the menu, who purchased all the foods and brought them to the event, who arranged all the ride leaders, who put out all the lunch items, who arranged for the sponsors and others presenting the table talks, etc.? It takes

a lot of people volunteering their time and effort to put on an event like our July 24th event. Many people have volunteered their time and effort many times in the past. If you have not volunteered your time and effort for a DBTC event, isn't it your turn? Just one event per year? Please, become a volunteer and help keep DBTC the great bicycling club it is. Please contact me at dr.shimoda@comcast.net to help with our July 24th Summer Picnic. Thank you.

Mark Shimoda

Really Radical Rat Race Rodent Ride

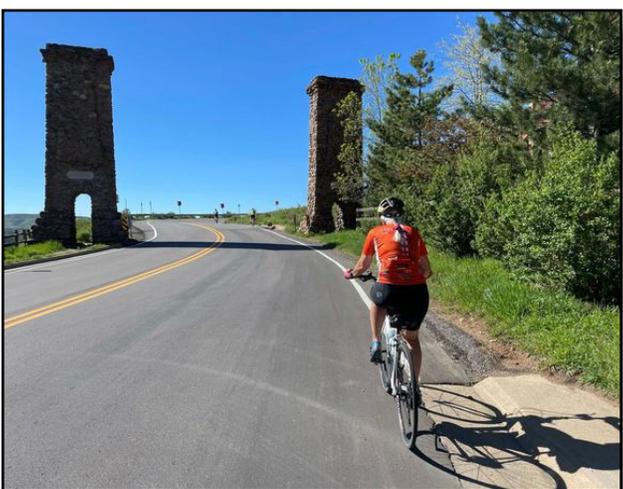


On Saturday, May 22nd, Jeff led riders to 6 prairie dog statues around the Rock Creek development and beyond in Broomfield and Interlocken.

Progressive Lookout Challenge #4



On Tuesday, May 25th Marilyn led riders to the top of Lookout Mountain and beyond.



July Member Profile: Suzanne Carter



Meet July's DBTC Member Profile person, Suzanne Carter, born in Denver, Colorado! She recalls that her childhood years were spent with her dad and sister bicycling and walking "miles and miles every day around Sloan's Lake!" Happy memories with her dad were also made hiking and picnicking in the Colorado Mountains and swimming at Glenwood pool, her most favorite and happy place! She credits her dad for her love of exercise, as he was very much into those activities, too. Suzanne has been a psychotherapist for over 40 years and says she will most likely never retire. She works with children, families, adults, and couples, using many therapeutic mediums; her two favorites are Equine- and Canine-assisted therapy in



addition to grief counseling. She enjoys helping people heal the connections to themselves and to others--that's one reason why she loves DBTC "because it's such a wonderful group where people can connect with one another and ride bikes at the same time." Some people have called Suzanne a "relationship & communication expert," because she has worked hard and has studied in this area her entire life. She joined DBTC about 6 years ago and her favorite rides are the Jeff Krinsky rides. Suzanne says that being the last rider finishing has been really good practice for her learning to be

okay with not being the first one in! Her DBTC contributions

include currently being a Ride Leader for 3 years now ("it took a 'courage-infusion' to become a Leader") and she is offering Triathlon practice rides for the upcoming Bear Creek TRI event on July 18 (see side box for description). She enjoys connecting with others while biking, hiking, swimming, dog-walking, and more! Join Suzanne on one of her rides and get to know this people-person gal!

Join Suzanne & others at The Triathlon Event at Bear Creek Park - July 18, 2021

Suzanne is leading practice rides for this event; look for them in the Ride Schedule. You don't have to do the swim if you just want to bike and walk/run; OR, you can do just one event, if you wish. She is also considering a biking/swimming event at Glenwood this summer. If you're interested in either of these activities, contact Suzanne for more information.

HIGHLINE CANAL UNDERPASSES ARE NOW COMPLETE - YAY!

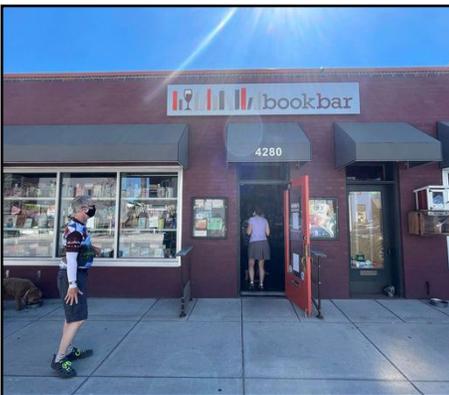
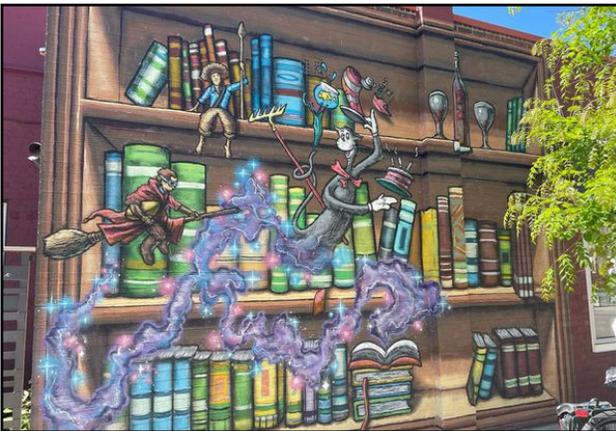
The Colorado and Hampden underpasses are now complete. Give them a whirl!



Bikes & Books Ride



On Friday, June 4th Helen led riders on a bikes and books adventure!



OOTT: Santa Fe & Taos with Cyndy

In October, Cyndy plans to offer a New Mexico Trip. It would be six-days with rides in both the Taos as well as Santa Fe areas, ending with the Santa Fe Century ride, which is scheduled for October 10th and has century and half-century options. The cost would be around \$800, and would include some meals as well as happy hours. If you are interested, let Cyndy Klepinger know and she'll start a list! matilda8@msn.com or 303.725.1565.



Denver Century Ride - Who Wants To Join Me?



COLDWELL BANKER
DENVER
CENTURY RIDE

SATURDAY
Sept 25, 2021

All routes start/finish at the
Shops at Northfield



COLDWELL BANKER
REALTY

The Denver Century Ride is Saturday, September 25, 2021 and I've registered for the 50 mile ride. Let's get a DBTC Group together and circle the city! This will probably be an unofficial group just riding together, not an official "team".

But let me know if you sign up and we'll start a group, wear our DBTC jerseys, and ride together! – Helen Berkman

<http://denvercenturyride.com/ride-info/50-mile/>

Platte River Ride with Carolyn



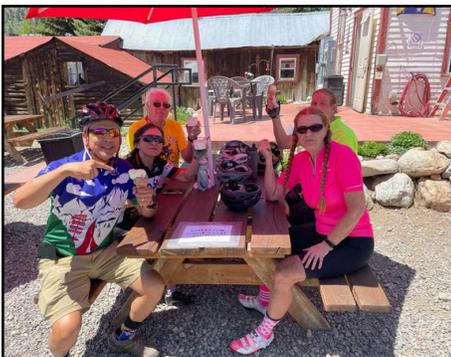
On Tuesday, June 1st Carolyn Roberts led riders up the Platte River to the Adams County Fairgrounds. There were many beautifully carved trees along the way.



Lake Dillon Ice Cream Ride



On Friday, June 11th,
19 riders went on a tour of
Lake Dillon and finished with
ice cream!



Riding Tips For New Members

I was a new rider with DBTC last year and there were a few things I learned about group riding and the club that, as newer members, you may find useful. Who knows, maybe even some older ones might appreciate a review. Some of these items are intended to increase rider safety, while others simply help the rides function smoothly.

One of the first points of entry to any ride will be through the ride schedule in the DBTC Newsletter or on Meetup. Usually, you will sign up for the ride you wish to join in the format determined by the ride leader, whether by text, email, replying on Meetup, etc. Unless otherwise specified, you can also just show up at the meeting place at the right time and join the group.

Each scheduled ride is described by average mph you can expect to ride, elevation gain, and whether it is road or mountain terrain. The symbols used in this classification are explained in each Newsletter before the list of rides. Something that will make the ride enjoyable for you and others is matching your skill level to the ride. Over time you will become more familiar with what works for you.

Something that every rider can do to help ensure their comfort is to come prepared with clothing appropriate for weather and enough water and snacks as needed. You can expect there to be a snack break midway through the ride and ride leaders are willing to stop any time clothing needs to be adjusted or other needs are identified. Just let them know. Because the club does not take any official responsibility for individuals' bikes, you also should have with you any and all bike repair items you may need for a ride, i.e., tube, pump, tire repair kit. Of course, there are those generous co-bikers who are usually willing to help as needed. Masks are still being required in some commercial venues, so you might want to pack one.

It helps to arrive 10-15 minutes before the time listed for the ride. This gives you time to get your gear and bike ready to leave with the others. If you know you will be a few minutes late, notify the ride leader so that the ride doesn't leave without you. The time listed is usually the time to leave, unless informed differently by the ride leader. Before the ride begins the ride-leader will pass around a sign-up sheet. Signing helps insure you and DBTC in case of accident or injury, which is rare, but can occur. The club also asks for an emergency contact. This brings us to the next few points of rider safety.

Riding in a group necessitates attending to both what is happening in front of you and behind. During the ride, pass along all information, including directional hand signals and verbal warnings. If the person in front of you signals a turn, please signal for the one behind you. If a biker is coming in the other direction, you will hear "biker up" being called out, do the same for those behind you. If you notice a biker or car behind you, call out "biker back" or "car back", this will be passed on to others in front. The more information shared this way the safer all will be. Knowing the signals for turns, slowing and stopping and sharing them is all part of bike safety. Keeping a safe distance from the biker in front also is a good idea.

We of the DBTC community hope that you have enjoyed your rides and continue to do so safely and in comfort. If you are not yet a member, we ask you to please join the DBTC community before you sign up for your next ride. We function as an organization solely with member support! We look forward to many more rides together.

Karen Betstadt
Vice-president

Improve Your Use of Ride With GPS

Can't quite get the hang of Ride with GPS? Call or email Marilyn for a FREE 1-hour-or-so session! Pick any of the times below and be ready with your questions. Your session can be done either by phone or in-person. If done in-person, two people can attend with their laptops or tablets--these are preferred over using a cellphone to set up your account.

Times available: Saturday, July 3rd - 2-4pm; Saturday July 10th - 2-4pm. Other times can be considered if these don't work for you.

Remember, too, setup instructions are in the monthly newsletters and on the DBTC website. If you can, give it a try first, and then meet with Marilyn.

Marilyn Choske -
mjchoske@gmail.com
303-905-8510

Bonnie Brae Ice Cream Ride



On Wednesday, June 2nd, Suzy led riders to Bonnie Brae for ice cream compliments of DBTC.



MTB Riders You Are Not Wanted! Until..

If you are over 55 years old, have a mountain bike that is over 10 years old, and you have not ridden a mountain bike in several years, you are not invited to ride with the DBTC mountain bikers. At least not until you have had your old bike tuned, have the tires properly inflated (under 30 psi), ridden the bike several times on single track dirt over 10 miles with at least 800 feet of elevation gain, and have

the ability to navigate rocks and downhill safely. Why these recommendations? See the enclosed picture.



[*picture printed with permission of person shown]

Over the past 2 years of biking, the experienced DBTC mountain bikers have had to rescue and/or repair four persons who fit the above description. For sure, we welcome new riders! We love it when a new face shows up to join us. However, we want riding with us to be a fun and safe experience so that you will join us again and again.

So do please ride with us. We welcome you to join us on dirt and single track. We just want you to enjoy the rides and to be safe and have a great experience so that you will continue to ride with us.

Submitted by Mark Shimoda

A big thank you to our **Spring Kick Off 2021 Sponsors!**

Check out their shops:



GoodTurn Electric Cycles

7301 S. Santa Fe Drive, Littleton, CO

GoodTurn Electric Cycles is a nonprofit electric bike shop that provides job skills training and mentorship to young adults from low income families in the Littleton area. GoodTurn specializes in electric bike sales and rentals, and also services both electric and traditional bikes.

BikeSource

BikeSource, with three locations in the Denver area, sells and services bikes for everyone, from beginners to advanced cyclists. A special thank you to Eric Truman, the General Manager at their Southwest Littleton shop, 8176 W Bowles, Littleton, CO.



Cycling Through Words

Welcome again to a continuation of our poetry Bike-u Challenge. Some of you got into gear and your wheels got spinning to produce these Bike-u's:

*riding adventures
up hills, down streams, to extremes
in search of ice creams...*
Marilyn Choske

*crisp air stream softens
a summer's ride at daybreak
free is the moment*
Ellen Fitzpatrick

*barely cool morning
a hub of black-shorted legs
pump tires then lungs*
Karen Betstadt

*my catalpa rains
withered-white perfume blossoms
summer confetti*
Karen Betstadt

As a reminder from last month, a Haiku (pronounced Hi-koo) is defined as a Japanese poem of seventeen syllables, in three lines of five, seven, and five, traditionally evoking images of the natural world. It should fit right in with what we do when we ride, so ready another next Bike-u challenge?

All submissions will be published in next Newsletter with author's name unless anonymity is desired.

Cycle on,
Karen Betstadt

Text submissions to: Karen
Betstadt 720-331-5057

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2021 CALENDAR

Updated: 6 - 23 - 2021

July 9, 2021 - Pedal Party, Colorado Springs, CO. Come take a family friendly, casual bike ride with UpaDowna followed by post-ride music from local bands! Pedal Party was created to provide an opportunity for cyclists of all ages and abilities to ride together in a safe and fun environment while teaching the basics of bicycling safety, etiquette, and rules of the road. All ages and activity levels are welcome! Minors must be accompanied by an adult. Buffalo Lodge Bicycle Bicycle Resort - 2 El Paso Blvd., Colorado Springs, CO 80904. 4:00 pm. <https://www.eventbrite.com/e/pedal-party-tickets-154031324839>

July 24, 2021 - Crooked Gravel by Roll Massif, Winter Park, CO. The 65- and 93-mile routes take riders from downtown Winter Park onto remote gravel roads and up into the mountains. High-altitude views abound in every direction. Crisp mountain air exhilarates the senses. And swarms of riders fire each other up. And that's before the ride even starts! <https://www.rollmassif.com>

July 31, 2021 - Littleton Twilight Criterium. Are you looking for a day of excitement? How about epic racing combined with a beer in your hand? With live music and kid activities? You can find it at the Littleton Twilight Criterium by Audi Denver. The Littleton Twilight Criterium is a full day of racing including professional men's and women's races. The best cyclists in the country come to downtown Littleton to partake in the ninth race of the USACRITS series. We throw in a beer garden, live music and a cruiser ride for the family to make it a wicked day. 3:00 - 10:00 pm.

August 7, 2021 - Copper Triangle. Copper Mountain Resort, CO. <https://www.bicyclecolorado.org/featured-event/copper-triangle>

August 21, 2021- The Triple Bypass, Evergreen, CO, We are going back to our roots in 2021 and finishing in the town where it all started. Leaving from Evergreen, Triple Riders will travel 110 miles and 10,750' over 3 gorgeous mountain passes - arriving in Vail.. Prefer something a little shorter? Try the Double Bypass - 65 miles from Georgetown to Vail. triplebypass.org

September 22, 2021 - Bike To Work Day!

September 25, 2021 - DENVER CENTURY RIDE, Denver, CO. Ride on whatever bike you like and pick from four different routes: 25, 50, 85 or 100 miles. Take a loop around the Denver metro area within the city or out to Golden on the longer routes and explore what you might not have seen before, with friends and family! This year's ride will be in September so everyone involved can be safer and have more fun. You'll be supported with nutrition and aid stations along the way, modified to meet COVID-19 safety protocols. You have until September 22 to register.

September 25, 2021 - TOUR OF THE MOON, Grand Junction, CO. All cyclists will start and finish at Two Rivers Convention Center in downtown Grand Junction. The ride will begin with a spectacular trek through the Colorado National Monument. After exiting the Monument, riders may elect to tackle a metric century through the beautiful farm country and surrounding areas of Fruita or opt for the classic 41-mile loop back to Grand Junction. www.rollmassif.com/tourofthemoon

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 or John at 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 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
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.

DBTC Announcements

Bike Streets Pledge Challenge from Kathy Cook:

At the Bike Streets Project we're rallying leaders across Denver to pledge to ride their bikes 2 miles a week, starting in March, to promote health, clean air, and the local economy. You, being an avid cyclist, are invited to join this Pledge and can serve as an inspiring example to others. Biking is a joyful way to get around and it's great for communities. If leaders across the city set the standard and share it with their sphere of influence, thousands of people across the city will follow suit. Your weekly ride can be a pleasure cruise or a ride to a park, library, grocery store, etc. Two miles only takes about 15 minutes, so it's a very achievable goal. We'd love to have you take the Pledge, get out and ride 2 miles each week, and let people in your community know what you're up to. Are you interested? Let's ride! **Take the Denver #2Miles Bike Pledge** at: www.bikestreets.com. For more information contact Kathy Cook: kathycook1029@gmail.com.

MAP SALES: We are down to only about 700 maps left from our 2019 map printing, and your Board continues to discuss whether to stay in the printed map business by developing and publishing a 2022 map. Please contact any Board member if you want to volunteer or be heard on this subject! Should we stay in the printed map business? Do we have any volunteers willing to be in a 2022 map development project? Or who can help us with researching the possibilities over the next two months...? Contact any Board member to comment or volunteer.

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

South: Ellen Fitzpatrick ellenfitz4@comcast.net
Weekday: Patty Gaspar patty@gasparjones.com
MTB: Chuck Caldwell ccaldwe@yahoo.com

North: Jeff Krinsky jkrinsky2003@yahoo.com
Leisure: Jill McMahon jillmm7@gmail.com
& Marcy Rodney, mrodney@rsresearch.com

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



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

Bike Bag Available

In cleaning out our Storage Unit, we found a nice canvas bike bag (42 x 32 x 8) that is not being used or borrowed. (see photo below). Well used but in good condition. Available to any member for a small donation to DBTC (\$15 suggested). First come, first served. Contact Helen Berkman, President, h.berkman@comcast.net to arrange for pick up.



You can't buy happiness
but you can buy
bikes, and that's
kind of the same
thing.



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DBTC Summer 2021 RIDES

Summer has arrived and so far it is very warm. If it is extremely hot, check with the leader, just like very cold, they may cancel or shorten the route. We will keep pedaling through.

To get a ride included for the coming week: patty@gasparjones.com or one of the coordinators.

South: Ellen Fitzpatrick ellenfitz4@comcast.net
 Leisure: Jill McMahon jillmm7@gmail.com
 & Marcy Rodney, mrodney@rslresearch.com

North Fun & Int: Jeff Krinsky jkrinsky2003@yahoo.com
 Weekday: Patty Gaspar patty@gasparjones.com
 MTB: Chuck Caldwell ccaldwe@yahoo.com

If you'd like to include a ride activity in the newsletter, please send an email to ridecoordinator@dbtc.org by the 22nd for the next newsletter, or contact Patty at 303-989-8268.

Pace of Ride	Difficulty of Terrain	Distance	Quadrant of City	Departure Time
Leisure or Roses (Avg. 8-10 mph) No Drop Rides Fun – (Avg. 9-12 mph) No Drop Rides Fun Plus – (Avg. 11-15 mph) INT - 15+ pace shown (i.e. 15-18 mph) ATB – Unpaved Roads MTB – Mountain Bikes	H1 – Flat H2 – Hilly H3 – Some Steep Climbs Alt gain shows 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.

Ride Locater: There is a guide to the most frequent start locations on our website – www.dbtc.org. It provides the information you need to use MapQuest or Google Maps to make a map to the starting location.

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 canceled.*

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

DBTC Meetup group at <http://www.meetup.com/Denver-Bicycle-Touring-Club/> be 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 website, 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 already-existent 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 there.

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.

Please Note:

- Joining Facebook, or the Meetup Group does not make you a valid member of the DBTC.
- If your email address changes, you must send your new email address to the DBTC webmaster (webmaster@dbtc.org)
- The DBTC website operates independently from any of the Groups.
- The DBTC monthly newsletter, The Colorado Bicyclist, is sent to you from the DBTC website via email only if you have so requested.

Summer 2021 Riding Guidelines

- Weather: Thunderstorms or rain (rides can be cancelled for extreme heat)
- Clothing: Wear layers and bright colors
- Other: Bring sunscreen, water, repair items, and a snack

This schedule subject to change, watch for additional rides in the weekly email blasts. We want to hear from you! Please reach out to any Board member or Ride Coordinator to let us know if you have any questions or comments. We'd love to know how many riders to expect during the spring season.

July 2021 DBTC Ride Schedule

Thursday, July 1st:

9:00 AM FUN PLUS-H3-25-SW Meet Jeff Krinsky (720-373-9107) for THE GREAT AMERICAN DINOSAUR RIDE 2021!!! The adventure begins at the Lakewood Heritage Center at Belmar Park at Ohio Street on the west side of Wadsworth, north of Mississippi and South of Alameda. We will tour the park then head west to Dinosaur Ridge and Red Rocks where we will stop for breaks. Then we will continue on down through Morrison and Bear Creek Trail and return north to Belmar Park. The first 100 attendees will ride for free!!! Lunch options will be discussed.

Next TRI Training ride

3:30 p.m. FUN-H2-MORRISON. MILEAGE WILL BE DETERMINED BY THE RIDERS, as we will also swim!!! Meet Suzanne Carter in Morrison: Across the street from Ozzie's espresso/ ice cream & right next to Willy's Wings & Burrito; you can park on the south side of the street (south side of Morrison Road or wherever you can find a place to park). There are a lot of parking spaces on the road so parking should not be an issue. Please arrive 15 minutes before the time we are leaving so we can leave on time (email equinelites@aol.com or call 720-480-6521 (no text, I don't do text). call or email about questions re: this location. We will ride into Bear Creek Park, head up some little hills to the swim beach and then decide how much farther to ride before we jump in and swim!. The water is not bad at all as far as temps. Best idea is to bring a backpack with a towel, sunscreen, and whatever you need for swimming!

Friday, July 2nd:

8:30AM FUN-H2-23-NE BOOKS AND BIKES ADVENTURE REPRISÉ. All you bookies out there, meet Helen Berkman (720-355-5687) at Cake Crumbs, 2216 Kearney St., for a repeat of this popular city adventure ride to BookBar. All-new route, with a new greenway! an elevator ride! Mountain views! And a bookshop! Our destination is the BookBar in Highlands, a charming bookstore with a garden you need to see if you've never been there. We'll loop back on a three parks route via Sloan's Lake, Cheesman, and City Parks. This will be a no-drop, slightly slower FUN ride, and we'll spend up to a half-hour in BookBar or its neighborhood. Bring a pannier or pack if you want to buy a book!

Saturday, July 3rd:

8:00 AM FUN PLUS-H2-28-SE Meet Ellen Fitzpatrick (720-209-2269) at the Broken Tee Golf course (2101 W. Oxford street, Englewood, which is just west of Santa Fe Dr.). Park far west end of parking lot, up against the bike path and Platte River, and meet there at the pavilion and bathroom area. We will ride out to and around Chatfield State Park via bike paths along the Platte, up to top of dam, and continue across the dam clockwise toward marina and back around. There's a mile+ stretch of gravel on the dam to negotiate which can be difficult. Planning a 12-13 mph average pace. About 550' elevation. Bring snacks and lunch and we'll gather after for social time.

Sunday, July 4th:

9:00 AM FUN PLUS-H2-25 +-NE Each Sunday meet DBTC riders at Cake Crumbs Bakery and Coffee shop, located at 2216 Kearney Street, Denver. These rides will be Show N GO. Each Sunday we pick a different route and the distances vary from 20 to 30 miles. ON JULY 4TH, STAY AFTERWARD FOR THE PARK HILL PARADE!

Monday, July 5th:

9:00 AM INT-H2/3-28 NW Meet Donald Schmertz (roadrider80226@yahoo.com) at Prospect Park - 44th and Robb St. We will be visiting Ralston Reservoir, White Ranch (lower lot) and Higher Grounds in Golden.

9:00AM FUN-H2-23-SW Meet Merri Bruntz (303-517-9781) at Reynolds Landing parking lot (6745 S. Santa Fe Dr) for a ride south on the South Platte Trail to Chatfield State Park where we will ride to the marina via trails and road. After a break we will return via the same route. Bring a sack lunch for a picnic afterwards.

Tuesday, July 6th:

10:00 AM LEISURE-H2+-16-W Dumont to Georgetown Short Version Join Lin Hark (303-578-9369) for a slower paced ride from Dumont to Georgetown (Meet at Breeze Ski Shop north of I-70 exit 234). This ride is a gentle elevation gain of about 500 feet. This is an out and back with a loop around town with a few historical stops in Georgetown. This is one of the easiest mountain rides you will find with a few steeper sections. Bring a sack lunch and we can eat at Georgetown City Park before enjoying the FUN downhill!

9:15 AM LEISURE-H2-24-W Idaho Springs to Georgetown Long Version FUN/Leisure Riders can meet at the Clear Creek Ranger Station (south side of I-70 exit 240) to ride on their own (no ride leader) from Idaho Springs to Georgetown and meet up with ride leader Lin Hark and the Leisure Riders at the Breeze Ski Rentals Dumont just off exit 234 at 10 AM. This ride is a gentle elevation gain of about 1,000 feet. It is an out and back so you can make your own distance and turn around whenever you think you are "half tired" and hope the wind will be at your back on the way down! FUN downhill! This is one of the easiest mountain rides you will find. Bring a sack lunch to join the Leisure Riders at Georgetown City Park or have lunch in Idaho Springs.

9:00 AM FUN+-H2/3-24-1800' elev. gain. "Empire Ice Cream Ride"- Meet 09:00am, Roll 09:15am Register only via TEXT to leader by July 5. Meet Marilyn Choske (303-905-8510) for this Idaho Springs-to-Empire ride. Drive/meet directions follow description. Pedal on bike path/trail thru Idaho Springs, onto Stanley Road and Hwy 40 to Empire Dairy King. Bring \$ to purchase and enjoy your ice cream treat. Return the same route. CASUAL pace to and ZIPPITY-DO-DAH from Empire (mostly downhill). Bring masks just in case. Limit 8 riders, including leader. Ride will not go if it is rainy or forecast is for rain in the morning. Call the leader if in doubt.

DIRECTIONS: I-70 Exit 241. Take first RIGHT at the exit roundabout and follow the road up & over I-70. Just past the green sign, turn RIGHT towards County Road 314 (if you miss this turn, you're back on eastbound I-70!). Turn RIGHT at the stop sign & continue to the ballpark ahead and park on the north side of the park. Look for leader's red Kia Sportage with bike rack.

July 2021 DBTC Ride Schedule

10:00 AM, MTB, P2-3, T2-3, Easy Cooler Lunch Ride - Elk Meadow. The Easy Cooler Tuesday Lunch Rides are organized by Liz Cameron (303-619-7897). These are Show'nGo Rides: The folks who show up decide what to ride. A ride is scheduled every Tuesday thru the summer. Look at Meetup.com under the DBTC group for location and time. Today's ride is at Elk Meadow near Bergen Park. Meet in the Buchanan Recreation Center parking lot. THE DIRECTIONS: Located at intersection of Colo Hwy 74 (Evergreen Parkway) and Squaw Pass (Colo Hwy 103). From I-70: Take exit 252 for Evergreen Parkway. Continue for roughly 3 miles to intersection of 74 and 103. Turn left at traffic light; Buchanan Park rec center and Tuscan Tavern are located in this complex adjacent to the softball fields. From downtown Evergreen, follow Hwy 74 up to intersection of 74 and 103. Or load directions to 32003 Ellingwood Trail, Evergreen 80439. POSTRIDE: Bring a chair and food for a post ride picnic in the parking lot.

Wednesday, July 7th:

7:30 AM FUN-H2-20-W-950' elev. gain. "Birthday Girl Ride" Meet 07:30am. Register via TEXT to the leader by July 6. Join Marilyn Choske (303-905-8510) for her Milestone at Anderson Park, 44th & Field St, Wheat Ridge. Turn into the first parking lot on the left. Nice, no-rush, casual pace for this westbound loop to Golden & return. Some hills up, some down! Birthday cake & iced tea at the end of ride. Bring masks just in case. Limit 8 riders, including leader. Ride will not go if it is rainy or forecast for morning rain. Call the leader if in doubt.

9:00 AM FUN-H2-20to25 SW New Tunnel New Route Meet Patty Gaspar (303-618-5069) behind the tennis bubble at Federal and Bowles for a ride up Big Dry Creek to the Goodson Rec Center. Then onto the Highland Canal - it is hard packed here but a road bike is okay. We will go UNDER Hampden using the new tunnel then down Dartmouth and back. Picnic lunch after - food available for purchase at the bubble. Note I have not actually scouted this yet so mileage could be iffy.

Thursday, July 8th:

8:30 AM FUN PLUS-H2-25-NW NEW & IMPROVED WESTMINSTER CLASSIC. Meet Jeff Krinsky (720-373-9107) for an exciting ride full of unexpected twists, turns, and surprises...and now with BRAND NEW TRAILS. We will meet at the parking lot WEST of the baseball diamonds in Westminster City Park. (Directions: From US 36 and Church Ranch Blvd/104th Ave. exit, east on 104th about 1/2 mile to the first left after the Westminster Blvd light, then go LEFT again into the parking lot. The address for the park is 10455 Sheridan Blvd but note again that we are meeting WEST of the buildings and baseball fields.) This ride takes us through the Westminster, Northglenn, and Thornton area, including the Farmer's Highline Canal, Lee Lateral, and Grange Hall Creek trails.

Friday, July 9th:

INT-H3-30-1550' elev. gain. "The Great Blue River Loop topped with ICE CREAM!" Register only via TEXT to leader by JULY 7. Meet 08:00am; ROLL 08:15am. Meet Marilyn Choske (303-905-8510) at North Pond Park parking lot, located off Hwy 9 about 4 miles north of Silverthorne & I-70. Turn Right off Hwy 9 at Hamilton Creek Road traffic light and turn immediately Right into the North Pond Park parking lot. Restrooms available. Ride Silverthorne bike path south along the Blue River and access the Frisco/Dillon bike path. Pedal up, then down Swan Mountain via bike path and road and on to Frisco for FREE ice cream, compliments of your DBTC! Hop back onto the bike path and enjoy the mostly downhill ride to your car. Moderate pace. Bring masks just in case. Limit 8 riders, including leader. Ride will not go if it is rainy or forecast for morning rain. Call the leader if in doubt. Carpooling: If you want to carpool with someone, let me know and I'll try to hook you up.

Saturday, July 10th:

8:30 AM FUN-H2-23 SE Meet Ellen Fitzpatrick (720-209-2269) at the Broken Tee Golf course (2101 W. Oxford street, Englewood, which is just west of Santa Fe Dr.). Park far west end of parking lot, up against the bike path and Platte River, and meet there at the pavilion and bathroom area. We will leave at 8:45 latest, riding south toward the Chatfield dam and heading east on the C470 trail. We will continue east to the Ferrari place and turn left (north) on Clarkson bike lane for 3 miles. Then some neighborhood streets over to Big Dry Creek trail, to Platte River, and back to cars. Bring chairs and your lunch and we'll gather for early lunch/social after.

Sunday, July 11th:

9:00 AM FUNPLUS/INT-H-1-36 Miles-NW Meet Peter Woulfe(540-219-6674) cell at Twin Lakes Park, 300 West 70th (just west of Broadway). Ride east along Clear Creek and then north along The South Platte River to Veterans Park in Brighton. Then return the same way. Bring a sack lunch for a picnic in the park afterwards.(bring plenty of water and sunscreen)

Monday, July 12th:

9:00AM FUN-H2-25-SW Meet Merri Bruntz (303-517-9781) at Fox Hollow Golf Course (west of Kipling on Morrison Rd) for a ride east on the Bear Creek Trail to the South Platte Trail where we will ride to Hudson Gardens/Nixon's Coffee for a break. We will return via the same route. We will have lunch at the Den at Fox Hollow Golf Course afterwards.

Tuesday, July 13th:

8:30 AM LEISURE H2-19-NW. BOULDER COUNTY ROADS, HYGIENE & NIWOT. Meet Marcy Rodney (720-985-3403 cell) at Tom Watson Park, 6180 63rd Street, Boulder, just across from Coot Lake. I'll be on the west side, in a bright blue Bolt. We ride north at a relaxed pace on 63rd St., stopping for the beautiful 19th century Ryssby Church, taking a longer snack break at the the general store in Hygiene. We then head back on 75th St., taking a brief pause at the Pella Crossing wetlands, and have our picnic in the town of Niwot (carry a sack lunch or buy lunch at the Niwot Market). Rolling hills, 542 ft. gain, for route see <https://ridewithgps.com/routes/35971875> RSVP ahead of time if you can, directly or on meetup.

July 2021 DBTC Ride Schedule

7:30 AM FUN-H2-23-NW+725' "Idaho OOTT Training Ride #1" Register via TEXT to leader by July 12. Meet 07:30AM Join Marilyn Choske (text - 303-905-8510), at Crown Hill Park (26th & Garland). We'll head south, east, north, and west, back to our start. Trails are Weir, Sanderson, Platte, and bike-friendly streets. Bring \$ for beverage-and-donut stop at Dunkin' at Sloans Lake. Comfy 10-14 mph pace. Bring a mask just in case. Ride will not go if rainy or forecast is for rain in the morning; call the leader if in doubt.

10:00 AM, MTB P2,T2, Easy Cooler Lunch Ride - Alderfers/Three Sisters Park. The Easy Cooler Tuesday Lunch Rides are organized by Liz Cameron (303-619-7897). These are Show'nGo Rides: The folks who show up decide what to ride. A ride is scheduled every Tuesday thru the summer. Look at Meetup.com under the DBTC group for location and time. Today's ride is at Alderfer/Three Sisters in Evergreen. THE DIRECTIONS: Go to the signalized "T" intersection in downtown Evergreen, then south on Hwy 73 for ½ mile to another signal at Buffalo Park Road. Turn right (west) for 2.2 miles and enter the upper Alderfer parking lot just beyond the bright yellow house in the meadow. POSTRIDE: Bring a chair and food for a post ride picnic in the parking lot.

Wednesday, July 14th:

9:00 AM FUN-H2-25 SE Meet Suzy Ward (720-355-3268) at the Park and Ride at 2nd and Elsworth in Aurora. We will ride south to Cherry Creek Reservoir and back then get ice cream at Cold Stone and kick back in the air conditioning to enjoy. Bring \$.

Thursday, July 15th:

8:30 AM FUN PLUS-H2-30-NW (650ft). Meet Dave Simonson (505-670-5162) at the Big Dry Creek Park in Westminster for a ride to Lafayette along paved bike paths and city streets with bike lanes or wide shoulders. We will stop for coffee during the ride. The Big Dry Creek Park entrance is off of W 128 Ave. between Zuni and Pecos streets. We will meet at the South end of the parking lot.

Saturday, July 17th:

9:00 AM FUN PLUS-H2-25 +-NE We will move to Saturday this week - meet DBTC riders at Cake Crumbs Bakery and Coffee shop, located at 2216 Kearney Street, Denver. These rides will be Show N GO. Each Sunday we pick a different route and the distances vary from 20 to 30 miles.

Sunday, July 18th:

8:00 AM FUN PLUS H2-33-SE Meet Ellen Fitzpatrick (720-209-2269) at Arapahoe Trailhead (15200 East Arapaho Road, Centennial), on the south side of Arapahoe Rd, just east of Jordan Road. We will ride out to and around Aurora Reservoir, going north on the South Cherry Creek Trail into the Cherry Creek State Park, then connecting to the Piney Creek Trail east. Bring snacks and water as the marina store may not be open. Bring lunch and we'll gather after the ride.

Monday, July 19th:

9:00AM FUN-H2-24-NW Meet Merri Bruntz (303-517-9781) at Anderson Park (44th & Field) for a ride west on the Clear Creek Trail to Easley Rd, which we will take north to the Blunn Trail and the west side of the Westwoods Golf Course along the Ralston Creek Trail. After a break we will return via Virgil Way and Easley Rd which will lead us to the Clear Creek Trail and back to the park. Bring a sack lunch for a picnic afterwards.

Tuesday, July 20th:

FUN+-H3-38-1550' elev gain. "Idaho OOTT Training Ride #2" with trains! Register via TEXT to leader by July 19--Rider Limit of *8*. BEAT the HEAT-- MEET at 07:00am. Join Marilyn Choske (303-905-8510), at Crown Hill Park (26th & Garland) in Wheat Ridge. We'll pedal a large loop SW, E, and N, climbing W Colfax, Dinosaur, Mt. Carbon, and smaller hills east and north to the Platte. Bring \$ for lunch stop at Brooklyn's near Mile High. After lunch, hop on the air-conditioned W Line light rail and disembark at Garrison station. Leader will provide train tickets, compliments of DBTC. Ride the 2 miles back to Crown Hill. Bring masks just in case. Ride won't go if it's rainy or the forecast is for morning rain. Call the leader if in doubt.

8:30 am FUN-H1-24-NE. ICE CREAM RIDE TO THE ARSENAL. Meet Helen Berkman (720-355-5687) at Cake Crumbs, 2216 Kearney. We'll ride through Central Park and then north up to the Rocky Mountain Arsenal NWR. There's a new 4 mile hard-pack gravel trail that just opened for bikes through the south edge of the Arsenal. We'll exit at Chambers Rd and then head back through Montbello, Northfield, Central Park, and back to Park Hill. Free ice cream at Cake Crumbs compliments of DBTC!

10:00 AM, MTB, P3, T3, Easy Cooler Lunch Ride – Little Scraggy. The Easy Cooler Tuesday Lunch Rides are organized by Liz Cameron (bizliz8888@gmail.com). These are Show'nGo Rides: The folks who show up decide what to ride. A ride is scheduled every Tuesday thru the summer. Look at Meetup.com under the DBTC group for location and time. Today's ride is Little Scraggy, part of Buffalo Creek. The Little Scraggy loop is 12.6 miles (best ridden clockwise). Shorter and easier rides can be done on portions of the Colorado Trail or even on County Road 550. Info about Little Scraggy can be found at <https://www.mtbproject.com/trail/7015764/little-scraggy-trail-loop> DIRECTIONS: Take Hwy. 285 to Pine Junction. Turn left at the light onto Hwy. 126. Turn right onto Forest Road 550 (also called Redskin Creek Road. Turn right again almost immediately into the Little Scraggy parking lot. There is a parking fee. POSTRIDE: Bring chairs and food for picnic in the parking lot.

Wednesday, July 21st:

FUN-H1-20 to 25 miles-SW Meet Patsy Venema (720-934-3498) for a ride from Lakewood's Fox Hollow Golf Course. We will ride east along Bear Creek and onto the Platte River Trail. Park at the east end of the golf course parking lot, the address is 13410 W. Morrison Rd. BUT BE SURE to turn south off Morrison Rd at Owens Street, then make an immediate right, go about 1/2 mile west to the parking lot. We can have lunch on a nice outdoor golf course restaurant deck afterwards, if you like!

July 2021 DBTC Ride Schedule

Thursday, July 22nd:

9:00 FUN PLUS H2-23 SW Meet Peter Woulfe (540-219-6674) cell at the west end of the parking lot for the Broken Tee Golf Course (2101 W. Oxford, Englewood 80110). We ride the South Platte to Big Dry Creek, then the High Line Canal. We will ride some quiet residential streets so we only cross Broadway once, then to C-470 back to the South Platte. Bring a lunch to eat in the shelter after the ride.

Friday, July 23rd:

9:30 AM FUN PLUS-H4-25-Frisco (Elev. Gain 1646') Meet Jeff Krinsky (720-373-9107) for THE FREE ICE CREAM TOUR OF VAIL PASS. We will meet at the Summit Middle School parking lot in Frisco and ride the multi-use trail through Frisco and Copper Mountain, culminating at Vail Pass. We will enjoy the view and then return to Frisco where DBTC will purchase ice cream for all riders at the Foote's Rest Sweet Shop in Frisco. Directions to Summit Middle School, 158 School Rd, Frisco: Drive westbound from Denver on I-70 to Exit 203, and take the roundabout exit that leads south onto the bridge crossing I-70. Continue south on Summit Blvd. (Hwy 9) for .8 miles to the stoplight intersection of School Rd. & CR 1040. Turn left onto School Rd., and look for DBTC members in the parking lot.

Saturday, July 24th:

SUMMER PICNIC - ALL RIDES ARE FROM PROSPECT PARK

7:30 AM FUN PLUS-H3-30-1600' elev gain. "North/NW Loop Picnic Ride" Register via TEXT to leader by July 22. BEAT THE HEAT--meet 07:15am, depart 07:30am. Join Marilyn Choske (303-905-8510), at Prospect Park for this new ambitious counter-clockwise loop route. Ride east then north to access north Arvada hills, then west to go over Blunn (aka Arvada) Reservoir from the east. Short dirt trail to, then thru, Golden neighborhood, then a short ride around the east entrance area of White Ranch. If it is too early to return to Prospect Park, we'll take group consensus to stop for a cool coffee or tea refresher beverage; bring \$ for your purchase. Then easy riding back to the picnic!

8:30 AM LEISURE-H1-20-NW meet Dave Noble (home 303-694-2008 or day of ride only cell 303-906-3163) to ride from Prospect Park to Twin Lakes Park and back for a club lunch at Prospect Park.

8:30 AM LEISURE-H1-17-NW Putting the "leisure" in the picnic ride, Carolyn Roberts (C303-880-8672) will lead a ride from Prospect Park about 17 miles RT. We'll start by riding the Clear Creek Trail, go over the cool bridge at Gold Strike Park, and then continue for a short distance on the Ralston Creek Trail. We'll then veer off through a bit of historic Olde Town Arvada and do a coffee stop in the town. We'll then continue westbound through some neighborhoods and reconnect with the Ralston Creek Trail back to Prospect Park. And of course we'll see some elephants and a fish...

8:45 AM FUN H2-23-NW Meet Jeff Krinsky (720-373-9107) at Prospect Park for this Pre-Picnic Adventure. We will ride up Easley Road to the Van Bibber Creek and Blunn Trails. Next we will experience the entire Trail of Ralston Creek and return on Clear Creek Trail. We will be rewarded with the incredible DBTC summer picnic fare back at Prospect Park!

9:00 AM FUN-H2-22-NW Meet Merri Bruntz (303-517-9781) at Prospect Park (44th & Robb) for a ride west on the Clear Creek Trail to Parfet Park in Golden. After a short break we will ride east on 32nd & 26th avenues to Crown Hill Park for a second break. We will then return to the start riding northeast through Wheat Ridge neighborhoods to the Clear Creek Trail which we will take west to Prospect Park.

9:00 AM, MTB P2, T1.5, South Table Mountain (Show'nGo) – Meet at Prospect Park. We'll ride west on Clear Creek and use various trails and roads to access South Table Mountain starting on Ancient Palms Trail. Return by the same route for the picnic. Useful maps: <https://www.mtbproject.com/directory/8007466/south-table-mountain> and https://www.nrel.gov/about/assets/pdfs/stm_trail_map.pdf

11:30AM-1:00PM PICNIC LUNCH WILL BE AVAILABLE STARTING AT 11:30 AM. You must register beforehand on the DBTC website. Announcements and presentations after lunch. See you there!

Sunday, July 25th:

9:00 AM FUN PLUS-H2-25 +-NE Each Sunday meet DBTC riders at Cake Crumbs Bakery and Coffee shop, located at 2216 Kearney Street, Denver. These rides will be Show N GO. Each Sunday we pick a different route and the distances vary from 20 to 30 miles.

Monday, July 26th:

9:00AM FUN-H2-21-NW Meet Merri Bruntz (303-517-9781) at Prospect Park (44th & Robb) for a ride east on the Clear Creek Trail to Twin Lakes Park. After a break we will return via the same route. Bring a sack lunch for a picnic afterwards.

Tuesday, July 27th:

7:37 INT-H3-25-2470' elev. gain. "The Sweet Georgetown-to-Loveland Valley & Return Ride". Register via TEXT to leader by JULY 26. Meet 07:37am; ROLL on-time at 08:00am. Join Marilyn Choske (303-905-8510) in Georgetown (location TBA) and pedal up--via bike paths and quiet roads--to Silver Plume and on to Bakerville's 5-mile bike path that spills out onto Hwy 6 just below the Loveland Valley ski area lodge, where everyone will take a (longer) snack break. Return the same way for a dy-no-mite descent and stop en route at Georgetown Valley Candy Company for ice cream--please bring \$ for your purchase. If you've been riding and conditioning yourself for a real challenge, join us for this adventure. Because it's an out-and-back, you're welcome to turn around at any time, and we'll meet you back in G-town for ice cream. CASUAL uphill pace, meaning at YOUR comfortable pace. Bring masks just in case. Limit 8 riders, including leader. Ride will not go if it is rainy or the forecast is for morning rain. Call the leader if in doubt. Remember that this is mountain riding -- warm, waterproof wear!

July 2021 DBTC Ride Schedule

10:00 AM, MTB, P1, T1.5, Easy Cooler Lunch Ride - Flying J Ranch Park. The Easy Cooler Tuesday Lunch Rides are organized by Liz Cameron (303-619-7897). These are Show'nGo Rides: The folks who show up decide what to ride. A ride is scheduled every Tuesday thru the summer. Look at Meetup.com under the DBTC group for location and time. Today's ride is at Flying J Ranch near Conifer. Meet at the main trailhead (north lot). DIRECTIONS: From C-470 go south on US 285 approximately 12.5 miles to Aspen Park. Exit at Barkley Road and go left onto Barkley for a half-mile to County Road 73. Go right on County Road 73 for about three-fourths of a mile to the Flying J Ranch Park sign. Turn left into the park and travel a half-mile to the trailhead parking lot. Map and info: <https://www.jeffco.us/1220/Flying-J-Ranch-Park>. **POSTRIDE:** [Bring a chair and food for a post ride picnic in the parking lot.](#)

Wednesday, July 28th:

9:00 AM LEISURE H1/H2-15-to-20-SW. Join Sue Walters, 720 989-4904 (cell) at the Fox Hollow golf course parking lot, 13410 W Morrison Rd, Lakewood. We'll ride down the Bear Creek Trail to the Mary Carter Greenway trail and back for lunch outside at the Fox Den restaurant at the golf course.

9:00 AM FUN H2-25-SE Meet Suzy Ward (720-355-3268) by the big airplane near Wings Over the Rockies 7711 E Academy Blvd, Denver. We'll explore the area then, for those hungry, have a pleasant lunch at the Lowry Beer Garden. Bring \$.

Thursday, July 29th:

9:15 AM FUN-H3-24 NW (Elevation Gain = 800/1100 feet) Meet Jeff Krinsky (720-373-9107) for the award winning Tour De Boulder ride that includes a free JUGGLING and MAGIC presentation. The ride will concentrate on the Boulder Creek, Skunk Creek and Bear Creek paths that are pretty flat but we will take Boulder Creek a little ways up into the foothills before we turn around (Those who do not wish to may wait at the park). The adventure begins at the parking lot near the jungle gym rocket at Scott Carpenter Park in Boulder at the SW corner of 30th ST and Arapahoe Avenue. Be there or be trapizoidal!

Friday July 30th (Merri's Birthday Ride):

9:00AM FUN-H2-19-SW Meet Merri Bruntz (303-517-9781) at the Stone House (Estes & Yale along the Bear Creek Trail). Join Merri in celebration of her birthday by riding with her (her most favorite thing to do). We will ride east along the Bear Creek Trail to the South Platte Trail taking it south to Hudson Gardens/Nixon's Coffee for a cold smoothie. We will return via the same route. DBTC will celebrate Merri for all the rides she has led by buying you a treat. Bring a sack lunch for a picnic afterwards.

Saturday, July 31st:

9:00 AM FUN-H2-25-SW. Meet Patty Gaspar (303-618-5069) behind the tennis bubble on Federal and Bowles. We'll ride up to Clement Park and then west along Lily Gulch Trail out to C-470, then on C-470 Trail south and east to the Platte River Greenway, returning to the tennis bubble. Picnic lunch after - though you can buy sandwiches at the bubble.

Sunday, August 1st:

8:30 AM FUN-H1-23-SE Meet Ellen Fitzpatrick (720-209-2269) at Arapahoe Trailhead (15200 East Arapaho Road, Centennial), on the south side of Arapahoe Rd, just east of Jordan Road. We will ride the South Cherry Creek trail into Parker, and stay about a half hour or so at their weekly Farmer's Market on Main Street. There's probably fresh peaches, ice cream and coffee close by! Bring your bike lock. We will return the same way.

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