

The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

MARCH 2021

INSIDE...

| | |
|---|----------|
| Club News from the President | p. 2 |
| Email Phishing | p. 3 |
| Maps are Here! | p. 3 |
| Social Media | p. 3 |
| New Members | p. 3 |
| Full Moons of Winter | p. 4 |
| Time For A New Helmet? | p. 4 |
| Stickers To Share! | p. 4 |
| MTB Ride Photos | p. 5-6 |
| Santa Fe & Taos OOTT | p. 6 |
| The Perils of Pleasure | p. 7 |
| Winter Ride Photos | p. 8 |
| Member Profile | p. 9 |
| New OOTT Ride Format | p. 9 |
| Idaho to Georgetown Ride Photos | p. 10 |
| 2021 Planning Calendar | p. 11 |
| Bicycling Lawnmower | p. 11 |
| Green Mercantile Photos | p. 12 |
| OOTT: Coeur d'Alene | p. 13 |
| Cycling Through Words | p. 14 |
| Spinning Miles | p. 14 |
| Ride With GPS | p. 15 |
| Club Announcements | p. 16 |
| March Ride Schedule | p. 17-19 |

Final Winter 2021 Happy Hour

The last of the three Zoom Happy Hours will be Friday, March 19th at 6:00 pm. DBTC members will receive the Zoom link via email a week before each event, so make sure your DBTC membership and email address are up to date.

Friday March 19, 2021 Which Type of Bike Do I Want? Gravel, Travel, Road, Town?

We'll have an experienced individual who sells and services bikes to discuss the differences between road, gravel, mountain and hybrid bikes and when you might use each type of bike. We'll also hear about experiences from DBTC members and what they like about each type of bike they have.



DBTC's Officers

| | |
|--|--------------|
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| | |
|--|--------------|
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| Out of Town Tour Director Kathy Stommel OutOfTownTours@dbtc.org | 719-671-5579 |
| MTB Coordinator Chuck Caldwell ccaldwe@yahoo.com | 303-807-1562 |
| Fun Ride Coordinator North Jeff Krinsky jkrinsky2003@yahoo.com | 720-373-9107 |
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| 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

President's Corner

Earth Date: March 1, 2021

As I write this, I'm in the 15 minute waiting room after getting my second COVID-19 vaccine shot! If anyone out there in an eligible group is still having trouble understanding the whole messy process of getting an appointment, feel free to email me and I'll forward you the directions I've written up for the SCL Health system. We prairie dogs all want to be able to crawl out of our holes, hop on our bikes, and attend some group events soon! Your DBTC Board has passed a 2021 Budget and it includes funds for a spring outdoor open house - maybe we'll shoot for April 11th and that's only 6 weeks away!

In the meantime, we hope this March Newsletter will distract and intrigue you with its biking news and non-biking tidbits like poetry, full moons, and spinning equipment! Also, make sure to check out the plans for tentative out-of-town trips and read about our featured member Kathy Stommel, who happens to be the out-of-town trip coordinator. Kathy and Marilyn have put together some COVID guidelines for OOT Trips this year, which you can see at dbtc.org under the Out of Town Trips tab. And I hope to "see" you at our final Winter Social Hour on Friday, March 19th, which will be all about bikes.



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:

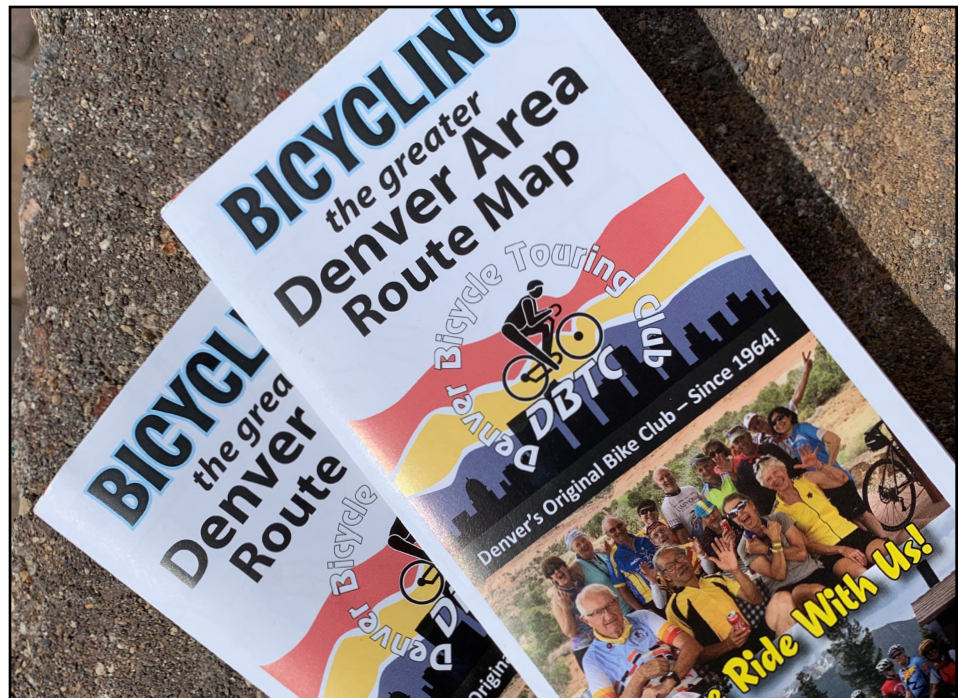
Organize and sponsor all levels of rides for bicycling enthusiasts. Promote recreational and commuter cycling, bicycle safety, and bicycling education to the general public. Advocate and support bicycling routes with local governments in the Denver Metro area.

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

John Deagan



Time To Buy A New Helmet?

Bicyclist fatalities had fallen to a record low of 621 in 2010, according to a Governors Highway Safety Association report, but in 2017, cyclist fatalities soared 37 percent to 852, then fell 2.1 percent in 2018, to 783. The average age of bicyclists killed in traffic crashes was 47 years in 2017, according to NHTSA. States with the highest cyclist fatalities were Florida (125), California (124) and Texas (59). Phoenix, AZ had the highest city cyclist fatality rate, at 8.61 per million people, followed by Sacramento, CA with 5.98 fatalities per million.

Having the right bike helmet can significantly cut the risk of injury. A ratings program based on research by Virginia Tech and the Insurance Institute for Highway Safety (IIHS), provides a standardized rating that determines the effectiveness of a bike helmet. The program uses rigorous tests, taking into account the angle at which a bicyclist's head is likely to strike the pavement in a crash. Only four of the 30 helmets tested in the initial round in 2018 earned a 5-star rating. All four are equipped with a Multi-Directional Impact Protection System (MIPS). It creates a low-friction layer inside the helmet which helps to reduce rotational forces that can result from certain impacts.

BOTTOM LINE: if there is one item to buy as you enter the 2021 biking season, it would be a new helmet with MIPS. Best value: Smith MIPS: \$75 at REI and Amazon. Bontrager MIPS \$65 at REI, and Giro MIPS \$60 on Amazon. Stay safe out there DBTC! – Helen Berkman

The Snow Moon & The Worm Moon

The full moon of February is called the Snow Moon. In the northern hemisphere, named of course because it occurs during the snowiest time of year. But the Snow Moon is also linked with the woodpecker, because woodpeckers become more active during this time of year. The woodpecker knows that winter is starting to reduce to reveal spring. It starts drilling on trees (and chimneys, and aluminum gutters...) this time of year, in anticipation of a new season approaching. Listen and look up to see those sometimes noisy, but lovely, birds.

The March full moon, the Worm Moon, is usually the last full moon before the winter equinox – marking the end of the cold, dark period of the year and the beginning of a new cycle in the natural world in cultures around the planet, it

is associated with fertility and renewal. Worms come slithering out of the dark earth and robins start pulling them up. In 2021 though, the equinox will occur a week before the March 28th full moon. Maybe a harbinger of an earlier spring?



New DBTC Stickers Are Here!

Our first marketing effort of 2021 is complete. Below is a picture of our new sticker - free to all members. Just ask for one from your ride leader or the next Board member you see.

Mountain Bike Ride Collage

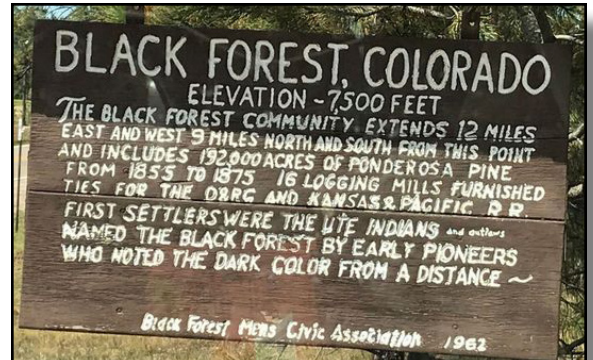


The Mountain Bikers have been busy over the last few months! Here is a sampling of some of their adventures.

MTB Collage



On the final 3 Sisters MTB Ride, Mark Shimoda brought a cake so that we could celebrate all of the Tuesday Easy Cooler Rides led by Liz Cameron.



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.



The Perils or Pleasures of Peleton Owning in a Pandemic

by Nelson Paler

We all know that the word, “peleton,” comes from the French, and means what we in English, would call a platoon, or a military unit larger than a squad and smaller than a company. In France, during the annual Tour de France, the peleton is the large group of 150+ riders who ride in support of, or chasing, the leaders for approximately 2,000 miles. Some ingenious indoor bicycle manufacturers have attached the name Peleton to their product and have proceeded to sell an unprecedented number of these indoor bikes to several million people, at a hefty price tag, I might add. The question: WHY? or, How?

Here’s one family’s story (mine):

This winter we—a family of two—experienced:

- *a broken elbow (wife’s)—during a bike ride in December
- *eyelid surgery (mine) following cataract surgery
- *typical CO winter climate cycle, i.e., bitter cold, rain/snow, thaw, repeat cycle
- *COVID-19 restrictions on use of rec centers, gyms, etc.

Solution: Get a Peleton, so we can exercise at home, in any weather.

Problems:

1. Cost.
2. Delay—6-8 weeks delay in delivery of product

So, in early December, we ignored problem #1 and ordered a Peleton. Guess what? In early February, it was delivered to our modest townhome in Broomfield. Once we cleared a space in our basement for our very own Peleton, (christened “Pelley”), we had to resolve existential crises or questions such as:

Who goes downstairs to use Pelley first?

How many sessions per week?

Can we take a day off?

How long are the sessions?

What are the sessions like? Easy? Difficult? Addictive?

Who adjusts the settings?

Who cleans the darn thing?

Who does the extra laundry that is generated by these sweaty rides in a dank, dark basement with little or no ventilation?

Who pays the monthly subscription fee? (Peleton-the gift that keeps on costing!)

After living with our Pelley for several weeks, we have decided that despite the cost (we’ll have it paid off in less than 2 years), and the adjustment to life style changes such as altered circadian sleep/wake cycles, and the strain on our relationship generated by attempting to answer the existential questions listed above; the realization that we are poised and physically ready to mount and ride our “real” bicycles at a moment’s notice (CO weather permitting) makes it all worthwhile. One of the side effects of owning our Pelley is the wide range of choices available once you get on the bike: you can ride with a class; you can ride by yourself; you can take stretching, yoga or strength classes; you can take leisurely, scenic rides all over the world. Perhaps, just perhaps, you should consider taking the leap and parking a Pelley in your basement!

DBTC Winter Rides



Over the winter months, Riders enjoyed the beautiful scenery around town and the special bonds cycling creates.



DBTC Member Profile: Kathy Stommel

We've added a new bimonthly feature to the DBTC Newsletter, appropriately called "DBTC Member Profile". Every other newsletter will feature a DBTC member with their brief bio and photo. Contact Marilyn (mjchoske@gmail.com) or any other Board member to submit a member's name for us to consider for this article.



This month's DBTC Member Profile boasts a Colorado native: Kathy Stommel! Born in Greeley and spending 50 years of school, kids, and career in Pueblo - "a wonderful small town where you'd always run into someone you know" - Kathy's early sports activities included skiing, backpacking, running, bicycling. How did she get to her softball and volleyball games and to her piano lessons? By bike, of course! As a purchasing agent for the Pueblo Water Utility Company for 37 years, she was able to retire in mid-2011. Kathy served as president of the Southern Colorado Runners Club, as a YMCA Board member for six years, did fundraising, and volunteered in her grandkids' school classrooms. She participated in biathlons and rides like Elephant Rock, Hardscrabble (Salida to Pueblo), and "Tour/ARV" (Buena Vista to Canon City (overnight) to Buena Vista via Arkansas Valley), and, with her bicycling friends, would put together their own weeklong bike trips. At a 10K race in August 1992 that she helped organize and attend the booths, she met Joe Stommel and became his bride in April 1994. (Ask her about their early "courting" stories!) Kathy & Joe did their first HeartCycle bike tour to Mallorca in 2007.

In 2008, they joined DBTC so they could participate in their first out-of-town tour to Door County, Wisconsin, and in 2012, moved to the Denver area. Kathy soon became a DBTC ride leader and began leading out-of-town tours to places like Door County, the Pacific NW/San Juan Islands (her favorite), Salida, and Durango. She served a 2-year term as President of DBTC and has been our Out-of-Town-Tours Director for the past 5 years (and hopefully for at least another 5!). She & Joe enjoy hiking, biking, and scuba-diving along with international travel adventures. Kathy and their beloved dog, Chester, volunteered in the therapy dog program at a memory care facility for 4 years. She says: "Joe and I had belonged to multiple bike clubs; but because of welcoming, relaxed, fun-loving riders, we've made lifelong friends and found a home with DBTC." Kathy adds, "I've enjoyed many years of wearing many different hats, but the role I'm most proud of and favorite 'job' of all time is being grandma to 8 kiddos--3 to 17 years old!" And Kathy--we continue to appreciate your DBTC volunteer work when you're wearing your "helmet-hat!"



New Out Of Town Trip Category: Pay As You Go Trips

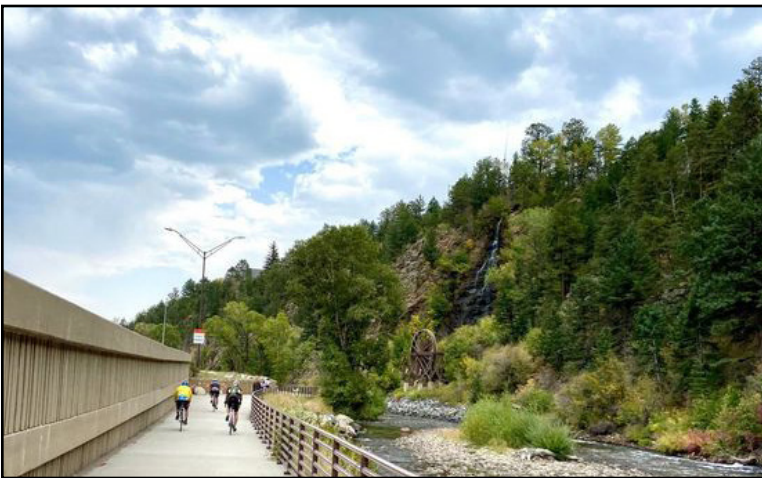
Out of Town Trip Director Kathy Stommel proposed, and the Board approved, a new type of Out of Town Trip! Pay-As-You-Go Trips will be more informal, with less prep work and budgeting headaches for potential Trip Leaders. We hope there will be more interest from members in leading an Out-of-Town Trip with this new option.

On a Pay-Go Trip, the Trip Leader would get a block of rooms reserved at a primary hotel, but riders would reserve and pay on their own, or make other lodging or camping arrangements in the area. The leader would offer a schedule and a variety of routes, and riders would be able to go at their own pace or in a group. Happy hours, a picnic, and a dinner could be scheduled, all optional for riders, who

would pay their own way. A smaller fee than that paid for a traditional OOT Trip would be due to DBTC.

Several members have discussed organizing some informal multi-day Pay-Go Trips in a) the Steamboat Springs area (August) and b) Grand Junction/Glenwood Springs (September). Before details are finalized, we would like to gauge the interest in these tours. The groups would be around 10 – 14 riders and would comply with the latest COVID guidelines in place for DBTC (proof of vaccination, masks, smaller groups, etc.). To get on the interested list for these Colorado trips, contact Cyndy Klepinger at matilda8@msn.com or Helen Berkman at president@dbtc.org.

Idaho Springs Ride



On Saturday, September 19th, riders set out on a trek from Idaho Springs to Georgetown.



2021 CALENDAR

as of 2-17-2021

April 30-May 2, 2021 — MECCA MTB Festival, Green River, UT

35th Annual, Held at the John Wesley Powell Museum in Green River, Utah. Registration begins Friday at 1:00 p.m. followed by a warm up ride, refreshments, games and a prize drawing. Saturday is full of all-day guided rides, ranging from beginner to advanced followed by a yummy dinner, games and more FUN. Finish up on Sunday with a guided (or on your own) scenic ride. Family friendly. Kim Player, 435-653-2440, meccabike01@gmail.com, biketheswell.org

May 7-9, 2021 — US Bank Fruita Fat Tire Festival, Fruita, CO

25th Anniversary festival kicking off the Mtn bike season in CO, world renowned trails, Bike Demo at 18 Road and Downtown Product Expo, and live music, Mike Heaston, 970-858-7220, emgmh@emgcolorado.com, George Gatseos, 970-858-7220, fruita@otesports.com, fruitafattirefestival.com

May 8, 2021 — VIDA MTB Series: Valmont Bike Park, TENTATIVE

VIDA MTB Series Flagship Clinics, Boulder, CO, Women's mountain bike skills clinic, Rachel Gottfried, 949-677-6809, info@vidamtb.com, vidamtb.com. VIDA is going to wait until March 2021 to finalize its schedule.

June 5, 2021 - BUENA VISTA BIKE FEST - TENTATIVE

The Rotary Club of Buena Vista is continuing to plan a 2021 Buena Vista Bike Fest for Saturday June 5, 2021. However, current pandemic conditions preclude the event we would like to have. We are going to defer a decision on an event until at least March 1. The Buena Vista Bike Fest offers road rides and a gravel ride. You can choose your distance— our shortest course is 35 miles and our longest is 97 miles. There is a ride for everyone!

June 6, 2021 — ELEPHANT ROCK, Roll Massif, Castle Rock, CO

This year we have three road courses (44, 60 and 100 miles), one gravel/road route (32 miles) and one great family ride (8 miles). rollmassif.com

June 13-18, 2021 — RIDE THE ROCKIES, Durango, CO

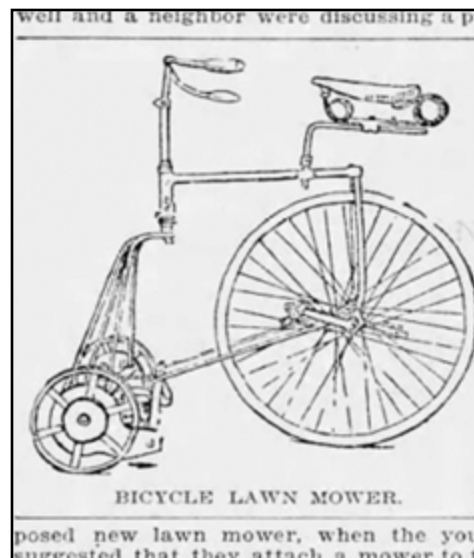
Ride the loop to explore Colorado's Rocky Mountains by bicycle. The 2021 tour will be a brand new route showcasing the state's unmatched scenery and breathtaking mountain views. Ride The Rockies, 303-954-6700, ridetherockies@denverpost.com, ridetherockies.com. Registration is open and is first come first served until full.

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 25, 2021 - DENVER CENTURY RIDE, Denver, CO

September 25, 2021 - TOUR OF THE MOON, Grand Junction, CO



Have you read this month's articles from Marilyn and Nelson about their spinning equipment? Not to be outdone, Cyndy Klepinger takes the cake with this gem about a bicycle lawn mower!

BICYCLE INVENTIONS . . .

We all like riding our bikes, and usually look for any excuse to ride. What about buying a bike that mows lawns? Just think... you would get exercise while accomplishing home maintenance tasks. This special bike was invented a hundred years ago by Thomas Caldwell of Newburg, New York. He was a lawn mogul; the holder of more lawn mower patents than any other person.

The Bucks County Gazette, Pennsylvania, published an article about this "new-fangled" invention on Sept. 5, 1895. The machine is made with an ordinary bicycle hind wheel and a 20-inch mower in place of the front wheel. The mower wheels have rubber tires, they run just as smoothly as a bicycle itself... and a lawn can be gone over in one third of the time it takes to do it with an ordinary hand mower.

Green Mercantile Ride



On Wednesday, September 23rd, 23 riders set out for a ride along the South Platte River trail from South Platte Hotel to Green Mercantile.



2021 Coeur d'Alene Revisited

2021 COEUR D'ALENE: REVISITED! 8 days/7 nights - August 6-13, 2021. This tour is currently "full" on the interested list, but if interested, contact tour leader to get on the waitlist. Do not send deposit or registration forms at this time. More information and instructions will be sent to those riders on the 'interested' list as reservations for activities, lodging, etc., and final tour costs firm up. Marilyn Choske, Tour Leader - mjchoske@gmail.com

IMPORTANT NOTE: This tour was cancelled in 2020 due to COVID-19 pandemic and will follow CDC guidelines in 2021, including 1) at least two weeks prior to tour date (August 6), you must provide to the tour leader a copy of your COVID-19 vaccination(s), or 2) provide a copy of your COVID-19 negative test results done no more than 3 days before tour date (August 6).

Join us as we explore the Northern Idaho Panhandle region of Coeur d'Alene and the bicycling opportunities available! You'll learn about its history of railroad transportation and mining contributions. Regional waterways and mountains offer abundant flora and fauna viewing ops (on the 2017 bike tour, we spotted a moose grazing in a nearby willow field, just off the Trail of the Coeur d'Alenes). We'll wrap up our week's adventures with an evening dinner cruise on beautiful Lake Coeur d'Alene. This tour is rated Fun/Intermediate; and our tour group of 14 participants should be independent riders capable of doing their own tire and bicycle repairs, if needed. Rides are out and back with leader (one is optional loop with leader in Coeur d'Alene area) or arranged shuttles on your own. Day rides are 25 to 60 round-trip miles--you choose your distance on the out-and-back days. All but one ride start at hotels. Each day at ride's end will allow time to rest, swim (where applicable), and/or explore the town.

Included in the trip cost (to be determined) is 7 nights' double-occupancy lodging (two queen or double beds), happy hour refreshments, pre- and post-trip group gatherings, one group lunch, Hiawatha trail/lunch/shuttle costs, last-evening group dinner cruise, and scheduled rides.

Lodging for the trip includes 3 nights in Kellogg, ID; 2 nights in Harrison, ID; and 2 nights in Coeur d'Alene, ID. Hotel amenities include complimentary hot breakfast (except in Harrison-breakfast on own at nearby restaurant); in-room bike storage, mini fridge, microwave, coffeemaker, and free WIFI; free parking; pool/spa (except in Harrison); and easy access to bike paths. You are responsible for your transportation to/from Idaho, either by car, plane (to Spokane airport), or bicycle! If you fly, you're also responsible for transportation to/from our hotels.

THE TRAILS

Route of the Hiawatha -- This 15-mile, crushed-gravel trail was built on an old railroad grade. The route includes 9 tunnels and 7 high steel trestles! Many interpretive signs and lots of views.

NOTE to road bike riders: Are you comfortable riding this type of trail with your usual road tires? (2 riders did so on the 2017 bike tour.) If you can't or don't want to change out your tires to slightly wider ones, consider renting a hybrid from the nearby bike shop: costs about \$35/day.

Northern Idaho Centennial Trail -- This 24-mile paved bike path parallels the Spokane River from Lake Coeur d'Alene west to the ID/WA border. Many scenic overlooks and interpretive signs.

Trail of the Coeur d'Alenes -- This 73-mile paved bike path nearly spans the Idaho Panhandle. Bicycle through and near small towns and different ecosystems.



Cycling Through Words

Hi to all of you poetic bikers out there (and wanna' bes and already ares, but just haven't let out your inner word scribe yet!). Here a few of the submissions we received for the DBTC 2021 Limerick Challenge. Next month we will publish some more and, if you are so inspired, please submit one or two or and they, too, will be shared for others' entertainment. See the December/January Newsletter for details on writing your own limerick.

There once was a rider named Bill
Who thought winter riding was 'chill'
He wore many layers
Scoffed at naysayers
And cried, "Join me, it's really a thrill!"

– Helen Berkman

This limerick is about the press car running [Johnny Hoogerland](#) off the road during the 2011 Tour de France

There once was a cyclist named Johnny,
He was bounced off the road so untimely,
He tumbled and twirled,
Into the French field,
And emerged with a real shredded hiney.
– Marilee Boe

There once was a cyclist named Thor
He knew what a Viking was for,
He sweat-pumped and pillaged
Into the French village,
And then he doth slammeth the door.
– Marilee Boe

I once had my brother's green bike,
It was huge for such a small tyke,
Learned how to peddle,
Showed off my mettle,
Now I ride wherever I like!
– Karen Betstadt

Spinning Miles at Home

by Marilyn Choske
Log Date: February 15, 2021

Before COVID-19, I spent hours in winter spin classes. My usual winter activity is backcountry telemark skiing, or, if deemed too dangerous (re avalanches), at a ski area. I also enjoy backcountry ski touring on skinnier skis. But what to do about pedaling during the pandemic? Bring it home!

In early November 2020, I received a text from my "spin buddy" Theresa that she was purchasing a spin bike--she sent me a photo and product information. I researched a bunch of spin bikes on Amazon and knew I wasn't going the Peloton (\$\$\$) route. So, I ordered my MaxKare magnetic/belt-driven spin bike in early January. I paid well under \$400, received clipless pedals from Santa (that I'd requested), got free delivery of the bike, and spent a mere 1 1/2 hours putting the whole thing together by myself. I can watch and "ride" on national or international bike tours or listen to favorite "heart-pumping" music that is fed from my mobile device into a flat-screen TV in my basement. The bike is positioned so I can watch the screen and/or look out two opposing windows at the falling snow or chilly weather. I open a sliding glass door 4" to let in the cool air that can be supplemented by a floor fan, if my energy level warrants more "breeze." A computer system hooked up to the bike tracks my time, mph,

distance, calories, rpm, and heart rate (when I place my hands on handlebar sensors), and a wall calendar receives my distance & calories spent after each "ride." The main thing I had to overcome was the saddle that came with the cycle--I exaggerate it at 4 inches thick; BUT (aka butt) I can wear a "regular" pair of shorts, capris, or long pants without the "padding" (i.e., bike shorts) and comfortably ride for 75 or more minutes, if I choose. (I didn't want to transfer my road bike sport saddle or purchase a new one, if possible.)

Riding solo at home requires more motivation and scheduling than going to a spin class with (or without) your "spin buddy" and greeting other familiars there. However, I get to 1) virtually ride in other countries; 2) choose my own music (it offers varying rhythms/paces/sit-downs or stand-ups); or 3) listen to my audiobook for an hour at a steady ride pace. And scheduling? When I don't have outdoor activities (exercise) planned, I get on the spin bike that day. When I've got on-going projects (almost daily) to do, I consciously scoop out 1 1/2 hours during that day to devote to spin exercise.

Each of us needs to take care of our individual physical and mental health requirements. For now and until the weather is more amenable to bicycling more consistently outdoors, this method of indoor pedaling is working well for me and my states of conditioning and mind. Spin on!!

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

Pedaling through the Pandemic – Show and Go plus Pledge to Ride!

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.

Show and Go Rides - Social Distancing still essential:

If you join a "Show and Go" ride, please be sure to keep your rider and household numbers within the COVID restrictions for Colorado and your county. If several people show up at a Show and Go, riders can take off in pairs over one-minute intervals in order to comply with the restrictions. Pairs would be one block from another pair and be visible but not close to each other, with only two households together at any point. For the sake of our members and our communities, be careful out there! We are counting on all of you to use good judgment and stay safe whenever and however you gather.

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

South: Ellen Fitzpatrick ellenfitz4@comcast.net

Weekday: Patty Gaspar patty@gasparjones.com

North: Jeff Krinsky jkrinsky2003@yahoo.com

Leisure: Ride Coordinator Needed

MTB: Chuck Caldwell ccaldwe@yahoo.com

**Denver Century Ride moving
from June to September 25, 2021**

FOR SALE

Various Bike Tires \$3/per tube

Goodride – Schrader 26x1.95/2.125

Forte 700x23 – 26.5 – Schrader

Forte 26x2.1-2.5 – Presta

Forte 26x2.1-2.5 – Schrader

Call Cyndy: 303.725.1565 or email: matilda8@msn.com



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

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



DBTC Spring 2021 RIDES

Spring is on the way. Hopefully, COVID is on the way out. Many of us have had our shots, but we will still need to wear masks and social distance when we are in a group. On warm days, you are encouraged to either go to the ride location in the newsletter or to post rides throughout on Meetup.

Contact your ride coordinator to get onto the schedule for April. Official Season begins in APRIL.

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

North Fun & Int: Jeff Krinsky jkrinsky2003@yahoo.com
South: Ellen Fitzpatrick ellenfitz4@comcast.net
Leisure: Ride Coordinator Needed

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 Locator: There is a guide to the most frequent start locations on our website – www.dbtc.org. It provides the information you need to use 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 the Yahoo Groups.
- The DBTC monthly newsletter, The Colorado Bicyclist, is sent to you from the DBTC website via email only if you have so requested.

Winter / Spring 2021 Riding Guidelines

Weather: No start temps below 40° or inclement weather forecasted
Clothing: Wear layers and bright colors
Other: Bring water, repair items, and a snack
BRING A MASK, cell phone, hand sanitizer, and a hankie.

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 winter / spring season.

March 2021 DBTC Ride Schedule

Weekends and some Wednesdays: Show N Go – 10:30 AM Unless there is a leader named, March rides will be Show-N-Go. The riders who show up on these days will decide among themselves the route, the mileage, and the pace. The starting locations are the same every week.. Check out the Map My Ride app <https://ridewithgps.com/> for options or the DBTC website has some maps as well..

NOTE - some rides have leaders and some are Show N Go

Mon, March 1st

11:00AM FUN-H2-18-NW Meet Merri Bruntz (303-517-9781) at Prospect Park (44th & Robb) for a ride to Sloans Lake. We will ride the Clear Creek Trail, as well as bike-friendly roads in Wheat Ridge to Sloans Lake where we will ride around the lake before taking a break. We will return on 20th and 26th avenues to Crown Hill Park before riding through neighborhoods to the Clear Creek Trail and back to Prospect Park.

Wed, March 3rd

10:30 AM Leisure/FUN-H1-15-20 SW - Show N Go meeting at Reynold's Landing 6745 S Santa Fe Dr, Littleton, west on Brewery Lane to the big parking lot at the end of the road on the right.

Thurs, March 4th

11:00 AM FUN PLUS - H1 26 Miles N. 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 Riverdale Park (Adams County Fair Grounds). Then return the same way.

Sat, March 6th

10:30 AM NW Show N Go - meet at Prospect Park, W 44th Ave at Robb St., Wheatridge - the group will decide the level and route.

Sun, March 7th

10:30 AM FUN PLUS-H2-25 +-NE Each Sunday that the temp is forecast above 50 and the roads and paths are dry 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.

Mon, March 8th

11:00AM FUN-H2-20-SE Meet Merri Bruntz (303-517-9781) at Eisenhower Park (4300 E. Dartmouth Ave) for a ride on the Highline Canal to Longs Peak Park. After a break, we will return via the same route.

Wed, March 10th

10:30 AM Leisure/FUN-H1-15-20 SW - Show N Go meeting at Reynold's Landing 6745 S Santa Fe Dr, Littleton, west on Brewery Lane to the big parking lot at the end of the road on the right.

Thurs, March 11th

11:00 AM FUN PLUS-H2-20 NW Meet Peter Woulfe (540-219-6674) cell at Prospect Park, W 44th Ave at Robb St. We will ride west on Clear Creek Trail to north on Easley St. west on 60th St. to Van Bibber around the reservoir and return the same way.

Sat, March 13th

10:30 AM NW Show N Go - meet at Prospect Park, W 44th Ave at Robb St., Wheatridge - the group will decide the level and route.

Sun, March 14th

10:30 AM FUN PLUS-H2-25 +-NE Each Sunday that the temp is forecast above 50 and the roads and paths are dry 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.

Mon, March 15th

11:00AM FUN-H2-19-SW Meet Merri Bruntz (303-517-9781) at the Stone House (Estes & Yale along the Bear Creek Trail). We will ride east on the Bear Creek Trail to the South Platte Trail taking it south to Hudson Gardens for a break. We will return Via the same route.

Wed, March 17th

11:00 FUN PLUS H-2 26 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 will ride the South Platte to Chatfield State Park, up the dam over to the marina then return.

Sat, March 20th

10:30 AM NW Show N Go - meet at Prospect Park, W 44th Ave at Robb St., Wheatridge - the group will decide the level and route.

Sun, March 21st

10:30 AM FUN PLUS-H2-25 +-NE Each Sunday that the temp is forecast above 50 and the roads and paths are dry 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.

March 2021 DBTC Ride Schedule

Mon, March 22nd

11:00AM FUN-H2-20-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 west side to the westwoods Golf Course along the Ralston Creek Trail. After a break we will return via the same route.

Wed, March 24th

10:30 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 Compliments of DBTC and loop back to Bear Valley. It is a beautiful ride and we get to have a wonderful downhill back to Bear Valley. Last year this ride was cancelled three times for weather - let's hope we have better luck this year.

Sat, March 27th

10:30 AM NW Show N Go - meet at Prospect Park, W 44th Ave at Robb St., Wheatridge - the group will decide the level and route.

Sun, March 28th

10:30 AM FUN PLUS-H2-25 +-NE Each Sunday that the temp is forecast above 50 and the roads and paths are dry 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.

Mon, March 29th

11:00AM FUN-H2-22-NW Meet Merri Bruntz (303-517-9781) at Crown Hill Park (26th & Garrison) for a ride to Wash Park. We will ride through neighborhoods to the Cherry Creek Trail, which we will take to Wash Park. After riding around the park and taking a break we will return via the same route.

Wed, March 30th

10:30 AM Leisure/FUN-H1-15-20 SW - Show N Go meeting at Reynold's Landing 6745 S Santa Fe Dr, Littleton, west on Brewery Lane to the big parking lot at the end of the road on the right.