



The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

August 2023

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DBTC Summer Picnic! RECAP



Members joined together at the 2023 Summer Picnic for rides, food, learning and fun! A huge thank you to our volunteers who helped make the Picnic a success.

Next Event

Saturday, October 7, 2023
River Run / Broken Tee
Biketoberfest!

Formerly known as the Caramel Apple Rides

If you have questions, if you want to contact an officer or have items to sale in the DBTC Marketplace, send an email to:

DBTCinformation@gmail.com

DBTC's Officers

President Mark Shimoda	303-514-6248
Vice President Virginia Dudley	303-810-0233
Secretary Ron Vasquez	303-264-9684
Treasurer Cynthia Withers	720-480-4766

Board Members at Large

Suzy Ward	720-355-3268
Maria Elena	720-364-0149
Ruby Frederick	303-522-3573
Riggs Osborne	720-428-2602
Tom Fitzgerald	303-424-1082

Directors and Staff

Director of Ride Activities Patty Gaspar patty@gasparjones.com	303-989-8268
Out of Town Tour Director Kathy Stommel cyclekats@gmail.com	719-671-5579
MTB Coordinator Steve Thomas steve.thomas001@yahoo.com	303-419-2531
Fun Ride Coordinator Jeff Krinsky jkrinsky2003@yahoo.com	720-373-9107
Intermediate Ride Coordinator Jeff Krinsky jkrinsky2003@yahoo.com	720-373-9107
Weekday Fun/Int Ride Coordinator Patty Gaspar patty@gasparjones.com	303-989-8268
Leisure Ride Coordinators Jill McMahon Marcy Rodney	
Membership Database/Webmaster Jeff Krinsky jkrinsky2003@yahoo.com	720-373-9107
Communications Director Kathleen Shelton	303-264-9878
Guest Relations Ida Sansoucy	303-888-4485

WELCOME NEW DBTC MEMBERS

Sara Brownlee
Amelia Mengon
Peter Mustacchio
Anuradha Paranjape
David Sherman
Allan Stoekl
Sandy Stoller

President's Message

Mark Shimoda



GOALS FOR DBTC - Part II

Last month I wrote about four goals I have for our club for this year. They were 1. Making the workings of the board more transparent to members of the club; 2. Seek more feedback from members about how the club operates; 3. Putting the club reserves to work earning interest; 4. Train members to be event coordinators.

This month I'd like to list four more goals for 2023:

Rides are the core activity of DBTC and should be financially supported by dues. Social events are just that, social events and should be financially supported by activity fees. The Board, Treasurer Cynthia Withers and I are working to make this happen and we are very close to achieving this goal.

The club demographics show a membership whose age is skewed to the 60's and 70's; there are not many younger members. This does not bode well for the future. The Board needs to do some strategic planning to provide a path so that our club has a future. What do we want DBTC to be in 5, 10 years? How do we get there? Is it possible to lay a foundation so the club has a future in 2033? What are the answers?

Even for the short term, DBTC should market itself better. There are many ideas out there but these need to be turned into concrete action. The Board has discussed ideas which need to be thought through, discussed further and then put into action. Does marketing DBTC mean we want to maintain the present size of approximately 326 active paid memberships or even just slow down the rate of the shrinking membership? (Did you know that when DBTC was established 59 years ago, there were over 4,000 active memberships?) The present mind set seems to be young people not wanting to join clubs but rather use MeetUp to participate in social activities without incurring any ties to any organization. That may be why DBTC has over 1400 listed members on MeetUp but few convert to paying and riding members. We haven't completed an analysis of how often these folks ride with the Club; maybe they ride once and find they prefer a younger demographic. We really don't know! Would better marketing help?

Finally, we have made an effort to recognize our volunteers all during the year. Volunteers work year round for this club. For example, our by-laws require that the Board meets every month so the nine Board members collectively have volunteered about 200 hours/year on behalf of the Club. Ride Leaders like Merri Bruntz (Mondays), Marilyn Choske (Tuesdays), Patty Gaspar (Wednesdays), Jeff Krinsky (weekends) and many others each spend about 100 hours/year leading rides. Ride coordinators like Patty Gaspar, Kathy Stommel, Steve Thomas, Jeff Krinsky, Jill McMahon and Marcy Rodney all help to put together a delightful offering of rides March through October. Event volunteers manage our social events and make them happen! Did you know that it takes about 25 volunteers to plan, coordinate, buy, pick up, deliver, set up, serve and clean up after each event. To all you volunteers, we say THANK YOU!! AND WE NEED TO SAY IT MORE OFTEN.

These are my ideas on how we can make the experiences of all our bicycling community better. Please share your ideas and thoughts about our club with me and any of our Board members as they are important! We are always looking for new thoughts and ideas! We welcome your input.

Mark Shimoda
President

A Big Thank You to Our 2023 Sponsor!

Steel Horse Rescue - SteelHorseRescue.com

Steel Horse Rescue is your resource to help you ride longer & easier! Professional Bike Fitting at a fraction of the cost of some other fit systems. Take advantage of over 30 years' experience, including 7 years' experience at the dedicated fit studio at Bicycle Village. Training at New England Cycling Academy now Fit Kit, Trek bicycles 40 hr course, 16 hr course at Fit Kit, 4 hr course at BBI in Colo Springs.

Want to learn more about maintaining your own bike? Ongoing Maintenance Classes, both group and individual, are available, all tools supplied! Certificates held from BBI, Shimano T.E.C., Professional Bicycle Mechanic Assoc, Yamaguchi Bicycles Frame Building School.

Contact us now through our website Steel Horse Rescue FB page [Steel Horse Bike Rescue](#) or at wrenchrandy@centurylink.net



Treasurer's Report

by Cynthia C. Withers

Denver Bike Touring Club's first six months of 2023 operations show the Club is on a steady financial track in meeting its budgetary 2023 goals.

We have 233 active individual dues paying memberships and 93 active dues paying family memberships.

Our Event and Ride Leaders are very fiscally astute. They deserve a huge THANK YOU for giving their time, leadership and expertise to manage our Club-sponsored events and rides and helping the Club to remain financially healthy.

DENVER BICYCLE TOURING CLUB INCOME AND EXPENSES FOR THE 6 MONTHS ENDED 6/30/2023

	Actual	Budget	Difference
INCOME			
Dues	6,375.00	6,545.00	(170.00)
Other Income	928.98	859.00	69.98
Special Events	<u>1,000.00</u>	<u>1,630.00</u>	<u>(630.00)</u>
TOTAL INCOME	<u>8,303.98</u>	<u>9,034.00</u>	<u>(730.02)</u>
EXPENSES			
Communication	5,026.17	5,459.98	(433.81)
Legal	1,433.63	2,113.00	(679.37)
Ride Leader Support	48.50	815.00	(766.50)
Special Events	<u>1,460.06</u>	<u>600.00</u>	<u>860.06</u>
TOTAL EXPENSES	<u>7,968.36</u>	<u>8,987.98</u>	<u>(1,019.62)</u>
TOTALS AS OF 6/30/2023	<u>335.62</u>	<u>46.02</u>	<u>289.60</u>

Denver Bicycle Touring Club

Cash Accounts as of 6/30/2023

	Amounts
Short Term Investments	
DBTC Checking 2266	\$3,616.09
Savings and CDs	\$27,392.17
Long Term Investments	
I-Bond	\$10,320.00

SPRING KICKOFF INCOME/EXPENSE ANALYSIS FY 2023 versus FY 2022

Spring 2023	Total	Per Person	Spring 2022	Total	Per Person
Income from 88 Attendees	880.00	10.00	Income from 116 Attendees	580.00	5.00
Picnic Expenses	908.00	10.32	Picnic Expenses	804.00	6.93
Club Funded Portion of Event	28.00	0.32	Club Funded Portion of Event	224.00	1.93

Summer Picnic



***The annual summer picnic was a huge success, thanks in large part to our amazing volunteers!
Because of our ride leaders stepping up, there were many options to choose from Leisure to Fun Plus.***





At the Summer Picnic 2023, there was good food, sharing of knowledge and information, comraderie and laughs amongst our awesome club members!



Are E-bikes Welcome on Rides?

by Patty Gaspar

Yes. Some of the leaders even ride them. However, there are some considerations if you are bringing an e-bike. An e-bike may allow you to keep pace with other riders so you can ride with a group you might not be able to keep up with on a regular bike. The leader sets the pace, and you should plan on riding at that pace. When climbing a hill, you may decide to take advantage of the extra power and pass the leader; however, if you miss a turn no one will come after you. Therefore, make sure you know the meeting point which may be a turn part-way up the hill.

You are responsible for knowing if the type of e-bike you have is allowed on the trails the ride will follow. The speed limit on many trails is 15 MPH. Occasionally, the group may go faster on a downhill with few other riders, but adding extra power to zoom along a trail is not allowed. Most of us are annoyed by those on type 3 bikes riding way too fast on the trails using the bike more like a motorcycle than a bicycle.

If you are switching from a road bike to an e-bike you need to be aware that they do not handle the same. Also, the handlebars may be much wider than the drop bars you are used to and can lead to a crash if you clip something. If you are used to clip-on pedals and now have a platform pedal, it feels different. It takes a bit of getting used to as with any new toy.

A reminder: always have your driver's license, your insurance card, and a credit card with you. If you have an accident, it will make getting care easier.

DBTC Scammer is Active!

The DBTC scammer is alive and well and working to steal your money. If you get a request from the DBTC President, Mark Shimoda, or anyone else in the club, please ignore the request for gift cards, phone cards or any other forms of money. The board members and I will never ask you to send such forms of money on behalf of the club or personally. This scammer or these scammers have been active over the past several years and are still trying to steal your money. Please beware, be careful, be alert, be smart. Do not get scammed!!

Mark Shimoda, President

Riding RTD With Your Bike - Free in August!

by Marcy Rodney

You can get to the start of a ride by riding RTD; then you can return home from the ride on RTD, too. And it's free in August! In addition to expanding your rides, using RTD's Zero Fare for Better Air program helps the planet and you get to see more of our community.

This would be a great time to check it out. The links at the bottom have information on where to put your bikes and how to load your bike on an RTD bike rack.

Here are just two examples of how DBTC riders have used RTD:

In August 2021, Suzanne Gruba led a beautiful ride to Cherry Creek State Park. We met at the Broadway Market Place Parking lot at Broadway and Alameda near the Alameda Station, took the H line to the Nine Mile Station, and rode into Cherry Creek State Park for lunch on the beach after a ride around the reservoir and some swimming. The park has 12 miles of paved trails and 35 miles of multi-use trails.

This July Lin Hark organized a ride from the Cook Park Rec Center to the State Capitol for a tour. I put my bike on the bus in Superior, got off at Union Station, and enjoyed a cool 7 mile ride down the Cherry Creek trail to the rec center. After our group ride, tour, and lunch, I had a short ride back to Union Station (exit the trail on Wynkoop). Bonus round, that was the first time I'd put my bike under the bus. Lucked out on the way home, there was a slot open on the rack on the front.

NOTE: drivers cannot help you stow your bike.

How will you ride the bus or train with your bike? See these links for more information.

[zerofare](#)
[bike-n-ride](#)

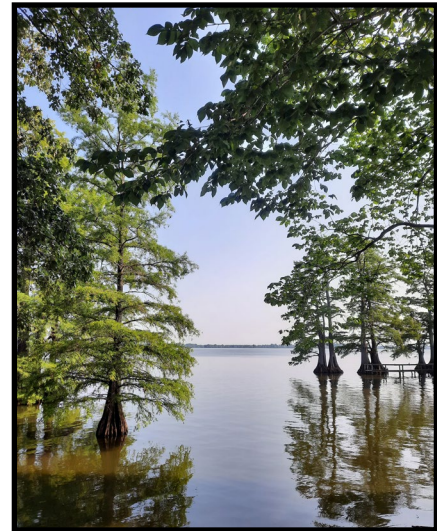
Cycling Through America's Heartland

by Cyndy Klepinger, trip organizer

Five DBTC members recently participated in a unique midwestern bicycle tour adventure through portions of three mid-Mississippi valley states along the New Madrid earthquake fault line. In just seven days, the 85 or so cyclists visited parts of southern Missouri, Tennessee and Kentucky. Sights included farmland of soy beans, quaint river towns, wildlife refuges and a whiskey distillery. The group also toured the Stars and Stripes Museum and a Civil War-era mansion and battlefield. Informative speakers and educational history tours helped us Colorado residents learn about the history of this part of the country.

One rider was unable to join the trip, due to a medical problem, but the others enjoyed a week of southern cooking and great weather, with the rains coming in the early evenings. The southern hospitality abounded as cars and trucks gave cyclists plenty of room to ride on the country roads.

The tour was organized by Midwest Cycle Touring, and this trip was its 10th anniversary.



Photos clockwise from top left:

Kentucky corn fields fuel not only bourbon production, but fun for riders, like Cyndy Klepinger.

Cyndy Klepinger enjoys hugs from the mysterious Big Foot or the Mountain Monster of Kentucky.

One bike route led Robert Case, Cyndy Klepinger and Jim Hendrickson to a civil war battlefield on the banks of the Mississippi.

A benefit of riding in other states is to enjoy the variety of scenery from farm fields to lakes to the mighty Mississippi. The 15,000 square foot Reelfoot Lake in northwest Tennessee was created by violent earthquakes in 1811-1812 that caused the Mississippi River to flow backwards.

Cycling Without Age - Rides in Trishaws!

by Virginia Dudley

Rides in Trishaws are given free to people who no longer can ride their bikes. A trishaw has three wheels with a bench in front that holds two passengers with the pilot doing the pedaling. Yes, these are ebikes.

Would you like to help people get out in nature and have the wind blowing in their hair? You can help by:

Being a Volunteer Pilot - Form to [Volunteer as a Pilot](#)
People Who Are Pilots - [Meet them here](#)

Attend the Fundraiser on August 16 – DBTC will have a booth there!

The trishaws are quite costly but provide so much joy and pleasure to so many people.

Help to raise money by attending the **Rock and Roll Roundup** and have a lot of fun doing it.

**River Pointe Senior Living
5225 S Prince Street • Littleton CO**

4 PM – 6 PM Festival and Games for Kids.

Tickets sold at event. Cash only.

5 PM – 8 PM Food Trucks

6 PM – 8:30 PM Live music with Old Man Rock.

Tickets \$15. Cash only.

Learn more about [Cycling Without Age Littleton](#)
or call Barb Lotze at (720) 231-6248.



Alfred Packer Ride with Ellen



On Saturday, July 8th, Ellen led the Alfred Packer Ride to the site of internment in Littleton.

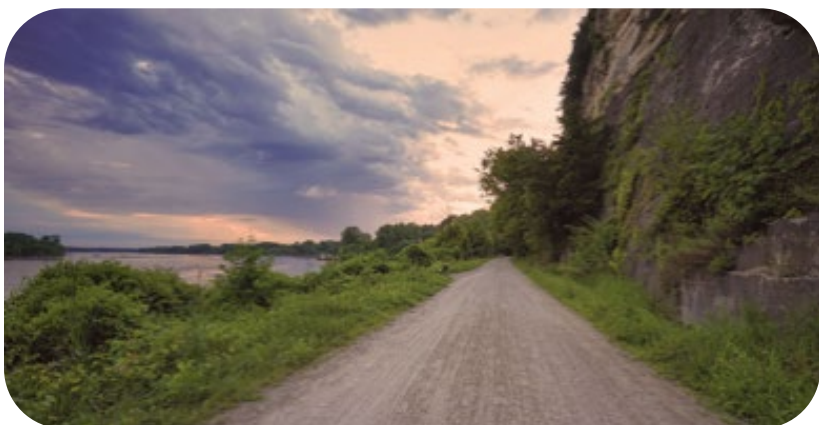
Riders Wanted!

Would you like to ride the Katy Trail in Missouri in mid to late September? I'm looking for 1 – 5 enthusiastic, fun-loving, adventurous cyclists who would like to join me on this self-guided, self-supported trip.

We'd caravan to Missouri, leave our cars at St. Charles, shuttle to Clinton and ride back. The majority of the 235 mile Trail is off-road crushed gravel with a small amount of street riding.

Shuttle, sag wagon, luggage transport, hotel/air BnB, meals - all logistics depend on the group size and how we want to run the ride. I have ideas and background information I'd love to share.

Email Cynthia Withers at Cynthia8300@gmail.com if you are interested. Thanks!



Bicycle Accidents on DBTC Rides

by Virginia Dudley

There have been three bicycle accidents on DBTC rides in the past couple of weeks. People had commented this season that it was great there weren't any accidents and then, suddenly, there were three. Two of the people got by with bruises and minor cuts. Marilyn Choske had moderate injuries and was taken to the hospital by ambulance. She will tell you more about her accident in another article.

Always have these items with you on all of your bicycle rides:

- Driver's License
- Insurance Card
- Credit Card

Thanks to all of you DBTC members for signing the Liability and Waiver Forms. It's important to have a current Emergency Contact person. That person may have to be called when you have an accident!

Also, when these forms are signed and if there is a serious enough accident that requires medical care and if your insurance doesn't cover all of the costs, then a claim can be filed with DBTC's insurance to cover the unpaid balance of medical costs subject to deductibles and maximum benefits.

2023 ADVANCE Planning CALENDAR

DBTC Events

Oct 7

Biktoberfest

River Run/Broken Tee

Nov – Date TBD

Volunteer Recognition Dinner

2023 Colorado Upcoming Events

Check the website for each event to get all of the latest information for it.

These are not DBTC sponsored so DBTC's insurance policies will not cover them.

These rides are on paved roads unless Gravel or MTB is indicated.

Aug 5

[Copper Triangle](#)

79 miles, 6500' elevation gain.

Copper Mountain, CO

Aug 12

[Enchanted Circle](#)

85 mile and 100 mile options.

**Red River, Questa, Taos, Red River
Red River, NM**

Aug 12

[La Veta Century Ride](#)

102 miles, 7500' elevation gain.

La Veta, CO

Aug 26

[Venus de Miles](#) (women only)

33, 66 and 100 mile routes.

Boulder County, CO

continued next page...

Where's Waldo in CO?

There are many interesting things we see as we cruise along the paths and byways on our bikes. If you see something interesting, take a picture of it without a biker in front of it. Forward it to jkrinsky2003@yahoo.com along with a description of what it is (if it's not obvious) and where it is located. Jeff will make a collage and at the VRD we will have a contest to see who can name the most places. There will be a fabulous prize (well maybe not so fabulous) for the person(s) who can name the most sites.



RIDES AND RIDERS IN JULY

Our Ride Leaders are doing an incredible job of leading rides. They led 47 rides averaging 8 riders per ride. That's the average. The rides ranged in numbers from 19 on a ride to 2 on a ride.

RIDES: 47

RIDERS HAVING FUN: 375

There were rides every day of the month!
With around 375 riders out having fun.

SEE YOU IN AUGUST!

ADVANCE Planning CALENDAR

Sep 9 [Tour of the Moon](#)

41 and 64 mile routes.

Grand Junction, CO

Sep 16 [Tour de Vineyard](#)

23 and 58 mile routes.

Palisade, CO

Sep 23 [Denver Century Ride](#)

24, 50, 85 and 100 mile routes.

Denver, CO

Articles for the Newsletter

If you check the By Lines on the articles in this newsletter, you'll notice that there are a lot of people contributing. If you have an idea or something you would like to share, please contact me and we'll get it in the newsletter.

Thanks!

Virginia Dudley, Editor
vdudley@hotmail.com

Letters to the Editor

Got something nice to say about our club that everyone should hear? How about a suggestion for a caterer for an event? How about an idea for our newsletter?

This is your club. Let's hear from you. Please send your written thoughts to dr.shimoda@comcast.net. If your letter is appropriate, it will be printed in the next newsletter. Please limit your letter to 150 words.

Bike to Work Day



On Wednesday, June 28th, club members represented the club on Bike to Work Day.

Riding Around With Merri



On Monday, July 17th, Merri led the Wash Park Loop ride.



Heat Exhaustion - A Very Real Problem

by Patty Gaspar

We enjoyed a cool spring. Sometimes cooler than we would have liked. But much of the country is sweltering and our turn may be coming. Heat exhaustion is a precursor to sunstroke, which can be fatal.

If you are not feeling well, let the leader know.

- Symptoms of heat exhaustion: rapid pulse, muscle cramps, excessive sweating, weakness or fatigue, clammy and pale skin, nausea, fainting
- Drink plenty of water or sports drinks
- Rest out of the sun
- If you have plenty of water, pour some on yourself.

Options for the group (others are probably being affected as well)

- Is there a place with air conditioning where the group could rest – recreation center, fast food restaurant, gas station, office building?
- If not, is there a shady place everyone can rest?
- One rider found that laying in a grassy area in the shade was enough to get her cooled.
- Can you get some ice both to cool drinks and to rub on your skin?
- When the rider feels better, is there a shorter route back?

If the rider is not feeling better get to a place where the rider can call a friend, relative or even a cab or Uber to be picked up.

- Depending on the location the leader and the group will have to decide whether to wait, leave the rider with one or two people, or go on. Waiting in the heat may not be healthy for the other riders.

If the rider is suffering from heat stroke they need medical attention immediately – call 911.

- Incredibly hot skin, the body temperature is 105 so the skin is very hot to the touch.
- Very red skin, not just sunburn.
- All the symptoms above but they have gotten worse – fainting, vomiting, exhaustion.

Never be embarrassed to let the leader know that you are not feeling well.

Marilyn's Bicycle Accident

by Marilyn Choske

We bicyclists can be super-safety-conscious about our cycling adventures, but Stuff Happens!

On July 14 I was enjoying a south-area, 30+-mile ride with Bill Luttrell. We were almost halfway into the mileage when, on a wide-shoulder construction zone, my right handlebar clipped the left-point of a large, orange, construction sign as I was guiding my e-bike through the narrow space (yep--I had already slowed way down) between that point and the road barrier. We (bike and I) went down; and as I was using my left "good" arm to sit myself up, I said to Bill: "call 911; I think I dislocated my right elbow."

Fast forward: my first-ever ambulance ride and first-ever broken bone(s). At the ED, I presented my driver's license and insurance card from my bike jersey pocket (the credit card will be used later). Within an hour, I also requested a transfer to a hospital more familiar to me and close to my home in Wheat Ridge. That happened and I arrived there by a second ambulance (no bells or whistles either) at 2:45pm. X-rays and CAT scans, then surgery at 6:45pm to fixate a right, open, fractured olecranon (elbow). I now sport a plate and four screws holding my right elbow bone in place. Healing and recovery are going well.

PostScript: Some sutures removed 6 days post-op; the surgeon addressed swelling near my left thumb and provided that hand with a thumb spica which, with compression, helped to decrease the swelling. My Monday appointment with the hand specialist and x-rays taken presented a bone fragment fracture from my thumb bone, along with the ulnar collateral ligament (UCL) still attached to that fragment. Guess what?! Another surgery scheduled for August 1!

Lessons to be shared before and after an accident occurs:

- Always carry your driver's license, a medical insurance card, and a credit card on your person, if possible, when bicycling. I've never needed mine in years--until recently.
- If you're lucid and would like a transfer to a hospital closer to your home, or for any valid reason, make that request to the attending ED doctor. I believe that if they can make that happen and that your condition is stable, it'll happen.

Happy and Safe pedaling!

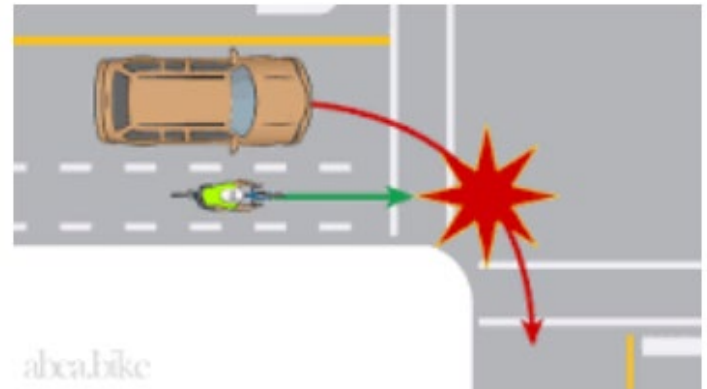
Common Types of Bicycle Crashes in Colorado - Part 1

by Brian Weiss, Bike Law Colorado

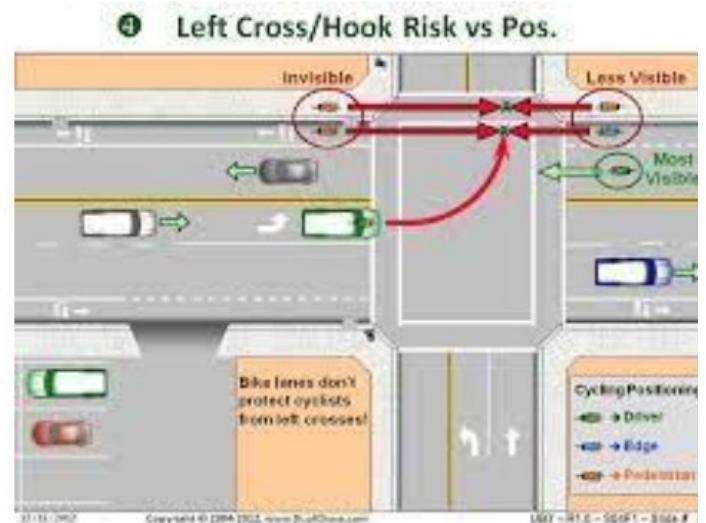
After talking to Dr. Mark Shimoda, we want to showcase the Club's commitment to bicycle safety. We both want to make sure everyone not only has fun bike rides, but we also want all riders to get home safely. Safety issues start with yourself, your gear, and then turn to the world around you as you ride on public roads. Let me start by saying that bicycles (and e-bikes) have a right to use public roads except where prohibited like on the divided interstate highways. To that end, we will be writing a series on common types of bicycle crashes and how to avoid them. This is the first of that series.

I wanted to reflect on my last 29 years of representing people in bicycle crashes and the types of crashes that I have seen in Colorado and other States. We will first focus on crashes between bikes and motor vehicles at intersections because those are among the most common.

One of the more common types of crashes is called the **right hook**. Let me explain that the right hook involves is a car that comes up from behind a bicycle and turns either into the bicycle or right before the bicycle rolls into the intersection. The outcome is the same, loss for the bike rider, and there's a crash in the intersection as the car is making the right turn when the bicycle is going straight. In this situation the motor vehicle driver is at legally fault because the driver needs to make sure it is completely safe before making a turn -- in this case a right-hand turn. There are complex intersections that may differ, but the below picture illustrates the basics of the crash. In addition to the rules when turning, the bike lane statute also gives the bike rider the legal right to continue going straight and the car needs to yield the right of way before turning right.



Similarly there are also **left hook** crashes which occurs when a car turns left either in front of or at a bicycle who has the right of way coming the opposite direction that the car is traveling one reason for the left hook type crash is the limited visibility in making a left hook such as if you were going up a hill or you have limited sight lines in the direction you are making. Also, car drivers see they have a green light and quickly make a turn. It's not safe to make a turn unless you have the left turn green arrow as you have to yield to oncoming traffic which could be a motor vehicle, pedestrian or bicycle rider.



The right hook is one where the car is going faster than the bike rider and the bike rider should look for turn signals or any indication that the car is going to make a right turn. This may involve looking behind you or using a mirror or your helmet or bike.

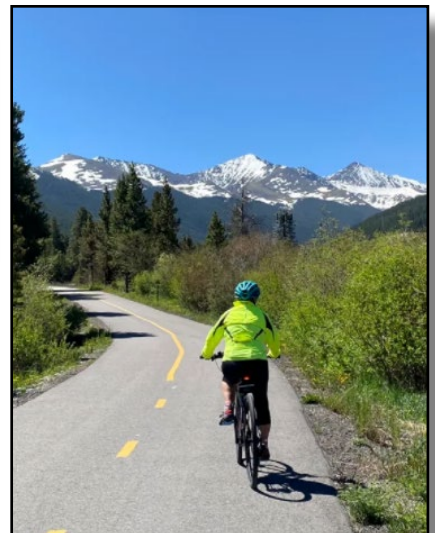
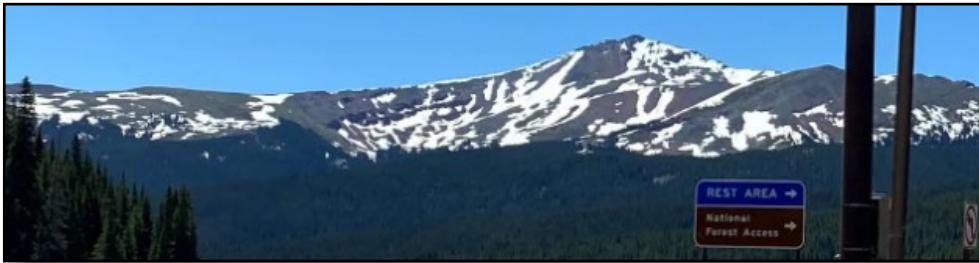
By way of comparison the left hook avoidance is about being more visible. The following illustration shows the paths of travel and shows how you want to be obvious and predictable on your bicycle. Also, a flashing or bright white light on the front can help your conspicuity even during the daylight hours.

If you or someone you know is in a bike vs. motor vehicle crash, call or email me for a free consultation. I never charge clients for their damaged bike claims and seek to get people back on their bikes as soon as they can.

Brian Weiss
130 W. 11th Avenue, Denver, CO 80204
(303) 741-0249 Brian@Weiss.Law

...
BIKE LAW CO
MEMBER OF THE BIKE LAW NETWORK OF INDEPENDENT BICYCLE ATTORNEYS

Summit County Ride



On Friday, June 23rd, Lauren Delle led a gorgeous ride in Summit County.



Gold Dust MTB Ride



On Wednesday, July 12th, Jeff Baysinger led an MTB ride from Cody to Boreas Pass. Many sights to see along the way, and a beautiful ascent to the pass.



DBTC Announcements

TIME FOR MORE RIDE LEADERS – now that many of you have joined rides led by others last year, we want you to consider becoming a ride leader yourself! Please contact your ride coordinator to explore the possibility, have them explain some of the basics and help you to draft a sample route description. I'm sure you have at least a couple of routes right in your neighborhood, and that's all it takes to try out leading a couple of rides this month. Give it a whirl!

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

Fun & Intermediate: Jeff Krinsky jkrinsky2003@yahoo.com

Weekday: Patty Gaspar patty@gasparjones.com

MTB: Steve Thomas steve.thomas001@yahoo.com

Leisure: Jill McMahon jillmm7@gmail.com

& Marcy Rodney, mrodney@rslresearch.com

MAP SALES: We are down to only about 90 maps left from our 2019 map printing. At the June 2021 Board meeting, your Board voted to suspend further map printing at this time and not develop or publish a 2022 map. However, if you are one of those riders who thinks maps are still important, please contact any Board member if you want to help research the possibilities for 2023, we would need to find a new publisher, develop an on-line map system, and/or expand and update our route library. Contact any Board member to comment or volunteer to help. We could assign you to one or two discrete and non burdensome tasks!

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.

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 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 and join the DBTC Meetup by searching for "Denver Bicycle Touring Club" in Groups.

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 mjchoske@gmail.com 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.

DBTC Summer 2023 RIDES

Summer has arrived! Time to get up a bit earlier to enjoy the beautiful Colorado summers.

If no rides are scheduled, you are welcome to post rides on MeetUp by contacting either Jeff Krinsky jkrinsky2003@yahoo.com or Patty Gaspar patty@gasparjones.com. If you have led rides in the past we will post it for you. If you have never led a ride we will work with you to get you up to speed.

Leisure: Jill McMahon jillmm7@gmail.com
& Marcy Rodney, mrodney@rslresearch.com

Weekday: Patty Gaspar patty@gasparjones.com

Fun & Int: Jeff Krinsky jkrinsky2003@yahoo.com

MTB: Cathy Leibowitz cathy.leibowitz@yahoo.com
& Jim Black jb@jamesblack.org

If you'd like to include an activity in the newsletter, please email it to patty@gasparjones.com by the 20th for the next newsletter or contact Patty at 303-618-5069. Nov/Dec and Jan/Feb are combined.

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 Central	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. You can also go to Ride with GPS to map rides.

Twitter account: @DenverBikeClub – note many members do not tweet.

DBTC Meetup group at <http://www.meetup.com/Denver-Bicycle-Touring-Club/> can 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 on Facebook, if you want to share pictures or bike-related news there.

Please Note:

- Joining either 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 webmaster@dbtc.org to continue receiving the monthly newsletter.

Spring / Summer Riding Guidelines

Weather: No rain or thunderstorms. If temperatures are expected to be over 100 check with leader
Clothing: Wear layers and bright colors
Other: Bring sunscreen, water, repair items and a snack

Leaders can cancel a scheduled ride if they think the weather is unpleasant, trails or roads may be icy, or no one has responded to MeetUp to register so they are not expecting any riders. If you signed up on MeetUp you will be notified if the ride is cancelled.

DBTC August 2023

Tuesday, August 1st:

9:00 AM FUN-H2-21-NW - THE REALLY RADICAL RAT RACE RODENT RIDE. Meet Jeff Krinsky (720-373-9107) for this new ride that takes us around the trails of Rock Creek, Interlocken and Broomfield highlighted by the new bike overpass between Interlocken and Broomfield leading to never before seen trails!!! Come find out how this ride got it's name. Meet at the SE corner of the Safeway parking lot at the Rock Creek Village Shopping Center in Superior. Rock Creek Village is centrally located in Superior at the NW corner of Coalton and Rock Creek Parkway (Address is 1601 Coalton Road Superior, CO 80027)

Wednesday, August 2nd:

9:00 AM FUN-H1-25-SE Meet Patsy Venema (720-934-3498) at Eisenhower Park (4300 E. Dartmouth Ave) for a ride on the shady Highline Canal (all paved) to Fairmount Cemetery. We will then return to the start on the Highline Canal with a short break at Longs Pine Grove Park. Feel free to bring a sack lunch for a picnic afterwards.

9:00 AM FUN-24 Miles 620' Gain Vicki Ottoson (303-777-6144 or personal@comcast.net), a new member and new leader, has invited anyone interested to join the Colorado Airstream Club for a ride from Snow Mountain Ranch (near Fraser) to Winter Park via the Fraser River Trail. If you would be interested, contact her for details. There are rooms available at Snow Mountain Ranch if you'd want to go up Tuesday.

Thursday, August 3rd:

8:30 AM Leisure H1/H2-16-SE. Ride through Centennial Trails. Meet Jill McMahon (303 888-0314 cell) in the Homestead Farm II neighborhood (this is south and west of Dry Creek and South Monaco St.) We will ride through the Willow Spring open space, the Centennial Link Trail and the Highline Canal Trail to the Goodson Rec Center and back. Bring a snack and money for an optional lunch if you wish. Due to our very hot riding conditions this summer, please RSVP to Jill via text or phone so there is a count and I will give the exact address.

9:30 am Fun Plus H2-34 mile NE Twin Lakes to Golden and Return. Meet Fred Tarbell (630-888-5290) at Twin Lakes (300 West 70th – West 1/8 m of Broadway) Ride West on Clear Creek to downtown Golden on paved paths and bike lane streets. Bathroom breaks/regroup at Wheat Ridge rec center enroute and at the Golden bridge. Bring money for any purchase at The Golden Mill on 1012 Ford St. After our break we will return by the same route and stops. Expect a 2 ½ hr ride at 13 to 14 mph plus breaks. Stay for socializing or bring your own lunch after the ride at Twin Lakes.

Friday, August 4th:

9:00 AM FUN PLUS-H3-25-SW Meet Jeff Krinsky (720-373-9107) for THE GREAT AMERICAN DINOSAUR RIDE 2023!!! 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.

Saturday, August 5th:

8:30 AM FUN-H2-30 SE Meet Ellen Fitzpatrick (720-209-2269) at Cook Park Rec Center, 7100 Cherry Creek North Drive, Denver). Ride East out to and around Cherry Creek Reservoir. Ride west on local bike friendly streets out through the Tech Center and Denver neighborhoods and back along the Cherry Creek bike path. Bring a chair and lunch for after ride social.

Sunday, August 6th:

8:00 LEISURE-H1-20-NE Meet Eileen Hunt (720-841-9558) at the Lowry Sports park (Fairmount and Sports Blvd) for an out and back ride south and east on the Highline and Cherry Creek Trails. We'll do about 8 blocks on Fairmount to get to and from the Highline. Lunch if desired afterwards in Lowry.

Monday, August 7th:

9:00 AM FUN-H2-22-NW Meet Merri Bruntz (303-517-9781) at Crown Hill Park (26th & Garrison) for a ride northeast through Wheat Ridge to the Clear Creek Trail where we will ride west to Golden. After a break at Parfet Park we will ride east back to the park via 32nd and 26th Avenues. Bring a sack lunch for a picnic afterwards.

Tuesday, August 8th:

9:00 AM FUN-H2-21-NW MAJESTIC 17 PARKS NEW BREWPUB RIDE Meet Jeff Krinsky (720-373-9107) at the Majestic view Park North parking lot (north on Wadsworth to W 72nd Ave, west on 72nd, just west of Carr on the south side. THIS IS NOT THE ENTRANCE at GARRISON ST. or 71st ST!) The ride will visit 17 parks by going west on Ridge Road and van Bibber Creek Trail, north on the new Blunn Trail and then returning on the Ralston Creek Trail where we will stop for a break at the new COLORADO TAP HOUSE which resides on the trail!

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Wednesday, August 9th:

9:00 AM FUN-H2/H3-25 SW Meet Patty Gaspar (303-618-5069) behind the McDonald's at Sheridan and Dartmouth. My old commute - we'll head to the Tech Center on various trails. We must climb some hills and there are sections on the Highline Canal (pea gravel), and then we'll have our morning latte and loop back to Bear Valley. It is a beautiful ride with a lot of shady trails, and we get to have a wonderful downhill back to Bear Valley.

9:00 AM INT-37 Miles, 4100 ft gain. Join Diane Short at the King Soopers in Bergen Park (far south end of the lot) to ride up the Squaw Pass (and old Squaw Pass) road to Juniper Pass. As Echo Lake is closed for food, we will turn around at the high point and come back to Bergen Park. A turn around at the 'Meadow' (Witter Gulch junction) would make the ride about 17 miles. Bring plenty of food and water as there are no places to refuel on this route. E-bikes are welcome and will need to regroup at any turns off the main route so we stay together. The leader will be on a road bike. Five RSVP are required for the ride to go. RSVP at 303-271-9642 at least 24 hours before the ride. If there is any chance of storms, the ride will be rescheduled. Contact the leader if there are questions.

Thursday, August 10th:

7:30 AM Leisure-H1-20-NW This is a good ride for anyone who wants to do miles without a lot of effort. The elevation gain is only 390 feet. Meet Jake Jacobi (720.808.2306) behind McDonalds on the south-west corner of 100th and Wadsworth Pkwy. We will ride out and back on Big Dry Creek Trail. Depending on what the group wants, it could be longer. An optional lunch will follow the ride.

9:00 AM FUN PLUS H2 30 mi NE Charles Minburn Park in Northglenn. Meet Fred Tarbell, 630-888-5290, at Twin Lakes, (300 West 70th Ave – 1/8mi West of Broadway) Denver. The route is East on Clear Creek to South Platte bike path. North on Platte to left junction of the Grange Hall Creek trail. Follow the trail to Margaret Carpenter Park crossing 104th Ave. Bathroom break at Carpenter Park before continuing on a green way trail through Thornton and Northglenn suburbs. Turn North along the East side of I-25 interstate and pass under I-25 to arrive at Charles Minburn Park. A break for snacks, water before returning the same route to Rotella Park. Bring snacks or lunch items if you want to visit after the ride.

Friday, August 11th:

MTB, P3, T2, 10:00 AM, Fraser Trails, Meet Steve Thomas (303-419-2531) for a ride on trails west of Fraser and some near Winter Park (with a little bit of dirt road to tie them together). There are several trails in the area that we will pick from at the meeting place. DIRECTIONS: I70 west to exit 232 (highway 40). Continue north on 40 up and over Berthoud Pass and through Winter Park and travel four miles from Winter Park to Fraser. In Fraser, turn left on Eisenhower Dr., go over the railroad tracks, and turn immediately left again on Leonard Ln. Stay on Leonard Ln. until it turns sharply to the right and becomes Mill Ave., which soon becomes CR 73 (St. Louis Creek Rd.). Continue on Mill Ave./CR73 for just under a mile to where the pavement becomes a dirt road. Park at the Givelo trailhead on your right (next to the rodeo arena). Parking lot picnic after the ride.

Saturday, August 12th:

9:00 FUN PLUS H2-20 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 Mineral up to the High Line Canal to Big Dry Creek, then back to the South Platte. We will ride some quiet residential streets, so we only cross Broadway once. Bring lunch for a picnic in the shelter.

MTB, P3, T2, 10:00 AM, Tipperary Creek Loop, Meet Alison Preble (720-854-9923, ajbikes@yahoo.com) for a 16-mile loop ride (1,500 ft. elevation gain) on trails west of Fraser (and a little bit of dirt road to tie them together). Ride starts with a gentle warm-up, followed by a significant climb to just over 10,000 ft., finishing up with a nice, curvy downhill through a variety of stunning landscapes and great views. DIRECTIONS: I70 west to exit 232 (highway 40). Continue north on 40 up and over Berthoud Pass and through Winter Park and travel four miles from Winter Park to Fraser. In Fraser, turn left on Eisenhower Dr., go over the railroad tracks, and turn immediately left again on Leonard Ln. Stay on Leonard Ln. until it turns sharply to the right and becomes Mill Ave., which soon becomes CR 73 (St. Louis Creek Rd.). Continue on Mill Ave./CR73 for just under a mile to where the pavement becomes a dirt road. Park at the Givelo trailhead on your right (next to the rodeo arena). Parking lot picnic after the ride – please bring something to share.

Sunday, August 13th:

8:30 AM FUN PLUS H2 – 33 miles–SW Meet Tom Fitzgerald (303-424-1082) at Clement Park (7306 West Bowles, Littleton), East of the library, near the skateboard park. We'll ride some quiet streets in the Columbine neighborhood to South Platte Canyon Road. We'll take the Columbine Trail south to the Mineral Avenue Trail. East on the Mineral Avenue Trail to the Mary Carter Trail, and then north along the Platte River to Nixon's Coffee Shop. After a short break, we'll head back south on the Mary Carter Trail to Chatfield State Park, and around the reservoir to the marina for another break. Then back around the reservoir to the C470 Trail. We'll pedal west on the C470 Trail to Garrison Street, then north on a few quiet streets to the Dutch Creek Trail, and back to Clement Park. Bring a lunch for a picnic afterwards.

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Monday, August 14th:

9:00 AM FUN-H2-30-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 up the Chatfield dam. We will return along the same route along the South Platte Trail and have a nice break at Nixon's Coffee before returning along the Bear Creek Trail. Bring a sack lunch for a picnic afterwards.

Tuesday, August 15th:

9:00 AM FUN/INT – H1.5–23 - Downtown Meet Jeff Krinsky (720-373-9107) for this Incredible FREE DRINK Summer Adventure! We will meet at the City of Cuernavaca Park downtown (23rd Ave Exit from I25, go down the hill, drive by the REI Superstore going NE, cross 15th St and keep going till you see the parking lot directly in front of you) for this fantastic ride down the Platte River Bike Path towards the infamous Hudson Gardens and back. A complementary beverage of your choice will be provided to all riders by DBTC at the break at Hudson Gardens

Wednesday, August 16th:

8:30 AM Leisure H2+ 15-20-NW Meet Lin Hark (303-507-3502) at Prospect Park, 44th and Robb, for a ride along Clear Creek and into Golden. We will ride up past the kayak park, over the bridge and onto the newest sections of the Clear Creek Trail. Be prepared for some hills (H2-3 in steepness). Bring snacks, lots of water and a lock in case you want to have lunch somewhere nearby.

9:00AM FUN PLUS/INT-H2-23-SW Meet Peter Woulfe (540-219-6674)cell at Reynolds Landing parking lot (6745 S. Santa Fe Dr). We will ride the South Platte to Chatfield State Park, then up the dam over to the marina. After a break we will return the same way. Bring lunch for a picnic in the shelter.

9:00 AM FUN-H2to3-24 SW Pie in the Sky Meet Patty Gaspar (303-618-5069) Granny Scott's Pie Shop (3333 S Wadsworth Blvd.). We'll pay our respects to the goddess and then head west to Kipling then over to the C470 trail. There is a great downhill back to Lowell and Bear Valley. Lunch at the pie shop.

Thursday, August 17th:

9:00 zs, Fun Plus H2 36M NE Twin Lakes to Brighton Meet Fred Tarbell (630-888-5290) at Twin Lakes, 300 West 70th Ave, (1/8 mi West of Broadway). Bike East on Clear Creek to the South Platte trail and turn left, North. Follow the Platte River on your right for 18 miles to Brighton. Break and bathroom break in Brighton and possibly enroute. Bring money for your choice of refreshments at Berry Blendz, Cold Stone Creamery, or Star Bucks as desired. We will return by the same route to Twin Lakes around lunch time. Welcome to bring your lunch items to socialize and recover after riding at Twin Lakes.

Friday, August 18th:

9:15 AM meet for 9:30 AM start. FUN PLUS /INT-H3-28 miles 1800'SILVERTHORNE/KEYSTONE/SWAN MOUNTAIN LOOP Limit 10 - register by text to leader. Meet Lauren Delle (970-903-8409) at Silverthorne outlet parking by Columbia outlet. We will ride via Blue River bike path from Silverthorne, up Dillon Dam switchbacks, then around the reservoir to Keystone Ski area. We will return from Keystone, then head up and over Swan Mountain, then loop around back to Silverthorne. Bring \$\$ for lunch at the Eclectic Café in Silverthorne at the end of the ride. Please RSVP by end of day Wednesday, August 16. Ride will not go if it is snowy or rainy. Text/Call the leader if in doubt. Carpooling: If you want to carpool with someone, let me know and I'll try to help coordinate. Detailed directions to parking: Take exit 205 for Dillon/Silverthorne. At the light, go left Blue River Parkway toward US 6 (going under I 70). Take right at second light on Stephens Way, then left on Fashion Way, and left on River Road. Columbia outlet and large parking lot will be on your left.

Saturday, August 19th:

8:30 AM FUN-H2-30-SE-850' Meet Ellen Fitzpatrick (720-209-2269) at the Broken Tee Golf Course, 2101 West Oxford Ave., Englewood. Park at the west end of the parking lot closest to the river. We will ride south along the Platte out to the Chatfield marina and back using both road bike lanes and bike paths. Bring lunch or snacks for social time after.

9:00 AM FUN-H1-20-NW Meet Merri Bruntz (303-517-9781) at Twin Lakes Park (west of Broadway on 70th, 300 W 70th) for a ride east on the Clear Creek Trail to the South Platte Trail and south to REI. After a break we will return via the same route. Bring a sack lunch for a picnic afterwards.

Sunday, August 20th:

8:00 LEISURE-H1-20-NE Meet Eileen Hunt (720-841-9558) at the Stanley Marketplace in front of Logan's Coffee for an out and back ride along bike trails in Central Park and along the Sand Creek Trail towards Denver. Lunch if desired afterwards at the Stanley.

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8:30 AM Fun Plus – H2 – 27 miles – West, Meet Tom Fitzgerald (303-424-1082) at Anderson Park (44th & Field, in Wheat Ridge). We'll ride west on the Clear Creek Trail, and circumnavigate North Table Mountain, via Easley Road, 60th/58th Avenue, Hwy 93 (for 2 blocks), and some quiet paved roads west of Hwy 93. We'll stop for a restroom break at Norman D Park (near the top of Tucker Gulch). We'll then take Tucker Gulch back to the Clear Creek Trail, and return to Anderson Park. Bring lunch for a picnic afterward.

Monday, August 21st:

9:00 AM FUN-H1-24-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 south to Nixon's Coffee for a break. We will return via the same route. Lunch at the Fox Hollow Den restaurant afterwards.

Tuesday August 22nd:

9:00 AM FUN PLUS-H3-21-NW - Meet Jeff Krinsky (720-373-9107) THE HIDDEN GEMS OF LOUISVILLE!!! (Elevation Gain = 1225 feet) This exciting ride full of twists and turns uses the newest portion of the HWY 36 trail that goes west from Interlocken into Boulder then loops back through Louisville and Superior using some interesting secret trails including the Double Lombard Street Experience and the famous Black Hole of Louisville! See you at the Safeway at the Rock Creek village Shopping Center in Superior for this tour of the trails of Superior, Louisville, and South Boulder (with a few roads mixed in as required). Rock Creek village is centrally located in Superior at the NW corner of Coalton and Rock Creek Parkway (Address is 1601 Coalton Road Superior, CO 80027)

Wednesday, August 23rd:

10:00 AM FUN-H2/3-24-1800' elev. gain. "Georgetown Ice Cream Ride" - Meet Patty Gaspar (303-618-5069) for this Idaho Springs-to-Georgetown ride. We will ride through Idaho Springs and follow the service road up to Georgetown. Bring \$ to purchase and enjoy your ice cream treat. Return the same route. CASUAL pace to and ZIPPITY-DO-DAH from Georgetown (mostly downhill). 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.

8:30 LEISURE H1/H2-16-SW. Meet Dave Noble (303-694-2008, 303-906-3163 cell) for a loop ride from Hu Hot Mongolian Grill (3698 S. Natchez Ct. which is in BACK of the Target in the River Point shopping center) to ride north on the Platte River trail, west on Sanderson Gulch, south by Harvey Park, west on Yale to the Stone House for a break, and back on the Bear Creek trail to the start where we'll have lunch.

Thursday, August 24th:

9:00 AM Fun Plus -H2 28 – NE Five Trails to Westminster Recreation Center Meet Fred Tarbell (630-888-5290) at Rotella Park, East end by shelter one, 1824 Coronado Pkwy S. Denver. We will use the Niver Creek trail to connect to South Platte River trail. South on Platte River trail to Clear Creek trail. Continue West on Clear Creek to the junction, (slight right) of Little Dry Creek trail. Follow Little Dry Creek West to Lowell Blvd intersection. Turn North on Lowell Blvd on sidewalks for about 7 blocks. At Lowell Blvd and 78 Ave junction connect to US 36 Bikeway on the Left. Continue West on US 36 bikeway toward Westminster. In Westminster we exit right off US 36 Bikeway under US 36 Turnpike and follow a connected trail to the Westminster Rec center. Water and restrooms available inside during our break before we return on the same route. Bring snacks or lunch items if you want to socialize at Rotella Park after the ride.

Friday, August 25th:

9:00 AM FUN PLUS-H2-23-NW Meet Jeff Krinsky (720-373-9107) for THE HIDDEN GEMS OF ARVADA. We have all experienced the traditional Arvada classic trails of Ralston Creek, Clear Creek, and Van Bibber. Check out this new route instead that explores Lake Arbor, the Pomona Lakes, the Arvada Fire Fighter's Park, the backside of baseball, and other forgotten areas and is guaranteed to be an adventure! Meet at the SE corner of HWY 36 and 104th at the back side of the now closed Black Bear Diner, formally Quaker State and Lube Restaurant (10392 Reed St., Westminster, CO) by a hidden entrance to a hidden trail where the adventure will begin (and end).

Saturday, August 26th:

9:15 AM FUN PLUS-H3-25 NW Meet Jeff Krinsky (720-373-9107) for the award winning Tour De Boulder ride that includes an amazing 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 also take Boulder Creek a little ways up into the foothills before we turn around. 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. The first 100 attendees get to ride for free!!!

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Sunday, August 27th:

8:30– H1 – 30 Miles – SE Meet Tom Fitzgerald (303-424-1082) at Ruby Hill Park (West Florida Avenue, west of Santa Fe). We'll ride north on the Platte River Trail to REI, then east on the Cherry Creek Trail, with a break at the Cook Recreation Center. Back on the Cherry Creek Trail, meeting up with the Highline Canal Trail, back west to the Eisenhower Recreation Center, down Dartmouth to the Platte River Trail, and north back to Ruby Hill Park. Bring a sack lunch for a picnic afterwards.

Monday, August 28th:

9:00 AM FUN-H2-25-NW Meet Merri Bruntz (303-517-9781) at Prospect Park (44th & Robb) for a ride through Olde Town Arvada to the Ralston Creek Trail. We will then ride the Ralston Creek Trail to the west side of the Westwoods Golf Course for a break. We will return via Easley Rd to 52nd Ave and Arvada neighborhoods. Bring a sack lunch for a picnic afterwards.

Tuesday, August 29th:

9:30 AM FUN PLUS-H3-25-Frisco (Elevation Gain = 1646') Meet Jeff Krinsky (720-373-9107) for THE FREE ICE CREAM TOUR OF VAIL PASS. We will meet at Ten Mile parking lot in Frisco at I-70 & Main St. We will ride via bike path from Frisco Ten Mile Parking Lot up to 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. Detailed directions to Ten Mile Rec path parking lot at the southeast corner of I-70 & Main Street: Drive westbound from Denver on I-70 to Exit 201 and look for DBTC members in the parking lot. Note that this parking lot is divided into two areas, west and east of I-70. We are meeting at the lot east of I-70 by the outhouses. The east parking lot is now also called the "Kayak Overnight Parking Lot."

Wednesday, August 30th:

9:00 AM FUN PLUS H-2 26 mi SW Meet Peter Woulfe (540-219-6674) 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 Bear Creek Trail, up Mt. Carbon and around Bear Creek Lake Park. Option to go Morrison Rd instead of the dam, then return to Broken Tee. Bring lunch for a picnic in the shelter.

9:00 AM FUN-H2- @20 mi SW The Lunch Bunch Meet Patty Gaspar (303-618-5069) at Fox Hollow Golf Course. We will sweep down Bear Creek bike path and wave as we pass the Fun Plus group as we head to the Mary Carter Greenway and take a break at Broken Tee. Then we will head back to Fox Hollow for LUNCH AT THE RESTAURANT (Bring \$)!. Beautiful golf course setting. This should be an easy, cool ride on a hot day.

8:30 LEISURE H1-15-NE Meet Dave Noble (home 303-694-2008, cell 303-906-3163) at EB Rains park for a loop ride on the Farmer's Highline, Signal Ditch, and Lee Lateral bike trails and then through Eastlake Park. Lunch will follow at a nearby restaurant. (Directions to EB Rains Jr. Memorial Park from I-25 and 120th: East on 120th 1-2 streets to Grant, South on Grant 1/4-1/2 mile to park, and meet in the parking lot on the south side of the lake.)

Thursday, August 31st:

9:00 AM Fun Plus H2 26mi NE Rotella Park to Webster Park, Northglenn. Meet Fred Tarbell ,630-888-5290, at Rotella Park, (East end at Shelter 1) 1824 Coronado Pkwy S. Denver. The route is East out of Rotella Park on Niver Creek to the south Platte bike path. North on Platte to the left junction of the Grange Hall Creek trail. Follow the trail to Margaret Carpenter Park crossing 104th Ave. Bathroom break at Carpenter Park before continuing on a green way trail through Thornton and Northglenn suburbs. Turn North along the East side of I-25 interstate to arrive at Webster Park. A break for snacks, water, and bathroom visit before returning the same route to Rotella Park. Bring snacks or lunch items if you want to visit after the ride.