



The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

Nov / Dec 2023

Annual Volunteer Recognition Dinner

Come Celebrate the Biking Season and our Volunteers! Then Rock to Oldies Music!

When: November 4th, 2023 - 6 PM to 9 PM **Where:** Windsor Gardens – 595 S. Clinton Street, Denver, CO

Dinner by Angelo's Taverna / Carboy Winery

Regular and Gluten-Free (GF) Options GF-Gluten free pasta/dough is made with rice and tapioca flour

Appetizer – Angelo's Bruschetta – Regular/GF - grilled flatbread, basil, olive oil, fresh tomatoes, mozzarella served with side toppings of balsamic reduction and basil pesto.

Salad Choices – Angelo's House salad – Regular/GF - mixed greens, tomato, peppers, red onion, cucumber with either oil and vinegar or Angelo's House Italian dressing and croutons on side or Caesar salad – Regular/GF - romaine with croutons, parmigiano and Angelo's Roasted Garlic-Parmigiano dressing on the side or oil and vinegar.

Entrée Choices – Pollo Angelito – Regular - penne pasta, chicken, caramelized onions, roasted mushrooms, spinach in a gorgonzola cream sauce, Vodka Penne – Regular/GF - penne in vodka cream sauce with meatballs on the side, Pasta with garlic and olive oil – Regular/GF with meatballs on the side, Butternut Squash Ravioli – Regular - spinach, brown butter, parmigiano and bacon on the side. Garlic bread – Regular/GF - on the side.

Dessert Choices – pie and cake.

Registration: www.DBTC.org - Events
Each guest must be registered separately.
Registration October 30 through November 2, 2023
\$29 – Regular, \$33 – Gluten Free
Registration Closes at 8am November 3, 2023 – No Exceptions.

No cash, credit cards or checks accepted the night of the event.

Payments: www.DBTC.org - Events
Visa, Mastercard, Discover only. No cash or checks accepted.

Food Purchased from:



Gifts Provided by:



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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

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Marcy Rodney

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Communications Director
Kathleen Shelton 303-264-9878

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Ida Sansoucy 303-888-4485

President's Message

Mark Shimoda

Recognizing Our 2023 Volunteers

Volunteer: a person who freely offers to take part in an enterprise or undertake a task.

Everything that gets done for DBTC is done by a volunteer, with the exception of the laying out of our newsletter and maintenance of our website. Otherwise, volunteers do it all. To be more specific, 283 rides listed in the newsletter, 9 board members meeting monthly, 10 directors who recruit ride leaders, coordinate the rides and communicate with prospective members, and about 100 people who plan and facilitate our social events. This comes to about 400 volunteer positions that must be filled every year if DBTC is to function like it has in the past.

With a membership of about 350, if everyone volunteered for at least one volunteer position each year, that would allow DBTC to function like it has in the past. Have you done your part in 2023?

However, there is a downward trend in the number of members leading rides every year. Going back to 2013, here are the total number of people who have led rides: 78, 75, 69, 61, 48, 59, 54, 2020, 32, 32, and 39 this year. (These numbers are courtesy of Patty Gaspar. The count for 2020 is missing.) Of course Covid did have an impact and I am glad to point out that this year the total number of rides has finally exceeded the ride count for pre-Covid 2019, 283 vs 274. The largest number of rides was 329 back in 2016 with the largest number of ride leaders at 78 back in 2013.

It appears that the responsibility of leading rides is being left to fewer and fewer people over time. A big thanks is due to our top 10 ride leaders Merri Bruntz (41 rides led), Jeff Krinsky (35), Patty Gaspar (24), Fred Tarbell (24), Peter Woulfe (17), Marilyn Choske (14), Bill Lutrell (14), Ellen Fitzpatrick (12), Tom Fitzgerald (10), and Dick Plastino (10). To the other 29 ride leaders, Thank You!! Without you, our schedule would not be as full and diverse in time and geography.

So what has DBTC been able to accomplish this year? By whom?

1. Offer 283 rides, the most since 2016; Marri Bruntz, Jeff Krinsky, Patty Gaspar, Fred Tarbell, Peter Woulfe, Marilyn Choske, Bill Lutrell, Ellen Fitzpatrick, Tom Fitzgerald, Dick Plastino and 29 others.
2. Reversed a trend of fewer ride leaders: our ride leaders.
3. Invested \$26,000 of club money in CD's and iBond earning at least 4% for members; the Board.
4. Bulk up presence in MeetUp and Facebook: Helen Berkman, Tom Fitzgerald, Ruby Frederick, Suzy Ward.
5. Put club in compliance with our insurance by rewriting the liability waiver and creating an electronic deposit site for those sheets: Mark Shimoda, Cynthia Withers, Tom Fitzgerald, Ruby Frederick.
6. Increased transparency of club finances by publishing quarterly financial reports: Cynthia Withers.
7. Enlisted five new event coordinators for five events: Tom Fitzgerald, Ron Vasquez, Ruby Frederick, Cynthia Withers.
8. Created more Leisure and Fun + rides and weekend rides: Jill McMahon, Marcy Rodney Bill Lutrell, Peter Woulfe, Diane Short and others.
9. Give credit to our volunteers on an ongoing basis; The Board.
10. Published 10 informative and interesting newsletters: Virginia Dudley, Kathleen Shelton.

To these people mentioned and to those not mentioned by name, we all say THANK YOU!

Our celebration on Nov. 4th, is only a small gesture of appreciation to all who have helped make DBTC such a vigorous and friendly bike club.



WELCOME NEW DBTC MEMBERS

Linda Diane Boone

Kelley Mullins

Gwen Murdock

Wayne Tomasello

A Big Thank You to Our 2024 Sponsors!

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



Slo-Hi
COFFEE + BIKE

Slo-Hi Coffee + Bike

We're Steve, Adam, Anne, Tom, Sam and Alexis from Slo-Hi. We carry the bikes we like to ride and service. We love riding bikes of all shapes and sizes, on-road and off, with our families, friends, and sometimes all by ourselves.

We service and sell any and all of the following types of bikes:

- Cargo and Kids
- Commuters, City, and Hybrid
- Electric and E-Bike Conversions
- Mountain, Road, and Gravel
- Touring

We'd love to talk to you when you come visit our shop!
See you soon at Slo-Hi Coffee + Bike.



Mike's Bikes

Mike's Bikes has four stores in the Denver metro area, an online store, and 14 stores in the Northern California area. Mike's Bikes was established in California in 1964. In May 2022, Elevation Cycles, a local 4 door bike shop in the Denver metro, joined forces with Mike's Bikes. Our Denver locations now have the pleasure of selling Santa Cruz, Cervelo, Cannondale, Pivot Cycles and Giant. Whitney Tabaina and Phillip Brown were previous owners of Elevation Cycles and have stayed on to help run the Colorado region. Mike's Bikes is excited to continue to provide top notch hospitality, support and inspire the rider, and help grow our cycling community.

Carboy Winery and Angelo's Taverna

In March of 2013, Craig Jones bought Angelo's Taverna and partnered with Chef Scott Hybbeneth to bring the best of old world Italian pastas and pizzas with added modern favorites, such as chargrilled oysters and balsamic glazed ribs, making the eclectic menu that you see today.

When a parcel of land became available in Littleton, Craig saw an opportunity to bring the Angelo's concept to his neck of the woods in the south suburbs, with a twist, Carboy Winery. They built a sister restaurant with a 10,000 square foot full scale urban winery thus bringing together the best food and wine to your table without pretentious prices or attitude. The newest Carboy location, in Palisade, Carboy Winery's Estate Vineyard, has a tasting room for welcoming Apres Bike guests to their rooftop patio.

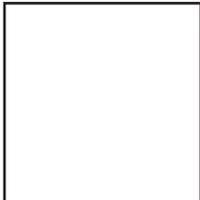
Come visit us to share our collective experiences and make them yours at:

- Angelo's Taverna in Denver and Littleton
- Carboy Winery in Denver, Littleton, Breckenridge, and Palisade
- Logan Street Restaurant and Bar in Denver
- Gold Pan Saloon in Breckenridge



Candidates for DBTC Board

Four Board Members will be elected to the Board at the VRD Dinner on November 4th. Below are the candidates running for these positions; two of the candidates are incumbents and two of the candidates are new people. If you have questions, please contact the President, Mark Shimoda at dr.shimoda@comcast.net.



Your photo goes here! We need one more person who wants to give back to the club and help out on the Board with planning and figuring things out.

Contact President Mark Shimoda and let him know you would like to add your help to the Board!



Fred Tarbell

By joining the DBTC Board, I can share my experience of my bicycling life and activities with like-minded people. I know any large organization requires many people to share the work to accomplish the purpose of the club. My past experiences, ideas, thoughts and concerns mixed with other board members and officers will help to keep the club active.

Regards, Fred



Maria Elena Romo

Having been a board member for two years and DBTC Treasurer in 2022, has given me great knowledge of our club activities, more than if I had participated only in rides. I have enjoyed being part of an organization where people are fully committed and passionate about supporting bicycle riding. For that reason, I would like to continue serving on the board, building great friendships and doing my part to make DBTC an even better club.



Ron Vasquez

I would like to stay on the DBTC board for another term but step down from the secretary position. It is quite rewarding and a pleasure volunteering to help the club and work with the many members who attend bike rides and events throughout the year. I appreciate all of the board members, working on board related challenges, the many friendships and acquaintances in the club, and volunteering (when available) at DBTC events. Each event and bike ride provides a good memory and often a new acquaintance. We have spent a lot of effort this past couple years managing club events and improving overall functions and procedures to keep the organization moving forward in a positive direction. The DBTC offers a variety of friendships and social activities that are crucial to the health and well being of all participants, especially the aging baby boomers.

First Annual Biketoberfest

by Ruby Frederick

Thank You

We had a great first Biketoberfest event at River Run Park! There were many compliments regarding the food and the nice change from sandwiches. This was made possible thanks to the DBTC Board who met and planned this event and all events at the beginning of the year and throughout the year.

A huge thank you goes out to all the volunteers for this event! The delicious food was cooked at home by Wes Frederick prior to the event which helped us save on the cost of charcoal and lighter fluid. He also helped us set up, organize the food line and helped with serving the food.

Thank you to Cynthia Withers for helping me shop and buy the food and supplies, for helping with set up and clean up; to Tom Fitzgerald for making the name tags so that check in was nice and easy; to Ron Vasquez for getting the ice and setting up the drink coolers; to Suzy Ward for making the pretzels and also helping with set up, serving and clean up; to Marilyn Choske for manning the registration table; to our other fabulous food servers- Joanne Sisneros, Susan Trager and Steve Thomas; and to Simone Carruthers and Jerry Baer for helping us with the clean up!

I also would like to thank Mark Shimoda for going to the pavilion early and taking pictures of the ride groups, as well as recruiting for volunteers for this event! And of course thanks to our club photographer, Jeff Krinsky, for always taking lots of pictures at our events!

I would also like to give a shout out and huge thank you to the ride leaders - Tom Fitzgerald, Linda Sue Hoops, Peter Woulfe, Patty Gaspar and Wayne Tomasello!

In addition, special thanks to our club sponsor, Randy Williams, with Steel Horse Bike Rescue for giving free basic bike fit adjustments to those interested.

Thank you all so much for making this event successful!

Event Finances:

Attendees: Paid - 61,
Attended - 60,
Sponsor Courtesy Lunch - 1
Total served: 61

Income:
\$671.00 - \$11/person
Cost:
\$669.77
Net income: \$1.23



Biketoberfest Photos!



Leisure Rides



During July and August, 2023 many riders enjoyed Leisure Rides. Shown here are leisure rides led by Jake Jacoby, Lin Hark, and Dave Noble.



DBTC's Top Four Ride Leaders

These four Ride Leaders have led a total of 124 rides this year – quite a feat! Here's more about them and, please, let them and all of the Ride Leaders know how much you appreciate being on all of those rides.



Merri Bruntz

Merri learned to ride a bike when she was 6 years old. She was in her twenties when she started riding permanently. A friend at work liked to tour on a bike; Merri tried and hasn't stopped riding. She joined DBTC 34 years ago but let her membership lapse five years ago when she had breast cancer but now she's back having fun leading all of these rides.

Merri would never limit the number of people on her rides; she's an advocate for cycling and wants everyone to come out and ride.

Her favorite ride is the one she led in October on the Clear Creek Trail west to the Peak to Plains Trail. She looks forward to leading this ride when the Peak to Plains Trail is complete up Clear Creek Canyon.



Jeff Krinsky

Jeff Krinsky started riding bikes back when he was younger than 10 years old and his first bike was a stingray. Riding as a kid was a great and fun way to get around with friends. Biking has continued to be a great and fun way to get exercise with friends and to continue to get around for Jeff.

He got serious about riding when he lived in Dallas and a trail was developed around White Rock Lake Park which made for a perfect 25 mile loop from his apartment.

Six to twelve riders on a ride is ideal because that's a good turnout but not so large that it is more difficult to keep everyone together. Combine that with Jeff's favorite ride - ICE CREAM TOUR OF LAKE DILLON - KEYSTONE EDITION and what more could you want? This ride goes high in the mountains with wonderful views. It also ties in with his favorite winter sport of skiing by touring the Keystone base area. Then it goes over fabulous Swan Mountain and culminates with ice cream in Frisco. Another great ride.



Fred Tarbell

Fred Tarbell started riding bicycle around his family's rural area in the 1950's. He didn't get serious about road biking until he lived in the Chicago area in the 1980's. A fellow member of a Chicago ski club got Fred interested in group riding. They were married two years later.

Fred joined DBTC in July of 2020. He leads rides so other DBTC members can learn about the trails in Northwestern Denver area that they haven't experienced. Fred likes to lead groups of six to eight depending on the length of the ride. He really enjoys the Sand Creek and Northfield area.



Patty Gaspar

Patty Gaspar got her first bike in grade school so she could ride to school. As an adult, she usually did short rides but when her husband became friends with a couple from Connecticut, they were invited to join them on some bike trips with Backroads. Patty got hooked on bike travel. She's always tried to keep in shape and even bike-commuted some in the summer.

She eventually found DBTC. Once she joined DBTC in 2000, she started riding a lot more.

Patty plans her Wednesdays around having a bike ride and started leading rides to make sure that there was a ride. Her favorite size for a group ride is 6 to 10 although she's led rides from 1 to over 20. Patty has done overseas tours and each one was unique. Locally, she has several favorite rides – you'll just have to join her on her rides to find out what they are!

MTB Ride at Centennial Cone



On Wednesday, September 20th, Steve Thomas led the MTB group on a truly difficult clockwise tour of Centennial Cone. Even Steve took a spill that day!



Bicyclists Can Get “Doored”

Denver and the surrounding metro area have added miles of bicycle lanes over the past few years. This is a good thing and bike riders are both legally and, in many areas, physically protected from motor vehicle traffic. However, with bikes next to parked cars, “dooring” is a concern.

We continue to explain types of bike crashes for the Denver Bicycle Touring Club and explain how to avoid them so the club has safe experiences when riding in Colorado.

Common Bike Crash is “Dooring” or “Getting Doored”

One of the more common accidents experienced urban bicycle riders is the hazard of getting car “doored.” When a cyclist is doored, they can be flung into the air, into traffic, and the impact with the door itself can cause serious injuries. Not only can a car dooring accident (actually a crash) cause very serious injuries for a cyclist like a broken bone or worse.

Surprisingly, bike crashes that were caused by dooring are not really tracked by any state transportation departments. There are a few recent very isolated surveys. In fact, many go unreported. I recommend the police be contacted after every crash as getting the details and insurance coverage may not be easily available at a later date.

Colorado does have a law that protects bicyclists from the threat of getting injured by a car door opening in their path. It is codified at CRS Section 42-4-1207 as follows “No person shall open the door of a motor vehicle on the side available to moving traffic unless and until it is reasonably safe to do so and can be done without interfering with the movement of other traffic”.



So what can urban cyclists do?

Some bicycle advocates suggest a rear view mirror. These rear view mirrors can be small and mount to your goggles or glasses, helmet, or be larger and mount to your bicycle handle bars. With a mirror, the idea is that if a door is swung into your path, and you have to take evasive action, you won't be left with the perhaps more dangerous option

of colliding with traffic. You can also ride defensively when you feel that you are being squeezed between traffic and parked cars which can happen even when riding in a designated bike lane.

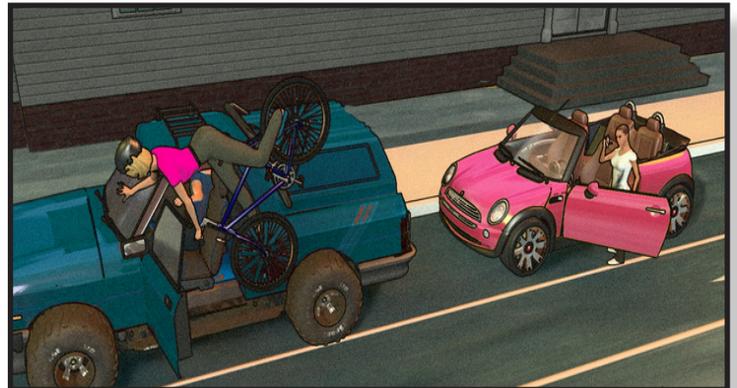
Some places are labeling bike lanes to warn cyclists of the “door zone” which could help make all cyclists more aware of danger zones.

All cyclists have to assume that many drivers and car passengers on the road are distracted by their cell phones and texting, and may not be looking to make sure it is safe before they swing open their car door.

If you are doored, make sure to take your time and examine your injuries. Many times cyclists will have adrenaline pumping and won't be aware of where they are hurt until later. Make sure you get the accident information before leaving the scene. You need to get the names of witnesses. You need to get the name of the driver and occupants and their insurance and license information.

If you have been injured as a result of being car doored, you do have rights. Consult with an experienced bicycle accident attorney as soon as possible. Our initial legal consultations are free.

For details on Colorado law as it applies to vehicles and traffic, see Colorado Revised Statutes REGULATION OF VEHICLES AND TRAFFIC C.R.S. 42-4-1207. Opening and closing vehicle doors.



If you or someone you know is in a dooring or other crash, please contact Bike Law Colorado for a free consultation.

Thanks,
Brian Weiss
Brian@Weiss.Law
Attorney
Bike Law Colorado
130 W. 11th Ave.
Denver, CO 80204
Phone 303.741.0249
Fax 877.212.3010

Toiling in the Dark

Throwing some light on those who work for our club out of the limelight and doing jobs that have no title.

Suzy Ward has been the person who has helped DBTC members purchase jerseys, shorts, gloves, etc. from Primal. She has worked with the Primal rep to develop the designs, place orders for members, arrange delivery and keep costs as low as possible. Thank You Suzy!

Jennifer Saxhaug is a long time member of the mountain biking group. On a yearly basis she has hosted the planning session in March in her HOA clubhouse, not only making the reservations but also paying for the reservations out of her own pocket. On an ongoing basis, she has provided advice to me and to Cynthia Withers, our Treasurer, about finances and IRS regulations pertaining to non-profits. Thank You Jennifer.

Julia Bristol is a retired CPA and this year will be reviewing the financial reports produced by our Treasurer, Cynthia Withers. This review is a practice DBTC and all non-profits do on a regular basis. Thank You Julia.

Ida Sansoucy and now **Tricia Lee** call prospective club members and encourage them to join our club. **Tom Fitzgerald** and **Ruby Frederick** review all liability waivers submitted by ride leaders to the electronic depository and identify non-members riding with the club. Ida and now Tricia call these non-members and encourage them to join the club. Thank You Ida, Tricia, Ruby and Tom.

Mark Shimoda

Vail Ice Cream Ride



On August 29th, Jeff K. could not lead his scheduled ride, The Free Ice Cream Tour of Vail Pass. "I asked Jerry Baer and Gil Folsom to lead the ride for me and they quickly agreed and in doing so it appears that they learned well, the art of the group shot!"

2024 Small Venue DBTC Events

JANUARY, FEBRUARY, MARCH OF 2024

Here are some ideas your board is working on for Winter 2024. We envision these seminars to be small, 4-10 people, possibly in the home of members, afternoon and/or evenings, no cost. Information will be disseminated via our Newsletter and via blasts.

Bike Maintenance - basic bike maintenance classes to be led by DBTC Members.

How to set up an Out Of Town Trip (OOTT) for DBTC. Kathy Stommel will lead a couple of seminars which will prepare members for leading OOTT's.

How to use Ride with GPS. DBTC has a club membership with RWGPS. Members are encouraged to use this to plan rides, retain rides, check mileage and elevation gains of rides, etc. Marilyn Choske will lead two seminars on this topic.

Exchange ideas of future bike trips. During Covid, DBTC held meetings via Zoom in which members shared ideas of their bike travels, local, in state, in the USA, and international.

Mark Shimoda
President

Merri's New Golden Ride



On Wednesday, September 27th, Merri Bruntz led riders on a new tour of Golden and Arvada. Believe it or not, Jeff and Patty did not coordinate their wardrobe that morning!

Treasurer's Report

by Cynthia C. Withers

Denver Bike Touring Club's first nine months of 2023 operations continue to stay on track with budget. Special Events are "holding their own cost" based on the income they provide. Extra income rolls onto the next events for planning cost, resources and participant income.

We have held 2 events through September 30th; the Spring Kickoff and the Summer Picnic. Both required extensive volunteer help and fiscal planning. Many thanks to all who participated and worked at these events. Together we had several successful, fun times for all.

Below are the 2023 financial reports for:

- Income and Expenses for the 9 months ended September 2023
- Cash Accounts as of September 30, 2023
- Spring Kickoff / Summer Picnic analysis comparison of 2023 to 2022

DENVER BICYCLE TOURING CLUB INCOME AND EXPENSES FOR THE 9 MONTHS ENDED 9/30/2023

	<u>Actual</u>	<u>Budget</u>	<u>Difference</u>
INCOME			
Dues	9,490	9,685	-1957
Other Income	1,778	1,771	
Special Events	<u>2,491</u>	<u>2,080</u>	<u>411</u>
TOTAL INCOME	<u>13,759</u>	<u>13,536</u>	<u>223</u>
EXPENSES			
Communication	6,972	7,683	711
Legal	1,311	3,490	2,179
Ride Leader Support	197	1,700	1,503
Special Events	<u>2,766</u>	<u>1,655</u>	<u>-1,111</u>
TOTAL EXPENSES	<u>11,246</u>	<u>14,528</u>	<u>3,282</u>
TOTALS AS OF 9/30/2023	<u>2,513</u>	<u>-992</u>	<u>3,506</u>

DENVER BICYCLE TOURING CLUB SPECIAL EVENTS COMPARISON 2022 to 2023

	<u>INCOME/EXPENSE</u>		<u>ATTENDEES</u>	
	2022	2023	2022	2023
DBTC SPRING KICK OFF				
DBTC EVENT INCOME: Spring Kick Off	580.00	880.00	110	88
SPECIAL EVENTS EXPENSE: Spring Kick Off	804.04	908.13		
Net Income (Loss)	<u>(224.04)</u>	<u>(28.13)</u>		
DBTC SUMMER PICNIC				
DBTC EVENT INCOME: Summer Picnic	950.00	1,128.00	95	94
SPECIAL EVENTS EXPENSE: Summer Picnic	<u>1,234.19</u>	<u>679.76</u>		
Net Income (Loss)	<u>(284.19)</u>	<u>448.24</u>		



DBTC Jersey for Sale! Man's Primal Jersey - Size Large. New.

No, the jerseys in this photo aren't for sale but get the jersey that is for sale and you can be in the next photo, too. The cost of the new jersey is \$70.

Another DBTC Jersey for sale! This one is a Medium Unisex Pactimo club jersey lightly used. \$40.

Contact Suzy Ward at wvjrts@gmail.com

Bike for Sale

GIANT road bike, size Large, 18 gears. \$600
Contact Maria Elena Romo at mariaelenaromo95@gmail.com



Riding from fall into winter can be challenging but there will be some beautiful days for rides.



KEEP ROLLING YOUR WHEELS

Winter rides will be announced through Meetup. Check it out for the latest rides and especially for rides that will be rescheduled because the weather is changing.

Go to [meetup.com](https://www.meetup.com) and checkout “Denver Bicycle Touring Club” in Groups for the rides.

If you would like to lead a ride, send your ride to either Jeff Krinsky jkrinsky2003@yahoo.com or Patty Gaspar patty@gasparjones.com to get it posted.

If you have never led a ride and would like to lead one, contact Patty Gaspar patty@gasparjones.com to learn more about how to do it.