



The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

September 2023



SAVE THE DATE! for Celebrating the Season and Rocking to Oldies Music!
The Volunteer Recognition Dinner
November 4th, 2023 6:00 PM

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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

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

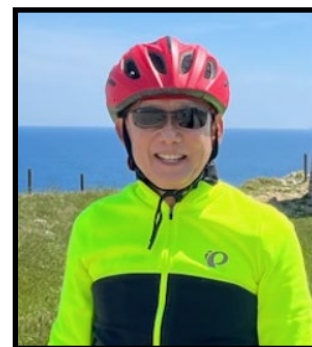
WELCOME

NEW DBTC MEMBERS

Lisa Bartling
Mark Fields
Robert Formhals
Michael Frey
Judy Grange
Peter Hergenreter
Joanne Holden
Rosemarie Perillo
Leslie Porter
Jesus Ramos
Gary Rossmiller
Ann Schmidt
Judy Schure

President's Message

Mark Shimoda



My message for the last two months listed goals the Board and I have for 2023 and 2024. In this message I will talk about the critical need for leadership for our club.

Last week while in Costco, I ran into Richard Geissler who was the DBTC President back in 2000 or 2001, Richard could not remember what year exactly. He mentioned that back then the club had over 2000 members, yes 2000+ members!! Compare that to our present membership of about 340 members. What a drop!!

There are many questions we can ask about this drop but the most asked question, "why.?" Why the drop and why such a significant drop? We can speculate: demographics as the baby boomers grow older, younger people do not want to join clubs (look at the membership in churches, Rotary Clubs, etc.), or is it our club that is at fault? We certainly need to do all that we can to at least stop this drop in membership and to ideally come up with a strategy and set of actions that will allow the club to grow, even if slowly.

Developing this strategy, this set of action plans will take creativity, hard work, and leadership. Where does this leadership come from? It comes from our present membership. Where else?

So where am I going with this? At our November 4, Volunteer Recognition Dinner, we will be introducing several new board members. Who are they? Well, could "they" be you? Yes, you. Do you have interest in helping to make DBTC a vibrant and growing entity? Are you willing to work with a talented and dedicated board to help develop plans to not only save DBTC but to also develop and then to put into action, plans that will help our club thrive?

The nine member board meets once a month for about two hours, but there is communication that goes on between board members during the month between meetings. Board members are also very involved in leading rides, organizing events and helping at events, depending upon their interests and talents. Tom Fitzgerald leads many rides, all events are organized by board members (Tom Fitzgerald, Mark Shimoda, Ruby Frederick and Ron Vasquez) and officers are chosen from the board, President- Mark Shimoda, Vice President -Virginia Dudley, Secretary- Ron Vasquez and Treasurer -Cynthia Withers.

So do you have ideas that can help DBTC better serve our members with rides and or events? Do you have interest in helping our club grow our membership or at least stay stable? Are you willing to put in some hours to keep our club one of the most active and vibrant and well organized clubs in Colorado?

If you do, please contact me, Mark Shimoda, 303-514-6148 or another board member.

Hope to hear from you,

Mark Shimoda

A Big Thank You to Our 2023 Sponsor!

Steel Horse Rescue - [SteelHorseRescue.com](https://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



DBTC Board Members hard at work on August 14th, 2023!

The Board Members meet once a month to attend to club business. Won't you come and ride with us? Contact any board member for more details.

Summer Picnic 2023 - A Success

The heat was hot, up to 95 degrees while our event was going on but despite the heat, we had a great time. Members came through and put on a well organized, high energy and entertaining event and the 90+ degree temps were not even mentioned during the event. Below are the members who made this event happen and they deserve a lot of credit for making this event happen:

Rides:

Jill McMahon
Dave Noble
Ellen Fitzpatrick
Merri Bruntz
Tom Fitzgerald
Peter Woulfe
Jeff Krinsky
Patty Gaspar

Set Up & Serve Foods:

Julia Batten
Dick Plastino
Patsy Venema
Julia Brister
Marcy Rodney

Clean Up:

Julia Batten
Dick Plastino
Patsy Venema
Marcy Rodney
Tom Fitzgerald
Marianne Curtis
Phil Gee

Specific Tasks:

Janet Kritzer - 80 lb ice and coolers (3)
Riggs Osborne - pick up sandwiches from Costco
Maria Elena Romo - pick up sandwiches from Subway
Marilyn Choske - Solicit Coffee from Starbucks
Karen Kelly - Pick up coffee and Marilyn from Starbucks
Tom Fitzpatrick - write out name tags and coolers (2)
Tom Casadevall - cooler (1) and 40 lb ice

Table Talks:

Cynthia Withers
Tom Casadevall
Ruby and Wes Frederick
Row Helman and Leslie Porter

Jersey Swap:

Virginia Dudley

Photos:

Jeff Krinsky, Ron Reid
Tom Casadevall

Event Coordinator:

Mark Shimoda

Sponsor:

Iron Horse Rescue

Guest:

Cycling Without Age - Littleton

Extra Thanks to several individuals: Tom Casadevall and Karen Kelly and Tom Fitzgerald. Tom Casadevall acted as my "go to guy." A late call and Tom picked up an additional 40 lb ice and put up the recycle bags and took them home to recycle. Karen Kelly, picked up coffee and tea and Marilyn Choske from Starbucks, dropped them off and then drove off to see her daughter dance in the Dragon Boat Festival. Tom Fitzgerald helped in almost all aspects of the event as you see his name in three volunteer categories. It's these contributions that really helps an event flow.

Please say "THANK YOU" to all these volunteers as without their efforts, you would have had an open Sunday.

Mark Shimoda
President

MTB: Winter Park and Fraser



On August 11th, (right and below) and 12th (above), MTB enthusiasts took to the trails in Winter Park and Fraser. Steve Thomas led on August 11th, and Alison Preble led on August 12th.



Bear Creek Trail

Kipling Parkway to Kipling Street



BEAR CREEK TRAIL IMPROVEMENTS: FINAL PHASE



The final phase of construction for the Bear Creek Trail project from Kipling Parkway to Kipling Street will begin Monday, August 14. This phase is anticipated to take approximately six weeks, weather dependent. Detours are in place. For your safety, please be respectful of trail closures and follow posted signage on site.

Cycling Without Age Littleton and DBTC a Match!

CWAL is a non-profit that offers rides in one of their five trishaws to people who cannot ride a bicycle on their own. Getting out in a trishaw gives a person the opportunity to get out into society and to mingle with other active people. This organization is presently made up of about 80 volunteers and is offering about 3000 rides/year. Barb Lotke is their able and energetic leader!

On August 16, 2023, DBTC was present at CWAL's first fund raising event held at Riverpointe Senior Living complete with about a dozen booths and a live band. The DBTC presence was led by board member and ride leader Tom Fitzgerald. Tom recruited club Treasurer Cynthia Withers and Secretary Ron Vasquez to help at our club booth which was visited by Vice President Virginia Dudley and President Mark Shimoda.

It is the hope of the Board that DBTC can contribute to CWAL's worthy mission and can help older people enjoy biking even when they cannot push the pedals themselves.

– Mark Shimoda



DBTC'ers Cynthia Withers, Ron Vasquez, Virginia Dudley and Mark Shimoda are in the passenger seats. Tom Fitzgerald is standing behind Mark. The two "pilots" in green T-shirts are CWAL volunteers.

Scenic Chatfield with Bill



On Sunday, July 16th, Bill Lutrell led a gorgeous ride around Chatfield Reservoir. Not a cloud in the sky!



Broken Tee to REI with Peter



On Wednesday, July 19th, Peter Woulfe led a ride from Broken Tee to REI downtown.

Bicycling Croatia - The Istrian Peninsula

by Patsy Venema

During the last 2 weeks of June, 2023, a friend and I went to Croatia for a bicycle/boat tour on the Adriatic Sea. Before starting the tour, we spent 2 nights in Zagreb to get over jet lag and see this modern, safe and historic city. It proved good on both accounts. We had a hotel reservation in the old city area, making it easy to see the historic highlights interspersed with outdoor cafes, parks and gelato shops.

The tour company transferred us from Zagreb to our boat, "Linda" with a 2 hour ride to the island of Krk when we embarked onto our home for the coming week. She was not fancy but she had character and had a history from WWII. In 2006 she was nicely updated to provide cabins for guests; all cabins had AC, private baths, adequate storage and windows. We stowed our bags and met our 12 companions from Austria, Switzerland and Germany plus 5 Croatian boat

crew. Almost all of them spoke English and proved to be friendly and delightful.

After dinner (the food was very good on board), a calm night on the water and a robust breakfast, we began our 1st bike ride. Four of us and our guide biked primarily on paved paths or mostly low traffic roads; the others were mountain bikers. Nearly everyone rode E-bikes. If on a boat on the Croatian coast and going inland, there is no place to go but up! We were glad we opted for E-bikes. Our daily tours ranged from 10-45 miles with 600 to 3000 feet of elevation gain. Mountain biking on E-bikes appeared to be very popular in Europe.

Each day we biked from a different port. We typically biked inland through hilltop medieval villages, olive groves, vineyards, forests and cultivated fields. We also enjoyed some seaside riding. We were encouraged to enjoy our surroundings and not rush. We took breaks at coffee or gelato shops and on a couple days ate lunch at local restaurants. At the end of the day, we sometimes were able to take a refreshing dip in the Adriatic.

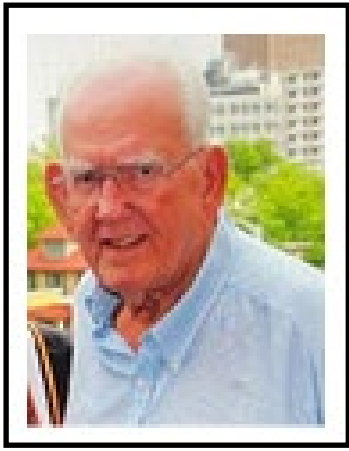
Istria highlights the melding of central and eastern European

history, culture and cuisine. Included in our tour were several locally guided tours of ancient Roman port cities, giving us a vision of history over years of Greek, Roman, Italian and Austrian influence. One city featured an incredible Roman colosseum. The ancient port cities are well preserved and restored; ancient dwellings are homes for many of today's residents.

We followed our bike tour with a pre-planned tour with a car/driver/guide. This arrangement meant we did not have to deal with lots of stress and time consuming logistics and were able to visit Plitvice National Park, World Heritage Centers of Split, Trogir, Mostar and Dubrovnick. It also gave us several days with a Croatian guide who gave us a locals view.

Croatia is safe, friendly and vibrant. We thoroughly enjoyed the boat, the biking, the people, our biking companions and the opportunity to enjoy the beauty of this relatively new nation.





In Memory of Jimmy Lee Pribble

Former DBTC member, Jimmie Lee Pribble, 86, passed away July 27, 2023, with his family by his side. A long time avid cyclist, Jimmie belonged to DBTC from 1989 until 2016. Both Jimmie and his wife

Nancy enjoyed participating in DBTC events and rides, with the ice cream rides being their most favorite.

Nancy has requested In lieu of flowers; non-tax deductible gifts can be made in his memory to: **Denver Bicycle Touring Club -DBTC, c/o Cynthia Withers, 9115 Taos Trail, Lone Tree, CO 80124**

RIDES AND RIDERS IN AUGUST

Once again, our ride leaders provided rides every day of the month! thank you to all of you who lead rides. You Rock! And Roll!!

RIDES: 41
RIDERS HAVING
FUN: 369

What will September be like?

SEE YOU IN SEPTEMBER!

2023 ADVANCE Planning CALENDAR

DBTC Events

Oct 7

Biketoberfest

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.

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



Why Get Your Bike Fitted

We are fast approaching the season of cooler weather. We begin to slow down in our cycling. The temperatures become cooler, the days begin to wane and we just don't ride as much. There comes a point, where we are much less tolerant of colder temperatures, so we turn indoors and start to slow down even more.

This is when our bodies start to change. Bones and joints, we all know as we get older, don't work as well; we become stiff, we don't have the same range of motion and our ability to maintain that position, to stay in the saddle as long as we did before, changes. So the next summer rolls around and we start to train for the new season, and our bodies tell us something is different— this is when we should consider having an advanced fit done.

Remember, the machine you are on is symmetric; our bodies are not and each year they become even less so. Your body position must change, maybe a lot or a little, but it must change.

One determinant can be your activity during the winter: Did you work out at all? Did you stretch? Remember the adage: if you don't use it, you will lose it. Were you on the trainer at all (something I recommend for everyone)?

At this point we check your saddle height, fore and aft position; your handlebar width, stem length and rise and, if you ride with cleats, foot and cleat alignment. All of these things can make a huge difference.

I believe once we turn fifty we should have our fit checked if not changed. You may not be keeping score but your body is. Thanks.

**REMEMBER LIFE IS A LIMITED TIME OFFER
LIVE DELIBERATELY AND RIDE FREQUENTLY!**

Randy Williams
Steel Horse Rescue 303 304 2823
FB page Steel Horse Bike Rescue or at
Wrenchrandy@centurylink.net



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.



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.

Snow Mountain Ranch



On August 2nd Vicki Ottoson (in the yellow vest), a new member and new leader, led a ride in conjunction with the Colorado Airstream Club from Snow Mountain Ranch (near Fraser) to Winter Park via the Fraser River Trail 15 miles each way. Riders enjoyed lunch at the WP base outside until a downpour started and they finished up inside. Luckily the sun came out when it was time to return to Snow Mountain Ranch.



Duffy Rolls

On Thursday, July 13th, Janet Kritzer (middle of top photo and bottom left photo) led a leisure ride through Cherry Hills, Greenwood Village and beyond. After the Ride: Duffy's Sandwiches were served at poolside tables and under covered umbrellas. Thank-you for a great event Janet!!!



A Sample of Jeff Krinsky's Rides



Clockwise from top left. The top of Swan Mountain on the FREE ICE CREAM TOUR OF LAKE DILLON. With a riding statue on the HIDDEN GEMS OF GOLDEN. At the Colorado Taphouse on the MAJESTIC 17 PARKS NEW BREWPUB TOUR (happening again on Tuesday Sept 5th).

Looking for some volunteers for the Biketober Fest on Saturday, Oct. 7, 2023!

Please call or text Ruby Frederick at 303-522-3573.

Here is the list:

- 1) Pick up ice from Costco River Point Parkway, Englewood at 9:30 am and bring to River Run Pavilion at Broken Tee Golf Course
- 2) Set up at 10:00 am - Need 2-3 volunteers
 - a. Set up tables with food items, warming pans, coolers with drinks
 - b. Set up registration table with name tags, pens, hand sanitizers. Will need a person to man the registration table in case there are questions, missing names, etc.
 - c. Hang banners, tape trash bags to pillars, labels for recyclable items
- 3) During Event - arrive at 10:30 am, need 4 volunteers to serve food:
 - a. Meat station
 - b. Potato salad and pickles station
 - c. Pretzels and condiments
 - d. Dessert Station
- 4) Clean up- starts at 1:30 pm - Need 2-3 volunteers



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

Labor Day to Fall. 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

Fun & Int: Jeff Krinsky jkrinsky2003@yahoo.com

Weekday: Patty Gaspar patty@gasparjones.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.

In case of extreme heat, the ride leader may cancel or change time - watch for last minute adjustments. Be ready to start at the time listed – tires pumped up and bike ready. The ride leader is not a mechanic so if your bike needs repair, please take it to the shop.

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 canceled.

DBTC September 2023

Friday, September 1st:

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

Saturday, September 2nd:

An opportunity to lead a ride - contact Jeff at jkrinsky2003@yahoo.com

Sunday, September 3rd:

8:30 AM FUN PLUS- H2 – 28 Miles West Meet Tom Fitzgerald (303-424-1082) at Sloan's Lake (north side, near the restrooms). We'll ride north on some quiet streets in NW Denver to the Clear Creek Trail, east to the Platte River Trail, then south to REI for a break. Then back on the Platte River Trail south to the Lakewood Dry Gulch Trail, and west to Garrison Street. Finally, north on Garrison through the Glens to 26th Avenue, and east back to Sloan's Lake.

9:00 AM FUN-H1-25-SE Parker Farmers Market Ride. Meet Ellen Fitzpatrick (720-209-2269) at the Village Greens Park parking lot, 9501 East Union Ave, Greenwood Village, outside Cherry Creek State Park. on the southwest side of the park. We will ride on paved bike paths through Cherry Creek park and connect to the Cherry Creek and Sulphur creek bike trails and ride to Parker. We will spend a half hour or what the group is comfortable with time wise and walk around the booths. Feel free to bring money and containers for treats you can comfortably carry back. We will return via the same route and gather for lunch at Village Green for social after the rode.

Monday September 4th: Labor Day

9:00 AM FUN/FUN PLUS-H2-27-NW Meet Merri Bruntz (303-517-9781) at Anderson Park (44th & Field) for a ride east on the Clear Creek Trail which we will take to the South Platte Trail. We will then ride to REI and return back to the park via neighborhoods in the Highlands and Wheat Ridge. Bring a sack lunch for a picnic afterwards.

Tuesday September 5th:

9:00 AM FUN-H2-21-NW MAJESTIC 17 PARKS NEW BREWPUB RIDE This ride was so popular in August, LET'S DO IT AGAIN!!! 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! Maybe we can get another group shot on the huge COLORADO CHAIR out front!

Wednesday, September 6th:

9:00 AM FUN - H2to3-22 SW Meet Patty Gaspar (303-618-5069) at the Sheridan Library Parking lot west of Federal and Oxford. We'll head toward the rebuilt Bow Mar area and go to Bowles Lake, Grant Ranch to Wadsworth and back to Sheridan High School. We'll ride some hills and lots of ups and downs, some beautiful quiet streets and pleasant bike paths. Lunch is at Monaghan's Bar and Grill 3889 S King St. There used to be a tunnel from there to Fort Logan so the soldiers could sneak out.

9:30 AM MTB P2, T2/3, Lair O' the Bear Park THE RIDE: Meet Steve Thomas for a ride on the Bear Creek Trail to Myers Gulch Rd and back, with the option of doing the new Rutabaga Trail on the way back. There are a few short technical sections with good singletrack in between. Total distance is about 12 miles. THE TIME: Meet at the Lair O' the Bear parking lot at 9:30 AM. THE DIRECTIONS: Take Hwy 74 west out of Morrison about 4 miles to the parking area turnoff on the left. THE FOOD: Bring snacks, drinks and chairs for after the ride at the park. QUESTIONS: Contact Steve Thomas at 303-429-2531.

Thursday, September 7th:

9:00 AM FUN H1 - 24 mi NE Sand Creek and Northfield Loop Meet Fred Tarbell (630-888-5290) at Twin Lakes Park. 226-328, 70th Ave (West of 53 and 224 intersection) Ride East on Clear Creek trail to South Platte trail junction. South over bridge to Denver to the Sand Creek trail junction. Follow Sand Creek to the Sand Creek Greenway and do a big loop in an open urban park. A mid ride stop at Starbucks for bathroom and refreshment before continuing to the North Field Mall and another urban park loop. Return on Sand Creek to Twin Lakes for recovery, socializing, and lunch that you brought.

9:15 AM MTB, P3, T2, Buffalo Creek THE RIDE: Meet Ken Lieb for a ride on the Buffalo Creek Trails. The ride will be approx. 13-15 miles depending on group preferences, roughly ½ the distance on gravel road. Some extended climbing; some limited technical downhill sections, usually loose pea gravel. THE TIME: Meet at the Buffalo Creek parking lot at 9:15AM. THE DIRECTIONS: Go west on Hwy 285 past Conifer to Pine Junction. Go left on Pine Valley Road, highway 126, to Pine. The parking lot for Buffalo Creek will be on the right, on an unmarked road about 3.3 miles south of Pine. (Parking lot not visible from hwy 126) If you start climbing a big hill on hwy 126 you have gone too far. THE FOOD: Bring snacks, drinks and chairs for after the ride at the park. QUESTIONS: Please RSVP Ken Lieb at 720-985-9883 or lieb.kenneth935@gmail.com., or if you have questions.

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Friday, September 8th:

8:30 AM LEISURE-H1-20-NW RALSTON CREEK AND LITTLE DRY CREEK Meet Jake Jacobi (720.808.2306) the south entrance to Standley Lake Regional Park. The parking is on the north side of the intersection of 86th Ave and Sims St.s. The ride will mostly be on Ralston Creek and Little Dry Creek, with some streets. An optional lunch at a local restaurant to follow.

8:30 AM INT-H4-35-W-3300' Elev. Gain. Lookout mountain and beyond. Meet Bill Luttrell (719 235-3868) at Rooney Trailhead Parking off Rooney road just North of Dinosaur Ridge at 8:15AM, wheels down at 8:30AM. We will head North up Rooney Road to the bike trail next to US 6, to 19th, then up Lookout mtn, regroup at Windy Saddle, then up to top of Lookout for snacks and water break, then West on Lookout mtn road, right onto Colorow, back onto Lookout mtn road, right up Mt Vernon road or US 40, then down to bike trail next to I70 to Evergreen, then to Kerr Gulch road down to 74, down to Morrison and back up Rooney to the start. REGISTER BY TEXT TO LEADER AS I AM LIMITING RIDE TO 8 RIDERS. Figure on moving at a good pace. We will take stops along the way as required by the group.

Saturday, September 9th:

9:00 AM FUN-PLUS/INT-H2-23 Miles-NW Meet Peter Woulfe (540-219-6674), at Anderson Park (44th & Field) . We will ride west on Clear Creek Trail to McIntyre, then on to the Ralston Creek, Blunn, and Van Bibber Trails, a few streets to Easley and then back to the Clear Creek Trail and return. Bring your lunch to socialize after the ride.

10:00AM, MTB, T2-P2, Dirty Bismarck. Meet Alison Preble (720-854-9923, ajbikes@yahoo.com) for a 15-mile loop ride on trails southeast of Boulder. Nice views of the flatirons. Mostly smooth single and double track. There are a few rocky sections. Meet at the Marshall Mesa Trailhead located at the southeast quadrant of Highway 93 and Marshall Road. The trailhead parking lot requires a \$5 per car per day parking fee. However, if there is space, there is free parking in the dirt lot on the northeast quadrant of Hwy. 93 and Marshall Rd. Refuel after the ride at Southern Sun (627 S. Broadway, Boulder).

Sunday, September 10th:

8:00 LEISURE-H1-20-NE Highline and Cherry Creek Meet Eileen Hunt (720-841-9558) at the Lowry Sports park (Fairmount and Sports Blvd) for an out and back ride south and west 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.

8:30 AM Intermediate- H3 - 25 Miles SW Meet Tom Fitzgerald (303-424-1082) at the Stone House (Estes & Yale at the Bear Creek Trail). We'll pedal west to Fox Hollow Golf Course, through Bear Creek Lake Park to Morrison. Then north along the C470 Trail, over C470 to Rooney Road, and up & over Dinosaur Ridge, then up to the Trading Post at Red Rocks, and back to Morrison. From there we'll pedal back east through Bear Creek Lake Park, over Mt. Carbon to Fox Hollow Golf Course, and on to the Stone House. Bring a sack lunch for a picnic afterwards.

Monday, September 11th:

9:30 AM FUN/FUN PLUS-H2-25-NW Meet Merri Bruntz (303-517-9781) at Anderson Park (44th & Field) for a ride west on the Clear Creek Trail to Tabor St. We will then ride north to Ridge Road and through the Skyline Estates neighborhood in Arvada to the Ralston Creek Trail taking it east to the Clear Creek Trail. We will ride west into Wheat Ridge and then to Sloans Lake. After riding around the lake we will return through neighborhoods in Wheat Ridge. Bring a sack lunch for a picnic afterwards.

10:00 AM MTB, P2, T2, Boreas Pass. Meet Steve Farley (303-437-5442) for a MTB ride up Boreas Pass from the Breckenridge side. 10 miles 1900 feet of elevation gain. We will go to the road summit to Section House, a backcountry hut and then return the same route to Breckenridge. This is an old Railroad Grade, typical alpine road but not 4WD, potholes and rocks will be minimal. Meet at 10:00 AM at the Breckenridge Ice Rink lot for free parking, 189 Boreas Pass Rd. This is on the south end of town. Parking lot picnic after the ride – please bring something to share. Keep in mind the rock scaling on I70 at Floyd Hill from 9-3. Allow yourself time to pass Floyd Hill before 9:00 AM.

Tuesday, September 12th:

9:00 AM FUN PLUS-H2-18/23-NW PATRIOT DAY+1 RIDE. Meet Jeff Krinsky (720-373-9107) to honor Patriot Day with a visit to the 9/11 Monument in Broomfield during THE SPACE, TIME, 9/11 RIDE or THE HIDDEN GEMS OF BROOMFIELD! It begins near the SE corner of Sheridan and 120th at the new Whole Foods in Westminster (1/2 mile east of Sheridan at Vrain and 120th. ADDRESS is 4451 Main Street.) We will take secret trails around Westminster and Broomfield where we will experience three incredible hidden displays including THE SOLAR SYSTEM, a brief history of GEOLOGIC COLORADO TIME, and most importantly, the 9/11 MONUMENT. (This ride has an escape option at the 18 mile marker for riders who run out of time and/or steam.) Enjoy a post ride patriotic lunch at Whole Foods. This adventure has received rave reviews with 4 and a half stars from the ride critics!

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Wednesday, September 13th:

9:00 AM FUN PLUS 26 - 30 miles , 1500 feet (with INT options for an added 500 feet of 3 small climbs) - Meet Diane Short across from the gas station at Rooney Rd and Morrison Rd (C-470). Ride through Bear Creek Park and into quiet neighborhoods between US 285 frontage road (NOT on 285) and Deer Creek. Mild climbs with option to do 3 short climbs in the Ken Caryl area then on to the S. Valley rest stop. Water there, no food. Return via C-470 bike path. Minimum of 5 for the ride to go - RSVP by the 11th, by calling my landline at 303-271-9642. If you want the Ride with GPS route, let me know.

9:30 AM FUN-H1-30 SE Meet Patty Gaspar (303-618-5069) at the Broken Tee Golf Course (west end of parking lot at 2101 W. Oxford in Englewood) for a ride on the Platte River Trail to the Cherry Creek Trail to the Highline Canal then DOWN Dartmouth. This used to be the Original Brooklyn's ride, but the parking is too complicated there now so we will have a picnic at the end of the ride.

Thursday, September 14th:

9:30 AM FUN PLUS-H2-44 mile NE Rotella Park to Golden and return. Meet Fred Tarbell (630-888-5290) at Rotella Park, 1824 Coronado Pkwy S. Denver. 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 your purchase at The Golden Mill on 1012 Ford St. After our break we will return by the same route and stops. Expect a 3 hr ride at 13 to 14 mph plus breaks. Stay for socializing or bring your own lunch after the ride at Rotella Park. A shorter 34-mile option for riders who wish to join at Twin Lakes and return to Twin Lakes. The group from Rotella would stop by Twin Lakes at 10 am if additional riders have signed up.

Friday, September 15th:

8:30 AM LEISURE-H2-21-SE Cherry Creek Trail south to Franktown & RTN. Terrain:Paved & 1/4 gravel Meet Barbara Thomas (cell 816-560-0243) at McCabe Meadows Trailhead, near Parker Rd-South of Twenty Mile Rd & North of Hess Rd, 19700 Indian Pipe Ln, Parker, CO 80134. Bring snacks & water. Pack a lunch to enjoy the perfect setting at the meet up location on the return. NEW RIDE LEADER!!!

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, Sept 13th. 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, September 16th:

8:30 AM INT-H3-33-S-2300' Elev Gain. Larkspur Loop Meet Bill Luttrell 719 235-3868 at Larkspur Community Park at 8:15AM, wheels down at 8:30AM. Take I 25 south to Larkspur exit and park will be about ½ mile on the left. We will take Spruce Mtn Rd to Palmer Lake, then right onto S Perry Park Rd, right onto Tomah Rd, right onto Bear Dance, left onto Independence Dr, right onto Quartz Mtn Dr, left onto Perry Park back to the parking lot. This is a scenic route with lots of uphill and downhill. We will take a bathroom and water break at Palmer Lake and regroup/stop as necessary. Figure on moving at a good pace.

9:30 AM FUN/FUN PLUS-H2-25-NW Meet Merri Bruntz (303-517-9781) at Prospect Park (44th & Robb) for a ride west on the Clear Creek Trail to Easley Road, which we will take to the Ralston Creek Trail. We will then ride the entire length of the Ralston Creek Trail returning via the Clear Creek Trail and back to the park. Bring a sack lunch for a picnic afterwards.

Sunday, September 17th:

8:30 AM Intermediate- H4 - 33 Miles West, Hill Climber's Delight. Meet Tom Fitzgerald (303-424-1082) at Prospect Park (44th & Robb St., Wheat Ridge). We'll pedal west to Golden via the Clear Creek trail, cross Golden through the School of Mines campus to 19th Street, then climb Lookout Mountain. We'll then pedal Lookout Mountain Road to Hwy 40 (parallel to I-70), and climb up to Genesee for a break at the Genesee Country Store and Candy Land (bring \$\$). After a break, we'll start our descent via the Mount Vernon Country Club Road, back to Lookout Mountain Road, where we'll continue down Lookout Mountain, through Golden, and return to our starting point via the Clear Creek Trail. Bring a sack lunch for a picnic afterwards.

Monday September 18th:

9:30 AM FUN/FUN PLUS-H2-25-SW Meet Merri Bruntz (303-517-9781) at Broken Tee Golf Course (west end of parking lot at 2101 W. Oxford in Englewood). We will ride the south Platte Trail north and ride west along the Bear Creek Trail over the Bear Creek Dam to Morrison. We will return via Morrison Road to Fox Hollow Golf Course, where we will meet up with the trail and back to the start. Bring a sack lunch for a picnic afterwards.

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9:00AM LEISURE-H1-21-NE Meet Helen Berkman (720-355-5687) at Fred Thomas Park (26th Ave and Roslyn St lot) for an Urban Adventure Loop through central Denver. We'll ride through Park Hill to City Park and north to visit the brand new Central I-70 Cover Park (the one on top of the I-70 tunnel). Down the 39th Ave Greenway to the new Globeville Landing Park, then up the Platte River to Sand Creek Trail, and back to the start via Westerly Creek and GreenWay Park. Bring lunch for a picnic (or pick one up at the King Soopers near the park).

Tuesday September 19th:

10:30 AM, MTB, P2, T1.5, 9 miles, FAR SOUTH: Easy Thermos Ride - Pineries in Black Forest, north of Colorado Springs. Meet Jeff Krinsky (720-373-9107) at this new single track that I have ridden once and then twice with DBTC and it is worth the drive. We will meet at the Pineries trailhead north of Shupe and east of Vollmer. Bring chairs etc so after we complete the 9 mile loop we can picnic. You can view and download the map here: <https://www.blackforesttrails.org/the-pineries-open-space.html>

Wednesday, September 20th:

9:30 FUN PLUS H2-19 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 your lunch to socialize after the ride.

9:30 AM FUN-H2-20-S. CLEMENT PARK LOOP. Meet Patty Gaspar (303-618-5069) in the West Parking Lot behind the Columbine Library, 7706 W. Bowles Ave. The Clement Park Loop is west along Lily Gulch Trail out to C-470, then on C-470 Trail south and east to the Platte Canyon Road returning to Clement Park via the Columbine Valley neighborhood. There are several long climbs on this route, but a huge downhill along C-470. I'll have Carl's ebike. Bring a picnic lunch for after.

10:00 AM MTB P2.5, T2.5, Centennial Cone THE RIDE: Meet Steve Thomas for a ride on the Centennial Cone Trails. The ride will be approx. 15 miles with some extended climbing and a few technical areas. THE TIME: Meet at the Mayhem Gulch parking lot at 10:00AM. THE DIRECTIONS: Go west on Hwy 6 (Clear Creek Canyon Road) to the Mayhem Gulch parking area on the north side of the road. THE FOOD: Bring snacks, drinks and chairs for after the ride. QUESTIONS: Contact Steve Thomas at 303-419-2531.

Thursday, September 21st:

9:30 AM FUN PLUS H1 36 NE Rotella Park to Tap House Meet Fred Tarbell (630-888-5290) at Rotella Park, 1824 Coronado Pkwy S Denver. Bike West on Clear Creek trail to the junction of Ralston Creek at the Gold Strike bridge. Then follow Ralston Creek trail thru Arvada to the Tap House, 14982 W 69th Ave Arvada. The route will stay on the creek trail markings with some short street riding. Mid ride break at Tap House for coffee, pastry, snacks and bathroom visit as you desire. We return to Rotella Park riding East on Ralston Creek and back to Clear Creek through Arvada. Socialize and recover at Rotella Park with your snacks or lunch as you wish. A 26 mile shorter version for riders who wish to meet up at Twin Lakes. The route is the same as the group starting from Rotella. The ride group from Rotella would stop by Twin Lakes by 10:00 If additional riders have signed up.

Friday September 22nd:

9:00 AM FUN-H2-21-NW - THE EVER-CHANGING NAME RIDE. Meet Jeff Krinsky (720-373-9107) for the 8th time on this ride with a 4th name for the ride. It 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.)

Saturday, September 23rd:

9:00 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 outside on the west side of 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, September 24th:

9:00AM LEISURE-H2-26-NORTH Oskar Blues-Sandstone Ranch-Hygiene Lollipop. Meet Marcy Rodney (720-985-3403, no voicemail) at Oskar Blues 1555 Hover St, Longmont, park at the north end of the lot. Starting at Oskar Blues, we will head east on the Left Hand Trail then the St. Vrain out to Sandstone Ranch for a pause to admire some Colorado history and geology. We'll return west on the St. Vrain, continuing N on 75th St. to the Hygiene crossroads for another pause. Head S on 75th St. (some hills) to Clover Basin Dr. and head east on quiet roads and paved paths, returning to Oskar Blues. This ride is on paved trails and roads. There's a short stretch of gravel at a detour. Bring snacks for the breaks and money if you want to get something at the Hygiene store or lunch at Oskar Blues. See route map at <https://ridewithgps.com/routes/39903250>

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8:30AM INT-H4-37-W-3880' Elev gain. Squaw Pass Meet Bill Luttrell (719 235-3868) at Bergen Park N Ride in Evergreen at 8:15am, wheels down at 8:30am. We will head up the beautiful long uphill Squaw pass road up to the Echo Lake parking area. We will take breaks as required by the group. Bring lots of water and snacks. Great views of the distant Continental Divide and mountains. After lunch it is about a mile climb and then all downhill back to the start.

Monday, September 25th:

9:30 AM FUN/FUN PLUS-H3-27-NW Meet Merri Bruntz (303-517-9781) at Anderson Park (44th & Field) for a ride west on the Clear Creek Trail to Easley Rd to the Arvada Reservoir. We will ride a loop over the reservoir and back to the start via the same route. Bring a sack lunch for a picnic afterwards.

Tuesday September 26th:

9:30 AM FUN PLUS-H3-25-Frisco (Elevation Gain = 1646') Meet Jeff Krinsky (720-373-9107) for THE FREE ICE CREAM TOUR OF DILLON RESERVOIR – KEYSTONE EDITION. We will ride the multi-use trail around Lake Dillon and then to Keystone. We will then return to the lake and climb the Swan Mountain bike path to the top and enjoy the incredible view. Afterwards, we will enjoy the fabulous downhill ride, completing a circle back to Frisco where DBTC will purchase ice cream for all riders at the Foote Sweet Shoppe. We will meet at the 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.

Wednesday, September 27th:

9:00 FUN PLUS H-2-20 Miles 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 Chatfield State Park, and up the dam. We will ride the paved part of the dam, then return via C-470 and the South Platte Trail. Bring your lunch to socialize after the ride.

Thursday, September 28th:

9:00 AM FUN PLUS H2 35 NE Twin Lakes Loop Meet Fred Tarbell (630-888-5290) at Twin Lakes Park, 300 West 70th, (1/8 mile West of Broadway and 70th Ave). Bike West on Clear Creek trail to the bridge outside of Golden. Then connect to Easley Road and follow it to 64th Ave. West on 64th Ave to the Virgil St entrance in Arvada and stopping at the West Woods golf course on Ralston Creek. Longer midride break at the golf course restroom area as well as regroupings enroute at Wheat Ridge Rec center, Golden Bridge and the Arvada Gold Strike bridge. We return to Twin Lakes going East on Ralston Creek through Arvada, back to Clear Creek. The return route follows the Ralston Creek route with some short street riding. Socialize and recover at Rotella Park with your snacks and lunch as you wish.

9:30 AM LEISURE -H1/H2-20-SE Cherry Creek Trail and Piney Creek Trail. Meet Jill McMahon (303 888-0314 cell) at the Arapahoe Rd Trailhead for the Cherry Creek Trail (just east of Jordan Road on the south side of the street.) We will ride north into Cherry Creek Park and turn east on the Piney Creek Trail. We will ride to a point just past E 470 and turn around for a total of about 20 miles. Bring a snack and money for an optional lunch at a local restaurant.

Friday September 29th:

9:00 AM FUN-H2-23-NW – BACKWARDS LIMERICK RIDE. Meet Jeff Krinsky at the parking lot down by Clear Creek Trail and the picnic shelter at Prospect Park (44th & Robb St) in Wheat Ridge for this backwards ride twist. We will ride the Clear Creek, Ralston Creek, Blunn Trail Ride counter clockwise to change things up. In addition, back by popular demand, this ride marks the second return of the great LIMERICK Ride. So have your favorite rhyme ready or just listen to those of others during the GREAT LIMERICK breaks that are strategically located on the 23 mile loop!!!

Saturday, September 30th:

8:30 AM INT-H3-33-S-2300' Elev Gain. Larkspur Loop Meet Bill Luttrell 719 235-3868 at Larkspur Community Park at 8:15AM, wheels down at 8:30AM. Take I 25 south to Larkspur exit and park will be about 1/2 mile on the left. We will take Spruce Mtn Rd to Palmer Lake, then right onto S Perry Park Rd, Right onto Tomah Rd, right onto Bear Dance, left onto Independence Dr, right onto Quartz Mtn Dr, left onto Perry Park back to the parking lot. This is a scenic route with lots of uphill and downhill. We will take a bathroom and water break at Palmer Lake and regroup/stop as necessary. Figure on moving at a good pace.

9:00 AM FUN-H2-28-SE-700' Meet Ellen Fitzpatrick (720-209-2269) at Mamie Eisenhower Park Rec Center, 4300 East Dartmouth Ave., Denver (Colorado Blvd and Dartmouth) to ride the Highline Canal through Cherry Hills and south to Prince Street and into downtown Littleton where we'll stop for ice cream (or hot chocolate depending upon weather). Then back to cars via bike path along the Platte to Big Dry Creek and neighborhood streets. The first 14 miles are hard pack small gravel and the last half all pavement, so a wider tire like a hybrid or gravel bike may be better than a road bike. Bring money for the stop or your own snacks, and stay for lunch/social after at the park.