



The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

APRIL 2015

... Let the good times roll...
DBTC
Spring Kick-off



Saturday, April 11 • 5:30 p.m.

Lucile's Creole Cafe

2852 West Bowles Ave., Littleton (W. of Santa Fe)

Registered attendees will enjoy a delectable gourmet buffet, featuring a mouth-watering creole menu of gumbo, red beans and rice and tossed salad – all for \$13 per member*

Special presentation by Karen Rakestraw, author of the informative, entertaining blog, Pedal Dancer. This local rider will share ramblings on Cycling, Travel, Food and Fun!

Two KICK OFF RIDES to choose from!

Weather permitting, there will be two kick-off rides leaving the Tennis Bubble (just north of Bowles) at 2:30 PM. You'll have your choice of FUN or INT, and each will have you back in plenty of time to freshen up for the 5:30PM celebration and meeting.

*registration now closed.

Thank you to Cathy Leibowitz and Jim Black

In March DBTC newsletter we announced a new MTB coordinator but as it happened just as we were putting out the newsletter we neglected to thank Cathy and Jim for taking on that job last year. This email was sent by Dick Plastino, but it reflects the sentiments of the rest of us.

For myself, and I'm sure all of the active mountain bikers, I would like to thank you for being Ride Coordinators for the 2014 mountain biking season. You took up the sword at a time when others on the field of battle had dropped their swords or been killed dead dead dead.

It does take your time and effort to run a good season and you did this in spades! Herding cats like this group's members is not easy.

You both deserve many accolades for serving as Coordinators and you should hit up members after rides and remind them that buying you a meal or drink would be a fine way to show appreciation!

Many thanks!



Cathy



Jim

INSIDE...

Avoid a Crash by "Zipping Up"	p. 4
Spring Events!	p. 5
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DBTC's Officers

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Photo Gallery Jeff Krinsky photogallery@dbtc.org	720-373-9107

Board Meeting

Any member wishing to attend a board meeting is welcome. The next board meeting date is Monday, April 13 at Southwest YMCA, 5181 W. Kenyon Ave, at 7:00PM. If you wish to address the board, contact the president, Kathy Stommel: cyclekats@gmail.com, or call 719-671-5579 so that your topic can be placed on the agenda.

The President's Page

Kathy Stommel



Spring is officially here! It's time to put away those winter toys and get ready for a fun season of biking with your DBTC friends. There are SO many ways to get involved:

Spring Kickoff Event - Let the Good Times Roll!

Cyndy Klepinger, DBTC Vice-President, has worked hard to provide an exciting new type of Kickoff this year. We will be treated to a Mardi Gras themed dinner of gumbo, red beans & rice and much more. Lucile's Creole Cafe in Littleton is situated on the Platte River trail so see page 11 for two ride options prior to dinner. Hopefully you paid close attention to the numerous reminders and got your registration made by the deadline.

Social Rides - Take a look at the April ride schedule posted in this newsletter and on the DBTC website. April is the official start of the ride season and there is something for everyone! Best of all there is no cost, no obligation and no registration; just show up, sign the DBTC waiver, and follow the leader. Thank you to all the ride leaders and coordinators who plan the routes and make sure participants have a good experience.

Take a Tour - There are spaces available for the Glenwood Springs at a Leisurely Pace Tour which runs July 12-17. The \$400 registration includes 5-nights in a double occupancy room, daily breakfast at the hotel, get acquainted dinner, happy hour snacks, four leisurely rides on paved paths or quiet roads and one free day to enjoy the activity of your choice in this beautiful area. This is the perfect opportunity to try an out of town tour at a great price with enthusiastic new tour leaders, Lin Hark and Richard Geisler.

The Door County Ditto tour, August 23-28, has three openings; one double occupancy room, plus one male roommate needed. Also accepting applicants for the currently empty waitlist. If you are interested, contact me as the tour leader for instructions.

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**Marriage is a wonderful invention: then again,
so is a bicycle repair kit.**

- Billy Connolly

Pictures and Articles for the Newsletter... This newsletter belongs to the members. If you have pictures or an article to share, please email them to ridecoordinator@dbtc.org. Only send one or two pictures so you don't clog up my computer! Be sure to include details about who, when and where the picture was taken. If you have a photo to mail, contact the Ride Coordinator for the address. Remember we must give credit to the author. If you are a writer with an article of interest, we may make you a published author! The deadline for publishing is the 20th, but please send your articles earlier.

President, continued from pg. 2

BECOME A VOLUNTEER!!

We are always looking for new ride leaders and trust me it's not hard to do. Any of the ride coordinators are available to give instruction and the website "Ride Leader Resources" tab has an easy-to-follow guideline.

The Marketing Committee is seeking members to help promote DBTC at bike expos, Bike to Work Day, and other events. Contact any Board member for more information.

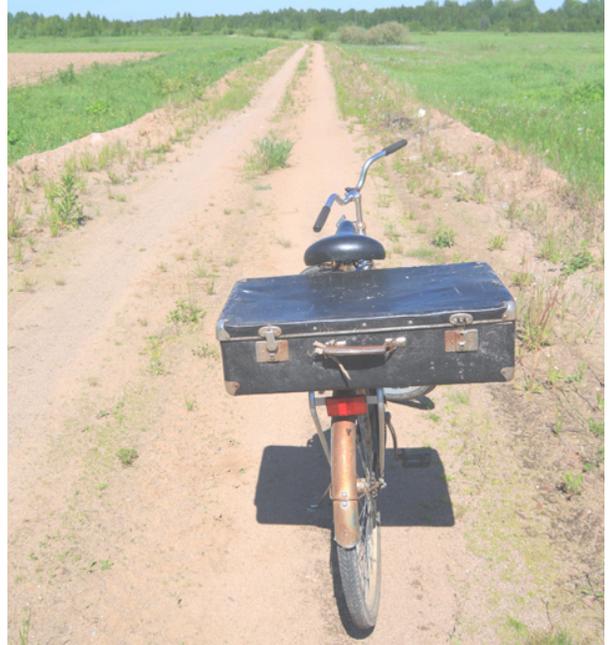
All DBTC events require volunteers— set up, greeters, check-in, entertainment, etc. Watch the announcements and then contact the event coordinator if you are available to help.

The main funding source for DBTC is sale of the **Bicycling the Greater Denver Area Route Map**. Have you seen these maps available in your local bike shop or book store? If not, **please let us know** so we can help them get started.

This is your club - let's work together to make it even better in 2015. Get excited, be involved and let the good times roll. See you on the road.

Traveling with your bike this season?

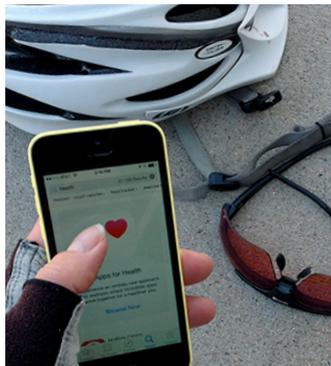
Do it the easy way... DBTC has hard-sided bike transport boxes and protective soft bags that can be checked out to current members. Contact any Board officer for more information.



Emergency Contacts

by Patty Gaspar

A few years ago many of us put ICE contacts in our phones. That is great, until you lock your phone with a Passcode. My iPhone now has an app called Health – it has a red heart – that appeared after one of the upgrades. You can enter your emergency contact information in that app and Emergency appears on the screen where you enter your Passcode. Anyone can dial 911 or find your emergency contacts by hitting that without having access to the rest of your information. It also includes a place to enter medical information that might be needed in an emergency. I assume other models of phones have similar apps.



STROKE IDENTIFICATION- RECOGNIZING A STROKE

Submitted by Dave Noble

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, this lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking four simple questions – S-T-A-R:

S - Ask the individual to SMILE.

T - Ask the person to TALK and SPEAK a simple sentence (coherently).

A - Ask the person to STICK OUT YOUR TONGUE & say "AHHHH".

R - Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

A Cautionary Tale About Bee Stings and Bike Crashes

by Scott Houchin

As a bike medic, I am frequently asked what is the safest thing you can do while riding a bicycle (besides wearing a helmet). I usually say to keep your mouth closed and zip up your jersey when going downhill because that is when most bee stings happen. Bee stings are probably the most common medical incident that I have had to treat. If you are riding downhill with an unzipped jersey, the bee is sucked into the opening of the jersey and cannot get out—thus the sting. Hearing/feeling a bee buzzing inside your jersey typically produces a very upset rider and many times the rider ends up having a wreck. However, after s/he does stop their bike, there is a struggle to get out of their clothes as fast as possible. As for riding downhill with your mouth open: a bee can get stuck inside your mouth and you can imagine the result—multiply all discomfort by two.

I know this to be true from several sources—one by treating patients—the other was while having a beer at the Denver Bicycle Café... I told a group of kids working there (kids are anyone under 40) about your jersey and bee stings

and about two weeks later I saw one of them with scabs all over his right arm. When I asked him what happened, he said, "You told me this would happen. I was riding my bike fast to get to work and a bee flew inside my jersey, and when I tried to get it out I had a wreck." Apparently, I made a believer out of him.

Bee stings are no joke. Besides the obvious—bee stings hurt—there is always the threat of anaphylaxis shock (someone who is allergic to bee stings and goes into a life threatening state of shock). Most of us have heard of these sorts of situations, people eating nuts or shellfish in a food dish and going into shock. Well, the same sort of reaction is possible with bee stings. A few quick questions to the patient (PT) helps a lot; A) determine if the PT has a prior history of being allergic to bee/wasp/any sort of stings (even if the PT does not have a prior history, this incident may be their first allergic reaction). If you are with a PT who has been stung, observe the patient for at least 10 minutes for symptoms of shock before releasing. Actually, 20 minutes is

Continued on pg. 8

Door County Ditto Tour – 3 Openings Left

Kathy Stommel • August 23-29

WANTED

Energetic Ride Leader seeks three fun-loving, bike riding people to fill the final spots on the Door County Ditto tour in August. The waitlist is currently empty, so apply today and increase your chances to join. \$200 deposit due now, \$600 balance by June 1st. The wait list is currently empty so apply today and increase your chances to join. Contact Kathy Stommel at cyclekats@gmail.com for additional info. Go to www.dbtc.org for tour details. This will be a great ride.



Spring Training Rides Under Way

by Donald Schmertz

www.meetup.com/Denver-Bicycle-Touring-Club/events/220238413/

These early-season rides are set up for Road Riders who wish to improve their overall cycling fitness for the upcoming season. Cancellation of the ride can occur if temperatures are below 30 F and/or roads are wet. Start times will be 11:00AM unless weather determines a different time. All rides will start at Davie's Chuck Wagon Diner, 10151 W. 26 Ave & Kipling, Wheat Ridge, CO. This location is just across Kipling St. from the Crown Hill Park. Please park your car on the northwest corner of the parking lot. Mileage is from 20 miles to 35 miles. The routes are not too hilly and have been used before. This time of the year, there is no reason to climb mountains. Spring training road rides pace will be 15-25 MPH on flat ground with regrouping.

We have two basic rides to that alternate each week. The following are the links to the rides.

South ride - www.mapmyride.com/us/wheat-ridge-co/south-ride-red-rocks-route-27190350

North ride - www.mapmyride.com/us/wheat-ridge-co/north-ride-quaker-route-27191152

Please reply to me by email at roadrider80226@yahoo.com to learn more about the rides.

Hope to see you there!!! – Donald



Inaugural Colorado Bike Expo is Saturday, April 25th



This event marks the kick-off of cycling season in the state of Colorado. Vendors from bike shops, nutrition/food, kids zone bike races/events, teams/clubs will be onsite to promote great cycling! Also included will be bicycle nonprofits and advocacy groups who promote cycling in Colorado. Proceeds from the ticket sales will support these nonprofits' amazing work. In addition, there will be exciting guest speakers presenting on the main stage, with music and fun activities for all ages. Sponsored by Primal and Audi Denver.

The Colorado Bike Expo
Saturday, April 25th, 2015
10am – 5:00pm
Colorado Convention Center
Anticipated Attendance: 3,500-5,000 Bicycle Enthusiasts and over 100 exhibitors
Additional Attractions include demonstrations, Wish for Wheels Bike Build, and so much more!
www.ColoradoBikeExpo.com



BikeLove Looking for Colorado Bike Organizations to Join the Celebration



- What: BikeLove is a free community-inclusive event that brings together the people, the ideas, organizations, and the businesses that make bicycling a big and important part of our lives in Denver. Bike performers, artists, builders, advocacy, and more coupled with music, activities, beer, and food, all in the name of celebrating bikes.
- When: **Saturday May 9th from 12-5p**
- Where: **Sculpture Park, Denver Performing Arts Complex**
- Expected Attendance: **2,000**

There already is a diverse group of bike organizations, individuals, and businesses involved and they would love to have DBTC there as well. BikeLove will not be a typical vendor booth event for a small subset of the population; their goal is to make this an inviting, interactive event that engages all members of the Denver community.

Please contact the Marketing Committee at guestrelations@dbtc.org or matilda8@earthlink.net if you are interested in joining DBTC in being a part of this event. www.bikelovedenver.com/

Online Construction Detours & Updates from RTD:

https://www.google.com/maps/d/viewer?ll=39.805899,-104.984665&t=m&source=embed&ie=UTF8&msa=0&spn=0.158248,0.342636&z=11&mid=zVMlvSdJQnac.kopSvxexl_mc

Ditto from Denver Parks & Recreation:

www.denvergov.org/parksandrecreation/DenverParksandRecreation/Parks/Trails/TrailDetours/tabid/445331/Default.aspx

DBTC Members Joining and/or Renewing in February

ADDY BETHE	PAM JACOBUS
KELLY BETHE	JUDY PETERSON
KATHY COOK	DEBBIE SPYKER
DERREN	MARILYN WILLETTE
DUBURGUET	

Guide to Reading the Ride Schedule

by Patty Gaspar

Each leader determines the rating and mileage for the ride. They try to be accurate, but their idea of hills might differ from yours! Some leaders are more supportive than others. Some leaders are way out front; others lead from the middle of the pack. Please be flexible. Much of the fun of riding with the club is exploring new trails with different people. Ride leaders and/or the riders reserve the right to modify the route selection due to rider attendance, skill levels, weather conditions or the whining of other riders. Keep the leader informed if you decide not to ride with the group.

Pace of Ride	Difficulty of Terrain	Distance	Quadrant of City	Departure Time
Roses – Leisurely (Avg. 8-10 mph) Fun – Comfortable (10-12) Int. – Brisk (12-16) Road – Fast (16-20+) ATB – Unpaved Roads MTB – Mountain Bikes	H1 – Flat H2 – Some Hills H3 – Hilly H4 – Serious climbs Two ratings: technical skill T1 to T4 and Physical exertion P1 to P4	This is an estimate – options may be offered	NW NE SE SW W	Arrive early enough to unload your bike and be ready to leave at the time shown.

Pace of Ride:

This is an average pace, not a maximum speed. Pace will vary with terrain.

“ROSES” OR LEISURE 8-10 mph. Leisurely pace, frequent stops, good place to start

FUN 9-12 mph. Moderate pace, frequent stops, focuses on group ride.

INT 12-15 mph. Intermediate, steady pace with fewer stops for more advanced riders.

ROAD 15+ mph. Vigorous pace with only occasional stops for advanced riders.

MTB or ATB Mountain bike ride – terrain determines pace.

Difficulty of Terrain

H1 Mostly flat to rolling with an occasional hill

H2 Mostly flat or rolling with moderate hills

H3 Quite hilly or some long and/or steep hills

H4 Serious climbs – remember, we are in the Rocky Mountains

ATB Terrain Rating - Mountain or Hybrid Bikes

H1 Non-technical trails, gentle climbs, gravel or dirt roads/trails, few obstacles.

MTB Technical Rating and Physical Exertion Rating - Mountain Bikes Only

T1 Easy technical ride. Flat, moderate single track or trails - suitable for beginners.

T2 Moderate technical ride. Single track, some bumps, maybe a sharp turn or two - expect to break a sweat.

T3 Very technical, single track, ruts, rocks and obstacles. Might fall off bike - expect your legs to burn.

T4 Extremely technical with tight, difficult single track, large obstacles, ruts, logs, rocks. You'll wonder why you picked up this crazy sport!

P1 Not too difficult to P4 Demands excellent physical condition – a trail might not be technically difficult, but it might be physically challenging.

Estimated Distance

This is the estimated distance in miles (MTB rides may not have a mileage designation) but actual ride distance can vary.

Quadrant of City – SW, NW, NE, SE, W

Note the quadrant of the metro area for the meeting place. The North/South dividing line is Colfax. The East/West is Broadway. W indicates in the foothills or mountains. This is simply to help you locate the starting point on your DBTC map. We try to spread the rides throughout the metro area. You can go to www.DBTC.org for the most common starting locations and print a map from your home to the starting point.

Examples

FUN-H2-25-NW Fun ride from Olde Town Arvada out the Ralston Creek Trail and back.

Expect to ride about 10-12 miles per hour with some climbing. A pleasant ride and the group will probably have lunch afterwards.

ROAD-H1-55-NE Road ride from Denver to Fort Lupton and back. Expect to ride 20 MPH or more on flat road. No beginners on this ride.

FUN-H4-20-NW Fun ride from Prospect Park up Lookout Mountain.

Expect to do some serious climbing. Lookout Mountain is a steep, narrow road, but the pace will be slow with frequent stops for the slower riders to catch up.

- If this ride is rated INT-H4-20-NW expect fewer stops on the ride up and the group may meet you on the way back if you fall too far behind.

- If this is rated ROAD-H4-20-NW expect the riders to meet in the parking lot and go straight up the hill.

MTB-T3-P3-NW MTB ride at White Ranch.

Expect to climb up a trail. This is not a ride for your first outing. Mountain bikes only.

INT-H2-35-SE Intermediate ride from South High School to Cherry Creek Reservoir.

Expect to ride at a steady pace without a lot of breaks. There are some climbs on this route, but nothing like Lookout Mountain.

Guide, continued from pg. 6

The rating system is just to give you an idea of what to expect. **ROSES, LEISURE and FUN rides** are very supportive with frequent breaks to re-group. A FUN-H1 ride would be at a leisurely pace along one of the flat bike trails. A FUN-H3 would be much more challenging. Please read the ride description, because one person might label a ride a FUN ride that someone else would consider an INT ride. For a FUN ride you can use a road bike, a hybrid or even a mountain bike.

There is a fine line between a long fun ride and an intermediate ride. If the riders who show up for a FUN ride are ALL faster riders, the pace may be the INT speed. If it is a large group, some of the riders may be riding at a faster pace. FUN rides incorporate stops to regroup. If you don't plan on completing the entire ride, be sure to let the ride leader know so the group doesn't wait for you.

INT or Intermediate rides are intended to be at a faster pace or on more difficult terrain than FUN rides. Many riders cannot keep the pace on a mountain bike. Intermediate rides will be more supportive than ROAD rides, but you are expected to be able to keep up with the group.

ROAD rides are fast-paced and intended for riders in good physical condition. It is assumed that riders will be able to read a map if offered, comfortable to proceed at their own pace, be competent to fix flats, and can do their own mechanical work if necessary. Those who ride at a slower pace are welcome. However, they may be riding alone

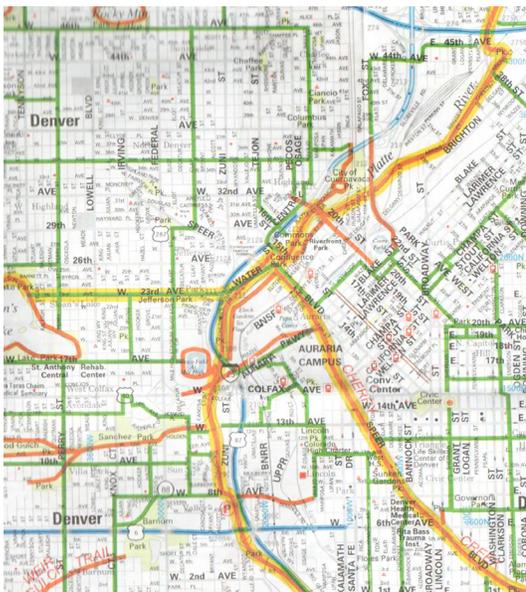
sometimes and are urged to attend with a friend who rides at a similar speed. Road riders at times do not ride as a group and sometimes split off the agreed-upon route.

Some of the INT or ROAD rides feature a lot of elevation gain so the pace will be slower.

Some rides will have a dual designation FUN/INT or INT/ROAD. There might be mileage options. When you read the text you'll find that there might be two leaders for this ride and they expect the group to split between faster and slower riders. Other times the leader wants to warn you that even though it's not quite an INT ride it is not suitable for a beginner. An INT/ROAD welcomes people who want to ride faster or climb harder, but aren't necessarily roadies. If in doubt, contact the ride leader and ask.

MTB or Mountain biking is becoming more popular every year. We have two classes of Mountain Biking - ATB means a hybrid or cross bike with tires suitable for gravel roads and paths would be an option and MTB refers to your suspension mountain bike. MTB rides require a mountain bike. Technical rating and physical exertion are a matter of opinion and depend highly on route conditions. Please pay attention to the rating. Many of the rides will be listed with multiple ratings - they may have a T1, P1 for an easy ride option and a T3, P4 for the GONZO option. The riders can do either option. Watch for MTB clinics so that you can improve your technical skills to ride more difficult trails.

Most of all - HAPPY PEDALING!!



DID YOU KNOW ??

DBTC publishes the "Bicycling the Greater Denver Area Route Map." In fact we sold over 20,000 copies in the past three years, Do you have a copy? Maps can be purchased from Bike Denver, bookstores such as Tattered Cover, and bike shops including REI, Bicycle Village and many more.

And next time you're patronizing your local bike shop, ask them if they stock our map—if they don't (or have run out of maps), PLEASE contact Map Sales Coordinator, Doug Schuler at mapsales@dbtc.org.



the recommended medical time. However, keeping a bicyclist sitting for 20 minutes is not usually successful—after 10 minutes with no reaction, they usually decide they are fine themselves and resume riding.

If the patient has a very strong history of allergic reactions to stings, I would **call 911** as soon as advised of the allergic condition. Do not hesitate on this: if they start having a reaction, usually it will come on fast. (As with all medical issues, there are always variations.)

After determining if the PT is allergic, observe the site of the sting. Frequently, the stinger and the attached sac of venom are still in the PT. Be cautious in removing the stinger *to avoid injecting the remaining portion of the stinger pouch into your patient*. After removing the stinger, clean the wound & apply ice, if possible, and then observe the PT for a full 10 minutes (again 20 minutes is better).

Again observe for at least 10 minutes—20 minutes is better. If the PT states s/he is allergic to bee stings, you should already have called 911. More than likely the PT will start having signs and symptoms within that time. Especially if the patient states they have a prior history of anaphylaxis shock, start observing for:

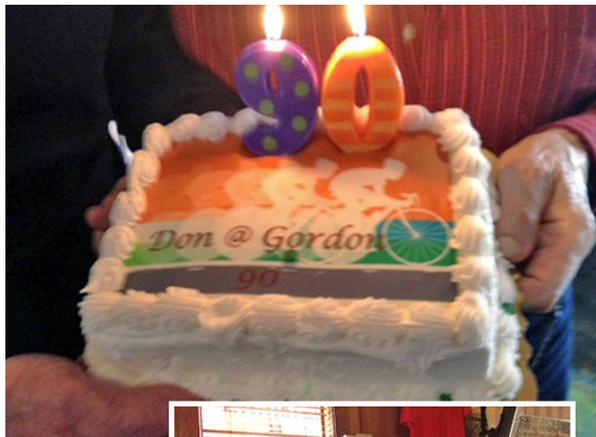
- Hives and/or swelling of face, eyes, lips, tongue, etc.;
- Rapid breathing, cough, or labored, noisy breathing;
- Patient may feel tightness of throat and/or chest (serious stuff) and/or a feeling of impending doom;
- Rapid heart rate (do vitals – including respirations if you know how).

Scott Houchin is a long-time DBTC member and recently joined the DBTC Board. He serves as a medic on bicycle rides all over the country. For more information on treating bicyclists who have been injured, check out Scott's web page: Bicyclistmedic.com

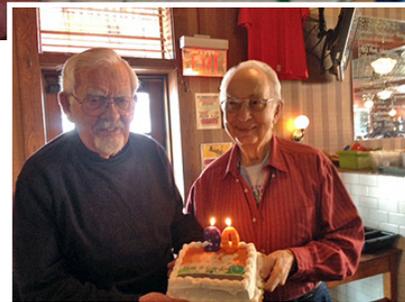


Our First Members to Hit the 90 Mark by Patty Gaspar

On March 2nd, 18 DBTC members joined to celebrate our first riders to hit 90. Don Pearson is very proud of being four days older than Gordon Valentine, but both turned the age of 90 in February.



Gordon was our Ride Leader of the Year in 2004 for leading 26 rides – and again the next year when he turned 80. As the only ride leader who led “Roses”, Fun, Intermediate AND Road rides; he was much appreciated by the ride coordinators. It was always a bit disconcerting to reach the top of a hill on one of his rides where he would be patiently waiting for the group – and not even out of breath. One ride I remember several of the guys had jumped ahead of the group. Gordon stood on his bike and not only caught them but passed them and went right over Dinosaur Ridge.



He did not lead rides for a few years because he was taking care of his ailing wife, Rosamund. He came back to riding with the club a couple of years ago and at 88 he still rode at a pace that was hard to match. He is now more of a “Roses” rider but still gets out.

After serving in WWII, he raced cross-country motorcycles in the late '40s while going to college studying engineering. Since it was hard to find girls wanting to ride motorcycles during Buffalo, New York's winters, he purchased a Jaguar to serve as a “chick magnet”. He was transferred to Denver in 1954 and it must have worked because he then settled into raising a family. He has three children and 7 grandchildren. From 1969 to 1982 he served on the Arapahoe Basin Volunteer Ski Patrol.

Rosamund bought him a mountain bike in 1970 to get some exercise. Since then he has ridden thousands of miles in several countries and on all kinds of terrain; including riding coast to coast and back albeit in Scotland in 1995. He joined DBTC around 1987.

Don Pearson, aka the Crazy Old Goat or COG, grew up in Golden. He served in the Merchant Marines in WWII, traveling all over the world. Several times his ship guided a tanker ship to England - loaded with 20 Fighter planes and hundreds of gallons of Aviation Fuel. What a target!

After the war, he played piano at a restaurant close to Boulder where the owner taught him to fly. He bought and rebuilt a small plane that he flew for years. He was a pilot, a mechanic and a piano player. He played piano in several places at Vail for three years which

Continued on pg. 15

MTB Announcements

The regular riding season is starting this month. The DBTC tribe is anxious. Meanwhile, a few things for advance planning are noted below. Please look these over and start getting them onto your calendar.

A. Pueblo camping April 18 – just a few weeks from now

Questions have been asked. If you are planning to camp at the state park for the weekend, please let me know. Especially if you are going there on Friday evening.

B. Fruita May 11 fun, fun, fun real fun day Monday

This year we will be doing the Palisade Rim Trail on Monday.

Palisade Rim Mountain Bike Trail, Palisade, CO

Techy singletrack with amazing exposure and phenomenal views. Near Palisade, CO. **View on www.mtbproject.com**

Now, if that was not tantalizing enough, even better, after the ride, a unique thirst quenching is available for up to 10 of us DBTC members. Just as suggested in the description and yes they have some very tasty crafts. This was won at a charity auction.

The Palisade Brewing Company chief brewmaster will personally provide a tour and free beer tasting.

Danny is a trail rider too and will be curious to hear about your adventure. Tentatively, this tour and tasting is set for about 2:15 PM now. So, if you plan to explore, please RSVP for this ride and tasting soon. The final headcount is needed by May 1, 2015. Don't hesitate as space is limited, so only the first 9 can be included.



Palisade Brewing Company | BEER THAT MAKES YOU SMILE !

(Thanks to Palisade Brewing Company for the donation. No, we don't want any stinking global warming to decrease our water supply. No, we don't want polluters to drain crap into our water supplies either. Even fish and other creatures downstream want clean, cold water from our mountains.)

Continued on pg. 13

Attention: Aspiring Ride Leaders

Ready to take it up a notch this riding season? Give back to your Club by contacting your ride coordinators to arrange your May rides now. You can even preschedule for every month! Putting the schedule together can be very challenging, and the coordinators really need more members to volunteer. It's easy, it's fun, and it's all about where YOU want to ride. Email your local Ride Coordinator today and ask how. Thank you in advance for stepping forward and giving it a try!

2015 DBTC Activity and Tour Calendar

Email the tour contact for more information. Email Ellen (outdoorsdiva@yahoo.com) to add your tour or trip to this list.

April 4th-10th, 2015

Texas Hill Country

Road riding
Lodging: Camping or motel/B&B
Location Details: Fredericksburg
Leaders: Don & Marilyn Swett,
don_swett@comcast.net
Status: Open

July 12-17, 2015

Glenwood Springs Trip

Trip Type: Choice of rides
Lodging: Motel
Location Details: Glenwood Springs., CO
Leader: Lin Hark & Richard Giesler
mtnlin08@gmail.com
Status: Open

May 31 – June 6, 2015

Cape Cod & Nantucket Tour

Trip Type: Cruiser bikes!
Lodging: Hotel
Location Details: Cape Cod, MA
Leader: Ellen Chilikas,
outdoorsdiva@yahoo.com
Status: Full

August 23-29, 2015

Door County Ditto Tour

Road riding
Lodging: Hotel
Location Details: Fish Creek, WI
Leader: Kathy & Joe Stommel,
cyclekats@gmail.com
Status: Only 3 spots left!

Visit DBTC.org and click on "Tours" for updates on trips, and to learn how to organize your own tour or trip!

DBTC Spring Rides 2015

Winter is over, but late snows may surprise us— be prepared by staying on top of weather forecasts; dress in layers and make room to carry extra clothing.

We have a full slate of rides on deck this season, as well as some fun activities to promote the benefits of being a DBTC member. Once again, ride leaders are encouraged to use a portion of club funds to treat their groups to coffee or other snacks on scheduled rides. Save your receipts and remit to Patty Gaspar for reimbursement.

If you'd like to include an activity in the newsletter, please email it to ridecoordinator@dbtc.org by the 20th for the next newsletter or contact Patty at 303-989-8268.

Many of our members love winter sports and want to continue enjoying the outdoors with their DBTC friends. The DBTC Message Board will be our main means of communication through the winter months. If you'd like to post an event, simply go into the site. Remember not all members have email so if you have it in the newsletter all members are notified.

Rides are cancelled if the temperature is below 40 degrees at start time or it is raining or snowing. 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. It provides the information you need to use Map Quest or Google Maps to make a map to the starting location.

If you'd like to include an activity in the newsletter, please email it to ridecoordinator@dbtc.org by the 10th for the following newsletter or contact Patty at 303-989-8268.

DBTC's E-Mailing Lists

Get late breaking news, last minute ride updates, and short-notice of weekday rides, all e-mailed directly to you as soon as the information is posted. If the weather is "iffy", a ride leader can post a notice to let you know if the ride will go or be cancelled.

DBTC Message Board is the DBTC General E-Mail List. To join, send an e-mail to: ColoradoBicyclist-subscribe@yahoogroups.com

DBTC Mountain Biking E-Mail List

To join, send an e-mail to:

COmtnbikers-subscribe@yahoogroups.com

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

DBTC Meetup group at www.meetup.com/Denver-Bicycle-Touring-Club/ be used to post rides as well. Once you have posted your ride, we will review the ride information to be sure it complies with the club requirements then upload it to the MeetUp web site 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 ride schedule. If you have registered with MeetUp, we will post your scheduled rides.

We are also on Facebook if you want to share pictures or bike related news.

The DBTC Website operates independently from the Yahoo Groups. The Yahoo Groups send only e-mail messages concerning some upcoming events. The DBTC monthly Newsletter, The Colorado Bicyclist, is sent to you from the DBTC Website via e-mail only if you have so requested.

You can join any or all groups. After you send the e-mail requesting to join, you will be contacted via e-mail with a confirmation. If you'd like to post an event, simply go into the site. Remember that only club-related activities can be posted. We reserve the right to cancel any posting we don't think is appropriate. See the website for posting rules.

Please Note;

Joining Facebook or any other group does not make you valid member of the DBTC.

If your e-mail address changes, you must send your new e-mail address to the DBTC webmaster (webmaster@dbtc.org).

The DBTC monthly Newsletter, The Colorado Bicyclist, is sent to you from the DBTC Website via e-mail only if you have so requested.



Have you seen our facebook page lately? Check it out!

<https://www.facebook.com/pages/Denver-Bicycle-Touring-Club/122447584186>

APRIL RIDE & EVENT SCHEDULE

Spring/Summer Riding Guidelines

Weather: No thunder, lightning or rain • **Clothing:** wear layers and SUNSCREEN!! • **Other:** bring water, repair items and a snack

Wednesday April 1 **MTB P2,T2, 6:00 PM, Green Mountain Show and go.** Will it be fools riding tonight? Or just a foolish day? To satisfy your curiosity, come to main Hayden trail head at 13851 W. Alameda Pkwy, Lakewood. This is the east side. Take an hour or so ride, then get something to eat at one of the many nearby restaurants.

"ROSES" H1-20 SE 10 AM Meet *Judy Deist* 303-841-4792, cp 303-906-4305, at East Bank Park, It is about 1 1/2 miles south of Mainstreet on Parker Road, and is the first right turn past Hilltop (or 20 Mile Road on the west side) into the park on S. Pine Drive on the east, (Indian Pipe on the west). It will be out and back south past the Pinery toward Franktown total about 20 miles. Shorter option is available. There is only 1 short hill, short packed gravel road. Bring a snack, money for optional restaurant lunch after the ride.

Saturday April 4th **FUN-H2-18-W-9:30 AM** Meet *Steve Stevens* at Golden Oldy Cyclery - 17224 West 17th Place, Golden 720-497-1100. A loop of both of Golden's table mountains (some low hills).. Bike Museum Open house after ride for riders.

INT-H2-17-Downtown-10:00 AM Meet *Dennis Fitzpatrick* at REI. MEET BELOW THE STARBUCKS JUST WEST OF THE BRIDGE. We'll leave REI Flagship & head S. on the Platte to Chatfield [17 miles] take a quick snack & head back. Pace 15-17mph, or you can just ride for 90 min. at your own pace, then turn around and finish together. Optional lunch at Garbonzo's after.

MTB, P1-2, T1, 10:30 AM South Valley Park, meet at the North Trail Head parking lot, South Valley Rd. Join *Cathy Perkins* (303-980-6738) for an easy early season ride around South Valley Park. We will ride north on Coyote Song Trail to the bike path, then south on Cathy Johnson Trail, take a side loop on Columbine Trail, and then go on down to Deer Creek Canyon Road. From there we can ride back up the Coyote Song Trail. Extra loops can cross over Lyons Back Trail or Grazing Elk. Bring food and chairs for a picnic afterwards. An optional after ride around Hildebrand Ranch Park is a possibility on the 5 mile Two Brands Trail.

Sunday April 5th **FUN-H1-20-W-10:00 AM** Meet *Cindy Ferry* from Prospect Park on 44th. East on Clear Creek to Platte River Trail, South to REI, rest stop. 23rd West to Pierce, back to Clear Creek Trail and returning to Prospect Park. **FUN-H3-25-SW-10:00 AM** Meet Tom Hurja (303-903-4449) at Bear Valley McDonalds next to Dartmouth Ave. for a cool ride along Bear Creek, then S Platte River Trail to the Marina at Chatfield. Return same way. Bring lock and \$ for snack after the ride.

Monday, April 6 **FUN/INT H2 NE&SW 30-10:00 AM MENOPAUSE MONDAY DEBUT!** Come early to Cake Crumbs Bakery for kaffe-klatsch (2216 Kearney St, 80207). Then at 10:00 AM sharp, *Lise Neer* (303-249-8621) will lead us on a tour across town, from Park Hill to Sanctuary Park in Lakewood. Route mainly follows quiet residential streets, or we have the option to follow the light rail path either way (riders can jump on the train for the way back if they get tired and cranky, or if the weather turns on us). As we pedal through Paco Sanchez park, there might be Frisbee Golfers at play. Optional lunch in or near Park Hill afterwards. (www.mapmyride.com/workout/914358159)

Wednesday April 8 **"Roses" H1-15-SE-10 AM** Meet in the shopping center on the northeast corner of Parker Rd and Quincy Ave, Aurora; park away from the stores. We will ride trails and roads within Cherry Creek State Park, observing boats, birds and other bikers, avoiding the hills near the dam, total of about 15 miles. Bring a snack, and money for lunch, optional, at Emerald Isle. *Jean Stevenson*, H. 303-699-5135, c. 303-349-1596. Do not call after 9 PM or before 7 AM.

MTB, P2, T2 6:00 PM Green Mountain Show and go. Come to main Hayden trail head at 13851 W. Alameda Pkwy, Lakewood. This is the east side. Take an hour or so ride, then get something to eat at one of the many nearby restaurants.

Thursday April 9th **INTERMEDIATE-H2-18-NW-10:00. Coal Creek Anthem Trail** Meet *Kevin Purdy* 303 664 0627 in the Casa Alegre parking lot at 1006 Pine Street in Louisville. Gravel, better Mountain or Hybrid bike To see a map of the trail w/ information about trail surface & suggested bikes for this ride, visit <http://trailsnet.com/trails/coal-creek-anthem-trail/>

Saturday April 11th **FUN-H1-20-W-9:30 AM** Meet *Steve Stevens* 720-497-1100 at Golden Oldy Cyclery - 17224 West 17th Place, Golden. Downtown Golden - then East along the Clear Creek trail. And return with a scenic Downtown Tour (basically flat to slight grades) . Bike Museum Open house after ride for riders.

FUN/INT-H2-21-SW-2:30PM *Lise Neer* (303-249-8621) We will start on the Platte River trail south, then take a loop around Chatfield Reservoir. This ride is beautiful and will work up your appetite! One segment of the route is on unpaved Highline Canal trail. Meet behind the tennis bubble at Bowles & Federal.

FUN-H2-MTB ~17-SW 2:30PM *Kathy Stommel* (719-671-5579) We will ride a loop including Platte River, Highline Canal and Lee Gulch trails. This route feels like you're riding through the country with lots of trees and spring flowers. Meet behind the tennis bubble at Bowles & Federal.

- Sunday
April 12th** **FUN-H2-20-NW 10:00 AM** 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. We will then ride east back to the park via 32nd and 26th avenues.
- FUN/INT-H2.5-25-SW-10:00 AM** Meet *Jeff Krinsky* (720-373-9107) for **THE GREAT AMERICAN DINOSAUR RIDE!** 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 a break. Then we will continue on down through Morrison and Bear Creek Trail and return north to Belmar Park. Lunch options will be discussed.
- MTB, P2,T2, 10:30 AM Waterton Canyon.** Take Wadsworth 4 miles south from C-470, go left where brown info sign directs, then about 300 feet beyond the Audubon Center to parking lot. Follow *Jennifer Saxhaug* 8 miles to Lenny's Bench. Extra option: add about 3 more miles if taking the Roxborough Loop from Lenny's, P3-T3. Refresh at Virgilio's Pizza (C470 and Kipling, northwest side).
- Wednesday
April 15** **"Roses" H1-12-SW-10 AM** Meet *Judy Deist*, 303/841-4792, CP 303-906-4305 for a ride up lovely Waterton Canyon. South on Wadsworth past Chatfield State Park, L on Waterton Rd 1/8 mile to the parking lot on the left. Bring a snack and money for an optional restaurant lunch following the ride.
- MTB, P2,T2, 6:00 PM Green Mountain Show and go.** Come to main Hayden trail head at 13851 W. Alameda Pkwy, Lakewood. This is the east side. Take an hour or so ride, then get something to eat at one of the many nearby restaurants.
- April 17th
(to 18th)** **MTB P2,T2, 11:00 AM Pueblo Reservoir Weekend.** Come on down Saturday morning and meet *Jeff Baysinger* at the red gate. There are about 50 miles of trails here. Today explore Voodoo Loop, about a 20 mile ride, much of it along a reservoir side arm rim. Expect lots of ups, downs, and turns. Keep an eye peeled for bald eagles and pelicans. Take I-25 south to Hwy. 50 (exit 101), go 2.9 miles west (toward Canon City), turn left (south) on N Pueblo West Boulevard (Hwy. 45), go 4.0 miles to Hwy 96 (Thatcher Avenue), turn right, in about 4 miles you will see South Marina Road on your right, continue on Hwy. 96 up the hill for about another mile. On your right at the hill crest is the red gate, a faded red 3 bar gate in the fence along the highway right side. Park on the shoulder near the gate, many other cars likely will be there too. Please put valuables out of sight. If you want to camp overnight, consider the nearby Arkansas Valley Campground in Pueblo State Park. If you want to motel, consider the Econo Lodge at 71 S Radnor Drive. For those staying the night, enjoy the revitalized and historic River Walk Area of downtown Pueblo for dinner. Then you can ride Sunday morning too.
- Saturday,
April 18** **Fun-H2-23-SW-9:30 AM 12th Annual "Joe Baker Ride"** Meet *Jack Shaver* (3/884.1620) at Original Brooklyn's, 2644 (Lower) Colfax Avenue for a nice casual ride (12.5 mph avg) along the RTD West Line, Garrison Street, Bear Creek and Platte River Paths with optional 'after lunch' at Brooklyn's. Please arrive early and "be ready to pedal" on time!
- ATB-H2-12-10:00 AM Your Own Private Idaho!** Join *Doug Potter* (303-570-4244) at Idaho Springs Safeway parking lot NW corner (First Idaho Springs exit and look for it on the left) to explore the nooks and crannies of Idaho Springs and points West. Pavement, trails and dirt. Cemeteries, mine ruins and history. Bring a mountain or cross bike for the off-pavement bits, but don't worry about anything "technical". Lots of good restaurants and micro-brews for optional lunch afterwards.
- Sunday
April 19th** **FUN-H2-20-NW 10:00 AM** Meet *Merri Bruntz* (303-517-9781) at Twin Lakes Park (70th & Broadway) for a ride west on the Clear Creek Trail to Wheat Ridge and the Crown Hill Park. We will then ride back to the Clear Creek Trail and east to Twin Lakes Park.
- FUN-H2-25-SE 9:00 AM – Mt Nebo!** Meet *Gaar Potter* (303-691-0938) at Eisenhower Park Rec Center (SE Corner of Dartmouth and Colorado Blvd). We will ride to 3 cemeteries and place a stone at Mt. Nebo. We also visit Hampden Hts. Cemetery, Fairmount Cemetery and Lowry. You will love the SNEAKY way we get to Hampden Hts. Cemetery!
- Wednesday
April 22** **MTB, P2,T2, 6:00 PM Green Mountain show and go.** Come to main Hayden trail head at 13851 W. Alameda Pkwy, Lakewood. This is the east side. Take an hour or so ride, then get something to eat at one of the many nearby restaurants.
- "Roses" H1-20-SW-10 AM** Meet *Dave Grimes*, 303-986-7666 at the Stone House, E side of Estes So of Yale for a ride along Bear Creek to Riverpoint and return. Option for a shorter ride for anyone wishing that option. Bring a snack, and money for an optional restaurant lunch following the ride.
- Saturday
April 25th** **INT-H3-20-25-W-9:30 AM** Meet *Mary Jenkins* at the parking spaces in Morrison across from the Conoco 470 Morrison. & We will ride to Hwy 40 and to the top of Red Rocks and through Bear Creek. A fun ride with short, challenging climbs to get us ready for the season.

FUN- H1.5-25 - Downtown 10:00 AM Meet *Jeff Krinsky* (720-373-9107) for this Spring Free Beverage Ride (pun intended) that is designed for everyone. We will meet at the City of Cuernavaca Park downtown (23rd Ave Exit from I25, go down the hill, drive by the REI Flagship 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 Cherry Creek Bike Path towards the Cherry Creek Reservoir and back. A beverage of your choice will be provided to all riders at the break at the REI Starbucks on the return voyage (after we have earned it!.)

MTB-P2-T2 10:00 AM South Table Mountain Meet *Steve Farley* (stevejfy@msn.com 303-437-5442) in the parking lot of Jefferson County Schools Administration Building, 1829 Denver West Drive, Golden CO. 80401. Park next to the large open area, also near the Marriott Hotel off Denver West Parkway. Ride up the South side trail to the top, make our way west on the trail system heading to the Coor's Brewery overlook, across from North Table Mountain. Climb the rock steps to the top. Return past the Colorado State Patrol track and have a post ride picnic back in the parking lot. Many trail options are available for the adventurous. Bring your chair and food to share for the post ride picnic and if you have a table, bring that for the picnic.

Sunday
April 26th **FUN-H2-25+NW 10:00 AM** Meet *Tom Hurja* (303-903-4449) at Davie's Chuck Wagon, 10151 W. 26th Ave. Park far west side of parking lot adjoining W. 26th Ave. Ride on streets and paths to REI for a quick stop, then proceed to north Platte River Path to 104th. Return via loop. Bring lock and \$ for snack afterward.

FUN-H2-25-SE 9:00 AM – THE Soft Underbelly Of Denver Tour Meet *Gaar Potter* (303-691-0938) at Eisenhower Park Rec Center (SE Corner of Dartmouth and Colorado Blvd). We will head directly to South Central Denver and head North. These are BAD neighborhoods, and we're going EARLY before the gang-bangers wake up! This MIGHT be you LAST CHANCE to ride across my FAVORITE bridge – Perry ST over 6th Ave. I think it is bouta get replaced.

INT-H1-35-W-10:00 AM Meet *Dennis Fitzpatrick* at REI LODO. MEET BY THE BIKE RACKS JUST BELOW STARBUCKS ON W. SIDE OF RIVER (1416 PLATTE ST. Denver, CO 80202). We-'ll head W. into downtown Golden; N. on Easley to 64th then E. to McIntyre & S. to 32nd Ave & back. This is an intermediate ride. Pace 15-17mph; distance 35miles. Slight incline out; 90% downhill back. Optional lunch at Garbonzo's.

Wednesday
April 29 **"Roses" H1-20 SE 10 AM** Meet *Anne Layshock*, 303-771-6353, at Cottonwood Trailhead So side of Cottonwood, between Jordan Rd. and Parker Rd. for a ride along the Cherry Creek Trail to the Pinery and return. Bring a snack, and money for an optional lunch at Chipotle's following the ride. Since this ride is out and back, there is opportunity for a shorter ride for anyone wishing that option.

MTB, P2,T2, 6:00 PM Green Mountain Show and go. Come to main Hayden trail head at 13851 W. Alameda Pkwy, Lakewood. This is the east side. Take an hour or so ride, then get something to eat at one of the many nearby restaurants.

MTB schedule, continued from pg. 9

C. August 8 Buena Vista weekend getaway, way, way

It is time to start looking into reservations, per info provided by Mary Kay. This is always a busy time in the high country. She has a fine weekend planned.



Buena Vista advance planning/reservations:

Join Mary Kay in Buena Vista August 8th for the superb single track of the Colorado Trail (for the experts and hard core) or the Midland Railroad Grade along the Arkansas River. See ride descriptions at Buena Vista, Colorado Mountain Biking

Buena Vista, Colorado Mountain Biking

Mountain Biking Buena Vista offers a wide range of riding options for visiting mountain bikers.

View on <http://www.buonavistacolorado.org/buena-vista-colorado-mountain-biking>

We can split into two groups. We will also visit the Cottonwood Hot Springs for a soak after riding.

Camping Option: Camping-Collegiate Peaks Campground (complete with bears):

Collegiate Peaks campground is heavily wooded with 56 campsites arranged along 3 loops. This campground offers visitors an opportunity for a quiet camping experience with plenty of space between campsites. The Middle Fork of Cottonwood Creek flows along the south side of the campground. Nearby hiking trails include Ptarmigan Lake and the Denny Creek Trail. The Ptarmigan Lake trailhead is located about 2.75 miles west of Collegiate Peaks campground. Denny Creek is located 1 mile west of the campground and accesses the Collegiate Peaks Wilderness area, Pike and San Isabel National Forest.

Any questions or comments email: mengel@clubholdings.com

D. Bike touring info adventure film on April 11th

This will be showing in Golden. Details are below (for those not attending the DBTC Spring Kick-off).
<http://www.eventbrite.com/e/inspired-to-ride-world-premiere-tickets-3707541356>

2015 Advance Planning Calendar

<p>April 23-26 Fruita Fat Tire Festival emgcolorado.com/events.php Fruita, CO</p> <p>April 25 Ridgeline Rampage (MTB) warriorscycling.com/races/ridgeline-rampage/ Castle Rock, CO</p> <p>May 1-2 18 Hours of Fruita (MTB) http://18hrsoffruita.com/ Fruita, CO</p> <p>May 9 Fort Collins Cycling Club Spring Warmup Ride fccycleclub.org Fort Collins, CO</p> <p>May 17 McKee Classic Bike Tour McKeefoundation.com Loveland, CO</p> <p>May 17 Santa Fe Century santafecentury.com Santa Fe, NM</p> <p>May 22-25 Iron Horse Bicycle Classic ironhorsebicycleclassic.com Durango, CO</p> <p>June 6 Buena Vista Bike Fest bvbf.org Buena Vista, CO</p> <p>June 7 Elephant Rock Ride elephantrockride.com Castle Rock, CO</p> <p>June 13-20 Ride the Rockies ridetherockies.com Grand Junction to Westcliffe</p> <p>June 13 Pedaling for Parkinson's 34fighting.org Denver, CO</p> <p>June 20 Starlight Spectacular starlightspectacular.org Colorado Springs, CO</p> <p>June 20 The Denver Century Ride denvercenturyride.com Denver, CO</p>	<p>June Sunrise Century www.granfondoguide.com/Events/Index/2671/boulder-sunrise-century Boulder, CO</p> <p>June 21-27 Bicycle Tour of Colorado bicycletourcolorado.com Gunnison, CO (Gunnison – Durango Loop)</p> <p>June 24 Bike to Work Day drcog.org Denver Metro area Boulder, CO</p> <p>June Tour de Prairie cheyennecity.org/index.aspx?NID=735 Cheyenne, WY</p> <p>June 27 Vuelta a Keystone www.vueltakeystone.com/ Keystone Village, CO</p> <p>June 27-28 MS 150 Bike Tour nationalmssociety.org/chapters/COC/index.aspx Westminster, CO</p> <p>July 11 Tour de Ladies www.tourdeladies.com Parker, Colorado</p> <p>July 11-12 Triple Bypass teamevergreen.org Evergreen, CO</p> <p>July Tour de Wyoming cyclewyoming.org Riverton, WY</p> <p>July 11 DBTC Summer Picnic dbtc.org Prospect Park, Wheat Ridge, CO</p> <p>July Moonlight Classic moonlight-classic.com Denver, CO</p> <p>July 18 Tour de Steamboat rockypeakproductions.com Steamboat Springs, CO</p>	<p>July 18 Breckenridge 100 warriorscycling.com/races/breckenridge-100/ Breckenridge, CO</p> <p>July 18 Stonewall Century spcycling.org La Veta, CO</p> <p>July 18-20 Courage Classic couragetours.com Copper Mountain, CO</p> <p>July 19-25 RAGBRAI ragbrai.org Sioux City, Iowa</p> <p>July Colorado-Eagle River Ride vailvelo.com Beaver Creek, CO</p> <p>August Greenwood Goosechase goosechase.org Greenwood Village, CO</p> <p>August 1 Copper Triangle Alpine Classic coppertriangle.com Copper Mountain, CO</p> <p>August 1-8 CANDISC - Cycling Around North Dakota In Sakakawea Country parkrec.nd.gov/activities/candisc.html Garrison, North Dakota</p> <p>August 2-8 Colorado Rocky Mountain Bike Tour crmbt.com Gunnison, CO</p> <p>August Circle the Summit (aka Bob Guthrie Memorial Ride) Circlethesummit.com Frisco, CO</p> <p>August 15 Tour de Cure diabetes.org Longmont, CO</p> <p>August 29 Venus de Miles venusdemiles.com Boulder County, CO</p>	<p>August 29 CF Cycle for Life http://fightcf.cff.org/site/TR/Cycle/22_Colorado_Denver?fr_id=2546&pg=entry Highlands Ranch, CO</p> <p>September 6 West Elk Bicycle Classic westelkbicycleclassic.com/ Gunnison, CO</p> <p>September 13 Buffalo Bicycle Classic buffalobicycleclassic.com Boulder, CO</p> <p>September Ride Westcliffe Adventure ridewestcliffe.com Westcliffe, CO</p> <p>September 17-20 Tour of the Vineyards Coloradowinefest.com Palisade, CO</p> <p>September 18-20 Mickelson Trail Trek MickelsonTrail.com Custer, SD</p> <p>September 18-20 Pedal the Plains pedalthelplains.com TBD, CO</p> <p>September 20-22 Moab Century Tour skinnytirefestival.com Moab, UT</p> <p>September 27 Tour de Cure diabetes.org Colorado Springs Area</p> <p>October 4 Tour of the Moon tourofthemoon.com Grand Junction, CO</p> <p>October 4 Santa Fe Gourmet Classic santafegourmetclassic.com Santa Fe, NM</p> <p>October 17 VeloSwap veloswap.com Denver, CO</p>
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Visit www.kansascyclist.com/events/Colorado_Calendar.html OR www.pedaldancer.com for more info and updates on events.

allowed him to meet beautiful women and ski – what a combo. He retired from playing piano at mid-Vail then moved to Denver. He was having trouble with his ankle and saw a bike shop so he bought a bike and joined DBTC in 1989. He hadn't ridden since he was a kid.

Don was a prolific Fun and MTB ride leader. From 75 to 79 (his age not the years) he did clinics with Lin Hark for the mountain bike group to introduce that sport to the road bikers. He was a self described "extreme athlete for his age" so he loved to bounce down a hill on his mountain bike. The infamous "Hypothermia Ride" is remembered by many of us as he lead us slower riders back to Frisco to warm up then eat ice cream. He made five trips to Moab.

I remember the first ride I ever took with him – he was sitting side-saddle on his bike talking to me then simply threw his leg over and continued riding. I've never seen anyone else do that. In the winter he skied with a group from DBTC and was always generous with his time to give you tips. After Kickoff and VRD we could count on Don to find a piano to entertain us. In 2004 he sold the red GTO that had been his trademark.

DBTC had a program called Project Full Circle to provide bikes to the children at Mt. St. Vincent's. Many of these children have been abused and neglected and this facility

helps them heal emotionally. Don was our "Lead Bike Fixer" and spent many hours over ten years repairing bikes for the kids. Then he would teach them how to do a wheelie. Thanks to Bruce Kohl, he was awarded the Channel 7 Everyday Hero Award for that service.

Unfortunately, he has lost much of his hearing and can no longer enjoy much of the music that he loved so much. He has had some health issues so that he is restricted to only riding short distances. However, he still has led the "Roses" rides at the summer picnic the last couple of years. He keeps in touch with DBTC friends through email and Facebook.

The Dr. Oz column in the March 3 Denver Post sums it up:

A study was done of 125 non-elite but very active cyclists ages 55 to 79, both men and women. After mental and physical testing they reported that it was not possible to physiologically identify the calendar age of a given individual. The older cyclist's memory, reflexes, muscle mass, bone density, strength, balance and metabolic health simply didn't provide a clue to what year they were born.

We wish them both a very happy birthday. They are showing us the way to age to fully enjoy the years that we have.

Ride Leaders:

Remember, if you have a guest/non-member on any of your rides, the Membership Committee needs to know so we can invite them to join us on future rides as a NEW (or renewing) MEMBER! Please photocopy your Sign-in Sheet and mail it to: DBTC Guest Relations (Attn. Lise Neer), 3044 Eudora St., Denver, CO 80207 OR email a scan of it to: guestrelations@dbtc.org. Thanks for helping us grow our Club!

DBTC SPONSORING SHOPS

DBTC members receive a 10% discount off purchases (excluding bicycles and sale items) at these sponsoring retailers.

ARAPAHOE CYCLERY
6905 S BROADWAY UNIT 169
LITTLETON CO 80122
303-797-1858
arapahoecyclery.com

ARVADA BICYCLE COMPANY
6595 WADSWORTH BLVD
ARVADA CO 80003
303-420-3854
arvadabike.com

BIG KAHUNA BICYCLES
8246 W BOWLES AVE UNIT J
LITTLETON CO 80123
720-981-5199
bigkahunabicycles.com/site/intro.cfm

Discount Includes 10% discount on bikes!

BIKESOURCE #7
2665 S COLORADO BLVD
DENVER CO 80222
303-759-5099
bikesourcedenver.com

BIKESOURCE #8
2690 E COUNTY LINE RD
LITTLETON CO 80126
303-221-4840
bikesourcedenver.com

CAMPUS CYCLES
2102 S WASHINGTON ST
DENVER CO 80210
303-698-2811
campuscycles.com

CHERRY CREEK VELO
1435 S HOLLY ST
DENVER CO 80222
303-691-5650
sampsports.com
No discount on labor.

DERBY BICYCLE CENTER
410 E 104TH AVE
THORNTON CO 80233
303-288-4100
derbybicyclecenter.com

ELEVATIONS
2030 E COUNTY LINE RD
LITTLETON CO 80126
303-730-8038
bicyclepedalr.com/

FOOTHILLS CYCLING
4990 KIPLING PKWY SUITE B-7
WHEAT RIDGE CO 80033
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goldenbearbikes.com

GOLDEN BIKE SHOP
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303-278-6545
goldenbikeshop.com

GREEN MOUNTAIN SPORTS
12364 W ALAMEDA AVE
LAKEWOOD CO 80228
303-987-8758
greenmountainsports.com

PEAK CYCLES
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303-216-1616
bikeparts.com

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schwabcycles.com
No discount on Shimano and Campagnolo

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sportsplusdenver.com

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