



The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

June 2022

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Get ready for the annual

DBTC Summer Picnic!

Sunday, July 24th 2022
Anderson Park
Wheatridge, CO



Details will be provided in upcoming newsletters as well as emails.

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The President's Page

Ron Vasquez

(subbing for Helen for the June newsletter)



Earthdate: June 1, 2022

Happy spring biking season – at least some days. Unfortunately, a few rides got canceled due to potentially unsafe winds during the month of April (which used to be in March every year when I was a kid). It's encouraging to see the growing list of emails advertising the long list of scheduled bike rides once again. I think all of us are ready for outdoor fresh air and camaraderie.

The Spring Kickoff was a big success as you may have noticed from Helen's President's Page for May (nearly 110 attended). Is it time to expand the size of the event? On another very positive note, at least 11 people signed up to volunteer for future DBTC events, and the membership grows consistently each month. The momentum is definitely moving in the right direction.

Here is a link and summary of the new law regarding bikes at stop signs. Out There Colorado and other websites publish additional details. For our own safety, I suggest that we always use a lot of caution and assume that the car driver might be distracted or daydreaming and not see the bike(s).

Despite driver complaints, Colorado cyclists will be rolling through stop signs due to new bill.

The new law applies to bicycles, e-bikes and electrically assisted scooters. It was advocated by Bicycle Colorado, an advocacy group for cyclists, and passed both houses of the legislature by wide margins.

In the case of stop signs, cyclists will be required to slow down and yield the right-of-way to vehicular traffic or pedestrians, but they will no longer be required to stop. At red lights, cyclists will be required to stop and yield right-of-way, but they may proceed before the light turns green.

"This bill is a critical step in keeping cyclists and other sustainable commuters safe during their rides," said one of the bill's sponsors, Rep. Matt Gray D-Broomfield, in a news release. "Adopting the safety stop will decriminalize common-sense behavior for bicyclists and create cohesion between the many communities who currently have different rules and regulations regarding safety stops which causes confusion and dangerous situations for bicyclists."

Here some information from the EPA to think about – not fun and exciting news – but important, since all of us want to stay healthy and keep riding for many years.

[Read Article Here](#)

Front Range air quality on verge of 'severe' designation from EPA

The Environmental Protection Agency (EPA) has moved to reclassify Colorado's northern Front Range as "severe" on the air quality spectrum for not having met the 2008 National Ambient Air Quality Standards (NAAQS) for ground-level ozone.

The northern Front Range, including the Denver-metro area, is one of seven regions around the country that are being considered for reclassification.

"Smog pollution is a serious threat to public health, increasing the likelihood of respiratory infections, asthma attacks, and hospital visits," said EPA Administrator Michael S. Regan in a news release on the matter.

"With these proposed determinations, we are fulfilling our duty under the Clean Air Act to monitor air quality and work with states to help reduce pollution and protect the public we serve," he said.

Denver and the northern Front Range region were reclassified from 'moderate' to 'serious' in 2019, based on air quality data collected from 2015 to 2017, according to the EPA.

If reclassification is approved this year, several new air quality regulations will be enforced.

"The Clean Air Act requires that states implement additional measures to protect public health and to submit new plans to demonstrate how the area will attain as quickly as possible. Additionally, many areas across the country have had success with localized tools and approaches to improve ozone air quality. EPA will continue to work collaboratively with its state partners to ensure these measures are implemented to protect clean air for all communities," the EPA proposal reads.

ARTICLES FOR THE NEWSLETTER...

This newsletter belongs to the members. The views and opinions expressed in the DBTC Newsletter are those of the authors and do not necessarily reflect the official policy or position of DBTC or its board. If you have pictures or an article to share, please email them to Jeff at webmaster@dbtc.org on or before the 25th of the month for the next Newsletter.

Spring Kick Off Photos



Spring Kick Off! On Saturday, April 30th, members came together to enjoy many rides and community at Clement Park.



Strapless Toe Clips - Give 'em A Try!

by Helen Berkman

If you don't want to use clip-in bike cleats, you'll want to check out strapless toe clips as a great alternative. Toe clips offer great stability, keep your feet centered in the right position, keep your feet from slipping off the pedals, and offer a fair amount of muscle help on the upward rotation. Yes, you have to tip up the toe clip with your foot upon mounting your bike, but it's very easy to do after a week or two of practice. I use them on my town bike and they are a great improvement over a flat pedal. I really missed them when I rented a bike recently with no clips.



Cycling

noun.

A superior form of transportation requiring only a velocipede and effort. Studies have shown that riding a bicycle regularly makes you far superior to the general population.



Riding with Covid!

You may be done with it, but It may not be done with us!

To All DBTC Members, Ride Leaders, and Guests: for your health and safety and for those of persons around you--

Member Riders: If you are notified before a ride that a person with whom you've been in contact very recently tested Positive for COVID, please remove yourself from riding with the group.

Contact the Ride Leader of your status if you have pre-registered for the ride.

Ride Leaders: If you can find--in a pinch--a substitute leader for your group, please do so, or cancel your ride.

All: Consider quarantining for an appropriate timeframe and do an at-home or PCR test offered in your area to determine your COVID status (positive/negative).

That Email Is NOT From the DBTC President

Phishing emails are still making the rounds occasionally. People have reported that emails have gone out apparently from "Helen Berkman" or "President" vaguely asking for "a favor" or "a reply" or asking recipients to buy gifts cards for veterans or others. This is a reminder that your DBTC president will never send an email asking for money or gift cards. Please do not hit "reply" to these emails or make any purchases. Check the address if you're unsure. The email address is a fake address, not the official dbtc.org address or the correct personal email of the President.

Plan a Ride with the DBTC Bike Route Map!

Plan a Ride with the DBTC Bike Map! Special offer: Right now existing members who want a copy may, in exchange for a small donation, contact president@dbtc.org for a copy to be mailed to them. This newly revised map adds new routes, paths, and trails for bicycling adventures. It also includes more identifiers for major streets, bike routes, and trails. New members receive a copy of the map after they sign up.



A big thank you to our Sponsor!



GoodTurn Electric Cycles
7301 S. Santa Fe Drive, Littleton, CO
GoodTurn Electric Cycles is a nonprofit electric bike shop that provides job skills training and mentorship to young adults from low income families in the Littleton area. GoodTurn specializes in electric bike sales and rentals, and also services both electric and traditional bikes.

Welcome New DBTC Members!

Carole Adler
Debbora Blakesley
William Buick
David Cohen
Laura Denonville
Nancy Devitt
Ellen Hird
Sarah Kingsbury
Keith Linenberger
Julie Meltzer
Joe Miller
Joe Pineda
Stephanie Porter-Scheinman
Elena Stewart
Keri Stewart
Mike Stewart

Wisdom from Maynard Hershon

Story of the Week, May 15th, 2022

I wrote this (evidently in hot blood) for the Bicycle Paper, the late, lamented Pacific NW free monthly cycling newsletter...

Tips for New Group Riders, Pt One – the Genial Coach Speaks

Next Month, Watch for Pt Two – When the Coach Loses It and Has to be Restrained

If you're new to cycling and enjoy riding with others (or think you might), this piece is for you. Even if you've been riding with your club or friends for a year or so and you've come to think of yourself as a skilled Expert Cyclist, please read it through.

If you are offended by suggestions that you may not yet be a skilled Expert Cyclist, or if you have a \$10,000 bike and can't fix a front flat in an hour (or at all), read it twice.

I crashed a month or so ago in Denver because the Experts riding in front of me did not point out a road hazard. My friend Corey crashed in San Antonio this week because the Expert in front of him pulled out of his pedal, wobbled, slowed and took Corey down.

My friend Tom in Fort Collins crashed last fall when the Expert in front of him swerved, deflected Tom's front wheel and put him down hard. I was injured; Corey is injured. Tom was injured and the Styrofoam in his helmet shattered as it saved his head.

When you ride with others, much of your focus should be on taking care of them. You'd like them to think protectively of you. You should think of them. It's the Titanium Rule.

We ride in line. The person or persons following cannot see as well as those in front. For as long as anyone can remember, cyclists have taken care of those behind. If we do not continue to look after one another, chaos will follow. Check out a nearby interstate.

Each of us will eventually be in front of other riders. So each of us has to learn a few important skills - to protect the folks behind. That's a fact. Ignoring that reality is all-too-typical, just as ignoring everyday courtesies or responsibilities is all-too-typical.

Getting on the bus or elevator before the passengers are off is rude but probably won't get anyone hurt. If you forget that there are 18 imperfectly attentive weekend warriors behind you, you will surely get people hurt.

If the man or woman following you crashes because of your casual attitude toward road safety, it is your fault. You thought only about yourself in a situation where it is vital to think of others. You should apologize, odious as it may be.

Your riding friends are real, remember. When they fall they feel pain and suffer inconvenience. Perhaps, for a week or so, they'll need help to reach their bathrooms.

They are not present on ride mornings so you'll have someone to draft or to set a pace that furthers your fitness goals. Or to fix your flat or put your chain back on if it comes adrift. Value them as you would yourself. Remember the Titanium Rule.

Here are a few skills to learn before you embark on group rides. You learn these skills by riding your bike. You can acquire them and polish them all by yourself, endangering no one. Riding alone is cool. Try it. Dozens enjoy it.

If you become self-sufficient on your bike, you'll feel good about riding alone. You won't often need help. Learning to fix flats and do simple roadside maintenance is your responsibility. Take a class at a shop. Read a book. Try something mechanical in the privacy of your home.

I can't believe I'm writing this for a cycling newspaper. While I'm aware on some level that thousands of my readers can't fix flats, in my gut I don't believe it. I can believe that Godzilla rose from the sea and trashed NYC, but I can't believe cyclists can't fix flats.

Here, finally, are the skills that I and everyone you'll ever ride with would love you to learn:

Ride a straight line. Is that clear? So that you are able to do that, learn to ride one-handed. Learn to handle water bottles and drink from them so that you don't swerve suddenly or drop your bottle under the wheels of your surprised cycling companions.

Relax on the bars; don't over-steer your bike. Don't grab the brakes. Control your bike gently, smoothly, predictably – so as not to scare the nice folks behind you.

Learn to clip in and out of your pedals or slip your feet into and out of your toe clips smoothly and reliably. Learn how to keep your feet securely in your pedals so that you do not crash my friend Corey by unclipping suddenly, freaking out, weaving and nearly stopping in the road in front of him.

Learn to unclip your feet from your pedals JUST before your bike comes to a complete stop. Taking a foot out of a pedal 50 yards from the stoplight is dorky off the scale.

Early unclipping tells the world you're an unskilled rider. You coast too far, disturbing the flow of the ride. You can't react quickly if the light goes green - one of your feet is dangling uselessly near its pedal. Learn to clip in and out. It's worth it. You can do it.

You can learn about pedals, clips and feet by riding - by stopping and starting just as you are called upon to do on the streets of your town! You can practice by leaving your damn car where it's parked and riding your \$4,000 bike in your \$250 cycling shoes.

So that you are able to ride a straight line, learn to look back over your shoulder without

veering to the right or left. It's a useful skill, one you'll practice every day. You can do it.

Remember, and you cannot believe how I hate typing this, bicycles do not have brake lights. And the person behind you cannot read your mind. If you slow or stop suddenly, unpredictably, and he or she behind you has glanced at the hottie across the way, you may hear loud scraping noises and an exclaimed curse word. You may soon hear sirens.

Point out potential road hazards. I say "potential," because I don't mean only meteor craters. Certainly you point out potholes and patches of gravel and broken glass.

If however, when you see a potential hazard, you cannot imagine how it could crash someone, ask yourself if you are overdoing the pointing-out. Err on the side of caution.

When you are following another rider, don't let your front wheel "overlap" that person's rear wheel. Position yourself so that if that person swerves, you won't crash.

Opinions vary about declaring to folks behind that an intersection is "clear." If it is not as clear as you claimed it was, you may bear a burden of responsibility for the carnage – a burden you'll bear gracefully, I'm sure.

I'd like to wrap this up by asking you please to point out hazards. But don't be one.

**Republished with permission from
Maynard Hershon**

Mother's Appreciation Ride



There was a good turnout for the Jeff K Mothers Day Free Beverage Ride to 4-Mile Historic House and Beyond.

Cherry Creek Loop Ride

On Saturday, May 14th, Ellen led riders on the Cherry Creek Loop Ride.



Stop & Smell the Roses in Honor of Melba



On Wednesday, May 4th, club members gathered for a leisure ride in honor of Melba.



BIKE TO WORK DAY

Wednesday, June 22, 2022

Ditch your vehicle, grab your bike and join us Wednesday, June 22, 2022, to celebrate Bike to Work Day. This year's theme is "Shifting Gears," and we're encouraging you to rethink how you get around. Instead of driving, try biking – it's good for the environment, your health and your wallet.

Stop by our DENVER BICYCLE TOURING CLUB booth! And volunteers are welcome! Contact Helen Berkman if you can help staff our DBTC booth for an hour.

While Colorado is excited to celebrate Bike Month every June, the highlight of the activities is Bike to Work Day on June 22, when employees leave their cars at home and enjoy bicycling to work. This free, fun, annual event focuses on encouraging people to try out commuting by bike. Bike to Work Day attracts tens of thousands of participants every year. Due to the expanding popularity of bicycling in Colorado that trend is expected to continue this year!

What is Bike to Work (or Wherever) Day? During BT(W)D, community members are encouraged to travel by bike wherever they're headed, be it work, errands, to drop kids to daycare, or just for fun.

Denver is hosting one of the region's largest breakfast stations on Bannock Street in front of the Denver City & County Building from 6:30 a.m. to 9:30 a.m. Participants can make a pit stop on their way into work to enjoy free breakfast burritos, warm coffee and other breakfast treats, visit with participating vendors, and celebrate more connections created through Denver's bike program!

Here are a few highlights of what you'll find at this year's Bike to Work Day breakfast station:

- Grab a free Etai's breakfast burrito (limited supply).
- Explore other breakfast offerings like coffee, donuts and fruit!
- Receive a bike tune up with bike techs from Elevation Cycles.
- Join a ride sponsored by Denver Bicycle Touring Club, Denver's oldest, non-profit organization that creates multiple, daily bike rides and out of town tours.
- Register your bicycle with the Denver Police Department. Registering aids officers in the recovery of stolen bicycles.

When:

6:30am to 9:30am: Breakfast Station hours

Where:

Bannock Street (directly in front of the City & County Building – 1437 Bannock St.).

THIS JUST IN!
Denver Century Ride Has Extended Their Discount Offering!

To encourage your cycling plans, the Coldwell Banker Denver Century Ride presented by Bank of America is offering **20% Off** registration to "Cycle the City" on September 24, 2022. Go to www.DenverCenturyRide.com/registration and use the code **GETRIDING2022** at checkout.

MTB Relaxed Getaway in Fruita



May 9 - 11th, MTB riders enjoyed a relaxing couple of days adventuring in Fruita.

Franktown & Frozen Yogurt Ride



On Monday, May 16th, Wes and Ruby led riders for a ride through Franktown which ended with frozen yogurt at Swirls!



17 riders recently enjoyed a ride to the rocky mountain arsenal, where it's now possible to ride a bike on specified trails and paved roads within the park.

Morning Latte Fun Ride with Patty



On Wednesday, May 11th, Patty led riders on an early morning ride for Latte's.

Morning Morrison Ride with Merri



On Monday, May 9th, Merri led riders through Morrison.

Denver's Original Bicycling Club

article by Kate Agathon reprinted with permission from Campus Cycles newsletter of May 2022

For nearly 130 years, bicycling clubs have helped to shape Denver's bike-centric culture.

From the long-defunct Denver Wheel Club established in 1893, to the Highlands Cruiser Club founded in 2009, Denverites have always demonstrated a passion for socializing and sharing their love of riding on two wheels.

While bicycle clubs in Denver have come and gone, one club in particular has established itself as a pillar in the local bike scene for the past several decades- The Denver Bicycle Touring Club (DBTC).

With over four hundred members (many of whom are over the age of 50), the DBTC offers rides for all ability levels and interests.

For example, some club members have never ridden a bike before, while others look forward to challenging rides such as Vail Pass.

Additionally, many other DBTC members are just seeking fellow bicyclists for leisurely (aka "smell the roses") social rides around the city. With DBTC, there's a ride for everyone.

More Than a Bicycling Club

Touted as THE original bicycling club still active in the Mile High City, the DBTC is far more than its name implies: it is a recreational non-profit organization run entirely by volunteers.

"Realistically, we are a recreational club. We do non-cycling events such as picnics, out-of-town cycling trips, mountain bike rides, and more. Many of our rides are just fun; I led rides last summer where the goal was to ride to different ice cream shops in the area," said Suzy Ward, DBTC board member.

In addition to sponsoring weekend and weekday rides, DBTC promotes recreational and commuter cycling, bike safety, and education. They also work with local governments to advocate for cyclists, and have also created a route map of Denver's more than 150 miles of bike paths.

"Sometimes I think having the word 'touring' in the name prevents people from joining. I know it initially kept me away - I wasn't looking for a 'touring club'- even though I have done several tours," Ward continued.

To her knowledge, there are not any other recreational clubs in the Denver area. While there are plenty of social meetup groups, they do not require membership dues, issue club jerseys, or provide insurance, she pointed out. And they certainly don't have the tenure of DBTC.

DBTC's unique, fun, and detail-oriented culture is evident in its newsletter and website.

From publishing a meticulous list of organized rides in the region, providing trail condition updates, to announcing planned club rides, and making introductions to ride leaders, the DBTC newsletter serves as a considerable monthly resource for its members.

The Club for Everyone Else

One of DBTC's hallmarks is that it makes bicycling accessible and enjoyable for all in a non-intimidating environment.

Interested in a leisure ride around the city to just see the sights? How about a ride where ice cream is the sole objective?

DBTC not only aspires to be a source of information to all of its diverse club members, it also actively practices a culture of encouragement.

Each club ride is broken down by pace, terrain, distance, and quadrant of the city- making it easy for club members to determine which ride is a best fit.

Perhaps most notable is the club's own introduction to Lookout Mountain ride, called "Progressive Lookout Challenge" in which the demanding hill climb is broken up into segments and riding is done at one's own pace.

Another unique aspect of DBTC is that club members ride a variety of bikes on sponsored rides: fitness bikes, road bikes, mountain bikes, e-bikes, etc. In the DBTC, there's no pressure to ride fast, or have a certain type of bike to fit in.

"It (DBTC) is really a true recreation club! Some of the bikes are quite vintage with old school shifting and rim brakes. It's a club for everybody!" Ward enthused.

Meet Stan McCullom

One of DBTC's most recent members is Stan McCullom, who is fairly new to cycling.

At 61, he embraced cycling as a way to potentially meet new people, support causes, and stay in shape (he recently had knee replacement surgery).

"I enjoy cycling very much! A lot of what compelled me to take up cycling was being able to ride for different charities like Stop Soldier Suicide, and the Great Cycle Challenge to raise money for kids with cancer," said McCullom.

He found DBTC on Facebook, and realized it was just the bicycling club that he was looking for.

"For me, it (joining DBTC) is more about the camaraderie of riding with a group, and a way for me to meet new people and be social. Previously, I rode on my own because I couldn't keep up with others while riding in a group," he explained.



DBTC 2022 Upcoming Events

Your DBTC Board has already scheduled most events, so save the dates and get these on your calendar now!

Bike to Work Day Denver



Wednesday, June 22nd, 2022
Civic Center, Denver



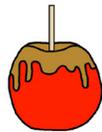
Summer Picnic and Rides



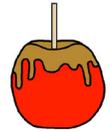
Sunday, July 24th, 2022 8am-2pm
Anderson Park, Wheatridge



Caramel Apple Rides



Saturday, October 1st, 2022
Ruby Hill Park, Denver



Volunteer Recognition Dinner

Thursday, November 10th, 2022
The Barn at Raccoon Creek, Littleton

2022 Colorado Upcoming Events

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

Jun 5 – The LAST ERock Ride Elephant Rock Ride

12, 45, 62, 100 mile routes

Castle Rock, CO

<https://events.outsideonline.com/elephantrock/>

Jun 11 Pedaling 4 Parkinson's

10, 40 mile routes

Lone Tree, CO

<https://pedaling4parkinsons.org/>

Jun 11 – 17 Ride the Rockies

6 days – 31 to 110 miles

Total of 436 miles and 27,000' elevation gain

**Copper Mountain, Glenwood Springs, Basalt
Salida, Breckenridge, Golden**

<https://ridetherockies.com>

June 22 Bike to Work Day

Denver, CO

<https://biketoworkday.co/>

Jun 26 MS 150

One day – 34, 78 mile routes

Westminster, CO

<https://mssociety.donordrive.com/index.cfm?fuseaction=cms.page&id=1383&eventID=542>

July 16 Tour de Steamboat

MTB – 50, 100 mile routes

Road – 26, 46, 66 mile routes

Steamboat Springs, CO

<https://www.tourdesteamboat.com/>

July 24 DBTC Summer Picnic

Anderson Park, Wheat Ridge

Jul 30 Tarry-It-Up

30, 50 and metric century routes

Lake George, CO

<https://www.bicyclecolorado.org/featured-event/tarry-it-up/>

Aug 6 Copper Triangle

79 miles, 6500' elevation gain

Copper Mountain, CO

<https://www.bikereg.com/coppertriangle2022>

Aug 13 La Veta Century Ride

102 miles, 7500' elevation gain

La Veta, CO

<https://spcycling.org/stonewall-century/>

Aug 13 Starlight Spectacular – Night Time Ride

Costumes encouraged, lights required

More information to be posted later

Garden of the Gods

Colorado Springs, CO

<https://www.trailsandopenspaces.org/starlight-spectacular/>

Aug 20 Triple Bypass

65 miles Georgetown to Vail 6,066' elevation gain

110 miles Evergreen to Vail 10,600' elevation gain

Evergreen, Georgetown, Vail

<https://www.triplebypass.org/>

Aug 27 Venus de Miles (women only)

33, 66 and 100 mile routes

Boulder County, CO

<https://www.venusdemiles.com/>

Sep 10 Tour of the Moon

41 and 64 mile routes

Grand Junction, CO

<https://www.bikereg.com/tourofthemoon>

Sep 17 Pedal for Possible (Craig Hospital)

10K, 30K, 50K, 100K and 100 Mile

Louisville, CO

<https://craighospital.org/events/2022-pedal-4-possible>

Sep 17 Tour de Vineyards

23 and 58 mile routes

Palisade, CO

<https://www.bikereg.com/tourdevineyards2022>

Looking for Pedal the Plains? Unfortunately, it's been canceled.

Sep 24 Denver Century Ride

24, 50, 85 and 100 mile routes

Denver, CO

<http://denvercenturyride.com/>

Oct 1 DBTC Caramel Apple Rides

Ruby Hill, Denver

Nov 10 DBTC Volunteer Recognition Dinner

Raccoon Creek, Littleton

MTB Bear Creek Lake

On Sunday, May 1st, 19 MTB riders took some time to enjoy a ride around Bear Creek Lake.



Bear Creek Trail Under Construction at the Stone House

Thanks to Janet Martel for the update from Lakewood Together

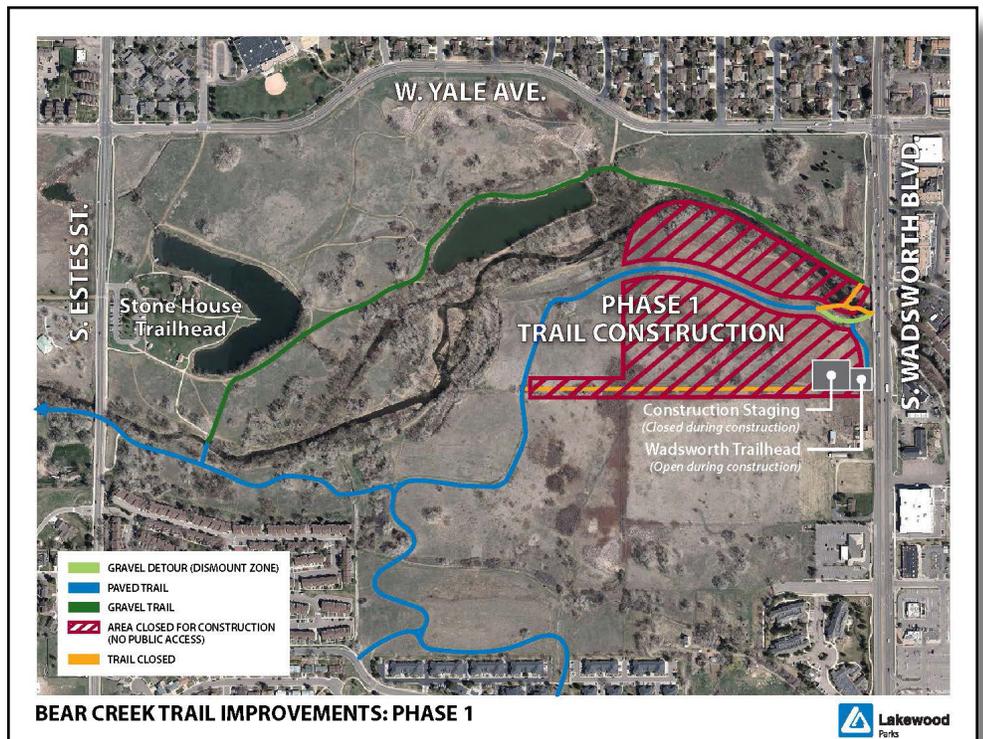
Construction of the Bear Creek Trail improvements began in April, starting with mobilization and staging for Phase 1, which includes concrete work and parallel trail development, between the Stone House and S. Wadsworth Blvd.

Trail closures within the work area include the Bear Creek Trail, the Stone House Trail and the dirt two-track trail that begins at the Wadsworth Blvd Trailhead. For your safety, please respect the trail closures.

The concrete path from the Wadsworth Blvd Trailhead to the bridge over Bear Creek will remain open for access to the Bear Creek Greenbelt north of the creek.

Subscribe to the project page and check back regularly for updates.

View the [Bear Creek Trail Site Plan](#).
View the [Bear Creek Trail Phase 1 Plan](#).



How To Read the Ride Schedule

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	Mileage	Quadrant of City	Departure Time
Leisure	H1 - Flat	This is an estimate – options may be offered	NW	Arrive early enough to unload your bike and be ready to leave.
Fun – Comfortable	H2 – Some Hills		NE	
Fun Plus - Faster	H3 - Hilly		SE	
Int – advanced riders	H4 – Serious climbs		SW	
ATB- Unpaved Roads	Two ratings: Technical skill T1 to T4 and Physical exertion P1 to P4		W	
MTB – Mountain Bikes				

Pace of Ride:

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

LEISURE 8-10 mph. Leisurely pace, frequent stops, good place to start

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

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

INT (Intermediate) 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

Some leaders include the altitude in addition to the rating. If it is 1,000 gain expect some serious climbing.

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.

How To Read the Ride Schedule

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 they will probably have lunch afterwards.

INT-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 PLUS-H3-10-W-1370'gain Ride from the pillars up Lookout Mountain.

Expect to do some serious climbing. Lookout Mountain is a steep, narrow road. This is a short ride at only 10 (miles). Another leader might have a different starting location with longer mileage.

- 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 down if you fall too far behind.

- If this is rated **FUN-H4-20-NW** expect the riders to make many stops to regroup.

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.

FUN PLUS-H2-35-SE 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.

The rating system is just to give you an idea of what to expect. 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.

FUN PLUS or **INT** rides are intended to be at a faster pace or on more difficult terrain than FUN rides. You are expected to be able to keep up with the group.

Some rides will have a dual designation **FUN/FUN PLUS** or **FUN PLUS/INT**. There might even 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. If in doubt, contact the ride leader and ask.

Weather is a factor. You can assume that the ride is cancelled if it is under 40 degrees, or it is raining or snowing – or forecast to start during the ride. Leaders have the option to cancel if they feel the weather is unacceptable for them. Check with the leader if it is iffy. Leaders will notify those signed up through MeetUp if the ride is canceled.

How to know what's happening:

- During the summer you will receive weekly blasts with the rides for the coming weeks. It will be more accurate than the newsletter since a leader may have had to make a change or cancel a ride.
- All rides are posted on MeetUp after the blast for the next week goes out
 - It is not required, but if you sign up for the ride, you will receive a notice if anything changes, or the leader needs to cancel the ride.
 - It lets the leader know how many riders to expect.
 - There are occasionally additional rides that were not included in either the newsletter or weekly blast.
 - Some leaders may ask you to reserve a spot by texting them instead – it is at the leader's discretion.

Most of all - HAPPY PEDALING!!

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:

South: Ellen Fitzpatrick ellenfitz4@comcast.net

Weekday: Patty Gaspar patty@gasparjones.com

MTB: Cathy Leibowitz cathy.leibowitz@yahoo.com

North: Jeff Krinsky jkrinsky2003@yahoo.com

Leisure: Jill McMahon jillmm7@gmail.com

& Marcy Rodney, mrodney@rsresearch.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!

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



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

Bike Bag Available

In cleaning out our Storage Unit, we found a nice canvas bike bag (42 x 32 x 8) that is not being used or borrowed. Well used but in good condition. Available to any member for a small donation to DBTC (\$15 suggested). First come, first served. Contact Helen Berkman, President, h.berkman@comcast.net to arrange for pick up.

ATTENTION ALL DBTC MEMBERS! Check out the free DBTC Member benefit Ride With GPS

All Active DBTC members can access the Ride With GPS (RWGPS) Club account. You'll get access to the Route Library to view route maps, to print off cue sheets, and to download routes to your mobile device. Ride With GPS has two interfaces: one is an Internet browser and the other is an Android/iPhone app. Easy instructions on how to access, create, and use the RWGPS Club Account can be found on the DBTC website: www.dbtc.org and click on "Ride With GPS" tab.

QUESTIONS / COMMENTS? Please contact Marilyn at mjchoske@gmail.com or John at johnklever@msn.com. We're here to help!



DBTC *Spring* 2022 RIDES

Spring has sprung and summer is on the way! We are looking forward to getting out and about.

How to get onto the June schedule - contact one of these people:

South: Ellen Fitzpatrick ellenfitz4@comcast.net
 Leisure: Jill McMahon jillmm7@gmail.com
 & Marcy Rodney, mrodney@rslresearch.com
 North 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

The deadline for adding a ride activity in the newsletter is the 22nd of the month. Please send an email to ridecoordinator@dbtc.org or contact Patty by phone at 303-989-8268.

Pace of Ride	Difficulty of Terrain	Distance	Quadrant of City	Departure Time
Leisure or Roses (Avg. 8-10 mph) No Drop Rides Fun – (Avg. 9-12 mph) No Drop Rides Fun Plus – (Avg. 11-15 mph) INT - 15+ pace shown (i.e.15-18 mph) ATB – Unpaved Roads MTB – Mountain Bikes	H1 – Flat H2 – Hilly H3 – Some Steep Climbs Alt gain shows 1800 ft. H4 – Serious Climbs T1 Beginner to T4 Highly skilled riders; P1 to P4 physical conditioning required	This is an estimate – options may be offered	NW NE SE SW W	Arrive early enough to unload your bike and be ready to leave at the time shown.

Rides are canceled if the temperature is below 40 degrees at start time, or if 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 MapQuest or Google Maps to make a map to the starting location.

DBTC's Emailing Lists: Get late breaking news, last-minute ride updates, and short notice of weekday rides, all emailed directly to you as soon as the information is posted on MeetUp. If the weather is "iffy", a ride leader can post a notice to let you know if the ride will go or be canceled. A weekly blast goes out through email as well.

Twitter account is @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 also on Facebook, if you want to share pictures or bike-related news there.

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

Please Note:

- Joining either of these Facebook, or the Meetup Group does not make you a valid member of the DBTC.
- If your email address changes, you must send your new email address to the DBTC webmaster (webmaster@dbtc.org)

Spring Riding Guidelines

- Weather: Thunderstorms or rain (rides can be cancelled for extreme heat)
- Clothing: Wear layers and bright colors
- Other: Bring sunscreen, water, repair items, and a snack

DBTC June 2022 Ride Schedule

Wednesday, June 1st:

RAIN IN FORECAST so no scheduled ride.

Thursday, June 2:

9:00 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 lunch at a local restaurant.

Friday, Jun. 3:

9:00 am-FUN PLUS/INT-H3-Elev 1200'-23-SE "Scenic Foxfield and Piney Creek with Wes & Ruby" Meet Wes & Ruby (303-522-3573) at East Arapahoe Rd. Trailhead. We will take the Cherry Creek trail south to E. Broncos Pkwy, then climb east through Foxfield neighborhood to the top of Smoky Hill Rd; then circle back and enjoy a scenic descent on Piney Creek trail back to our starting point. We will regroup at the top of each climb.** WHEELS DOWN AT 9 AM ** Bring a sack lunch for a picnic after the ride!

Saturday, June 4th:

10:00AM LEISURE - H1 - 15 - NE Five Points Jazz Festival. 15 miles of urban congested traffic. Inner City dwellers Richard Gieseler and Suzanne Gruba will greet you at the Broadway Marketplace RTD Park and Ride at S. Bannock and W. Dakota Aves. in the middle of the shopping center at 10am. Park in the RTD parking places. We will ride north on the South Platte Bikeway past REI and downtown to a rest area. We will then ride to the north end of the Jazz Festival where we lock our bikes with U-locks. On foot we explore and enjoy the Festival and the lunch food trucks. After an hour or so of music, crowds and food purchased by you, Richard will lead us back to Broadway Marketplace. Questions? Call Richard at 303-722-1475

9:00 AM FUN-PLUS/INT-H2-23-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 lunch and a chair for a picnic afterwards.

Sunday, June 5th

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

Monday, June 6th:

9:00AM FUN/FUN PLUS-H2-20+-NW Meet Merri Bruntz (303-517-9781) at Anderson Park (44th & Field St) for a ride west on the Clear Creek Trail to the Peaks-to-Plains Trail which we will take to the current construction point (I have heard that it is farther up the canyon than last year). We will then return to Parfet Park in Golden for a break and then return to the start on the Clear Creek Trail. Bring a sack lunch for a picnic after the ride.

Wednesday, June 8th:

9:00 AM FUN -H2-23 SW Meet Patty Gaspar (303-618-5069) at Granny Scotts Pie Shop (3333 S Wadsworth Blvd, Lakewood, CO 80227). There's supposed to be construction on the trail so we'll make an interesting stop then proceed to the trail. We'll head west but we will avoid going over the dam by heading up Kipling then over to C470 trail. There is a great downhill back to Lowell and Bear Valley. Lunch at the pie shop - great sandwiches with pie.

Friday, June 10th:

9:30AM Leisure H1-18-NE Rocky Mountain Arsenal. Meet Marlene Patacky (cell 720 838-7338) at the Central Park Recreation Center. We'll do an out and back ride to the RM Arsenal, home of 200 Bison! We will be on some newly paved trails. Once at the Arsenal, we will explore some quiet roads and stop at the Visitor's Center. Bring a snack. Optional lunch afterwards.

Saturday, June 11th:

Want to post a ride on MeetUp? Contact Jeff jkrinsky2003@yahoo.com or Patty patty@gasparjones.com. If you have led rides in the past we will post it for you. If not, we will help you become a ride leader.

DBTC June 2022 Ride Schedule

Sunday, June 12th:

10:30 AM, MTB, P2, T1.5, 9 miles, FAR SOUTH: Easy Thermos Lunch Ride - Pineries in Black Forest, north of Colorado Springs. Meet Jeff Krinsky (720-373-9107) and Suzy Ward (720-355-3268) at this brand new single track that we have ridden and it is worth the drive. We will meet at the Pineries trailhead north of Shupe and east of Vollmer. After we complete the 9 mile loop we will meet for a picnic. You can view and download the map here: <https://www.blackforesttrails.org/the-pineries-open-space.html>
(Address = 13201 Vollmer Rd, Colo. Springs, CO. 80908)

Monday June 13th:

9:00AM FUN/FUN PLUS- H3-29-NW Meet Merri Bruntz (303-517-9781) at Anderson Park (44th & Field) for a ride west on the Clear Creek Trail to Easley Rd. We will ride over the Arvada Reservoir and then ride the entire length of the Ralston Creek Trail connecting to the Clear Creek Trail west back to Anderson Park. Bring a sack lunch for a picnic afterward.

Tuesday, June 14th:

7:45 AM FUN-H2-28-NW-1100' elev gain. ARVADA ARROWHEAD! Meet 07:45am, Depart 8:00am. Join Marilyn Choske (303-905-8510), at Anderson Park in Wheat Ridge, 44th & Field St., back parking lot near the big pavilion. Ride an arrowhead-shaped loop around Arvada on bike paths and bike-friendly roads. Bring \$ for an optional beverage OR ice cream stop along the way. Pace 10-14mph. REGISTER BY TEXT to leader by Monday, June 13. Ride will not go if it is rainy or the forecast is for rain in the morning. Call the leader if in doubt. Here is your Club RWGPS--take a look! https://ridewithgps.com/routes/29220176?privacy_code=dCA3j2uRKGQMANhR

Tuesday, June 14:

Breckenridge to Frisco Ride 10:00 AM Leisure Ride H2-11-23 West Faster and MTB riders welcome to join if they are okay to ride without a leader. Meet Lin Hark (Please RSVP or sign up on Meetup.com 303-507-3502) at 9:45 am at the Ice Rink Parking Lot, 189 Boreas Pass Road in Breckenridge for a beautiful mountain ride down the valley to Frisco. We will ride the bike path from Breckenridge to Frisco for 11 miles and take a break at the Frisco Marina. Leisure Riders who would like to avoid the uphill climb may take the option of the free shuttle back to Breckenridge. If anyone is up to making a day of this there is a lot to do in Breckenridge including -- hike to see the Troll Sculpture, Happy Hour, and possible dinner at a local restaurant, swimming and hot tubbing at Lin's Resort. They have a nice big hot tub with bar service. Contact Lin to RSVP or questions at 303-507-3507.

Wednesday, June 15th:

9:00 AM FUN PLUS H-2-19 SW Meet Peter Woulfe (540-219-6674) at Clement Park. Meet behind the library near the skateboard park. We will ride some quiet streets in the Columbine neighborhood to South Platte Canyon Rd., to Chatfield State Park, up the dam, ride the paved portion then to the C-470 trail, to Garrison St., onto a few quiet, winding streets, to the Dutch Creek Trail, and return to Clement Park. Bring lunch and a chair for a picnic afterwards.

Thursday, June 16th:

7:30 AM FUN+-H3-29-NW-1291' elev. gain. "SCRUMPTIOUS FUN BLUNN RUN!" Meet 07:30am. DEPART 07:40am. Join Marilyn Choske (303-905-8510) at Anderson Park, 44th & Field St, Wheat Ridge--back parking lot near big pavilion. Clear Creek Trail west to Tucker Gulch, north on Hwy 93 to Van Bibber Trail. North for climb over Blunn (aka Arvada) Reservoir, Ralston Creek Trail into Arvada for Ice Cream stop, compliments of DBTC, and return. Trails and bike-friendly streets. Pace 10-14mph. REGISTER BY TEXT to leader by June 15. Ride will not go if rainy or forecast is for morning rain; call leader if in doubt. Your RWGPS: https://ridewithgps.com/routes/36087711?privacy_code=95Fs6NCvQVBx2k73

9:00AM Leisure-H1-18-NW Meet Jake Jacobi (720.808.2306) at Gold Strike Park, on 56th Ave, just west of Sheridan and south of Ralston Road, Arvada. The ride will mostly be on Clear Creek, Little Dry Creek and Ralston Creek. The second half of the ride will be downhill. An optional lunch at a local restaurant to follow.

Saturday, June 18th:

Want to post a ride on MeetUp? Contact Jeff jkrinsky2003@yahoo.com or Patty patty@gasparjones.com. If you have led rides in the past we will post it for you. If not, we will help you become a ride leader.4th:

Sunday, June 19th:

9:15 AM FUN H2-20 - Downtown Meet Jeff Krinsky (720-373-9107) for this Father's Appreciation Ride that is designed for both fathers and anyone who has or has had a father. The ride culminates at Hudson Gardens for FREE BEVERAGES! We will meet at the City of Cuernavaca Park downtown (23rd Ave Exit from I25, go down the hill, drive by the REI Superstore going NE, cross 15th St and keep going till you see the parking lot directly in front of you) for this fantastic ride down the Platte River Bike Path to the infamous Hudson Gardens and back. A complementary beverage of your choice will be provided to all fathers and non-fathers alike by DBTC at the break at Nixon's Coffee House at Hudson Gardens. THIS RIDE THAT WILL START YOUR FATHER'S DAY OFF WITH A BANG!

DBTC June 2022 Ride Schedule

Monday, June 20th:

9:00AM FUN/FUN PLUS-H3-23-NW Meet Merri Bruntz (303-517-9781) at Anderson Park (44th & Field) for a loop ride to Golden, through Arvada and back to the park. We will ride the Clear Creek Trail, Tucker Gulch, Mesa St Trail, Van Bibber Trail and the Blumm Trail before taking 52nd Ave through western Arvada to return. Note: We will spend approximately one mile on a wide shoulder on Hwy 93 during this ride. Bring a sack lunch for a picnic afterward.

9:00 AM LEISURE H1/H2-16-SW. Spring into Summer Ride Meet Dave Noble (303-694-2008, 303-906-3163 cell), Sue Walters (cell 720 989-4904), and Jill McMahon for a loop ride from Hu Hot Mongolian Grill (3698 S. Natchez Ct. which is in BACK of the Target in the River Point shopping center) to ride north on the Platte River trail, west on Sanderson Gulch, south by Harvey Park, west on Yale to the Stone House for a break, and back on the Bear Creek to the start where we'll have lunch.

Wednesday, June 22nd: Bike to Work Day

9:00 AM FUN-H1-23-W/NW-563' elev. "Bike-to-Work Day!" MEET 09:00am, ROLL 09:15am Register only via TEXT to leader by June 21. Join Marilyn Choske (303-905-8510) and other DBTCers at Bike-to-Work Day DBTC booth in Denver's Civic Center Park for this northwesterly loop ride. "Pickups" at 09:45am at REI/Starbucks Platte River Trail-side--no stop. Call the leader if you're meeting us there. From Civic Center Park, access Cherry Creek Trail to Platte River to Clear Creek to Sloans Lake. Then on to Lakewood Gulch for a return loop back to REI/Starbucks for an optional post-ride beverage (bring \$). Mostly bike paths with some bike-friendly street riding. Easy pace, no-drop zone! Here's the RWGPS link: https://ridewithgps.com/routes/37286119?privacy_code=ewQXU1Ry1y1lBk4Db

Thursday, June 23:

8:45 AM LEISURE. H1/H2-18-SE. Duffy Rolls and Poolside Lunch Ride. Meet Janet Kritzer (303 883-2474 cell) for a ride through Cherry Hills, Greenwood Village and beyond. Enjoy Duffy Rolls to start and a gravel trail ride on the Highline Canal Trail to Big Dry Creek to Belleview Park. After riding thru Old Cherry Hills and Woody Hollow Park, we will then wind thru some pretty streets and the Highline to arrive back at 34 Sedgwick. Ride will be 2/3 on packed gravel with some dirt on the trails. Hybrid bike suggested. Meet at Janet Kritzer's home 34 Sedgwick Drive (Devonshire Heights) Cherry Hills Village to park and start. After the Ride: Duffy's Sandwiches served at poolside tables and under covered umbrellas. Directions: 34 Sedgwick is just off of Hampden Ave on the south side halfway between University and Colorado Blvds. (Wellshire Golf Fairways are across the street) Turn into Devonshire Heights and make an immediate left to go to 34 Sedgwick. Please park single file in circular wide driveway or on street in front of the house. DBTC Members only. MUST RSVP to Janet Kritzer 303-883-2474. Would love a lunch count!

Saturday, June 25th:

9:30 AM FUN PLUS-H3-24-Frisco (Elevation Gain = 1171') Meet Jeff Krinsky (720-373-9107) and Suzy Ward (720-355-3268) for THE FREE ICE CREAM TOUR OF LAKE DILLON. We will meet at the Summit Middle School parking lot in Frisco and ride the multi-use trail around Lake Dillon toward Keystone. We will then climb the Swan Mountain bike path to the top and enjoy the incredible view after which we will enjoy the fabulous downhill toward Frisco, completing a circle back to Frisco where DBTC will purchase ice cream for all riders at the Foote Sweet Shoppe. Directions to Summit Middle School, 158 School Rd, Frisco: Drive westbound from Denver on I-70 to Exit 203, and take the roundabout exit that leads south onto the bridge crossing I-70. Continue south on Summit Blvd. (Hwy 9) for .8 miles to the stoplight intersection of School Rd. & CR 1040. Turn left onto School Rd., and look for DBTC members in the parking lot.

Sunday, June 26th:

Want to post a ride on MeetUp? Contact Jeff jkrinsky2003@yahoo.com or Patty patty@gasparjones.com. If you have led rides in the past we will post it for you. If not, we will help you become a ride leader.4th:

Monday, June 27th:

9:00AM 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 Easley Rd, 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 afterward.

8:30 AM LEISURE H1-25 NW Oskar Blues to Sandstone Ranch Lollipop . Meet Marcy Rodney (720-985-3403 cell, no voicemail, call or text only) at Oskar Blues Homemade Liquids and Solids, 1555 Hover St, Longmont. Park on the north end. This will be a ride mostly on paved trail, with some country road and neighborhood streets. We will head east on the Left Hand Greenway, connect to the St. Vrain Greenway and continue east to the 19th century Sandstone Ranch, where we'll pause to catch our breaths and admire the view. We head west, staying on the St. Vrain path with a 1 mile detour on city streets as Longmont continues its restoration following the 2013 floods. We head west to 75th St., pause briefly in the old town of Hygiene, head south on 75th St. then circle back into Longmont via neighborhoods, ending back at Oskar Blues, a great place for lunch. Bring a snack for the Sandstone Ranch pause, and money for lunch. The restaurant

DBTC June 2022 Ride Schedule

will not be open when we start out, but there are lots of restaurants, gas stations, hotels, etc., in the area should you need a bathroom stop before starting the ride, check the map.

Tuesday, June 28th:

7:00 AM INT-H3+-31-W-2533' elev gain. YOUNGFIELD/LOOKOUT LOOP! Meet 7:00am; DEPART 7:15am. Join Marilyn Choske (303-905-8510), at the Youngfield Trailhead to Clear Creek Trail (CCT), located on the east side of Youngfield St in Wheat Ridge, between 38th & 44th Avenues. Ride Clear Creek Trail to Golden, climb and go over Lookout Mountain onto Hwy 40. East to Heritage Square and pick up Kinney Run Trail to Hwy 6 trail and return. REGISTER BY TEXT to leader by Monday, June 27. This ride is rated Advanced in DBTC Ride With GPS Club library due to distance/elevation; expect slow, steady pace with occasional stops. Great training ride. Beverage stop--bring \$. Ride will not go if rainy or forecast is for rain in the morning; call the leader if in doubt. Check out your Club RWGPS: https://ridewithgps.com/routes/32944450?privacy_code=dKGHXIMEjnOYjklZ but note that it starts/ends at Prospect Park (under renovations), not Youngfield. NOTE: Return route may change slightly at leader's discretion!

Wednesday, June 29th:

9:00 AM FUN-H1-30 SE Meet Patty Gaspar (303-618-5069) at the Original Brooklyn's 2644 W Colfax Ave, Denver, CO 80204 for a ride on the Platte River Trail to the Cherry Creek Trail to the Highline Canal then DOWN Dartmouth. Lunch is at the Original Brooklyn's. I loved this ride when I did it with Wayne on a Monday. DIRECTIONS: from I-25 take the Colfax exit west to Federal Blvd.; go South on Federal to the next light at W Howard place; then go left. Go to the end and take a left onto Morrison Road and stay right to the parking lot of 13 the restaurant. Or ask your GPS.

Thursday, June 30th:

7:45 AM INT-H3-17.7-W-+1350' elev. "West Triple Loop with Eyes on Danish!" MEET 07:45am Register only via TEXT to leader by June 29. Meet Marilyn Choske (303-905-8510), at Green Gables Park, enter from Garrison, located between Wisconsin & Florida. Pedal south and west on bike-friendly streets and climb to Dinosaur saddle; descend and climb into Red Rocks Park; descend into Morrison; enter Bear Creek Park and climb Kumpfmiller Road to exit the Park on the east. Then the fun begins: take Morrison Road to Kipling Street and enjoy (maybe!) your final climb. Bring \$ to reward yourself with a tasty pastry at Taste of Denmark. Short return to cars. Pace: 7-14mph depending on uphill steepness!