

# The Colorado Bicyclist

Newsletter of the Denver Bicycle Touring Club

May 2024

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# Spring Kickoff

## Celebrating our 60th Birthday!!

**When: Saturday, May 4, 2024**

**Where: Clement Park, Littleton, Shelters P & Q**

**(7650 W. Bowles Ave. Littleton entrance, near the Skate Park)**

**Schedule:**

**8:30 am-10:00 am-** Rides start times for Leisure, Fun and Fun+ Rides arranged by some of your favorite Ride Leaders. More details in this month's Ride Schedule.

**12:00 pm-** Lunch will be served for those who have prepaid on the website with a credit card.

**12:40 pm-** Program Starts

**12:50 pm-** Table Talks Start on Bike Maintenance and Out of Town Trips

**2:00 pm-** Event Ends

**Cost will be \$15.00 per person and includes BBQ from Piggin' Out Smokehouse!**

**Sign up here:**

<https://dbtc.wildapricot.org/event-5692212>

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Please note, registration ends by 1 pm on May 1st, 2024!

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*This column includes not only the Out of Town Trips that DBTC plans, but also stories about the bicycling trips you've taken in the United States and other countries. Send your stories to Virginia Dudley at [vdudley@hotmail.com](mailto:vdudley@hotmail.com) Bicycling trips are an adventure!*

## **It's "Sterling Silver" in Sterling, Colorado!**

**Monday, August 26th – Thursday, August 29th, 2024**

Have you ridden any Colorado Eastern Plains areas? Maybe the now-defunct Pedal the Plains? Or not? This announces the out-of-town-tour of "Sterling Silver" where you'll ride country roads encased among open fields of wheat and corn and other crops, explore historic places and museum(s) in Sterling, stroll along its Main Street of shops and ice cream parlors, and partake in local eateries.

This tour is rated Fun/Intermediate; our tour group of 10-12 participants should be independent riders capable of doing their own tire and bicycle repairs, if needed. Rides are loops or out-and-back and consist of up to 40 round-trip miles; all rides start at hotels. Each day at ride's end gives you time for yourself to rest, swim, and/or explore the town.

You'll need to be comfortable riding these types of routes: lightly travelled, shoulderless, two-lane county roads; busier access roads needed to connect the back roads of the plains; and a couple of dirt/gravel roads that extend for several miles (only one day).

The tour is a "Pay As You Go" and is fixed-based in Sterling, Colorado. The Leader has saved a block of rooms for DBTC members to reserve their own room. The lodging is in a comfortable hotel that serves complimentary hot & cold breakfasts and includes an indoor swimming pool/sauna, outdoor deck, and rooms (double occupancy) with two queen beds, mini fridge, microwave, coffeemaker, and free WIFI. You may choose to RV/camp elsewhere on your own and will be expected to promptly meet the group each day at the hotel for riding.

Pay As You Go is where participants are responsible for reserving and paying directly to the hotel for their own lodging arrangements. They will also be responsible for their own meals and other tour expenses. \$40 DBTC fee and registration forms will be collected by tour leader.

Questions? Interest? Contact Marilyn Choske, [mjchoske@gmail.com](mailto:mjchoske@gmail.com) or 303-905-8510.

**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 Virginia Dudley at [vdudley@hotmail.com](mailto:vdudley@hotmail.com) on or before the 20th of the month for the next Newsletter.

If you have questions, if you want to contact an officer or have items to sale in the DBTC Marketplace, send an email to:  
[DBTCinformation@gmail.com](mailto:DBTCinformation@gmail.com)

### DBTC's Officers

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

### Board Members at Large

Maria Elena	720-364-0149
Ruby Frederick	303-522-3573
Tom Fitzgerald	303-424-1082
Simone Caruthers	720-636-2884
Fred Tarbell	630-888-5290

### Directors and Staff

Director of Ride Activities Patty Gaspar <a href="mailto:patty@gasparjones.com">patty@gasparjones.com</a>	303-989-8268
Out of Town Tour Director Kathy Stommel <a href="mailto:cyclekats@gmail.com">cyclekats@gmail.com</a>	719-671-5579
MTB Coordinator Steve Thomas <a href="mailto:steve.thomas001@yahoo.com">steve.thomas001@yahoo.com</a>	303-419-2531
Fun Ride Coordinator Jeff Krinsky <a href="mailto:jkrinsky2003@yahoo.com">jkrinsky2003@yahoo.com</a>	720-373-9107
Intermediate Ride Coordinator Jeff Krinsky <a href="mailto:jkrinsky2003@yahoo.com">jkrinsky2003@yahoo.com</a>	720-373-9107
Weekday Fun/Int Ride Coordinator Patty Gaspar <a href="mailto:patty@gasparjones.com">patty@gasparjones.com</a>	303-989-8268
Leisure Ride Coordinators Jill McMahon Marcy Rodney	
Membership Database/Webmaster Jeff Krinsky <a href="mailto:jkrinsky2003@yahoo.com">jkrinsky2003@yahoo.com</a>	720-373-9107
Communications Director Lise Neer	303-264-9878
Guest Relations Tricia Lee	513-283-1274

## WELCOME

### NEW DBTC MEMBERS

Lori Ashberg  
Betsy Hackemer  
Heather Halldorson  
Ken Hull  
Lara Jakubowski  
Patti Maguire  
Liesl Sevilla  
Bruce Stewart  
Robert Williams

# President's Message

Mark Shimoda

## What? No more Skiing or Ice Skating? Why?



Yup. No more of these types of activities. On Jan. 9, 2024, the DBTC board voted that,

"Going forward, no non-bicycle activities will be promoted in MeetUp, Facebook, our monthly Newsletter, or in any site that might be adopted by DBTC in the future." Why is this?

You all know that our society today is very litigious. I spent 45 years as a periodontist and my insurance company was very proactive in educating me and all its clients about how to avoid being sued. That lesson goes with me today as your President. As President, I had to communicate with our insurance agent Meg Stanley and in doing so I learned a lot about our insurance policies. I am not an insurance agent but reading about our policies was very informative and follow up conversations with our club lawyer, Brian Weiss, proved not only to be informative but spurred action necessary to protect DBTC and all its members.

Our General Liability insurance policy with Silent Sports Program covers club rides, meetings, bike rodeos, skills/safety clinics for members, trail patrol, basic trail maintenance and upkeep and other club activities. (Quoted from Silent Sports Insurance Program Summary.)

Our General Liability insurance policy has the following exclusions: liquor liability, owned/non-owned aircraft and automobiles, downhill skiing and ski jumping, water skiing, inflatables, scuba diving, ownership, building, designing of trails, health & exercise trainer facilities, paddle board rentals, mud runs/obstacle races, and more.

(Quoted from Silent Sports Insurance Program Summary.)

I have had telephone consultations with both our insurance agent Meg Stanley with McKay Insurance Agency, Inc. and with our Denver lawyer, Brian Weiss. It was concluded that allowing the promotion of activities outside of bicycling put our club at too much risk to allow such promotions to be allowed. Therefore, we all should think of DBTC as a bicycle club with social activities. And nothing else.

These consultations also led us to the following:

Bicycle rides should start at the parking lot where the ride starts. There should be no car pooling sponsored by the ride leader or DBTC. If there is carpooling, then the ride officially starts with the car ride and if there is an accident, DBTC can be held liable if there is a law suit related to the accident. Therefore, all rides start at the meeting held by the ride leader at the start of the ride.

Liability waivers must be signed by all ride participants as this is the official record of who participated in a ride and these liability waivers must be submitted to [dbtcrideleaders@gmail.com](mailto:dbtcrideleaders@gmail.com) by month end.

OOTT leaders should refer questions about non-bicycling activities on their trips to Meg Stanley at 1-800-942-0283.

I personally would like to apologize to those who have advertised and would like to advertise non-biking activities in our newsletter and Meet Up sites as this cannot be allowed in the future. I hope that the above information will give you background for the rationale for the action of the board. I also hope that by taking such action, the Board and I protect you from any legal action should anyone be injured on such a trip. Our intentions are to protect DBTC, its Board and Officers, its members and you.

Mark Shimoda

### DBTC Mission Statement

To provide fun, organized group rides and social events.

# DOCTORS WARNED WOMEN OF DEVELOPING “BICYCLE FACE” FROM CYCLING IN THE 19TH CENTURY.

From [HistoryFacts.com](https://www.historyfacts.com)



The modern bicycle — originally called a “safety bicycle” because it wasn’t as treacherous as a big-wheel penny farthing — was invented in the 1880s, ushering in the 1890s bike craze in America. Cycling was especially popular with women, as it offered a freedom they didn’t have before, such as easier means to travel where they pleased, go on unchaperoned dates, or skip church. Female cyclists also began wearing bloomers under skirts, which, in the eyes of some who disapproved, were a little too close to pants. The popularity of cycling (and its implications for women’s empowerment) caused something of a moral panic. Men weren’t immune — some religious leaders worried about physical exertion, competitiveness, and performance-enhancing drugs — but women got the bulk of the ire. Cycling, some medical authorities claimed at the time, could lead to uterine displacement, or a new condition called “bicycle face.”

Descriptions and alleged causes of bicycle face varied; according to one magazine, a woman suffering from the malady would be “usually flushed, but sometimes pale, often with lips more or less drawn, and the beginning of dark shadows under the eyes, and always with an expression of weariness.” One physician said that those suffering from bicycle face have “an anxious look and an unwholesome pallor.” Others said that symptoms include a clenched jaw and bulging eyes. Nobody was immune to bicycle face, but women were considered much more susceptible. Theories as to the cause included overexertion from trying to keep the bike balanced, bad posture, or even a more spiritual cause: riding bikes on the Sabbath. Fortunately for cyclists, the crisis subsided in the early 1900s as the bicycle became more commonplace and hand-wringers turned their anxiety toward automobiles — and, naturally, “horseless carriage face.”

## Board Meetings

Members wishing to attend a board meeting are welcome! The DBTC board meets the second Monday. Meetings are either at the home of Mark Shimoda (with dinner), or at Panera Bread (2466 S Colorado Blvd), or online with Microsoft Team (it’s like Zoom). Meetings rotate through these locations every three months. The next meeting will be at Panera Bread on May 13, starting at 5:30pm. Anyone wishing to address the board, contact the President at [president@dbtc.org](mailto:president@dbtc.org) or call 720-355-5687 so your topic can be placed on the agenda.

# TREASURER'S REPORT

By Cynthia C. Withers

January through March 2024 are traditionally very quiet financial months for DBTC. The Club's income primarily comes from dues and interest. Expenditures are minimal. Although Club events begin in May, the Club prepays the event reservation deposits in January.

As of the end of March, the Club was under budget by \$1,928.06. This savings will be absorbed during the Spring, Summer and Fall when Club rides and events are operating at full capacity.

## **DENVER BICYCLE TOURING CLUB** **INCOME AND EXPENSE REPORT** **FOR THE PERIOD ENDED March 31, 2024**

<u>INCOME</u>	<u>ACTUAL</u>	<u>BUDGET</u>	<u>VARIANCE</u>
<u>CLUB DUES</u>	<u>1,925.00</u>	<u>2,551.50</u>	<u>626.50</u>
<u>EVENTS</u>	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>
<u>OTHER</u>	<u>540.69</u>	<u>363.75</u>	<u>-176.94</u>
<u>TOTAL INCOME</u>	<u>2,465.69</u>	<u>2,915.25</u>	<u>449.56</u>
<u>EXPENSES</u>			
<u>LEGAL/INSURANCE/BOARD</u>	<u>20.64</u>	<u>878.75</u>	<u>-858.11</u>
<u>COMMUNICATIONS</u>	<u>1,442.24</u>	<u>2,406.75</u>	<u>-964.51</u>
<u>MEMBERS/LEADERS SUPPORT</u>		<u>295.00</u>	<u>-295.00</u>
<u>EVENTS</u>	<u>720.00</u>	<u>980.00</u>	<u>-260.00</u>
<u>TOTAL EXPENSES</u>	<u>2,182.88</u>	<u>4,560.50</u>	<u>-2,377.62</u>
<u>PROFIT/(LOSS)</u>	<u>282.81</u>	<u>-1,645.25</u>	<u>-1,928.06</u>

## **DENVER BICYCLE TOURING CLUB** **BANK ACCOUNT BALANCES** **FOR THE PERIOD ENDED March 31, 2024**

<u>US Bank Checking Account</u>	<u>3,216.13</u>
<u>US Bank Certificates of Deposit</u>	<u>17,573.41</u>
<u>US Bank Savings Account</u>	<u>10,503.91</u>
<u>Affinipay Credit Card Payments</u>	<u>35.00</u>
<u>I-Bond US Treasury Bill</u>	<u>10,960.00</u>
<u>Total for the Bank Account Balances</u>	<u>42,288.45</u>





## Do You Know What Type of eBike You have? Do you know the rules for your eBike?

Know the rules for the different bicycle paths. This sign is posted on the Bear Creek Bike Path near Bear Creek Lake Park.

Would you take photos of these signs on the different bike paths, including the name of the path, and send them to Virginia Dudley? This way we'll start learning rules for the different paths in the area.

[vdudley@hotmail.com](mailto:vdudley@hotmail.com) 303 810-0233

# DBTC E-bike Etiquette

by Merri Bruntz and Peter Woulfe

Bicycling in this country is in a transition period where the ratio of e-bikes to regular bikes is increasing. DBTC is no different than other bicycle clubs in the country who are trying to navigate this transition. One such club is the Greater Arizona Bicycle Association (GABA). In an article in their newsletter this winter, they addressed the issue. As ride leaders in DBTC, we feel the need to do the same.

Most riders in DBTC who ride e-bikes adhere to bicycling etiquette that is, in general, the same for everyone riding in a group. However, because e-bikes have the potential to go much faster than regular bikes, safety can be an issue. For that reason, riders of e-bikes should ride in a fashion such that no one knows they are riding one. In other words, when riding in a group, ride with the group. Zooming ahead of everyone is not only dangerous for the group, but it is frustrating for the ride leader. Hence, we make the following suggestions of etiquette for riding with a group on an e-bike:

- Ride within the group, as you would if you were on a regular bike.
- Pedal with the same cadence as those around you. You are not on a motorbike. The e-bike is designed to assist you.
- If you must pass another rider, call out to them announcing that you are passing. Do not do this at a high rate of speed.
- When climbing up hills, be respectful of those riding regular bicycles – this means not zipping by them.
- If the ride leader tells the group to ride at their own pace, then don't desert your friends. Pay attention to where the ride leader has stated that the group will regroup (the ride leader is not responsible for you when you do not pay attention).
- If the ride leader wants everyone to stay behind them, then do so.
- And finally, ride your e-bike in such a fashion that no one knows you are on one.

Some ride leaders may not want e-bikes on their rides. They have the right to make this decision. Currently, we have no rides that are strictly for those riding e-bikes. But just like we have a mountain bike group in the club, we encourage the formation of an e-bike group (e-bike riders step forward to lead rides).

Finally, this article is not meant to discriminate against riders of e-bikes. It is meant to point out the ever-increasing need for safety adherence on our club rides. As ride leaders, we want everyone to enjoy a safe ride.

# A Reminder For Ride Leaders and Riders Waiver Forms

It is important that all riders sign the waiver for each ride. Our insurance policy requires that we keep a record of these liability waivers in case a rider files a claim of injury or brings a suit against DBTC.

The leaders are required to submit the completed ride sheets to [dbtcrideleaders@gmail.com](mailto:dbtcrideleaders@gmail.com) within a month of the ride. You can either scan and email them when you get home; or just take a picture of the ride sheet (make sure it's clear and legible) and email it; or put an app on your phone (Microsoft Lens) to take a picture/scan and send them straight from your phone. On an iPhone, you can use the Notes app. Start by creating a New Note. In the middle of the screen you will see the camera icon, click on that. Click on "Scan Documents", scan the ride sheet (retake the picture as needed to make sure it's clear and legible), then click on Save on the bottom right of the page; the next screen will show a box with an arrow pointing up, click on that to share it as an email sending it to [dbtcrideleaders@gmail.com](mailto:dbtcrideleaders@gmail.com). On the subject line of the email put the date of the ride and the ride leader's name.

**Note:** Rides are only counted if it's submitted to [dbtcrideleaders@gmail.com](mailto:dbtcrideleaders@gmail.com). We will count rides from Nov. 1-Oct. 31 each year. We will also count canceled scheduled rides due to weather or lack of attendees as long as the waiver form is submitted within 30 days of the ride. For any questions, please contact Ruby at 303-522-3573.

**RIDERS:** Please be sure to print your name and phone number legibly and sign the waiver each time you go on a ride. We ask if you are a member of the DBTC so that we can track the non-members. We are a membership driven club and it is important that non-members join the club and help support us.

## CYCLING AND RELATED SAFETY LEGISLATION

By Diane Short

I encourage any of you who are interested in the most current projects, legislation and cycling-related issues to attend the Bike Jeffco zoom monthly meetings each 2nd Tuesday evening from 6:30 to 8:00 pm. Every session has relevant transportation staff including planners, government staff or elected officials, legal personnel, local bicycle advocates and event planners, police or even State Patrols depending on the month's agenda.

For those of you not familiar with Bike Jeffco (BJ), they are the only organization in the region that has this level of significant outreach, participation and record of success in its goals. It was BJ that spearheaded much of the work on the C-470 bike path, the alternative-transport-only bridge from Bear Creek Park to Quincy and the C-470 bike path, the bike path so badly needed from the Buffalo Herd overlook to El Rancho. They also have members of the Board who are in Regular attendance at legislative sessions, presenting a committed and consistent agenda for cyclists in the passing of the Safety Stop legislation among others, including those noted below.

**Highlights of the March meeting included Bicycle Colorado's summary of important bike/ped legislation in the current legislative session:**

SB24-065 Distracted Driver- regarding the use of hand-held devices for all ages - which now is on its way to the House. It would make it against the law to use a hand-held device while a vehicle is in operation. The is an addition to

a law which currently only covers drivers under the age of 18. First offense would be \$75 and 2 points, 2nd would be \$150 and 3 point and 4 would be \$200 and 4 points. This is an uphill battle in the House, so if you know your local representative, contact them to support the Bill.

SB24-036 Vulnerable Road User Area Protection Enterprise in process to include an annual Registration Fee of \$5 for large vehicles. This would produce about \$18 million dollars annually to fund bicycle and pedestrian infrastructure. The governor is not in agreement with the Bill currently as it is a new fee. Let him know we need this!

HB24-1021 – to ensure that bicycle and pedestrian safety and current legislation is part of driver education.

More information on Bicycle Colorado found at [www.bicyclecolorado.org/get-involved](http://www.bicyclecolorado.org/get-involved).

The meeting also included

- Discussion on the current issues of vandalism and trash on Lookout Mt. and current plans to close the road to motor vehicles after dusk until dawn from Chimney Rock to the Denver Mt. Parks site just west of the Buffalo Bill Lodge
- The news bike lanes in process on Garrison north from Jewell to Iowa and possible similar on the Denver West Parkway from 20th to NREL.
- An update on the partnership with the Wheat Ridge Safe Routes 2 Parks grant and implementation.

The more the cycling community can show its support, the more work that can be accomplished. You can register for meetings and also donate at [www.BikeJeffco.org](http://www.BikeJeffco.org)

# Planning Your Bicycle Events for the Year

**These are not DBTC sponsored so DBTC's insurance policies will not cover them.  
These rides are on paved roads unless Gravel or MTB is indicated.**

**May 3-5**

**MTB**

[Fruita Fat Tire Festival](#)

*Fruita, CO*

**May 18**

[Wild Horse Gravel – GRAVEL](#)

30 and 65 mile courses

High Lonesome Ranch

*DeBeque, CO*

**May 17-19**

[Santa Fe Century](#)

20, 54, 106 miles for Road

25 and 50 miles for Gravel

*Santa Fe, NM*

**Jun 26**

[Bike to Work Day](#)

**Jun 29**

[Tarry-It-Up](#)

30, 50 and metric century routes

*Florissant, CO*

**Jun 29-30**

[MS 150](#)

32, 60, 80, 100 mile options

*Westminster, Fort Collins, Westminster*

**July 13**

[Tour de Steamboat](#)

Gravel – 50, 100 mile routes

Road – 26, 44, 66 mile routes

*Steamboat, CO*

**July 13**

High Mountain Gravel – **GRAVEL**

[Crooked Gravel — The Ride Collective](#)

25 and 67 mile courses

*Winter Park, CO*

**Jul 13**

[Triple Bypass](#)

118 miles Evergreen to Aspen

10,800 ft vertical

*Evergreen, CO*

**Jul 20-21**

[Courage Classic Bicycle Tour](#)

12 to 79 miles

*Copper Mountain, CO*

**Aug 3**

[Copper Triangle](#)

79 miles, 6500' elevation gain

*Copper Mountain, CO*

**Aug 10**

[Enchanted Circle — The Ride Collective](#)

85 mile and 100 mile options

Red River, Questa, Taos, Red River, Eagle Nest

*Red River, NM*

**Aug 10**

[La Veta Century Ride, aka Stonewall Century](#)

102 miles, 7500' elevation gain

Out-n-back; turn around when you would like

*La Veta, CO*

**Aug 24**

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

30, 48 and 64 mile routes

*Boulder County, CO*

**Sep 14**

[Tour of the Moon](#)

41 and 64 mile routes

*Grand Junction, CO*

**Sep 21**

[Tour de Vineyards](#)

23 and 58 mile routes

*Palisade, CO*

**Sep 28**

[Denver Century Ride](#)

24, 50, 85 and 100 mile routes

*Denver, CO*



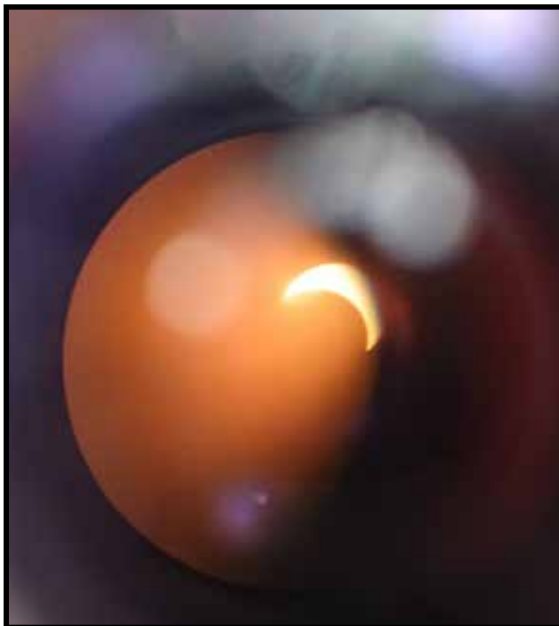
# CC to CC, April 4



*Cherry Creek to Castlewood Canyon, that is, was a FUN Ride with Ruby and Suzy, complete with deer bounding across the trail!*



# The Great Eclipse Ride with Merri



*Above and left: several of the riders were able to (safely) view the eclipse near Chatfield Res.*

*Patty's Free Latte Ride on April 17 (right) from Bear Valley to the Tech Center.*



# Space Time 9/11m Ride with Jeff

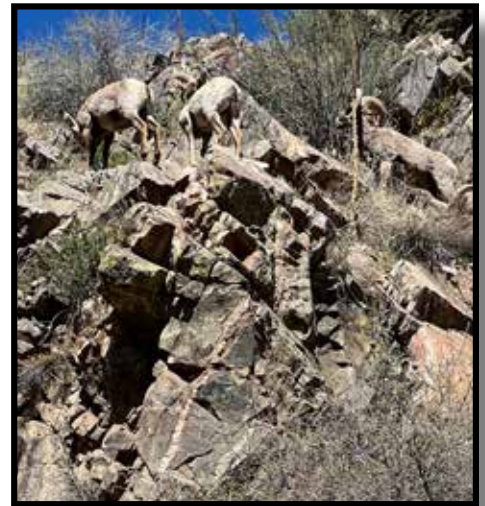


Men standing behind Mars and the women standing behind Venus because MEN ARE FROM MARS AND WOMEN ARE FROM VENUS!



Riders toured THE SOLAR SYSTEM, a brief history of GEOLOGIC COLORADO TIME, and a 9/11 MONUMENT on April 13.

## Annual Tax Day Ride w/ Jennifer and Cathy



Cyndy led one of her favorite rides on Earth Day... to the Rocky Mountain Arsenal!

## Earth Day Ride with Cyndy



# DBTC Marketplace

## Specialized Ruby Expert Bike for Sale

51 cm Fits 5'1" to 5'5"  
Carbon Fiber  
Shimano Ultegra components  
Chain ring 50/34  
Cassette 11 speed 11-32  
Well maintained. \$950

Contact Virginia Dudley at [vdudley@hotmail.com](mailto:vdudley@hotmail.com)  
or text 303-810-0233



## For Sale: 2022 Stumpjumper Expert

Size S3 (medium)  
Color: gloss white / gunmetal.  
Excellent condition.  
Literally like new: only been ridden 3 times. \$5000.

If interested, call or text Tom Fitzgerald at (303) 424-1082.

## DBTC 2024 Events

**May 4th** – DBTC Spring Kick-Off – Clement Park, Littleton, CO

**June 2nd-7th** – Durango Out of Town Trip – Durango, CO

**July 24th** – Summer Picnic – Anderson Park and Pietra's Pizza – Wheat Ridge, CO

**Aug 26th-29th** – Sterling Silver Out of Town Trip – Sterling, CO

**Nov 2nd** – Volunteer Recognition Lunch – Wheat Ridge Rec Center – Wheat Ridge, CO

# DBTC *Spring* 2024 RIDES

Spring has Sprung! Time to lube the bike and pump up the tires and join us. There are scheduled rides almost every day and sometimes two!

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

Leisure: Jill McMahon [jillmm7@gmail.com](mailto:jillmm7@gmail.com)  
 & Marcy Rodney, [mrodney@rslresearch.com](mailto:mrodney@rslresearch.com)

Weekday: Patty Gaspar [patty@gasparjones.com](mailto:patty@gasparjones.com)

Fun & Int: Jeff Krinsky [jkrinsky2003@yahoo.com](mailto:jkrinsky2003@yahoo.com)

MTB: Cathy Leibowitz [cathy.leibowitz@yahoo.com](mailto:cathy.leibowitz@yahoo.com)  
 & Jim Black [jb@jamesblack.org](mailto:jb@jamesblack.org)

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

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

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

**Ride Locator:** There is a guide to the most frequent start locations on our website – [www.dbtc.org](http://www.dbtc.org). You can also go to Ride with GPS to map rides.

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

**DBTC Meetup group** at <http://www.meetup.com/Denver-Bicycle-Touring-Club/> can be used to post rides as well. Once you have posted your ride, we will review the ride information to be sure it complies with the club requirements, then upload it to the Meetup website, where you can edit your ride. Meetup is open to the public and can increase the number of riders on your rides and, hopefully, club members. Rides cannot conflict with the already-existent ride schedule. If you have registered with Meetup, we will post your scheduled rides.

**We are on Facebook,** if you want to share pictures or bike-related news there.

**Please Note:**

- Joining either Facebook, or the Meetup Group does not make you a valid member of the DBTC.
- If your email address changes, you must send your new email address to [webmaster@dbtc.org](mailto:webmaster@dbtc.org) to continue receiving the monthly newsletter.

**Spring / Summer Riding Guidelines**

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

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

# DBTC May 2024

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## Wednesday, May 1st:

**10:00 AM FUN - H2to3-22 SW** Meet Patty Gaspar (303-618-5069) at the Sheridan Library Parking lot west of Federal and Oxford. We'll head toward the rebuilt Bow Mar area and go to Bowles Lake, Grant Ranch to Wadsworth and back to Sheridan High School. We'll ride some hills and lots of ups and downs, some beautiful quiet streets and bike paths. Lunch at Monaghan's Bar and Grill 3889 S King St. Used to be a tunnel from there to Fort Logan so the soldiers could sneak out. Weather permitting - watch MeetUp.

**9:30 AM FUN PLUS- H2: 25 - 30 miles, 2100 gain**, RSVP directly to Diane Short (303-271-9642 landline). Meet at 9:30 am, across from the gas station at Morrison Rd. and Rooney Rd (C-470). Ride through Bear Creek Lake Park, then west into the 2 neighborhoods that are between the Highway 285 frontage road and Belleview, continue to Willow Springs, Ken Caryl neighborhoods with a rest stop at the S. Valley rest area. Out & back, or the group can decide to return via the C-470 bike path.

## Thursday, May 2nd:

**10:00 AM FUN PLUS NE H2 33** mi Rotella Park to Westminster Rec Center Meet Fred Tarbell, 630-888-590, at Rotella Park, East end by shelter one, 1824 Coronado Pkwy S. Denver. We use the Niver Creek trail to connect to the North Platte River trail. North on Platte River trail to Grange Hall Creek trail which takes us to The Margaret Carpenter Park. After a short break we continue West through Thornton and Northglenn on neighborhood greenway trails to Westminster. In Westminster we connect to Farmers Highline trail to 104th Ave bikeway and follow it to Westminster Rec center. Water and restrooms available there during our break. We return along 104 Ave to Farmers Highline, Northglenn, Thornton greenway, and Carpenter Park on the same route. Bring snacks or lunch items if you want to socialize at Rotella Park after the ride.

## Friday, May 3rd:

**10:00 AM FUN PLUS-H3-24-NW** - (Elevation Gain = 1207 feet) – Meet Jeff Krinsky (720-373-9107) for **THE GREAT TOTEM POLE RIDE AKA THE HIDDEN GEMS OF INTERLOCKEN!** This exciting ride full of twists and turns uses portions of the new Hwy. 36 Trail to take us on a loop that includes the hidden gems of Flatirons Mall, Interlocken, Standley Lake, and Rock Creek Village! We will meet at the Rock Creek Village Safeway, which is centrally located in Superior at the NW corner of Coalton and Rock Creek Parkway (Address is 1601 Coalton Rd., Superior). This ride is now 99.99% on paved trails.

## Saturday, May 4th: Kickoff at Clement Park

**9:00 AM FUN-H2-21-SW-960' PICNIC PICKER-UPPER!** Join Marilyn Choske (text to REGISTER-303/905-8510) in Clement Park parking lot nearest DBTC shelter access. (Look for my red Kia Sportage w/ski & bike racks.) Let's use that breakfast caffeine and burn some sugars by pedaling a counterclockwise loop north on residential streets to Bear Creek Trail, then west up and over Kumpfmiller Road in Bear Creek Park. Weave our way south and east (no stop at Mt. Carbon this ride) thru neighborhoods and return to Clement Park for a well-deserved lunch and social time! Some trails, some sidewalks, some bike-friendly streets. Not a race, 10-14mph pace. Be sure to TEXT/register with the ride leader by May 3; limit 10 riders. No ride if it's rainy.

**9:15 AM FUN PLUS H-2-21 SW** Meet Peter Woulfe (540-219-6674) at Clement Park, at the Pavilion. We will exit the park on Long Dr. and work our way to the west side of Marston Reservoir to Quincy, Weaver Creek Trail, C-470, Garrison, Dutch Creek Trail returning to the park. Please note almost half of the ride is on streets, many without bike lanes. Limit 10 Riders.

**9:15 AM FUN-H2-25 SW** Meet Patty Gaspar (303-618-5069) at Clement Park. We'll do a different route winding down to the Platte Trail and then enjoy a shady ride up Big Dry Creek, along the Highline Canal, and back down Mineral. There are a couple of climbs but only 614 feet and some of the trails are hardpack gravel. We'll then wander back to the park for the picnic.

**9:30 AM FUN PLUS-H2-19 Miles SW** Meet Tom Fitzgerald (303-424-1082) at Clement Park at the Pavilion. Head east from Clement Park to Platte Canyon Road, then north to the Bear Creek Trail. Then east on the BCT to the Mary Carter Trail (Platte River Trail). We'll head south along the Mary Carter Trail to Mineral Avenue. Then west on the Mineral Avenue Trail to Platte Canyon Road. Finally, north on Platte Canyon to Christensen Lane, and back to Clement for lunch.

**10:00 AM Leisure-H2-18 SW** Meet Wayne Tomasello at Clement park for a ride on the Lily Gulch trail to Kipling Pkwy to Dutch Creek trail to the Columbine Valley neighborhood back to Clement Park. The ride is mostly on paved bike paths with some street riding and a short section on gravel road.

## Sunday, May 5th

**10:00 AM FUN-H1-24-30 NE. ROCKY MOUNTAIN ARSENAL RIDE.** Meet Cyndy Klepinger (303.725.1565) at Cake Crumbs, 2216 Kearney. We'll ride city streets north to the Sand Creek Trail, ride toward the Northfield area and Rocky Mountain Arsenal. We will return by way of bike lanes and Central Park Greenway trails. Pace will be 12 to 14 mph. Ride limited to 10 riders, to reserve a spot, text Cyndy at 303.725.1565. Will have the opportunity to get a snack at Cake Crumbs after the ride. All rides are weather permitting, temps over 40 at ride time, dry roads and mild wind. Check Meetup posting if you are not sure if a ride is a go or not.

# DBTC May 2024

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**11:00 AM LEISURE-H1-12- SW. CINCO DE MAYO CELEBRATION RIDE.** Ride to the Mexican Cinco De Mayo Festival at Civic Center Park. Meet Lin Hark (303-507-3502) at Overland Pond Park (S Platte River Trail and Florida Ave) We will ride the South Platte Trail north to the Cinco De Mayo Festival at Civic Center Park. Bring a lock for your bike and money to enjoy some Mexican street food. I'm sure we can find some good food and fun entertainment at the Festival.

## Monday May 6th:

**10:00 AM FUN PLUS-H2-21-NW** Meet Merri Bruntz (303-517-9781) at Anderson Park (44th & Field) for a ride west on the Clear Creek Trail to the Peaks to Plains Trail, which we will take to the current construction point. We will then return to Parfet Park for a break, and then return to the start on the Clear Creek Trail. Bring a sack lunch for a picnic afterwards.

## Tuesday, May 7th:

**10:00AM FUN-H2-23-NW-+725'** Join Marilyn Choske (text - 303-905-8510), at Crown Hill Park (26th & Garland). We'll head south, east, north, and west, back to our start. Trails are Weir, Sanderson, Platte, and bike-friendly streets. Stop at Dunkin' at Sloan's Lake for a beverage & donut (bring \$). Comfy 10-14 mph pace. Register via text to the leader by Monday, May 6. Ride will not go if rainy or forecast is for rain in the morning; call the leader if in doubt. Your Club RWGPS: [https://ridewithgps.com/routes/33871592?privacy\\_code=RZnzwBEh2Q6DaDy](https://ridewithgps.com/routes/33871592?privacy_code=RZnzwBEh2Q6DaDy)

## Wednesday, May 8th:

**10:00 AM FUN H1-21 SE** Explore South High to Central Park (not in NYC) Meet Patty Gaspar (303-618-5069) in the parking lot of South High School, corner of Louisiana and S. Franklin, near the SE corner of Washington Park, you may have to park on the street. The ride will include Westerly Creek, Central Park, City Park, and Cheesman Park. Let's hope the leader doesn't get lost again! Lunch at Duffy's. Weather permitting - watch MeetUp.

## Thursday, May 9th:

**10:00 AM FUN PLUS-H2-26mi NE** Rotella Park to Charles Minburn Park, Northglenn. Meet Fred Tarbell ,630-888-5290, at Rotella Park 1824 Coronado Pkwy S (East end shelter 1) Denver. The route is East on Clear Creek to South Platte bike path. North on Platte to the left junction of the Grange Hall Creek trail. Follow the trail to Margaret Carpenter Park crossing 104th Ave. Bathroom break at Carpenter Park before continuing on a green way trail through Thornton and Northglenn suburbs. Turn North along the East side of I-25 interstate and pass under I-25 to arrive at Charles Minburn Park. A break for snacks, water before returning the same route to Rotella Park. Bring snacks or lunch items if you want to recover after the ride.

## Friday, May 10th:

**10:00AM FUN-H1-26-SW** Meet Merri Bruntz (303-517-9781) at Reynolds Landing (6745 S. Santa Fe Dr) for a ride north on the South Platte Trail to REI. After a break, we will return via the same route. Bring a sack lunch for a picnic afterward.

**10:30 AM FUN – H1- 20= NE HIDDEN TRAILS.** Meet Cyndy Klepinger (303.725.1565) at Cook Park Rec Center 7100 Cherry Creek So. Dr., Denver 80224 – off of Monaco. . We will discover some newer trails as well as enjoy the popular Cherry Creek. . The route starts with Cherry Creek Trail, then the Highline Canal to Tollgate to Sand Creek and finally Central Park trails. There are a few miles of city street riding. Ride limited to 10 riders, to reserve a spot, text Cyndy at 303.725.1565. Bring a sack lunch to enjoy after the ride. All rides are weather permitting, temps over 40 at ride time, dry roads and mild wind. Check Meetup to see if ride is a go.

## Saturday, May 11th:

**10:00AM FUN-PLUS-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 your lunch to socialize after the ride.

**9:00AM LEISURE-H1-20-NW Big Dry Creek Ride.** This is a good ride for anyone who wants to do miles without a lot of effort. The elevation gain is only 390 feet. Meet Jake Jacobi (720.808.2306) behind McDonalds on the south-west corner of 100th and Wadsworth Pkwy. We will ride out and back on Big Dry Creek Trail. Optional lunch afterwards.

## Sunday, May 12th: Mother's Day

**9:30 AM FUN H2-20 - Downtown** Meet Jeff Krinsky (720-373-9107) for this Mother's Day Mother's Appreciation Beverage Ride that is designed for both mothers and anyone who has or has had a mother. 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. Go to the parking lot past the large bike statue.) for this fantastic ride down the Cherry Creek Bike Path towards the Cherry Creek Reservoir and back. Remember that a beverage of your choice will be provided to all mothers and non-mothers alike at the break at the REI Starbucks on the return voyage. THIS RIDE WILL START YOUR MOTHER'S DAY WEEKEND OFF WITH A BANG!

# DBTC May 2024

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## Monday May 13th:

**10:00 AM FUN PLUS-H3-24-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 Blunn 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.

**May 13-15 Fruita area MTB rides. See the MeetUp for description and to make the required RSVP.**

## Tuesday, May 14th:

**9:30 AM FUN+-H3-10-W-1370'gain. "Progressive Lookout Challenge #1:** Lookout Mountain for Beginners 101!" (Mountain Month-riding with Marilyn) Been wanting to try Lookout and/or just wanting to get elevation training in? Me, too (the latter)! This is easier one's for you. Meet Marilyn Choske (Register via TEXT to leader by May 13 - 303-905-8510) at the Lookout Mountain Road "pillars" parking lot--> (from Hwy 6, go .3 mile on Lookout Mtn Road to parking on the left. Restrooms available. If you pass the two big pillars, you've gone too far.) We'll ride at our own paces and stop at the Windy Saddle Lot 3.1 miles from the cars; regroup. Continue to 4.7 miles and pull off at the yellow posts on the right; regroup. Ride up to the souvenir shop/restrooms/viewing deck. Return down the mountain to our cars! Ride will not go if rainy or forecast is for morning rain; call the leader if in doubt.

**10:00AM LEISURE H1-19-SW. Bear Creek Trail.** Meet Jill McMahon (303 888-0314) at the Broken Tee Golf Course, 2101 W. Oxford Ave, Englewood. Park at the West end of the lot for a ride heading north on the Platte Trail. At the Bear Creek Trail we will go west to the Fox Hollow Golf Course and return. Bring a snack and money for an optional lunch afterwards at a local restaurant.

## Wednesday, May 15th:

**10:00 AM FUN PLUS-H2-27-NW** Meet Merri Bruntz (303-517-9781) at Crown Hill Park (26th & Garrison) for a ride south to the Stone House and then east on the Bear Creek Trail connecting to the South Platte Trail. We will then ride north to REI for a break. We will return via the Highlands and Wheat Ridge neighborhoods. Bring a sack lunch for a picnic afterward.

## Thursday, May 16th:

**10:00 AM FUN PLUS-H2-28mi NE** Rotella Park Five Trails to Westminster Recreation Center Meet Fred Tarbell (630-888-5290) at Rotella Park, East end by shelter one5+, 1824 Coronado Pkwy S. Denver. We will use the Niver Creek trail to connect to the South Platte River trail. S. on Platte River trail to Clear Creek trail. Continue W. on Clear Creek to the junction, (slight right) of Little Dry Creek trail. Follow Little Dry Creek West to Lowell Blvd intersection. Turn N. on Lowell Blvd on sidewalks for about 7 blocks. At Lowell Blvd and 78 Ave junction connect to US 36 Bikeway on the Left. Continue West on US 36 bikeway toward Westminster, where we exit Rt. under US 36 highway and follow the connecting trail to the Westminster Rec center. Water and restrooms available inside before we return on the same route. Bring snacks or lunch if you want to socialize at Rotella Park after the ride.

## Friday, May 17th:

**10:30 AM FUN PLUS, 30+ H1, BACK DOOR TO CHERRY CREEK RESERVOIR**, Meet Cyndy Klepinger (303.725.1565) at Cook Park Rec Center 7100 Cherry Creek So. Dr., Denver 80224 – off of Monaco. We will take the Cherry Creek Trail and Highline Canal Trail, along with a few others to ride to Cherry Creek Reservoir. This route avoids the climb from Kennedy Golf Course. Depending on the group, we can add miles by circling the reservoir. Ride limited to 10 riders, to reserve a spot, text Cyndy at 303.725.1565. Bring a sack lunch to enjoy after the ride. All rides are weather permitting, temps over 40 at ride time, dry roads and mild wind. Check Meetup posting if you are not sure if a ride is a go or not.

## Saturday, May 18th:

**9:30 AM FUN-H2-21-NW MAJESTIC 17 PARKS NEW BREWPUB RIDE** Meet Jeff Krinsky (720-373-9107) at the Majestic view Park North parking lot (north on Wadsworth to W 72nd Ave, west on 72nd, just west of Carr on the south side. THIS IS NOT THE ENTRANCE at GARRISON ST. or 71st ST!) The ride will visit 17 parks by going west on Ridge Road and van Bibber Creek Trail, north on the new Blunn Trail and then returning on the Ralston Creek Trail where we will stop for a break at the new COLORADO TAP HOUSE which resides on the trail! Maybe we can get a group shot on the huge COLORADO CHAIR out front!

## Sunday, May 19th:

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

## Monday May 20th:

**9:30 AM FUN PLUS-H3-25-NW** Meet Merri Bruntz (303-517-9781) at Crown Hill Park (26th & Garrison) for a ride south on Garrison to Alameda and then west to Morrison via Rooney Rd. After a break, we will ride east via Morrison Rd and the Bear Creek Trail to the Stone House, returning north through Lakewood neighborhoods to Crown Hill Park. Bring a lunch for a picnic afterwards.

# DBTC May 2024

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## Tuesday, May 21

**8:00 AM FUN+-H3-16-W-+1897'** "Progressive Lookout Challenge #2: Lookout Mountain for Beginners 102! We add a bit more distance & elevation from the "101" ride! Meet Marilyn Choske (TEXT to register by May 20 -303-905-8510) at the meeting place described at end of description. Once we get to Lookout Mountain Road, ride at your pace to the Windy Saddle lot at 5.2 miles; regroup. Continue to 6.8 miles and pull off at the yellow posts on the right; regroup. Ride up to the shop/restrooms/viewing deck. Enjoy the downhill ride and we'll stop at a nearby coffee stop to celebrate--\*compliments of DBTC\*--your Lookout accomplishment! Return to the cars. Ride will not go if rainy or forecast is for morning rain; call the leader if in doubt. **Directions:** Park in the westernmost area of the "new" Clear Creek Parking Lot--Free Public Parking in Golden. Enter from the 10th & Archer Streets area (on Archer Street). Use your Maps app or contact leader beforehand. Look for my red Kia Sportage w/bike rack.

**10:00 AM- LEISURE-H2-13-SW. Waterton Canyon Bighorn Sheep Lookout.** Meet Karen Kelley (303-260-9029) at 10am at Denver Audubon Kingery Nature Center for a ride up Waterton Canyon to the Strontia Springs Dam. Please arrive 15 min before ride time. Bring snacks to enjoy at the top. Easy gravel road has been recently graded.

## Wednesday, May 22nd:

**9:30 AM FUN PLUS H-2-20 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., then to the C-470 trail, to Coal Mine Ave., to the Dutch Creek Trail, and return to Clement Park. Bring your lunch to socialize after the ride.

## Thursday, May 23rd:

**10:00 AM FUN H1 28mi NE** Twin Lakes to Riverdale Veterans Memorial Meet Fred Tarbell at 300 West 70th Ave, (1/8 mi West of Broadway and 70th) Bike East on Clear Creek to junction of Platte River Trail. Turn North on Platte River trail toward Riverdale Regional Park area. We will exit off Platte River trail to the entrance of the Adams County Veterans Memorial. We will take our break for restrooms and snacks while we view and explore the architectural design of the Veterans Memorial. We will return by the same route to Twin Lakes. Bring lunch items or snacks if you stay to visit after the ride.

**May 26 Marshall Mesa annual MTB ride. See the MeetUp for description and to make the required RSVP.**

## Monday, May 27th:

**9:30 AM FUN PLUS-H3-27-NW** Meet Merri Bruntz (303-517-9781) at Anderson Park (44th & Field) for a ride west along the Clear Creek Trail to Easley Rd, and to the Arvada Reservoir. We will ride a loop over the reservoir and then after a break, we will return via the same route. Bring a sack lunch for a picnic afterward.

## Tuesday, May 28th:

**8:00 AM FUN+-H3-16-W-+1862' elev.** "Progressive Lookout Challenge #3: Lookout Mountain for All!" Same distance, less elevation (how did THAT happen?!) than Challenge #2! Meet Marilyn Choske (TEXT to register by May 27. 303-905-8510) at the Woolly Mammoth parking lot, I-70 Exit 259, across from the gas station on Hwy 40, between Spaces AA-BB. Look for my red Kia Sportage with bike rack. From Woolly, take Hwy 40 east to Apex turnoff; access Kinney Run Trail to Hwy 6 bike path at (Mile Marker) MM 3.1. The climb starts along this trail; access 19th St over Hwy 6 at MM 4.0. Once we get to Lookout Mountain Road, ride at your pace to Windy Saddle lot at MM 7.4; regroup. Continue to MM 9.0 and pull off at the yellow posts on the right; regroup. Ride up to the shop/restrooms/viewing deck. Tackle the last of the hilly-ness riding to Hwy 40, then it's (mostly) downhill all the way to the cars. Ride will not go if rainy or forecast is for morning rain; call the leader if in doubt.

## Wednesday, May 29th:

**9:00AM FUN PLUS H-2-29 SW** Meet Peter Woulfe(540-219-6674) at the west end of the parking lot for the Broken Tee Golf Course (2101 W. Oxford, Englewood 80110). We will ride the South Platte to Chatfield State Park, then up the dam over to the marina. After a break we will return the same way. Bring your lunch to socialize after the ride.

## Thursday, May 30th:

**10:00 AM FUN PLUS H1 26 NE** Twin Lakes to Tap House Meet Fred Tarbell (630-888-5290) at Twin Lakes, 226-318 W 70th Ave,(1/8 mi West of Broadway & 70th) Denver. Bike West on Clear Creek trail to the junction of Ralston Creek at the Gold Strike bridge. Then follow Ralston Creek trail thru Arvada to the Tap House, 14982 W 69th Ave Arvada. The route will stay on the creek trail markings with some short street riding. Mid ride break at Tap House for coffee, pastry, snacks and bathroom visit as you desire. We return to Rotella Park riding East on Ralston Creek and back to Clear Creek through Arvada. Socialize and recover at Rotella Park with your snacks or lunch as you wish.

## Friday, May 31st:

**9:30 AM FUN-H2-22-NW** Meet Merri Bruntz (303-517-9781) at Twin Lakes Park (300 W. 70th Ave) for a ride east on the Clear Creek Trail to the South Platte Trail, and then south to REI. After a break, we will return via the same route. Bring a sack lunch for a picnic afterward.