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## VC50 Cycling announcement - August September ride descriptions

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To: paul.m.gerhardt@gmail.com

Sun, Jul 23, 2017 at 9:44 AM

VC-50 CYCLING: AUGUST - SEPTEMBER RIDES

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## VC-50 Cycling: **AUGUST - SEPTEMBER RIDES**

***Please do not respond to this email.***

***Contact the Leader of the Ride with questions or to sign up for the ride.***

***For general cycling questions, contact:***

***Cycling Organizer - Cheryl Kachenmeister, [cheryll@faprops.com](mailto:cheryll@faprops.com)***

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### **VC-50 GUIDELINES FOR ALL CYCLISTS:**

**SAFETY:** In addition to enjoying a great ride, safety is a top priority for VC-50 cyclists. Because trips may involve riding distances in fairly remote areas, each participant should arrive for a ride with the following

#### **REQUIRED ITEMS:**

- A fully operating bike (Check tire pressure and bike gears prior to arrival)
- A bike repair kit (Inner tube, tools, pump/CO2 cartridge, etc.)

- Helmet
- Proper biking wear for weather (including rain gear)
- Sunglasses, sunscreen, etc.
- Water bottle, snacks, energy bars, etc.
- First aid essentials

### STEPS FOR A SUCCESSFUL RIDE:

- **REVIEW** the ride description to determine if it is an appropriate ride (difficulty/distance/etc.) for you. Contact Leader if you have questions.
- **SIGN UP** with Leader in advance. (Email usually preferred)
- **IF YOU NEED TO CANCEL**, notify Leader as soon as possible.
- **ARRIVE EARLY** at designated meeting spot so group can leave on time.
- **SIGN IN** with Leader who will explain route and procedures for the ride.
- **SIGN OUT** at the end of ride, using Leader's system, so that all riders are accounted for.

## AUGUST - SEPTEMBER: ROAD and MOUNTAIN RIDES

**DATE/RIDE:** FRIDAY, AUGUST 4 (Lake Dillon)

**LEADER:** Suzette Newman

Email: [newmansk@centurytel.net](mailto:newmansk@centurytel.net)

Phone: 970-926-5778

**RIDE TYPE:** ROAD

**DIFFICULTY:** Moderate-Difficult (Difficult due to climb up Swan Mountain and ride down with traffic - 18 miles)

**DESCRIPTION:** This is an 18-mile ride around Lake Dillon with one significant (1,100 ft.) climb and descent over Swan Mountain on the south side of the lake. About 2.5 hour ride - not racing. See link for details: [http://www.summitbiking.org/area\\_rides/around\\_lake\\_dillon.html](http://www.summitbiking.org/area_rides/around_lake_dillon.html)

**LUNCH:** Can be at one of the many restaurants in Frisco, Whole Foods or a picnic at Marina following ride.

**MEETING PLACE/TIME:** Frisco Marina

**9:00 a.m. - ready to ride at 9:15**

**TO SIGN UP:** Email Leader with your name, email address, cell phone number, and emergency contact information.

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**DATE/RIDE:** FRIDAY, AUGUST 4 (Eagle-Vail Singletrack Trail)

**LEADER:** Hap Young

Email: [hapinvail@gmail.com](mailto:hapinvail@gmail.com)

Phone: 970-470-2409

**RIDE TYPE:** MOUNTAIN

**DIFFICULTY:** Moderate-Difficult (5 mile loop)

**DESCRIPTION:** Ride starts from the Eagle-Vail Pavilion and goes 1.3 miles and 400 ft. of elevation on Eagle Drive Road to Trailhead. Here we start a 2-mile dirt single track which includes two steep sections where you may want to hike-a-bike and some sharp technical turns at the very end of the dirt track. We will ride back on asphalt for 1.7 miles to the Eagle-Vail Pavilion.

**REFRESHMENTS/SNACKS:** Will be served

**MAXIMUM NUMBER OF RIDERS:** 8 mountain bikers

**MEETING PLACE/TIME:** Eagle-Vail Pavilion - East end of parking lot.

**10:30 a.m.**

**TO SIGN UP:** Email Leader with your name, email address, phone number

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**DATE/RIDE:** TUESDAY, AUGUST 8 - BIKE FEST  
"BIKES, BRATS and BEERS"

**LEADER:** Burt Mercial  
Email: [burtmerical@gmail.com](mailto:burtmerical@gmail.com)  
Phone: 612-810-2588

**RIDE TYPE:** ROAD - 3 RIDES: EASY, MODERATE, DIFFICULT

**DESCRIPTION OF RIDES AND LUNCH:** See "Summer Social Events Guide"  
on Vail Club 50 website for descriptions  
of the 3 rides and lunch

**TO SIGN UP:** Go to "Summer Social Events Guide" on Vail Club 50 website to  
sign up for rides and/or lunch

**DEADLINE FOR SIGN UP:** August 1

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**DATE/RIDE:** FRIDAY, AUGUST 11 (Dotsero - Glenwood Springs)

**LEADERS:** Ann Faison  
Email: [aefaison@gmail.com](mailto:aefaison@gmail.com)  
Phone: 914-714-0280  
Jane Hall  
Email: [jane3hall@comcast.net](mailto:jane3hall@comcast.net)  
Phone: 303-618-7120

**RIDE TYPE:** ROAD

**DIFFICULTY:** Moderate (32 miles)

**DESCRIPTION:** The Glenwood Canyon Trail follows the winding course of the Colorado River between Dotsero and Glenwood Springs. The paved trail is easy going with plenty of resting areas, picnic sites and restrooms. Along the trail, you may spot wildlife, including a band of bighorn sheep introduced into the area in the 90's. You will also see people floating this stretch of the river, which also shares the corridor with I-70. The trail can be crowded, so we will ride single file with plenty of space between and stay in our lanes due to a few blind curves. We will stop in Glenwood for a snack before beginning the return trip so please bring one with you - and plenty of water.

**LUNCH:** (Optional) After the ride, we will drive to the Gypsum Creek Golf Course and eat at Gypsum Creekside Grill, which has good food and is inexpensive. Please RSVP about lunch so that Leaders can let restaurant know how many to expect.

**MEETING PLACE/TIME:** Dotsero at beginning of trail. Take I-70 West to Exit #133. Drive west on frontage road on north side of I-70 to its end. Porta-potty at trail head.

**8:45 a.m. - for a 9:00 a.m. start**

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**DATE/RIDE:** MONDAY, AUGUST 14 (Colorado River Ride)

**LEADER:** Tom Berthiaume  
Email: [tom@faprops.com](mailto:tom@faprops.com)

Phone: 612-720-0724

**RIDE TYPE:** ROAD  
**DIFFICULTY:** Moderate (18 +/- miles)  
**DESCRIPTION:** This is an out and back ride. We will ride for an hour or so, turn around and return to our cars. Scenery is beautiful and many miles are along the Colorado River. Terrain is rolling with mostly short hills. There is very little vehicular traffic on the paved road. Bring plenty of water and sunscreen.  
**LUNCH:** At discretion of group  
**MEETING PLACE/TIME:** Dotsero - Take Exit #133 off I-70. Turn right at end of exit and follow frontage road to first roundabout. Turn at the "Sweetwater/Burns" leg which is Colorado River Road. Travel north for .2 miles, and just past "Stephen's Nursery," turn into parking area on left.  
**8:20 a.m. - ready to ride at 8:30**  
**TO SIGN UP:** Email Leader with your name, email address, phone number

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**DATE/RIDE:** MONDAY, AUGUST 14 (Avon Preserve )  
**LEADER:** Jeff Koch  
Email: [jkoch@vail.net](mailto:jkoch@vail.net)  
Phone: 970-376-6845

**RIDE TYPE:** MOUNTAIN  
**DIFFICULTY:** Intermediate (Mostly single track with some challenging climbs)  
**DESCRIPTION:** This ride will show off the Avon Preserve Trails from Singletree. Depending on who shows for the ride, we will have a group vote on which trails to ride.  
**LUNCH:** Harvest Restaurant  
**MEETING PLACE/TIME:** Sonnenalp parking lot (southwest corner)  
**9:30 a.m.**  
**TO SIGN UP:** Email Leader with your name, email address, phone number

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**DATE/RIDE:** FRIDAY, AUGUST 18  
(Rio Grande Trail - Catherine Bridge to Woody Creek)  
**LEADERS:** Nancy Young  
Email: [nancyinvail@gmail.com](mailto:nancyinvail@gmail.com)  
Phone: 970-331-4399  
Cheryl Kachenmeister  
Email: [cheryl@faprops.com](mailto:cheryl@faprops.com)  
Phone: 612-720-0724

**RIDE TYPE:** ROAD  
**DIFFICULTY:** MODERATE (36 miles)  
**DESCRIPTION:** The Rio Grande is a paved bike trail which we will ride from Catherine Bridge to Woody Creek. This out-and-back ride is along the beautiful Roaring Creek River and is mostly flat. Our destination in Woody Creek will be the Woody Creek Tavern where we can enjoy lunch in this unique restaurant.  
**LUNCH:** Woody Creek Tavern (**BRING CASH** - NO CREDIT CARDS OR CHECKS ACCEPTED)  
**MEETING PLACE/TIME:** Catherine Bridge trailhead (Directions: Continue on Hwy 82 past Carbondale and turn right at Catherine Store

intersection onto Co Rd 100. The trailhead/parking area is about a mile straight ahead.)

**9:00 a.m. - 9:15 departure**

**TO SIGN UP:** Email either Leader with your name, email address, phone number, and emergency contact information.

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**DATE/RIDE:** **FRIDAY, AUGUST 18**  
**(Beaver Creek - Arrowhead on Village to Village Trail)**

**LEADER:** Paul Gerhardt  
Email: [paul.m.gerhardt@gmail.com](mailto:paul.m.gerhardt@gmail.com)  
Phone: 303-618-5672

**RIDE TYPE:** **MOUNTAIN**  
**DIFFICULTY:** Moderate-Difficult (13 miles - about 1,500 ft. elevation gain)  
**DESCRIPTION:** Ride from Beaver Creek Elk Lot up to Beaver Creek Village on paved bike path, then up Beaver Lake Trail to bottom of Larkspur Bowl on dirt road. Ride Village to Village trail through Bachelor Gulch to Arrowhead on single track. Then back to Elk Lot on bike path and a short section on shoulder along Hwy 6. No technical skills needed, but a few challenging sections of climbing and single track that can be walked if necessary.

**LUNCH:** Optional stop at Agave when we are almost back to start

**MEETING PLACE/TIME:** Beaver Creek Elk parking lot

**9:30 a.m.**

**TO SIGN UP:** Email Leader with your name, email address, phone number

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**DATE/RIDE:** **MONDAY, AUGUST 21 (Eagle-Vail to East Vail - RT)**

**LEADER:** Joni Forman  
Email: [jforman56@gmail.com](mailto:jforman56@gmail.com)  
Phone: 703-628-8785

**RIDE TYPE:** **ROAD**  
**DIFFICULTY:** Moderate (28 miles)  
**DESCRIPTION:** Ride is mostly on paved trails from Walmart (Eagle-Vail) to end of Gore Creek Trail (Big Horn Road & Bridge Street) with a return on the same route.

**LUNCH:** Route 6 Cafe (Eagle-Vail) after the ride

**MEETING PLACE/TIME:** Walmart parking lot  
(parking area closest to Fawcett and Yoder Avenue)

**9:15 a.m. - 9:30 departure**

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**DATE/RIDE:** **MONDAY, AUGUST 28 (Avon to Vail Village)**

**LEADER:** Sue Mitchell  
Email: [suemitchell103@gmail.com](mailto:suemitchell103@gmail.com)  
Phone: 413-525-9969

**RIDE TYPE:** **ROAD**  
**DIFFICULTY:** Easy (18.6 miles)  
**DESCRIPTION:** From our start at the Home Depot parking lot, we will take the bike path into Vail, stopping for rest and water breaks when needed. On the return trip, we will have lunch at Route 6 Cafe in Eagle-Vail and

then finish the ride back to Home Depot.

**LUNCH:** Route 6 Cafe (Eagle-Vail) When responding, please let Leader know if you will be joining the group for lunch.

**MEETING PLACE/TIME:** Home Depot parking lot - west end

**9:30 a.m. - for 9:45 departure**

**TO SIGN UP:** Email Leader with your name, email address, phone number

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**RIDE/DATES:** ASPEN/SNOWMASS - Rio Grande Trail  
FRIDAY - SUNDAY, September 22 - 24

**LEADERS:** Robin Burch  
Email: [robinburch@mac.com](mailto:robinburch@mac.com)  
Phone: 404-606-0154

**RIDE TYPE:** ROAD

**DIFFICULTY:** Easy/Moderate/Difficult (Mileage variable)

**DESCRIPTION:** The VC-50 cycling season will conclude with this weekend-long biking adventure along the Rio Grande Trail from Aspen to Glenwood Springs. This popular "Rails to Trails" paved bike path takes you along the Roaring Fork River with the backdrop of gorgeous aspen trees in the colors of fall. There will be all levels of biking with varying lengths of mileage traveled - each group will have a designated leader.

Overnight accommodations are at the Timberline Condominiums, located slope side in Snowmass Village, with newly renovated hot tub and pool area that includes an outdoor kitchen and entertainment areas where we will host the Welcome Party and Organization Meeting. There is also a restaurant on the property.

Friday, 9/22 - 5:00 p.m. - Welcome Party - Timberline pool area  
(Bring your own drinks - plastic cups and a snack to share)

Saturday, 9/23 - 10:00 a.m. - Groups gather and begin rides on the Rio Grande Trail

4:30 p.m. - Hot tub party

6:00 p.m. - Progressive potluck dinner in each of the condos

(Menus - TBD)

Sunday, 9/24 - 10:00 a.m. - Groups gather and begin rides or depart for Vail

**COST:** \$115.00/person for two nights lodging (Double occupancy)  
Amenities included: pool/hot tub/fitness center/parking

**PAYMENT DEADLINE: August 10**

**TO RESERVE AT TIMBERLINE:** Contact reservations (800-922-4001) or  
Email: [reservations@timberline.com](mailto:reservations@timberline.com)  
Please indicate roommate preference when making reservation. (Rates based on 3-BR condo with 6-person occupancy)

**LIMIT OF PARTICIPANTS:** As of 7/22, there is room for two more people in a 3-bedroom condo, but other size units are available at Timberline as needed.

**TO SIGN UP FOR TRIP:** Email Leader ([robinburch@mac.com](mailto:robinburch@mac.com)) for more details

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-- END OF 2017 RIDES --

**THANK YOU TO THE LEADERS AND TO ALL WHO PARTICIPATED IN MAKING  
IT ANOTHER ENJOYABLE AND SAFE CYCLING SEASON!**



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You are on this list because you indicated cycling as an interest on your club registration

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