


RIDE! 2009

BICYCLING GUIDE TO NORTHERN COLORADO

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More of this and LESS of that



Photo by Maddy Yovanoff

Seeing bicycles everywhere...again

Fort Collins residents might be noticing a recent increase in support for bicycling in our community. Many have referred to Fort Collins as a city that is experiencing a bicycle renaissance. Community leaders are embracing bicycling as a way of life and have recognized the benefits of bicycling. Local bicycle organizations continue to provide innovative services to the community, such as advocacy work, education, encouragement, sporting events, recycling, bicycle lending, and group rides. And, not too many days go by when you don't read about bicycling in the local newspapers. All the while, Fort Collins continues to receive local, regional, and national accolades about our best practices and gold-level Bicycle Friendly Community reputation.

Before the mid 1950s in Fort Collins, bicycling was a normal activity that everyone did every day. Bicycles were used primarily for transportation. As cars became more popular and affordable, bicycles were replaced with automobiles. The proliferation of automobiles was considered progressive, convenient, and was often associated with one's status in society. People thought of automobiles as a natural progression of society and were unable to forecast the inevitable environmental and social repercussions, such as, poor air quality, greenhouse gases, road rage, and traffic congestion. As society began to deal with the adverse effects of too many cars, we also began to wonder what had happened to the bicycle. A new wave of bicycle advocacy was born, which sought

to trade daily trips in a car with daily trips on a bicycle.

As early as the late 1960s and early 1970s, local bicyclists have been advocating for improved conditions for bicycling in Fort Collins. 1970 marked the first documented bicycle-advocacy case when local resident Elizabeth Sears rallied community support and convinced the Fort Collins



Community leaders show support at CSU Oval 6-day Race Series hosted by Fort Collins Velodrome Association.

City Council to paint the city's first bike lanes. Following Mrs. Sears initial efforts, bicycle-advocacy efforts have occurred in waves. In the mid-1990s, the Choice City Cycling Coalition organized and began to advise community leaders on how to create better bicycling conditions. Fort Collins City Councils were receptive and created pro-bicycle policies, such as the adoption of the "Complete Streets" model in 1997. They also provided support for the continued construction and expansion of our bike trails system. Also in the mid-1990s

until 2005, the City of Fort Collins' Smart Trips Program encouraged and inspired residents to bicycle, walk, and car-pool. In 2005, Friends of the Fort Collins Bicycle Program, otherwise known as Bike Fort Collins, formed and lobbied Fort Collins City Council members to consider reinstating the Bicycle Coordinator position just as city restructuring led to the dissolution of the Smart Trips program.

Bicycling has deep roots in Fort Collins. As we celebrate the crescendo of bicycle culture within our community, remember that the Fort Collins bicycle movement has been a long time coming. Although we have progressed considerably since 1970, a lot of work lies ahead in order to reach the Platinum Level Bicycle Friendly Community award and beyond.

In October 2008, the Fort Collins City Council adopted the 2008 Bicycle Master Plan, which will act as a guide for the next four years as we continue to plan for more innovative bicycle facilities, encourage more residents to ride bicycles every day, educate both bicyclists and motorists on the benefits of bicycling and how to ride and drive respectfully, while promoting citizen participation at all levels of bicycling in our community.

In 2009, the city's first official Bicycle Advisory Committee was formed. This committee will help prioritize and implement the recommendations of the 2008 Bike Plan. The Bicycle Advisory Committee is always seeking public input on local bike issues and big ideas. For information on the 2008 Bike Plan and the Bicycle Advisory Committee, please visit www.fcgov.com/bicycling.

Right on with the ride on....

— Dave "DK" Kemp
Bicycle Coordinator, City of Fort Collins

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Everyone rides for free

Check out a ride from the FC Bike Library

Got bikes? Fort Collins has an exciting and innovative bike-lending program. The FC Bicycle Library offers residents, visitors, students, and regional commuters a safe, efficient and environmentally sensitive means of transportation and recreation. The goal of the program is to reduce vehicle miles traveled and traffic congestion, and to improve air quality by offering a free, easy-to-use bicycle-lending community service. Since the inception of the FC Bike Library in 2008, the program has received vast local, regional, and national media attention pertaining to the success of the program and its benefit to the Fort Collins community. This program has demonstrated its initial success by attracting nearly 2,300 library members and generating over 23,000 people-powered vehicle miles traveled as of May 2009.

How it works

The FC Bike Library is similar to a regular city library. Instead of checking out books, you check out a bike. Sign up at the bicycle library station. All you need is one form of identification, for instance, a driver's license, state ID, passport, or green card and a credit or check card for a deposit. After your information is recorded in the database, you sign a one-time insurance waiver. You can check out a bike for as short as an hour or for as long as five days at a time.

The bicycle comes equipped with lights and a lock. Should the bicycle encounter any mechanical difficulties beyond a flat tire, you can call an emergency phone number.

Partnerships and funding

The city's FC Bikes program, Bike Fort Collins, and the Fort Collins Bike Co-op developed the FC Bicycle Library program. Bike Fort Collins, a local bicycle advocacy organization, administers the program Web site, marketing and promotion and bike library patron services. The Fort Collins Bike Co-op manages and maintains the bike library fleet of bicycles and works with Bike Fort Collins on inventory

control and bike placement. A majority of the fleet bicycles are found and abandoned bikes that have been refurbished by the Fort Collins Bike Co-op. Additional partners include the Downtown Development Authority, CSU, the Fort Collins Convention and Visitors Bureau, local bike shops, and businesses in Fort Collins.

In 2007, FC Bikes and Bike Fort Collins coauthored a federal Congestion Mitigation and Air Quality (CMAQ) grant proposal. The grant was awarded and funded the program for 2008 and 2009. FC Bikes has submitted another CMAQ grant proposal to fund the pro-

tor who dreamt in the mid-1990s of turning the Old Town kiosk into a bicycle station.

History of the library

The bike-library concept has been around for the past decade or so and is beginning to gain popularity throughout the States and Europe. Arcata, Calif. has the longest-running bike program in the States beginning in 1997, and other cities such as Iowa City, Ia. and Moscow, Id. are not far behind. These programs operate 300-500 bicycles. European cities have taken the project to the next level. Leon and Paris,



gram for another two years. The initial CMAQ grant covered 80 percent of the FC Bicycle Library's funding. The necessary 20 percent local match came from a cash contribution and free use of space to conduct the program from the Downtown Development Authority as well as several in-kind, local contributions.

Café Bicyclette

The main FC Bicycle Library station is located in Old Town Square in downtown Fort Collins. Appropriately named the Café Bicyclette, this bicycle information center is equipped with a fleet of library bikes, historical interpretation of biking in Fort Collins including vintage bicycles, as well as information on local bike events and programs. The Café Bicyclette was named in honor of Kelley Roberts, the city's first bicycle coordina-

tor. France has bike libraries with thousands of bicycles in operation. Amsterdam and Copenhagen have enormous bike-library programs. Here locally, the bike-library concept began when New Belgium Brewing Company and the Fort Collins Bike Co-op collaborated to create a free-bikes project. They built 20 bicycles for the project, but the project ran into legal issues concerning liabilities and they were unable to implement the service. Able to address these liability concerns, FC Bikes, Bike Fort Collins, and the Fort Collins Bike Co-op absorbed the initial 20 bikes into a larger university/citywide bicycle library. These initial 20 bikes were to become the backbone of the local, in-kind match needed to nail down the initial federal CMAQ grant.

To become a FC Bike Library member, please visit www.fcbikelibrary.org.

We are traffic

Support resources and etiquette guidelines for bicyclists

Bicycle-friendly Fort Collins supports cyclists with many different programs and resources. Find out how you can benefit and contribute:

Ride Right! As a bicyclist you are not also a pedestrian when riding. Bicyclists must follow the same rules of the road as motorists. This includes stopping at stop signs and traffic lights, especially when cars are present at the intersection.

Bike at night with lights: State law requires that bicyclists be equipped with a headlight at night. Join the “Be Seen” campaign and get a free headlight. Log onto fcgov.com/bicycling or call 416-2411.

Bicycling in downtown Fort Collins: Bicycling along College Avenue is legal north of Laurel Street and also legal south of Harmony Road. Bicycling along College Avenue downtown is recommended for experienced bicyclists

only who are comfortable riding with traffic. There are also many easier, alternate routes to access downtown from all directions. Please do not ride bicycles on sidewalks downtown. Fine for riding on downtown sidewalks is \$50.

Riding on the bike paths: The bike paths throughout Fort Collins are multiuse paths to be enjoyed by everyone. Always yield to pedestrians and use an audible signal such as a bell when passing. Be sure also to limit your speed, especially when pedestrians are present along the path.

Safe Routes to School Program: This program encourages students to walk and bike to school through a comprehensive approach to address traffic safety concerns around schools. Contact Matt Wempe at 416-2040. www.fcgov.com/saferoutes.

Accident and close-call reporting: Report close calls or accidents so that we can

More from FC Bikes

Sign up for FC Bikes e-Newsletter, Momentum, and get the skinny on bicycling in Fort Collins:

www.fcgov.com/momentum

Bicycle Coordinator in Transportation Planning: 416-2411

Report potholes/debris in the Bike Lanes: 221-6614 Or www.fcgov.com/streets/pothole-report.php

Always bicycle with a helmet. Need one? Contact FC Bikes.

track problem areas in the city. Describe your unfortunate incident at fcgov.com/bicycling/report.php.

Bicycle recycling: The Fort Collins Bike Co-op collects and refurbishes bicycles. Bikes that cannot be refurbished are recycled. Make arrangements to donate bikes at 222 Laporte Ave. Call 484-3804 or visit www.fcbikecoop.org.

Bicycle registry: Register your bicycle for free online with FC Bikes, fcgov.com/bicycling/register.php. If your bicycle is stolen and we recover it, this service will help get your bike back.

Common bicycle-auto accidents and how to avoid them

The Right Hook

A car passes you and then tries to make a right turn directly in front of you or right into you. The driver thinks you're not going very fast so it never occurs to him that he can't pass you in time to turn. This kind of collision is hard to avoid because you typically don't see it coming and there's nowhere for you to go when you get cut off.

How to avoid this collision

- Don't ride on the sidewalk. When you come off the sidewalk to cross the street you're

likely to be invisible to motorists.

- Watch for turn signals

The Door Prize

A driver opens his door right in front of you. You'll run right into it if you can't stop in time.

How to avoid this collision

- Ride far enough to the left that you won't run into any door that's opened unexpectedly. You might be wary about riding so far into the lane that cars can't pass you easily, but you're much more likely to get doored by a parked car if you ride too close to it than you are to get hit from

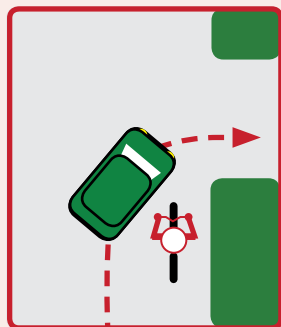
behind by a driver who can clearly see you.

The Left Cross

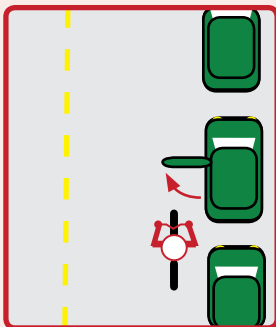
A car coming toward you makes a left turn right in front of you or right into you.

How to avoid this collision

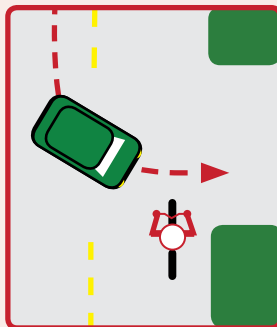
- Don't ride on the sidewalk. When you come off the sidewalk to cross the street, you're invisible to turning motorists.
- Get a headlight. If you're riding at night, you should absolutely use a headlight, and it's required by law.
- Wear something bright, even during the day. Bikes are small and easy to see through. Yellow or orange reflective vests make a big difference in visibility. Reflective leg bands are also easy to use and inexpensive.
- Don't pass slow-moving vehicles on the right. Doing so makes you invisible to left-turning motorists at intersections. Passing on the right means that the vehicle you're passing could also make a right turn right into you.
- Slow down. If you can't make eye contact with the driver, especially at night, slow down so that you're able to completely stop if you have to. Sure, it's inconvenient, but it beats getting hit.



The Right Hook



The Door Prize



The Left Cross



fort collins bike week

June 22–28, 2009

6/22 Monday

Sunset Cruiser Ride

Meet 5:30 p.m. at The Cycologist (217 Linden St.) Join fellow cyclists on a casual sunset cruiser ride northwest along the Poudre Trail to the Swing Station for an evening of leisurely activities in the quaint town of LaPorte.

6/23 Tuesday

FC Bikies

7 p.m. at New Belgium Brewing Company (500 Linden St.)

The 2009 local bike awards gala and Bicycle Friendly Community celebration. Limited availability; RSVP to Emily: efrancis@fcgov.com.

6/24 Wednesday – 2 Events!

Bike to Work Day!

6:30–9:30 a.m.

Free breakfast stations throughout Fort Collins. Get your workplace signed up and participate with thousands of other bicyclists. See map of breakfast station locations at fcgov.com/bicycling

Downtown Bike Show

6:30 p.m., judging at 8 p.m.,

Bean Cycle (144 N. College Ave.)

Enter your very own bicycle and win fabulous prizes.

6/25 Thursday

Bike to Skate Night

Meet 5 p.m. at Brave New Wheel (105 E. Myrtle St.)

Group ride to Rollerland (324 S. Link Ln.) for private skating from 6 – 8 p.m. All ages welcome!

6/26 Friday

Bike n' Jazz

6:30–8:30 p.m.,

The Gardens on Spring Creek (2145 Center Ave.)

Free event featuring a live jazz concert amid the peaceful gardens.

6/27 Saturday

Bike Prom Night “Bicycling Under the Stars”

8 p.m. till curfew at the Sunset Event Center (242 Linden St.)

This fun bash will feature local DJs spinning tunes all night, all the dancing you can handle, ample bike parking, raffle prizes, photo booth, and crowning the Bike Prom King & Queen. Get tickets (\$10 each) at any local bike shop. Fundraiser for B.I.K.E. Camp (Bikes Improve Kids Experiences).

6/28 Sunday

FC Bike Quest

8:30 a.m. at Lee’s Cyclery (202 W. Laurel St.)

FC Bikes is seeking 10 teams of 5 bicyclists each to embark upon a treasure hunt throughout Fort Collins. Bike Teams are provided fun clues they must solve in order to complete the hunt and win fantastic prizes.

FCBIKES
BIKING AS A WAY OF LIFE

City of
Fort Collins



For more info call your FC Bikes Coordinator at 416-2411 or visit fcgov.com/bicycling

JUNE 2009

BICYCLE

calendar

AND DAILY RIDES

Fort Collins · Greeley · Loveland · Windsor

MONDAY, JUNE 1

Got Skills Kids Mountain Bike Camp
Skills clinics, guest speakers, 5 trail systems. Clinic runs five consecutive Mondays. Ages 8 to 16. 8am-3:30pm. *New World Sports*. 224-5857. www.newworldsportsllc.com.

WEDNESDAY, JUNE 3

Bike Maintenance Class
Learn basic maintenance. Full Cycle, 230 S. College Ave., FC. 7:30-7:30pm. *Full Cycle*. 484-1800. www.fullcyclebikes.com.

Bike Maintenance Basics

Learn to keep your bike in good working order. REI, 4025 S. College Ave., FC. 7pm. *REI*. 484-1800. www.rei.com/stores/49.

THURSDAY-FRIDAY, JUNE 4-5

Grand Lake Overnight Ride
160 miles round trip through Rocky Mountain National Park to Grand Lake and back. Difficult. *Kmart parking lot*. 2665 W. Eisenhower Blvd, LV. 7am. 461-8461. <http://users.frii.com/pedal>.

FRIDAY, JUNE 5

Kick-off Party for Northern Colorado Outdoors
Learn about club, appetizers, beer, bike info. Full Cycle, 230 S. College Ave., FC. 6-8pm. *Full Cycle*. 484-1800. www.fullcyclebikes.com.

MONDAY, JUNE 8

Co-Pilots
Tandem and piloted rides for blind and low-vision riders. Lee Martinez Park, 600 N. Sherwood, FC. 5pm. *Ensignt skills Center and New World Sports*. 224-5857. www.newworldsportsllc.com.

SATURDAY, JUNE 13

Fossil Creek Family Bike Fair
Kids bike games, food, bike rides, local bike info, music, prizes. *Fossil Creek Park*. 5821 S. Lemay Ave., FC. 11am-4pm. *FCBikes*. www.fcgov.com/bicycling.

WEDNESDAY, JUNE 17

Bike Maintenance Class
Learn basic maintenance. Free. Full Cycle, 230 S. College Ave., FC. 7:30-7:30pm. *Full Cycle*. 484-1800. www.fullcyclebikes.com.

FRIDAY, JUNE 20

Brewery Tour on Bikes
Full Cycle, 230 S. College Ave., FC. 11am-3pm. *Northern Colorado Outdoors*. 281-684-2705. www.northerncoloradooutdoors.com.

MONDAY-SUNDAY, JUNE 22-28

Fort Collins Bike Week
Bicycle-related events. See page 4 for schedule and contact information. *FCBikes*. www.fcgov.com/bicycling.

WEDNESDAY, JUNE 24

Bike to Work Day
Fort Collins, Greeley, Loveland. Ride your bike to work and receive a free breakfast at any one of the breakfast stations. See pages 14 & 16 for station maps and contact information.

SATURDAY, JUNE 27

Trail Day at Curt Gowdy Park
Build, repair and upgrade trail. Curt Gowdy State Park, WY. 8am-3pm. *Overland Mountain Bike Club*. 568-4200. www.overlandmtb.org.

Trivia Ride

12 miles. Hunt for clues and answer trivia questions. Family fun. LV. 282-9752. <http://users.frii.com/pedal>.

WEDNESDAY, JULY 1

Bike Maintenance Class
Learn basic maintenance. Free. Full Cycle, 230 S. College Ave., FC. 7:30-

8:30pm. *Full Cycle*. 484-1800. www.fullcyclebikes.com.

SATURDAY, JULY 11

Kickstands and Cornstalks
A 45-mile bicycle tour of local agriculture. Music, games, tech support, includes breakfast. *Gardens on Spring Creek*. 2145 Centre Ave., FC. Rolling Spokes fundraiser for Gardens on Spring Creek. FC. 402-3987. www.rollingspokestours.com.

MONDAY, JULY 13

Got Skills Kids Mountain Bike Camp
Skills clinics, guest speakers, 5 trail systems. Clinic runs five consecutive Mondays. Ages 8 to 16. 8am-3:30pm. *New World Sports*. 224-5857. www.newworldsportsllc.com.

Co-Pilots

Tandem and piloted rides for blind and low-vision riders. Environmental Learning Center, 2400 South Ziegler Rd, FC. 5pm. *Ensignt skills Center and New World Sports*. 224-5857. www.newworldsportsllc.com.

SUNDAY, JULY 19

Urban Assault Ride
Bike scavenger hunt, obstacle courses, raffle, and party. *El Monte Grill*. 611 S. College, FC. 9am-2pm. www.newbelgium.com/urban-assault-ride.

FRIDAY-SUNDAY, JULY 24-26

Beaver Meadows Mountain Bike Festival
USAC mountain bike races, Dash for the Cache mountain bike geocache ride, childrens bike race, disc golf tournament, barbeque, music, beverages. *Beaver Meadows, near Red Feather Lakes, CO*. www.fccyclingfest.com.

SATURDAY-SUNDAY, JULY 25-26

Curt Gowdy Music Festival

Riding and music. Curt Gowdy State Park, WY. 8am-3pm. *Overland Mountain Bike Club*. 568-4200. www.overlandmtb.org.

WEDNESDAY, AUGUST 5

Bike Maintenance Class

Learn basic maintenance. Free. Full Cycle, 230 S. College Ave., FC. 7:30-8:30pm. *Full Cycle*. 484-1800. www.fullcyclebikes.com.

SATURDAY, AUGUST 8

Trail Day on the Wathan Trail with Team B.O.B.

Build, repair and upgrade trail. Horsetooth Mountain Park, Soderberg Trailhead. West of Horsetooth Reservoir off road to Masonville, FC. 9am-2pm. *Overland Mountain Bike Club*. 568-4200. www.overlandmtb.org.

SUNDAY, AUGUST 9

Pedal to the Point Bike Tour

A grand tour of northern Colorado offering distances of 24, 52, and 72 miles, ride in open farmland to the streets of Loveland. Includes ride support and aid stations, an after-ride BBQ. Registration fees support counseling and drug and alcohol treatment for youth. Waverly School, North of Fort Collins, 10431 N County Road 157am. *Realities for Children and Turning Point*. 567-6459. www.turningpnt.org.

MONDAY, AUGUST 10

Co-Pilots

Tandem and piloted rides for blind and low-vision riders. Spring Canyon Park, 2626 W. Horsetooth Rd, FC. 5pm. *Ensignt skills Center and New World Sports*. 224-5857. www.newworldsportsllc.com.

SATURDAY, AUGUST 15

Brewery Tour on Bikes

Full Cycle, 230 S. College Ave., FC. 11am-3pm. *Northern Colorado Outdoors*. 281-684-2705. www.northerncoloradooutdoors.com.

SATURDAY, AUGUST 22

Tour de Farms

Leisurely, 20-mile tour of local farms. Rolling Spokes fundraiser for *Rocky Mountain Sustainable Living Association*. FC. 402-3987. www.rollingspokestours.com.

FRIDAY-SUNDAY, AUGUST 28-30

“PEDAL’s 3-Day Ride” Route to be determined. 282-9752. <http://users.frii.com/pedal>.

FRIDAY-SATURDAY, AUGUST 28-29

Fort Collins Cycling Festival

Friday: cruiser ride and concert; Saturday: Citizens Road Bike Ride, ACA Hill Climb Road Race, Tour de Rist Citizens Ride, entertainment. www.fccyclingfest.com.

SATURDAY, AUGUST 29

Edible Urban Gardens Tour

Bicycle tour to home gardens. Leisurely ride under 10 miles. *Rolling Spokes*. \$60, includes lunch. FC. 402-3987. www.rollingspokestours.com.

Outreach at Devil’s Backbone

Meet mountain bikers, talk about issues, ride a patrol. Devil’s Backbone Trailhead. West of Loveland just past mile marker 88 on US 34. Turn right onto Hidden Valley Drive. The trailhead is on the left. LV. 9am-1pm. *Overland Mountain Bike Club*. 568-4200. www.overlandmtb.org.

SATURDAY, SEPTEMBER 5

Tour de Fat

Bicycle parade and festival. New Belgium Brewery, 500 Linden, FC. *New Belgium*. 221-0524. www.newbelgium.com.

MONDAY, SEPTEMBER 14

Co-Pilots

Tandem and piloted rides for blind and low-vision riders. Fossil Park, 5821 S. Lemay Ave., FC. 5pm. *Ensignt skills Center and New World Sports*. 224-5857. www.newworldsportsllc.com.

SUNDAY, OCTOBER 4

Co-Pilots

Tandem and piloted rides for blind and low-vision riders. Poudre Bike Trail, Windsor-Greeley. 9am. *Ensignt skills Center and New World Sports*. 224-5857. www.newworldsportsllc.com.

WEDNESDAY, DECEMBER 16

Winter Bike to Work Day

Fort Collins. Ride your bike to work and receive a free breakfast at any one of the breakfast stations.

daily rides

MONDAYS

Rise and Shine Rides

30-50 miles. Moderate. Rocky Mountain Cyclery. 504 N. Garfield, LV. 8:30am. 667-6879. <http://users.frii.com/pedal>.

TUESDAYS

Tuesday Night Group Ride

All levels, no drops. St. Michael’s Amphitheater. 3050 67th Ave., GR. 5:30-7pm. Two Rivers Cycling Club. 356-3663. www.bikepeddlergreeley.com/tworiverscyclingclub.html

Team BOB Rides

Women’s mountain bike club rides. All levels welcome. Horsetooth Mountain Park, Soderberg Trailhead. West of Horsetooth Reservoir off road to Masonville, FC. 5:30pm. Team Babes on Bikes. www.coteambob.com.

Go the Distance Rides

30-50 miles. Moderate. Kmart parking lot. 2665 W. Eisenhower Blvd, LV. Start time varies. 667-6957. <http://users.frii.com/pedal>.

Laid back Rides

10-25 miles. Easy. Thompson School District Service Center. 1st St. and Wilson Ave., LV. 6pm. 218-8665. <http://users.frii.com/pedal>.

Mountain Bike Rides

No-drop mountain bike ride for all abilities. Full Cycle. 230 S. College Ave., FC. 5:30-7:30pm. Full Cycle. 484-1800. www.fullcyclebikes.com.

Let’s Take a Mulligan Ride

10-15 miles. Entry level with mid-level options. No drops. Post-ride meal at Mulligan’s. Behind Mulligan’s Pub, 2439 S. College Ave., FC. 6-8pm. Fort Collins Cycling Club. 221-2901. www.fccycleclub.org.

Tuesday Nighter

Moderate to fast pace, A-AX ride. Lee’s Cyclery South, 931 E. Harmony, FC. 5:30-7:30pm. *Velo-One Cycling*. 631-5664. www.velo-one.com.

WEDNESDAYS

Singletrack Social Group Ride

All levels welcome. Maxwell Natural Area. 1/2 mile west of Overland Trail off Dixon Canyon Road (CR42C) near CSU Football Stadium, FC. 5:30-8pm. *Overland Mountain Bike Club*. 568-4200. www.overlandmtb.org.

Rattlesnake Bite Rides

20 miles. Difficult. *Namaqua Park*. N. County Road 19E, LV. 6pm. 227-8708, 669-7596. <http://users.frii.com/pedal>.

Group Rides

Roubaix Bicycle Company, 911 16th St., GR. 5:30pm. 356-7617. www.theroubaixbicyclecompany.com.

THURSDAYS

Critter Critz

Open criterium-style racing for all levels. TREK Bicycle Store of Loveland, 4880 Thompson Pkwy, LV. 6-8pm. *Velo-One Cycling*. 631-5664. www.velo-one.com.

Thursday Night Drop-in Ride

Get there when you want; ride some laps, hard or easy. Promontory. Parking lot just north of the pond and east of State Farm, GR. 5:30-7pm. *Two Rivers Cycling Club*. 356-3663. www.bikepeddlergreeley.com/tworiverscyclingclub.html

Go the Distance Rides

30-50 miles. Moderate. *Kmart parking lot*. 2665 W. Eisenhower Blvd, LV. Start time varies. 613-9012. <http://users.frii.com/pedal>.

Hilly Rides

25-40 miles. Difficult. *JJ's parking lot*. Harmony & Taft Hill Rd., FC. 9am. 461-8461. <http://users.frii.com/pedal>.

Women's Mountain Bike Rides

Advanced mountain bike ride. Locations vary. 5:30-7:30pm. *Full Cycle*. 484-1800. www.fullcyclebikes.com.

Thursday Night rides

20-40 miles. Moderate pace, beginners welcome. *Spokes*, 1215-J Main St., WS. 5:30pm. 686-9275. www.spokesinc.com

Thursday Long Rides

Fourth Thursdays. 50+ miles. Mid-level. Lunch stop. Start locations vary. 8am. *Fort Collins Cycling Club*. 221-2901. www.fccycleclub.org.

FRIDAYS

Mountain Bike Rides

High-intensity, set course drop ride. Full Cycle. 230 S. College Ave., FC. 7-9pm. *Full Cycle*. 484-1800. www.fullcyclebikes.com.

SATURDAYS

Saturday Group Ride

All levels, no drops. The Buzz Coffee Shop. 1923 59th Ave. #135, GR. 10am. *Two Rivers Cycling Club*. 356-3663. www.bikepeddlergreeley.com/tworiverscyclingclub.html

Singletrack Social Group Ride

All levels welcome. Horsetooth Mountain Park, Soderberg Trailhead. West of Horsetooth Reservoir off road to Masonville, FC. 8:30-11am. *Overland Mountain Bike Club*. 568-4200. www.overlandmtb.org.

V1 Ride

Moderate to very fast pace. Groups split by ability. Lee's Cyclery South, 931 E. Harmony, FC. 9am. *Velo-One Cycling*. 631-5664. www.velo-one.com.

Saturday Rides

30-50 miles. Moderate with easy options. June & July. Start times and locations vary. <http://users.frii.com/pedal>.

Saturday rides

Check at the shop for times and locations. *Spokes*, 1215-J Main St., WS. 5:30pm. 686-9275. www.spokesinc.com

Roberta's Relaxation Ride

Second Saturdays. 15-25 miles. Entry level. No drops. Spring Creek Fire Station, 2000 Mathews, FC. 9am. *Fort Collins Cycling Club*. 377-1872. www.fccycleclub.org.

Roadie Recreational Ride (R3)

First and third Saturdays. 30 miles. Mid-level. Lunch stop. Spring Creek Fire Station, 2000 Mathews, FC. 8am. *Fort Collins Cycling Club*. 221-2901. www.fccycleclub.org.

SUNDAYS

Brunch O' Bikes

Every other Sunday. Leisurely ride through town (on cruisers if you have one) followed by a brunch at a favorite eatery. *Brave*

New Wheel, 105 E. Myrtle., FC. 10am. Brave New Wheel. 416-0417. www.bravenewwheel.com.

Road Rides

No drop ride for all abilities. Full Cycle. 230 S. College Ave., FC. 8-10am. *Full Cycle*. 484-1800. www.fullcyclebikes.com.

FC4Women Road Rides

Recreational ride for all abilities. Full Cycle. 230 S. College Ave., FC. 9-11am. *Full Cycle*. 484-1800. www.fullcyclebikes.com.

Women's Group and B Ride

Mild to moderate pace ride for all abilities. Lee's Cyclery South, 931 E. Harmony, FC. 9am-1pm. *Velo-One Cycling*. 631-5664. www.velo-one.com.

Show and Go Rides

40-60 miles. Moderate. *Loveland Library*. 300 Adams Ave., LV. 9:30am. 669-1316, 218-8665. <http://users.frii.com/pedal>.

Second Sunday Rides

Second Sundays. 30-35 miles. Mid-level. Lunch stop. Start location varies. 8am. *Fort Collins Cycling Club*. 377-1872. www.fccycleclub.org.

Rio Rides

2-3 hours. Mid-level. No drop. Hot drinks provided. *Rio Grande Restaurant*, 149 W. Mountain, FC. 10:30am. scottscottifg@comcast.net.

Day Races at the CSU Oval

July 12 through August 16. Volunteers and citizen-racers welcome. *CSU Oval*. FC. 4:30-7pm. www.fcvelodrome.org.



Support Businesses that Support Bikes!

The following companies have donated **generously** to the Bike to Work Day and Bike month Events for 2009. Please support them this summer and all year round.



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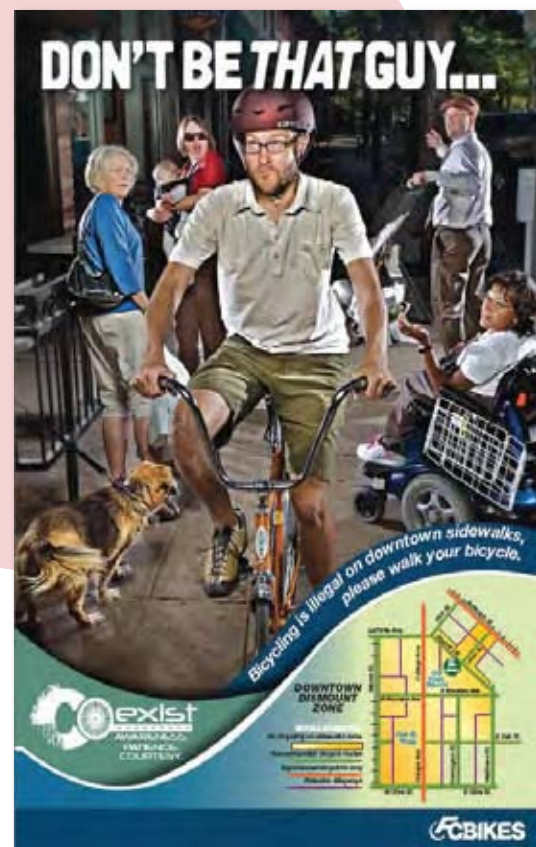
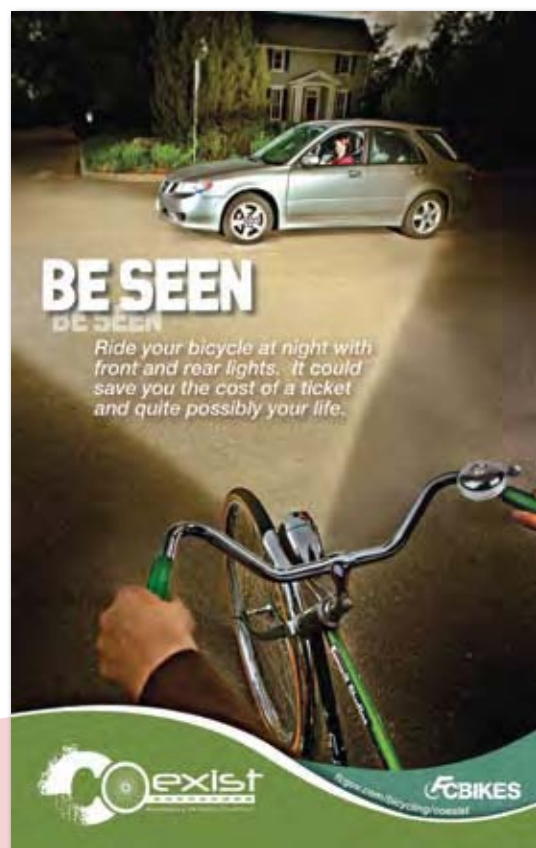
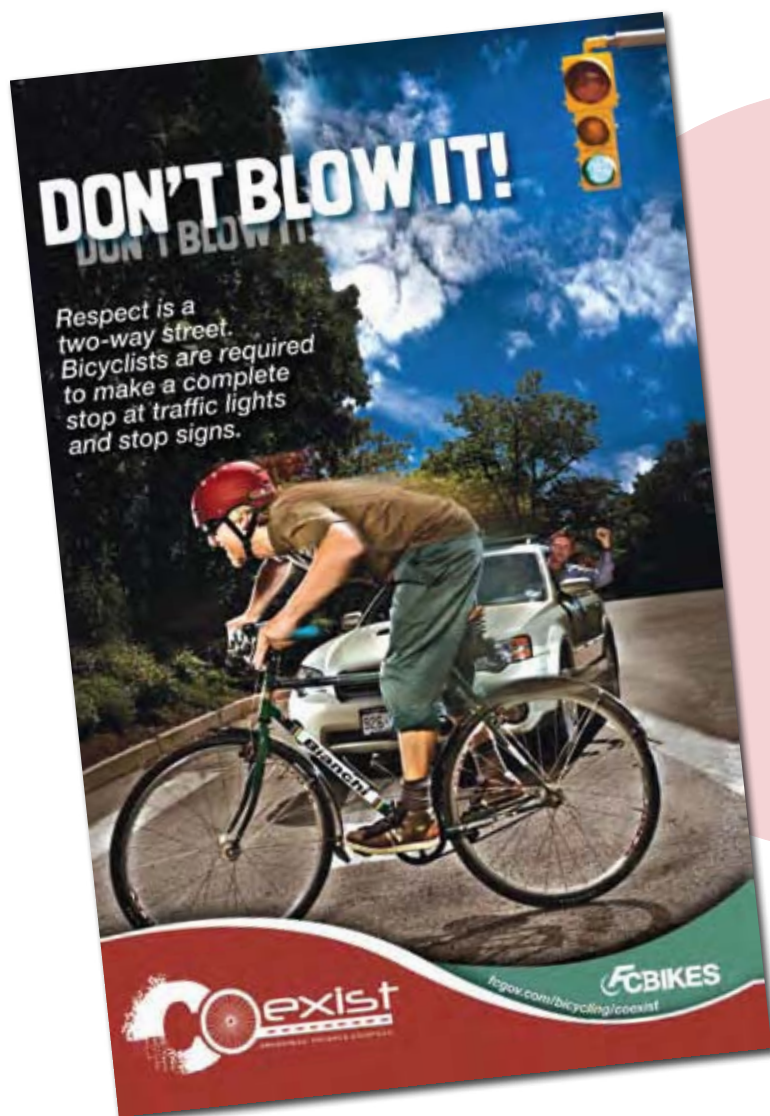
Downtown Fort Collins
Fort Collins area businesses

Share the road

Coexist Campaign reaches out to cyclists and motorists

Motorist and bicyclist education is essential to creating a bicycle-friendly community. The Coexist Campaign educates bicyclists about how to ride respectfully in an urban setting and motorists on how to drive cautiously, while stressing to both the importance of mutual awareness, patience, and courtesy.

FC Bikes partnered with local art photographer, Darren Mahuron, from Summit Studios to develop the campaign. Darren's photographic work captures the essence of motion and creates an image that captivates and entertains the audience. Educational messages are often didactic and dull. Our goal was to produce a campaign that would reach out to, grab, and resonate with our audience. Susanna Dominguez created the design layout to achieve this effect.



JUNE 13TH • 11AM-4PM
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SOUTH OF HARMONY ROAD

FOSSIL CREEK FAMILY Bike FAIR

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COURSE AND THE PAPER BOY
CHALLENGE. PRIZES WILL BE
AWARDED THROUGHOUT THE DAY.



FOR MORE INFO
FCGOV.COM/BICYCLING

Phil Gacy

Low-carbon commute

Fill your tank at a Bike to Work Day Breakfast station
Wednesday, June 24

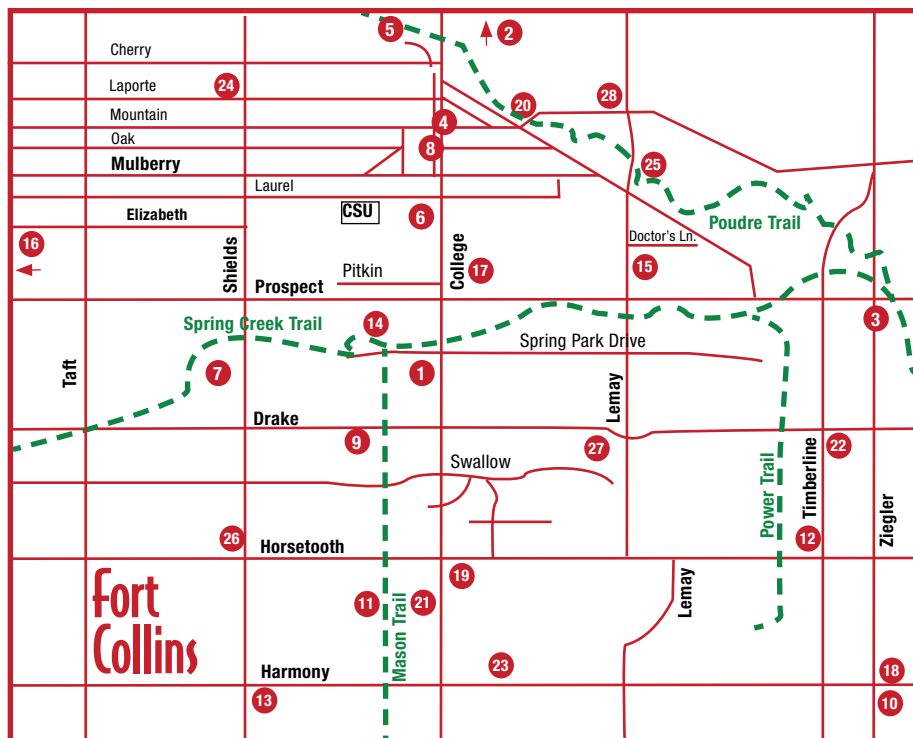
Riding your bike to work helps keep you fit, saves money and reduces emissions. Join the crowds and pedal into work on Bike to Work Day and every day.

For information, contact a representative in your community:

Fort Collins: Dave "DK" Kemp, 416-2411, dakemp@fcgov.com, www.fcgov.com/bicycling.

Greeley: Michelle Marison, 310-5220, Michelle@gtfoundation.org, www.gtfoundation.com.

Loveland: Dereck Schuler, 962-2647, schuld@ci.loveland.co.us, www.cityofloveland.com.



1 Whole Foods Market, 2201 S. College Ave.
Sponsor: Whole Foods Market

2 New Belgium Brewery, 500 Linden St.
Sponsor: New Belgium Brewery

3 Advanced Energy, Prospect and Sharp Pointe Drive
Sponsor: Advanced Energy

4 Café Bicyclette, Old Town Square
Sponsor: Bike Fort Collins

5 EClean Air Lawn Care and Morning Fresh Dairy, 415 Mason Ct.
Sponsors: ExperiencePlus!, Clean Air Lawn Care

6 West Side of CSU Oval
Sponsor: CSU Parking Services

7 Rolland Moore Park, South Shields & Rolland Moore Drive
Sponsors: Rocky Mountain Parent Magazine & Wright Life

8 Oak Street Plaza, College Avenue & Oak Street
Sponsor: Bike Week committee

9 Public Service Credit Union, Drake Street and Research Boulevard
Sponsors: Public Service Credit Union, Saturn of Fort Collins

10 National Inspection Services, 3109 Michelle Lane (near Ziegler and Harmony)
Sponsor: National Inspection Services

11 Recycled Cycles, 4031 South Mason St.
Sponsor: Recycled Cycles

12 Platte River Power Authority, Timberline Road and Horsetooth Road
Sponsor: Platte River Power Authority

13 Front Range Community College, Harmony and Shields
Sponsor: Front Range Community College

14 Center Avenue at Spring Creek Trail
Sponsor: Become Fit

15 Poudre Valley Hospital, South Lemay Avenue and Doctors Lane
Sponsor: Poudre Valley Hospital

16 Overland Trail and Elizabeth
Sponsor: Center for Disease Control

17 Café Vino, 1200 S. College Ave.
Sponsor: Café Vino

18 Front Range Village, Harmony Road & Ziegler Road
Sponsor: Panera Bread

19 Panera Bread, 3700 S. College Ave.
Sponsor: Panera Bread

20 Poudre Bike Trail behind In-Situ, 221 E. Lincoln Ave
Sponsors: In-Situ and Tastebuds Epicurean Cafe and Catering

21 REI, 4025 S. College Ave.
Sponsor: REI

22 King Soopers, Drake Street and Timberline Road
Sponsor: King Soopers

23 King Soopers, JFK Parkway and Harmony Road
Sponsor: King Soopers

24 Forney Industries, 1830 Laporte Ave
Sponsor: Forney Industries

25 Poudre Trail at Lemay near underpass
Sponsor: Fort Collins Veterinary Emergency Hospital

26 Catalyst Coffee, 3501 S Shields
Sponsors: Overland Mountain Bike Club, Catalyst Coffee, Performance Physical Therapy

27 Sunflower Market, 2601 S. Lemay Ave.
Sponsor: Sunflower Market

28 Gallegos Sanitation 1941 Heath Pkwy.
Sponsor: Gallegos Sanitation and Cycle Tote

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Call Traffic Operations for more information about the
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221-6630



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- ◆ When in a vehicle, wear a seat belt.
- ◆ Follow sports-related safety rules.
- ◆ Wear protective equipment for your sport.
- ◆ Think *safety*—for yourself and others.
- ◆ Check water depth before diving.
- ◆ Watch out where you swing golf clubs.
- ◆ Use your head—don't break it!

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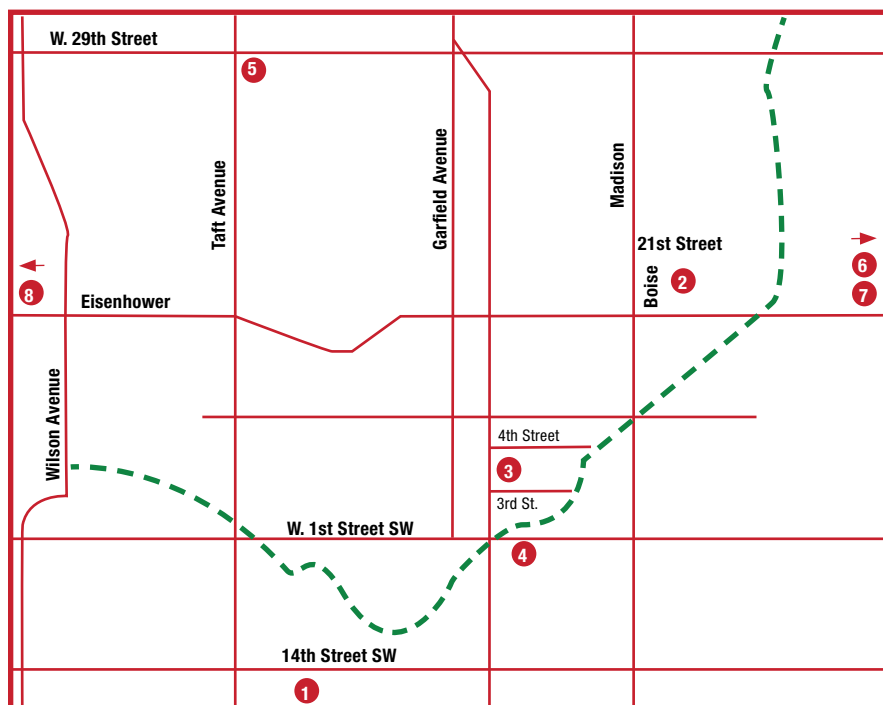
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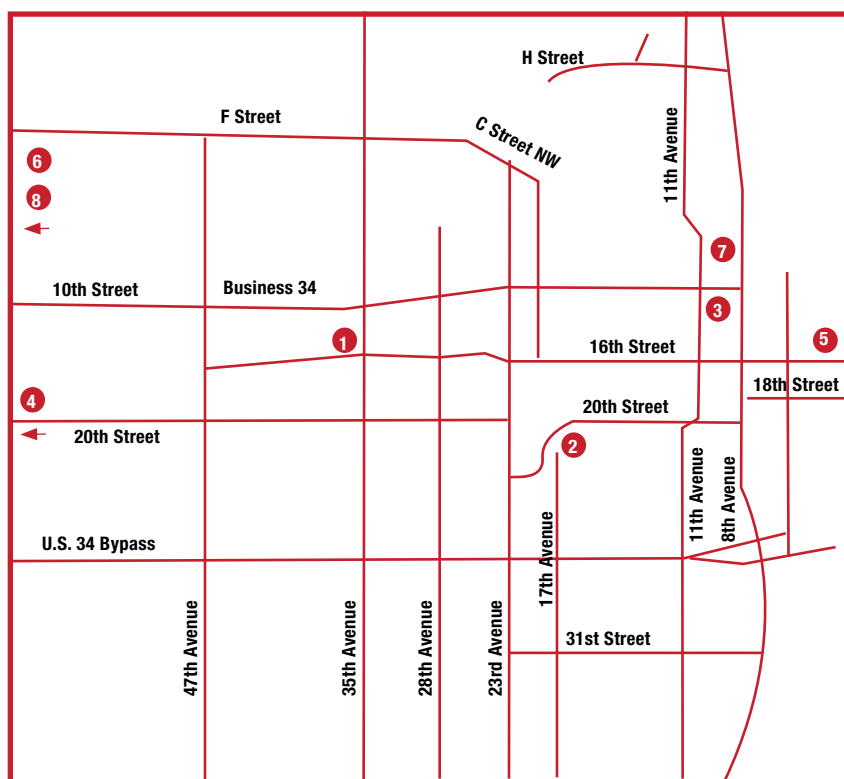
Loveland



- 1 Schmidt's Olde Time Bakery, 808 SW 14th St.**
Sponsor: Schmidt's Olde Time Bakery and PEDAL. Food provided by Schmidt's.
- 2 McKee Medical Center, 2000 N. Boise Ave**
Sponsor: McKee Medical Center and City of Loveland. Food provided by Antonio's Burritos and City of Loveland.
- 3 Thompson Pocket Park, 4th Street and Lincoln Avenue**
Sponsor: City of Loveland. Food provided by Antonio's Burritos and Schmitt's.
- 4 Xeriscape Garden, 1st Street and Washington Avenue**
Sponsor: City of Loveland. Food provided by Antonio's Burritos and Schmitt's.
- 5 North Lake Park, 29th Street and Taft Avenue**
Sponsor: Loveland Chamber of Commerce and Engaging Loveland.
- 6 Panera Bread at Centerra, East Eisenhower Boulevard and Fall River Drive**
Sponsor: Panera Bread
- 7 Medical Center of the Rockies (MCR), 2500 Rocky Mountain Ave.**
Sponsor: Medical Center of the Rockies and McWhinney.
- 8 Group Publishing, West Eisenhower Blvd. and Cascade Avenue**
Sponsor: Group Publishing

Greeley

- 1 Bittersweet Park, 35th Avenue & 16th Street**
Sponsor: Greeley Trails and Open Space Foundation and Roubaix Bicycle Co.
- 2 UNC Judy Farr Building, 16th Avenue & Reservoir Road**
Sponsor: UNC Foundation
- 3 Northern Colorado Medical Center, 16th Street & 17th Avenue**
Sponsor: Northern Colorado Medical Center Wellness Services
- 4 59th Avenue & 20th Street**
Sponsor: Aims Community College, Farr Library, and The Buzz Coffee Shop
- 5 16th Street & 7th Avenue**
Sponsor: Xcel Energy
- 6 Poudre Learning Center, 83rd Avenue & F Street**
Sponsor: Poudre Trail, Cornerstone Chiropractic, Poudre Learning Center, Coyotes Mexican Grill
- 7 Lincoln Park, 8th Street & 10th Avenue, across from UCCC**
Sponsor: City of Greeley, Weld County, Health Department
- 8 Windsor Recreation Center, 250 11th Street**
Sponsor: Town of Windsor Recreation Department



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"My husband Barry and I have been patients of the Youth Clinic since our childhood years. We didn't think twice about who our primary caregiver would be when we were expecting Wyatt, our son. We had heard great things about Dr. Guenther and so we chose him for our kids. Chauna Scanga is our preferred PA and has become part of the family."

"Our daughter Rylee, was born with a heart condition called SVT (Super Ventricular Tachycardia) and WPW (Wolf-Parkinson-White Syndrome) and was immediately referred to one of the monthly "Heart Clinics" held at the Youth Clinic at 1 week of age. The Cardiologist and Dr. Guenther worked hand in hand on her care until she was old enough for corrective surgery at the age of 5. We are happy to say that she has made a complete recovery, and is an active 6 year old, thanks to the Youth Clinic and their comprehensive resources."

Nicole, Barry, Wyatt and Rylee Habel

"We couldn't be more grateful for the outstanding care The Youth Clinic provided and for the convenience of their monthly cardiology outreach clinics."

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We all roll together

Join an organization to support cycling in your community

Many organizations promote and support cycling in northern Colorado. Meet people with similar interests, expand your riding, be an advocate, and have fun when you pedal with the pack.

Bike Fort Collins has been involved with and continues to create new Bicycle programs to encourage safe and enjoyable cycling. Bike Fort Collins works to instill bicycling as a viable form of transportation and recreation. Their projects include and are not limited to the FC Bike Library, the Safe Routes to School Program, and the Vintage Bicycle Museum Without Walls. www.bikefortcollins.org.

Ciclismo Racing is Fort Collins' professional racing team. Team Ciclismo promotes Fort Collins while participating in major bike races throughout the U.S. They also strive to promote community and are involved in many local projects. www.ciclismoracing.com

CSU Rams Cycling Club is open to all students. Whether or not you have raced before the club is happy to get you on your bike and rolling. Their goal is to get more students on bikes, so if you don't want to race you can meet them for their group rides. www.ramscycling.com.

FC Bikes is the city's bicycle program. FC Bikes promotes the efforts of local bicycling organizations while building the cohesiveness of the bicycling community. FC Bikes is the liaison for the City of Fort Collins on all bicycling matters. FC Bikes also encourages and educates residents of Fort Collins on the benefits of bicycling and provides a foundation or support mechanism for bicyclists. www.fcgov.com/bicycling.

Fort Collins Bicycle Co-op is run by volunteers and focuses on keeping bicycles out of the landfill, community riding, and bicycle education. A true community bike shop, they strive to get people on bikes.

The Bike Co-op also refurbishes found and abandoned bikes and builds and maintains the fleet of the FC Bike Library. For information about the co-op, the donation program, volunteering, or the FC Bike Library, visit www.fcbikecoop.org.

Fort Collins Cycling Club represents cyclists of all kinds. The club's more than 150 riders include recreation riders, commuters, and racers. During the fall and winter the club meets every third Thursday at Mulligan's Pub, 2439 S. College Ave., for a presentation of interest to cyclists. They also have group rides, socials, and events. Junior, individual, family, and senior membership information is available at www.fccycleclub.org.

Fort Collins Velodrome Association has been working to bring a velodrome to downtown Fort Collins. A velodrome is an indoor or outdoor banked oval track used for bike racing for cyclists of all ages and abilities. The association also spearheads the 6 Day Races at CSU's Oval. www.fcvelodrome.org

New World Sports provides outdoor enthusiasts and weekend warriors an opportunity to spend a day in the backcountry, learn new skills on a mountain bike, have their bikes professionally tuned and repaired, explore the city's parks and shops or rent a bike for their own adventures www.newworldsportsllc.com

Overland Mountain Bike Club, formally **Diamond Peaks Mountain Bike Club**, is an all-volunteer nonprofit organization that promotes responsible mountain biking. Education is their main means to encourage low-impact and shared-use ethics. Overland Mountain Bike Club also does trail maintenance and provides emergency medical care, mechanical advice and information on backcountry preparedness. www.overlandmtb.org.



P.E.D.A.L. (Peoples' Efforts to De-emphasize Autos in Loveland) began on Earth Day in 1970 and is still educating the public on bicycle-related issues and organizing group rides. The group's diverse members represent every type of northern Colorado cyclist. www.frii.com/~pedal.

Rolling Spokes Bike Tours combines exploration, adventure and education for an unforgettable experience. They lead tours that promote awareness of community, connecting locals and visitors with the resources of northern Colorado. www.rollingspokestours.com.

Team B.O.B., also known as **Babes on Bikes**, has been promoting women mountain biking since 1992. The group offers group rides for novice and experienced riders as well as skills seminars. The team also does trail maintenance and cycling-related community events. www.coteambob.com.

Velo-One Cycling of Colorado wants to build a supportive and friendly riding, racing, and social environment for all to enjoy, from seasoned racers to new recreational riders. Their goal is to put together a club where members know each other, ride together, race together, and share the common bond of cycling. www.velo-one.com.

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