

YS

yellowscene
MAGAZINE

NORTH METRO / BOULDER COUNTY DIVERSIONS

**WAS THE *ROCKY*
EXECUTED...**
or was it natural selection?

**TREPPEDA'S PUTS ALL
ITS EGGS ON ONE PLATE**

**ALL THAT JAZZ:
Q&A with Guitar Legend
John Scofield**

BIKES
AND BBQ
AND BARS.
OH MY!

YOU LIVE HERE. YOU PLAY HERE. THIS IS THE

BEST

OF THE WEST

244
REASONS
WE'RE
LUCKY
TO LIVE
HERE



BEST mind & body



EYEWEAR

EC.c : Rick's Eyeworks

Your eyes won't believe it. You'll see the light. Don't turn a blind eye. OK, no more vision-related idioms... If Rick's Eyeworks is known for one thing, it's service. Rick's has been Louisville's local eye-care specialist for more than 20 years, with board certified opticians, a great selection of eyewear and a caring staff.

EC.r : Third Avenue Eye Care

BD.c : Wink Optical

For the fashion-focused, getting anything but the finest frames would be short sighted. This is one accessory you have to choose with care. Enter Wink Optical with a vast selection of exclusive and hard-to-find designer frames. Pair that with a staff trained to help each customer find frames that match your personal style and life-style, and you've got a 20/20 relationship for life.

BD.r : Wink Optical

SHOE STORE

EC.c : Brown's Shoe Fit Co.

I tend to wear shoes until they fall apart, the soles worn down and the toes poking through. It's not a money thing—it's a "when I find shoes I like, I don't want to take them off" thing. Many a pair have come from Brown's—my first pair of Birkenstock's that now sit in the back of my closet like fallen soldiers, worn through and tattered, and perfect-fitting Danskos sitting in the entry-way, eagerly waiting for a trip to the grocery store.

EC.r : Brown's Shoe Fit Co.

BD.c : Two Sole Sisters

Sorry fellas, this one is for the ladies; you can walk down the street and grab a beer while

your wife drools over Two Sole Sisters' perfectly picked display items: little pieces of foot art. These are the kind of shoes that get noticed, the kind that garner compliments from other women and that men don't really "get."

BD.r : Pedestrian

ROAD CYCLING ROUTE

EC.c : Carter Lake

When cyclists talk about East County, it's like a child talking about his box of toys. They go on and on, verbally taking you up and down county roads, over hills and through towns and farmland. They'll say something like, "Start anywhere on Baseline and head east ... turn at the...you'll wanna take a left at the..." But the prize in their treasure chest seems to be a ride from "anywhere in East County" to Carter Lake. If you need directions, just ask.

EC.r : Lyons Loop

BD.c : St. Vrain Loop/ Lyons Loop

There are several variations on the St. Vrain Loop/Lyons Loop ride (aren't there always), but we suggest you start from Gateway Park and ride up to Lyons on 36, west on St. Vrain Dr. and to the Peak to Peak Highway. Once you hit Ward, you'll head toward Lefthand Canyon and eventually back to 36 and Gateway Park.

BD.r : Lyons Loop

MOUNTAIN BIKING

EC.c : Teller Farm

Looking for mountain biking in East Boulder County is kind of like looking for skiing in East Boulder County. But at Teller Farm, we found a nice option. It's not a super chal-

Sunflower Spa received more votes than any other BOW winner

lenging ride and bikes are only allowed on the east section of the trail, but it's a beautiful ride, heading through grazing and farm land. There's nothing like mountain biking in East County.

EC.c : Hall Ranch

BD.c : Picture Rock Trail

This new-ish ride connecting Heil and Hall ranches is all the rage for local mountain bikers. The Heil and Hall trails were once separate but Picture Rock now brings them together, creating a beautiful and fun ride. Best of all, it leads toward Oskar Blues.

BD.c : Rabbit Mountain

PILATES STUDIO

EC.c : Pilates Bodies

A *Yellow Scene* staffer used to take Pilates with an Olympic swimmer. As she lay there

contorted, she compared her body with the athlete next to her. Instead of caving into self-deprecation, she chose to appreciate the moment, seeing it as a reminder that one does not have to be a superstar to get their Pilates on. At Pilates Bodies in Longmont, you become the superstar. And longtime instructor Donna McLean ensures your mind and spirit get a good workout too.

BD.c : Boulder Bodyworks

For the newbie, Pilates is scary—the equipment could double as some sort of torture devise and the positions look about as natural and comfortable as, again, torture. But in truth, it's anything but. Especially in the hands of Boulder Bodyworks, where you can start slow and work your way up. They even have pre-natal classes for those moms to be.



BODY STUFF

BD.c & BD.r : Ten20

BODY TREATMENT

EC.c : Lakeshore Athletic Club's Pumpkin Cranberry Treatment
EC.r : Sunflower Spa
BD.c : Moor Mud Wrap at Marianna's L'esthetique

DAY SPA

EC.c & EC.r : Sunflower Spa
BD.c & BD.r : Essentiels Spas

FACIAL

EC.c & EC.r : Sunflower Spa
BD.c : St. Julien
BD.r : Essentiels Spas

MANICURE/PEDICURE

EC.c : Evergreen Cottage
EC.r : Sunflower Spa

HAIR STYLING

EC.c & EC.r : 95th Street
BD.c : Pompadour's Hair Salon
BD.r : Rumors Salon

AESTHETIC BEAUTY TREATMENT

EC.c : Aesthetic Solutions
EC.r : Sunflower Spa
BD.c : Avanti Skin Center
BD.r : Marianna's L'Esthetique Medi Spa

MASSAGE

EC.c : Releaf Therapy
EC.r : Sunflower Spa
BD.c : Colorado Massage Center
BD.r : Masage Envoy