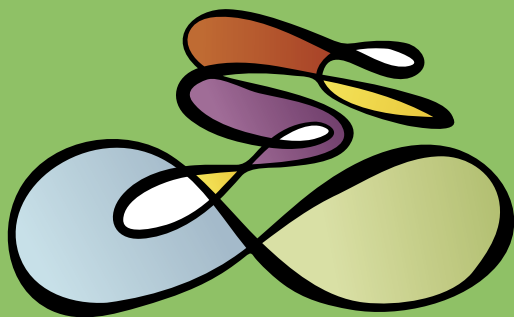


Rider Manual



THE DENVER POST
ridetherockies

presented by

**WELLS
FARGO**

June 14-19 • 2009

Greetings Cyclist

Congratulations! You have been selected to participate in the 24th annual Denver Post Ride The Rockies Bicycle Tour presented by Wells Fargo. You are in for a thrilling adventure and fantastic ride!

In its 24th year, RTR will treat you to a six day, 380-mile loop, ascending three of Colorado's most scenic mountain passes; one of which is McClure Pass, a brand new addition to our bicycle tour. You will also traverse the North Rim of the Black Canyon offering panoramic views of spectacular vistas and sheer cliffs.

After a rewarding day in the saddle, you are sure to be entertained by an impressive line-up of guest speakers at our afternoon cycling seminars and by the festivities in each host town. This year's tour coincides with a number of Colorado's finest mountain festivals; including Aspen's Jazz Festival and Food & Wine Classic in Aspen as well as Glenwood Springs' Strawberry Days.

Whether you are a first-time participant or a veteran of our Tour, you most likely have a number of questions. The 2009 Rider Manual will guide you through information that will help to ensure a successful and safe ride this June!

We encourage you to continue to visit our web site throughout the spring and summer as it is updated frequently. Should you have any questions not addressed in this manual, please give us a shout.

Here's to tailwinds!

Best,



Contact Information

Address The Denver Post
Ride The Rockies
101 W. Colfax
Denver, CO 80202

RTR General Line 303.954.6700
Fax 303.954.2784
Web Site www.ridetherockies.com
Tour Director Chandler D. Smith
 303.954.6702
 chsmith@denverpost.com

Community Relations

Coordinator Elizabeth Norris
 303.954.6703
 enorris@denvernewspaperagency.com

Tour Assistant Annie Spencer
 303.954.6704
 rtr@denverpost.com



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What is RTR

The Denver Post Ride The Rockies is an annual bicycle tour that takes 2,000 cyclists on a 6-7 day ride on paved roads through Colorado's Rocky Mountains each June, assisted by more than 100 volunteers.

Ride The Rockies route is different each year, but always climbs a few challenging mountain passes and showcases Colorado's spectacular scenery. Daily rides can be as short as 35 miles or as long as 100 miles, but generally average 60-65 miles.

While the tour route changes each year, the benefits and responsibilities of the host communities remain the same. Benefits include publicity, positive economic impact, fund-raising opportunities and a grant provided to an eligible non-profit agency in each host town by Denver Post Community. Cyclists in 2008 spent an average of \$270,000 in a 24-hour period in each town and many cyclists return as tourists at a later date. Host communities provide alternative lodging, inexpensive community meals, and entertainment.

Over 3,500 applications are traditionally received for the 2,000 spots. Riders on past Ride The Rockies have represented all 50 states and 18 foreign countries. Ride The Rockies is a non-competitive event open to cyclists of all ages. Riders are encouraged to ride at their own pace.

Proceeds from Ride the Rockies benefit Denver Post Charities, a McCormick Foundation Fund. All funds raised are matched at 50 cents on the dollar and are returned directly to the community.

Dates to Remember

Partnering Bike Shop Training Rides & Clinics	April - June
First Time Riders Panel	April 15
Cancellation Deadline	May 8
Wheat Ridge Cyclery RTR Clinic	May 13
Denver Post RTR Special Section	June 7
Registration/Package Pick-Up	June 13
24th Annual RTR Bicycle Tour	June 14 - 19

Registration

Upon arriving in Glenwood Springs, you will register at Glenwood Springs High School (see map, page 7.) Registration will be open from 12:00 p.m. to 6:30 p.m. on Saturday, June 13. If you are unable to register on June 13, registration will be open from 6:00 a.m. to 8:00 a.m. on Sunday, June 14.

At registration you will receive:

• Ride The Rockies cycling jersey • Ride The Rockies cycling water bottle provided by Wells Fargo • ID wristband • Luggage tag • Bicycle tag • Map book (ride/activities guide) • Safety tag

The wristband, luggage tag, and bike tag are all printed with your registration number to be used for security and services. The wristband and luggage tag are color-coded to help you spot your gear. All ID items are non transferable. Attempting to transfer registration items will destroy them.

Note: Registrations are non transferable. Each rider must pick up his/her own registration packet. Please bring a photo ID to registration.

LATE REGISTRATION If you're planning to join the tour after it starts, you'll need to register at the Information Center located in each of the host communities. See page 11 for Information Center locations and hours.

Cancellation/Refund

All cancellation requests must be received by Ride The Rockies by May 8, 2009. No refunds will be issued after this date. A \$40 processing fee will be deducted from each refund. There are two methods by which you may cancel your Ride The Rockies registration:

Via e-mail to: rtr@denverpost.com

We will reply with a cancellation confirmation email within two business days. Please verify that you received a cancellation confirmation as e-mail cancellations are not valid if not confirmed.

Via certified mail to:

The Denver Post Ride The Rockies
101 W. Colfax
Denver, CO 80202

REFUNDS, minus the \$40 processing fee, will be made within 2 to 4 weeks of receiving your cancellation. If you paid by credit card, your card will be credited by Marathonguide.com. If you paid by check, you will receive a check in the mail.

NOTE: If you ordered an "In Training" Tech-T on the tour application form and you request a cancellation after April 10, the shirt will be delivered and you will not be refunded the \$20.

Glenwood Springs Loop • 380 miles

Ride the Rockies route

June 14-19, 2009



The Denver Post

Saturday, June 13
Glenwood Springs – Registration

Sunday, June 14
Glenwood Springs to Hotchkiss
80 miles

Monday, June 15
Hotchkiss to Gunnison
80 miles

Tuesday, June 16
Gunnison to Salida
65 miles

Wednesday, June 17
Salida to Leadville
60 miles

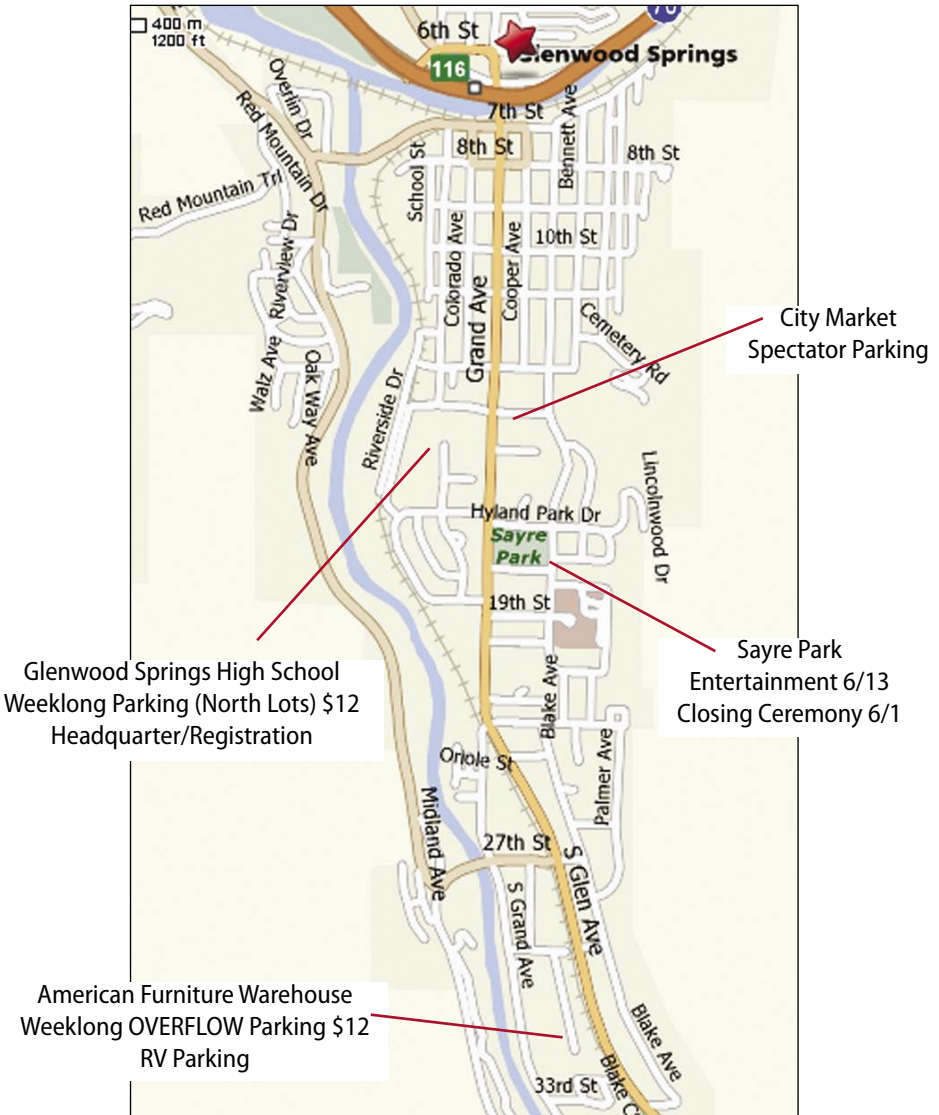
Thursday, June 18
Leadville to Aspen
55 miles

Friday, June 19
Aspen to Glenwood Springs
40 miles

For elevation profiles please visit ridetherockies.com/about-the-tour/route

Weeklong Parking & Site Map

GLENWOOD SPRINGS, COLORADO



Ride The Rockies and its affiliates are not responsible for any theft or damages of vehicles and/or personal property left in the designated lots.

Lodging

CAMPING

Indoor or outdoor camping space will be provided for riders June 13 - 19.

Indoor group lodging is usually in gymnasiums, and space is limited. You must provide your own sleeping bag and pad.

Showers and toilets will be available for those staying at Ride The Rockies facilities. We will be traveling with additional shower and toilet facilities to minimize cold showers and lines for facilities.

Lodging facilities open at 10:00 a.m. each day.
NO BICYCLES ALLOWED INSIDE SCHOOLS!

You must provide your own tent for outdoor camping unless you have booked services with Sherpa Packer, Ltd. For an additional charge, Sherpa Packer will provide full service tent set-up and transportation. See below for more information on these services.

HOTELS

Riders interested in making hotel reservations should visit each town's Chamber/Central Reservation site. Many of the towns are sold out, but others still have lodging available. Some communities offer private home lodging programs, please inquire directly with each chamber.

Glenwood Springs www.glenwoodchamber.com

Hotchkiss www.hotchkisschamber.com

Gunnison www.gunnison-co.com

Salida www.salidachamber.org

Leadville www.LeadvilleUSA.com 888-532-3845

Aspen www.bookaspensnowmass.com 866-572-9635

Please note: Coach USA Shuttles will transport cyclists to and from the following neighboring towns for additional overnight accommodations:

Glenwood Springs – NA

Hotchkiss – Crawford, Delta, Montrose and Paonia.

Gunnison – NA

Salida – Buena Vista

Leadville – Twin Lakes and Copper

Aspen– Snowmass

The Sherpa Packer Ltd – A Mountain Tent Valet Service

Premier Camping Service – includes a tent, sleeping bag(s) with a fleece liner(s), an 8" thick comfy air mattress, clean towel(s) and washcloth(s). Sherpa Packer will tear down, transport and set-up your tent on a daily basis. This service also includes the transport of one 35 pound piece of luggage (per person). Bicycle pumps and hot coffee in the morning!

• \$375 for a Solo / \$450 for a Tandem / \$575 for a Triple

Ashley's Tent & Towel Service – includes a tent with a clean towel and wash cloth, tear down, transport and set-up daily. This service also includes the transport of one 40 pound piece of luggage.

• \$225 for a Single / \$275 for a Double

NEW: In/out air stations * Chair/Towel Rental * Laundry Services!

For More Information Call: 720-331-2401 or visit www.sherpapacker.com

Support Services

Your wristband, luggage tag and bike tag are your passes to the services provided by Ride The Rockies. We will provide you with:

RYDER BAGGAGE TRUCKS- ONE bag per cyclist (70 lbs. max.) will be transported throughout the tour. This one bag must include your tent, sleeping bag, etc. Trucks will pick up and drop luggage near the Information Center in each town. Any gear you'll need while riding should be carried with you. Baggage trucks will open at 5:30 a.m. and leave each town at 9:00 a.m.

NOTE: NO TRASH BINS. This type of luggage is hard to maneuver and is dangerous for our baggage staff to load.

All riders are responsible for loading their own bag into baggage trucks.

Please see baggage recommendations under "What To Bring" on page 18.

Baggage transfer service to hotels - For cyclists staying in hotels, Alpine Cycle Connection will transfer your baggage directly to hotels for the week for \$97 per person. Please see page 13, visit www.cyclewithalpine.com or call 888-702-5746 for details.

SHUTTLE BUSES - Shuttles will be provided in overnight host communities to transport you (and your bag, if necessary) in town and to neighboring communities (if applicable). If you are staying at a hotel outside an overnight host community that is not specified on page 8, you are responsible for your own transportation.

SAG VEHICLES - If you are unable to ride, sag vehicles will be available to transport you and your bicycle. Please do not misuse this important support service as they are there to help riders in need. Sag vehicles will make their final sweep at 4:00 p.m. each day.

SECURE BICYCLE CORRAL - A secured bicycle area will be provided in each overnight community, open from 10:00 a.m. on arrival day through 9:00 a.m. the following day. Bicycles are left at your own risk. We recommend carrying a lock for use at other locations.

AID STATIONS - Rest stops will be located on the tour route approximately every 15 miles. Fruit, water, Gatorade Endurance, light snacks, first aid supplies, toilets, and hand sanitizers are provided at aid stations at no charge. Route Vendors will provide more hearty snacks/meals of substance at a charge.

BIKE TECHNICIANS - Wrench-hands will be available to assist you if you have mechanical difficulties on the route. Each rider must carry and know how to use equipment to patch and change tires. Technicians will also assist with bike assembly in Glenwood Springs. Our thanks to each of our bicycle technicians: Wheat Ridge Cyclery, The Bicycle Doctor, Bicycle Village, Shimano, Sports Garage, Campus Cycles, and Bike Source.

MEDICAL SUPPORT - Ride The Rockies has gone to great lengths to assure your safety on this tour. Stadium Medical will provide two ambulances for emergency medical support on the route each day. Radio-equipped staff members will patrol the route. A volunteer staff of riding medics will also be present. In the event of an emergency, you can identify these individuals by their helmets, fanny packs, and arm bands. Riding Medics are MD's, RN's or EMT's and carry medical supplies provided by St. Anthony Hospital to assist injured riders. St. Anthony Hospital will provide a medical station in each overnight town to assist with ride-related medical problems. Automatic external defibrillators for use both on the tour route and in host communities are supplied by Zoll.

SPORTS MASSAGE - Certified massage therapists will accompany Ride The Rockies to provide sports massage therapy at the event headquarter sites and hotels in each host community. Advance reservations are strongly recommended and will be taken on Saturday, June 13 at Glenwood Springs High School. \$35 half hour/\$70 hour.

CHIROPRACTOR - Our very own certified Sports Chiropractor, Dr. Dan Maduff, helped many people overcome aches and pains during last year's Ride The Rockies. He will join us again throughout the ride providing chiropractic treatments and advanced sports rehab like KinesioTaping™, Graston Technique and even Biomedical Acupuncture for injured muscles and tendons. Advance reservations for Dr. Maduff's services will also be taken on Saturday, June 13 at Glenwood Springs High School.

YOGA – Gillian Parson, a Yoga Instructor and RTR participant, will be leading a creative style of Hatha yoga called Dynamic yoga. It is a blend of Ashtanga and Iyengar. The technique is based on the sequences of postures with interlinking transitional movements and synchronized breathing. These postures will gear towards the riders, allowing them to have a good warm up. All levels welcome.

Class size will be limited to 20 people. First come, first served.

Schedule:

Glenwood Springs 6/14, Hotchkiss 6/15, Gunnison 6/16, Salida 6/17, Aspen 6/19 (indoor classes)

- First class from 6:00 – 6:30 a.m.
- Second class from 6:40 – 7:10 a.m.

Leadville 6/17 (outdoor classes):

- First class from 5:00 – 5:30 p.m.
- Second class from 5:40 – 6:10 p.m.

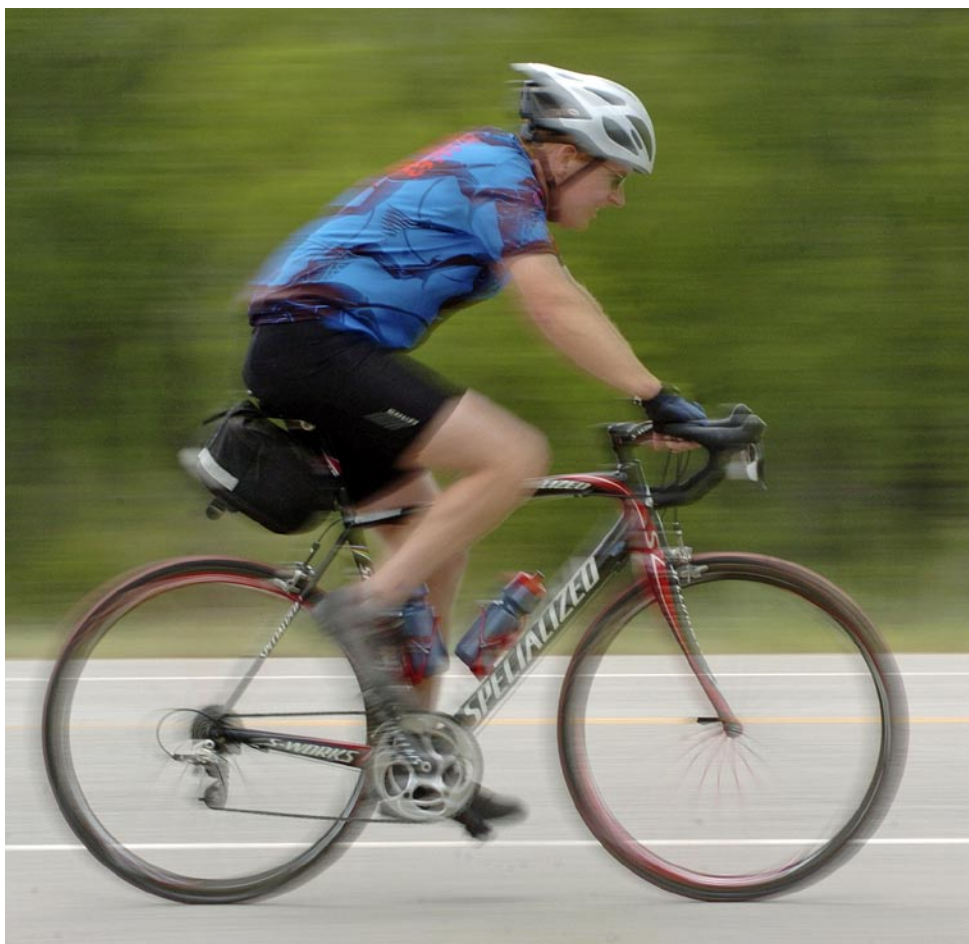
Specific locations TBD. No class on 6/18.

**RIDE THE ROCKIES SUPPORT SERVICES ARE PROVIDED ON
THE ROUTE FROM 6:00 A.M. TO 4:00 P.M. EACH DAY.**

Information Center

Ride The Rockies Headquarters in each community is the Information Center. Services include registration for riders unable to participate in the entire tour, message board, daily nutrition tips, yoga schedule, directions to services and events in host towns, and lost and found. The Information Center is open from 10:00 a.m. to 6:00 p.m. each day. Locations are:

Saturday, June 13	Glenwood Springs High School	Glenwood Springs
Sunday, June 14	Hotchkiss K-8	Hotchkiss
Monday, June 15	Gunnison Community School	Gunnison
Tuesday, June 16	Salida High School	Salida
Wednesday, June 17	Leadville High School	Leadville
Thursday, June 18	Aspen High School	Aspen
Friday, June 19	Sayre Park	Glenwood Springs



Transportation

Charter transportation is coordinated by Alpine Cycle Connection.

Reservations are required.

CHARTER BUS TRANSPORTATION

SATURDAY, JUNE 13

OPTION #1A - 8:30a.m. Bus from Denver (Coach USA lot) to Glenwood - \$68

Denver parking and departure point: Coach USA Lot at 14000 West 44th Ave.

Weeklong parking available at no charge.

OPTION #1B - 9:15a.m. Bus from Highlands Ranch Park & Ride to Glenwood - \$68

OPTION #1C - 12:30p.m. Bus from Denver International Airport to Glenwood - \$73

The drop location for all options on 6/13 is the Glenwood Springs High School. There will be NO weeklong parking at the Highlands Ranch Park & Ride, Option #1B.

FRIDAY, JUNE 19

OPTION #2A - 11:30a.m. Bus from Glenwood to DIA - \$73

OPTION #2B - 2:30p.m. Bus from Glenwood to DIA - \$73

OPTION #2C - 2:30p.m. Bus from Glenwood to Denver (Coach USA lot) - \$68

OPTION #2D - 2:30p.m. Bus from Glenwood to Highlands Ranch Park & Ride - \$68

CHARTER BUS RESERVATIONS/ CANCELLATIONS – Reservations must be made and payments received by May 13. Additional \$10.00 charge for reservations made after April 24. Cancellations received after your booking has been processed thru May 13 incur a \$10 per person processing fee. No refunds after May 13. Limited seating available at current prices.

BICYCLE TRANSPORTATION

Bus fares include transportation of one bicycle. Bicycles must be boxed in an approved container for ALL transportation options. (See instructions on page 15.) You may also utilize High Country Shipping (877 231-1363), the selected bicycle shipping service for Ride The Rockies. (See advertisement on page 14)

AIR TRANSPORTATION

Alpine Cycle Connection can provide airfare on all major carriers who service the Colorado market. In addition, we can provide special Summer Bulk Airfares on: United, American, and Delta. These bulk contracts enable us to provide you with a wide range of choices to get you to your destination, and are less restrictive than regular retail fares. Options include flights into Denver International Airport. Options will not be available into the Eagle (EGE) county airport this summer due to runway re-surfacing operations.

BAGGAGE TRANSFER SERVICE

Are you staying in hotels during Ride The Rockies?

Alpine Cycle Connection will transfer your bags directly to and from your hotel, motel, or B & B each day during Ride The Rockies.

Let Alpine Cycle Connection transfer your bags each day!

\$97.00 Per Person for the week includes:

- Custom baggage tags for your itinerary
- Morning pick-up of bags at your hotel
- Early afternoon drop-off of bags at your hotel

ALPINE CYCLE CONNECTION FEATURES:

Proven record of reliability & performance

Radio dispatched vehicles and personnel

Accessible by cell phone during week of ride

BAGGAGE TRANSFER SERVICE RESERVATIONS/ CANCELLATIONS - Reservations required by May 13. There will be NO Baggage Transfer Service sign up on Saturday, June 13. The \$97 fee is a Per Person rate. Participants may NOT SHARE Baggage Service. There is a \$10 per person fee for cancellations received after your booking has been processed through May 13. No refunds after May 13.


RESERVATIONS & INFORMATION: Registration for all Alpine Cycle Connection services may be done on our website www.cyclewithalpine.com. If you do not have Internet access or have other questions, please call 888-702-5746 (888-70-ALPINE).

CONFIRMATION: Documents for all Alpine Cycle Services will be sent via e-mail in pdf format after your order has been processed (7 to 10 days). Please provide a valid e-mail address that will accept e-mail with attachments from cyclewithalpine.com. If you do not have access to e-mail please indicate on your order and we will provide mailed documents. You will receive an automated response after submitting your order to confirm receipt. You may also e-mail us questions at rtr-mail@cyclewithalpine.com.

Bike Shipping & Receiving

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“FACILITATOR OF LUGGAGE-FREE TRAVEL”



Colorado's Bike & Luggage Shipping Pros

Ship with Us & Enjoy:

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- *Bicycle Assembly
- *Delivery to
Glenwood Hotels
& Campground
- *Bike Box Storage
- *Fantastic Service
with Competitive
Pricing

877.231.1363

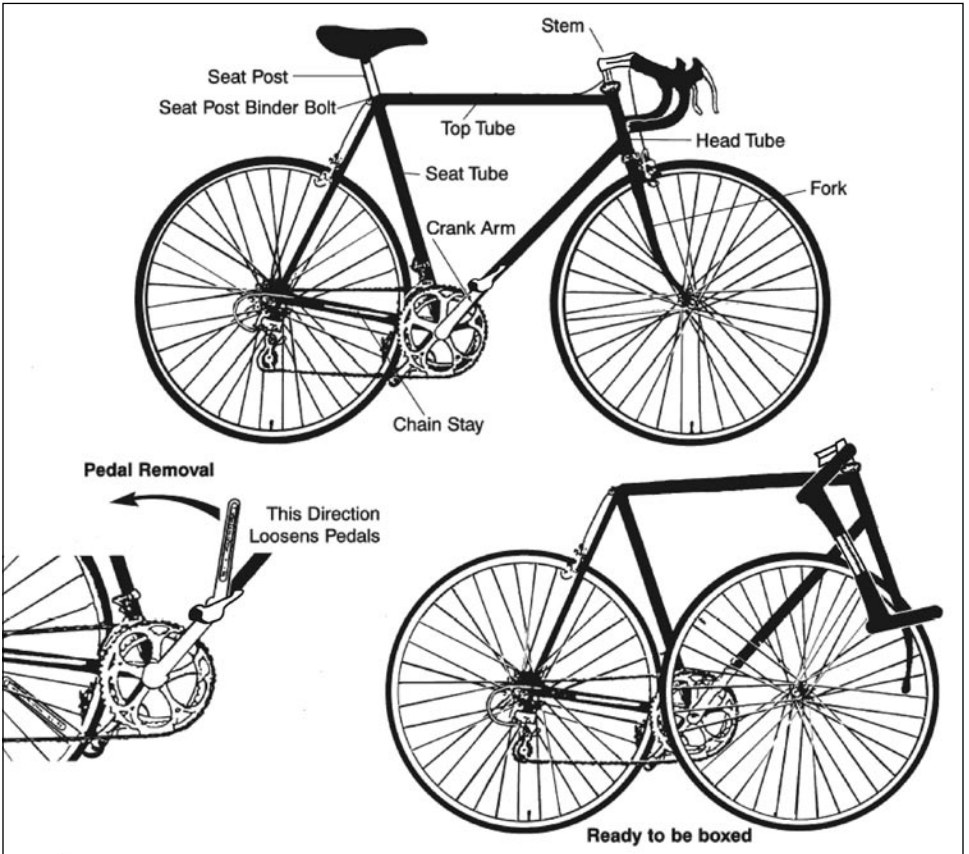
We Take the Lug Out of Luggage
www.HighCountryShipping.com

Boxing Your Bike

To ensure the safe transportation of your bicycle on airlines, chartered transportation or via UPS, it must be boxed. To pack most bicycles you will need: 5 & 6 mm allen wrenches and a pedal wrench or 15 mm open wrench.

1. If you do not own a case, get a bike box from a bicycle shop. Be sure the box is large enough to accommodate your frame size. You will also need a parts box to hold the pedals, other small parts and tools. If you are shipping a bicycle via UPS, please note 130 dimensional inches (length plus girth) is maximum parcel size.
2. If traveling by air, deflate your tires to approximately half their normal pressure.
3. You may need to remove or lower your seat. If so, mark your seat post so you can easily return it to the correct position. Loosen the seat post binder bolt, but do not remove it from the frame. Remove or lower the seat post and saddle.
4. Remove the pedals and place them in the parts box. Note: The left pedal is reverse threaded. Both pedals are removed by turning the top of the wrench toward the rear of the bicycle.
5. Remove handlebars and “nest” them within the frame:
 - Aheadset stem: Remove stem faceplate. Remove the handlebars. Replace stem faceplate.
 - Quill stem: Loosen the stem binder bolt, but do not remove it. If the stem and bars do not move freely, place a piece of wood on the stem and tap it with a hammer. Remove the handlebars and stem.
6. Remove the front wheel. Remove the quick release skewer from the hub and place it in the parts box.
7. Place a spacer between the fork dropouts to prevent the fork from bending. (A small block of wood or an extra front hub can be used as a spacer.)
8. Remove any other accessories that may interfere with getting the bike in the box. Place small accessories in the parts box. (Some bicycles will require removal of the rear wheel to fit in a UPS approved box.)
9. Place tools in the parts box. (You’ll need them to put the bike together.)

10. Pad the bicycle using cardboard, foam or bubble wrap, and put it in the box.
11. Put the parts box and the saddle/seat post, if removed, in the box.
12. Place the front wheel (and rear wheel if removed) in the box next to the frame.
13. Secure the bicycle in the box by padding it or tying it to the box.
14. Seal the box with packing tape.
15. Mark both sides of the box with a name and address.



Ride Safe • Ride Smart

Ride The Rockies is conducted on open roads with vehicular traffic. Roads include both marked and unmarked hazards. Though we go to great lengths to make the ride as safe as possible, always remember that safety is in your own hands and ride by these rules:

- Wear a helmet at all times – **NO EXCEPTIONS**
- Carry ID and relevant medical information
- Rules of the road apply; same rights and duties as the driver of any other vehicle
- Ride single file where necessary, maximum of two abreast when conditions allow, do not impede traffic
- Ride as far right as reasonable
- Obey all traffic lights, signs, and regulations
- Pass on the left only, announce “passing” or “hello” or “on your left”
- Use hand signals to indicate road hazards, stopping, slowing, right, and left turns
- Prepare properly – nutrition, hydration, training, and sudden changes in weather conditions
- Respect others: riders, volunteers, host communities, motorists, pedestrians, law enforcement, and the environment
- **Bicycle trailers, child seats and aerobars are not permitted**
- No headphones while riding
- Accidents often occur in pacelines. If you are inexperienced with drafting, do not draft. Maximum paceline length is 5 cyclists
- Ride The Rockies support & safety services are provided on the designated, marked route ONLY

Riding safely and considerately is vital to your enjoyment and the safety of other riders. The future of cycling events in Colorado depends on your cooperation with the rules above.

Ride The Rockies reserves the right to terminate the registration of any participant disobeying rules. Fees will not be refunded, and those involved will be ineligible for future Ride The Rockies.

For additional safety tips and rules of the road visit bicyclecolo.org. Bicycle Colorado is a nonprofit organization dedicated to encouraging and promoting bicycling, increasing safety, improving road conditions, and providing a voice for cyclists in Colorado.

Meals

You are responsible for all your meals. All host towns have restaurants and will be serving low-cost community meals.

Food will be available from numerous sources on the route. Aid Stations are supplied with fruit, light snacks, water and Gatorade Endurance at no charge. Food vendors will also be present at aid stations.

Always carry a water bottle and drink plenty of water. To avoid dehydration and “bonking”, drink before you’re thirsty and eat before you’re hungry.

For detailed nutrition advice see page 21.

Equipment

Be sure your bicycle and equipment measure up to the terrain of Ride The Rockies. A lightweight multi speed (1430) bicycle is necessary to climb the mountain passes you’ll encounter during the tour. If you’re uncertain if your bike will make the grade, have it checked out by a qualified shop.

We highly recommend a “tune-up” for your bicycle prior to Ride The Rockies. A coupon for a \$10 discount at participating bike shops may be found on page 28.

Any changes to your bicycle or new equipment purchases should be done well in advance of Ride The Rockies. Cycling shorts, gloves and shoes are strongly recommended for training and the tour.

For more detailed equipment information, please visit ridetherockies.com/rider-area/equipment

What to Bring

We suggest that you bring the following items with you in a duffel bag or on your bike. This is not a complete list and should be used only as a guideline for packing. Remember, the baggage truck will only carry one bag per person. (70 lbs. max.)

Luggage will be unprotected once it is unloaded. We recommend using waterproof luggage or lining your bag with plastic trash bags. We also strongly recommend a large, soft-sided duffel bag or internal frame backpack. Ride The Rockies will not be responsible for damage to hard-sided luggage, external frame backpacks, or luggage and camping gear strapped together.

RECOMMENDED EQUIPMENT

cycling equipment*	toiletries
camping equipment**	insect repellent
clothing and shoes for evenings	jerseys or shirts
sunglasses	swimsuit
sunscreen & lip balm	shoe covers

***CYCLING EQUIPMENT**

approved helmet
cycling shorts
cycling jerseys
cycling gloves
cycling shoes
cold & inclement weather gear
(long-sleeved jerseys or shirts,
knee and arm warmers, tights, full finger
gloves, shoe covers,
head band, cycling jacket)

tire levers and patch kit
small tool kit
frame pump
spare tire & tubes
lock

****CAMPING EQUIPMENT**

tent
sleeping bag & pad
towel(s)
pocket knife
pocket flashlight or lantern

For indoor lodging, we suggest earplugs, a sleeping blindfold and nasal strips for snorers.



Training

Ride The Rockies is a physically challenging event. Unless you plan to spend June 14 - 19 nursing a sore backside and aching thighs, we recommend you spend enough time training to complete 380 mountainous miles of cycling in relative comfort.

For detailed training advice and a sample training schedule, visit ridetherockies.com/rider-area/training

If you haven't begun training, start today. We suggest gradually building weekly mileage for the next two months. Plan to be able to pedal 150-200 miles a week comfortably by mid-May.

Our recommended training schedule will provide you with three weeks of training at 150-200 miles per week and a week of "tapering" your mileage immediately prior to the tour.

As part of your 150-200 mile weeks, include one weekend with two high mileage days (i.e. 70-80 miles each day). If you live near mountain roads, make them a regular part of your training schedule.

CBS4 will feature Ride The Rockies training stories throughout the spring. In-state cyclists can tune-in to CBS4 at 6:30 p.m. on Mondays and noon on Tuesdays for training tips with Greg Moody.





HELPING ATHLETES ACHIEVE

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testing & training***

SERVICES FOR CYCLISTS & RUNNERS:

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-  Lactate Threshold Testing
-  Cycling & Running Teams
-  Mobile Testing Lab

Nutrition Tips by Jessica Loring, Registered Dietitian

Establishing good nutrition and meal patterns, while training over the next several months, may improve performance and make for a very successful stress free ride.

Pre-ride Meal

In the weeks before the ride, eat a diet that is rich in carbohydrates; at least 60% of your total intake. Remember that athletes who consume diets chronically low in carbohydrates are depleting their body of glycogen “energy” stores. Eating prior to cycling will not only eliminate hunger, it will help ensure glycogen stores stay full over the week long ride. Some evidence suggests cyclists should try to consume .5 – 1.5 grams of carbohydrate per pound of body weight in a pre-cycling meal. For a 150-pound person this would be 75 – 225 grams of carbohydrate. Depending on tolerance, this “pre-ride” meal should be consumed 1 – 4 hours before the ride. Some riders may find it difficult to eat 1 hour before riding and instead choose to consume their power packed breakfast 3 – 4 hours before hopping on the saddle. The lower end of the range should be utilized the closer one gets to riding to avoid gut problems. If you are a rider that struggles with solid foods, consume liquids as a meal. Below are some examples of morning meals for a 150-pound rider.

1 hour before

- 1 bagel (60g), 1 tbsp peanut butter (3g), 4 oz orange juice (15g)
= 78 grams of carbohydrate
- 1 cup cheerios (25g), 8oz skim milk (12g), 8oz fruited yogurt (40g)
= 77 grams of carbohydrate
- 8 oz apple juice (15g), 8oz chocolate milk (30g), power gel (30g),
= 75 grams of carbohydrate

It is important to determine your personal tolerance and what foods work best for you and when, before the week of the ride. Now is the time to experiment and perfect your cycling diet in order to maximize your performance.

Avoiding Upset Stomach

An upset stomach or being queasy slows many well-trained riders down. Below are some tips that may help avoid a stomach-ache while on the tour.

- Avoid trying new foods the week of the ride
- If you are not used to eating excessive sugar, do not start the week of the ride
- Instead of cookies or candy bars at the aide stations, try a peanut butter and jelly sandwich with an orange
- Rinse out water bottles each morning. Do not fill fluids on top of old sports drinks
- If carrying snacks on the ride, avoid sandwiches with mayonnaise, cheese, or meat. Bacteria can multiply in the heat with no refrigeration

Reducing Muscle Cramps

While there are many factors that lead to muscle cramping and soreness, the exact cause of a muscle cramp is unknown. Calcium, potassium, and sodium all play a role in muscle function. Although the following nutritional tips are not guaranteed to eliminate cramps, adding some of the foods below to your diet may help. The following information is not proven, merely suggestions.

Calcium - Try to consume at least two dairy products per day. Yogurt and low-fat milk are great sources of calcium and provide the needed carbohydrates as well.

Potassium - Foods rich in potassium: avocados, potatoes, orange juice, bananas, raisins, and tomatoes.

Sodium – Not only are cyclists losing salt through their sweat, athletes often restrict their salt intake. Sports drinks can help replace sodium losses. This is not the week to restrict salt.

Fluids - as a general rule, drink 20 oz of water before the ride; 5 oz every 15 minutes while you ride; and 30 – 40 oz after the ride

For more information on nutrition and cycling visit ridetherockies.com/rider-area/nutrition



Cycling Seminars

Afternoons on Ride The Rockies will feature a series of cycling seminars. The series will be hosted by Olympic medalist and former pro racer Ron Kiefel and include a variety of guest speakers. Further information regarding the 2009 cycling seminars will be featured on our web site and a complete schedule will be included in your tour map book. Cycling seminars will take place at 4:30 p.m. in each host community. Past guests have included Bob Roll, three-time Tour de France racer, OLN cycling commentator, and author; USGS; Fred Matheny, cycling coach and writer for Road Bike Rider; Nelson Vails, Olympic Silver Medalist; Steve Stevens, bicycle historian and owner of Golden Oldy Cyclery; Alison Dunlap, 2001 Mountain Bike World Champion.

Beer Garden & Entertainment

After a day in the saddle kick back with a cold beer, courtesy of New Belgium Brewery and enjoy live music, organized by local chambers. Entertainment sites are located in close proximity to the headquarter site but shuttles will be provided for your convenience. Please refer to your tour map book for entertainment and beer garden hours as they vary in each town.



Denver Post Charities

Proceeds from Ride the Rockies benefit Denver Post Charities, a McCormick Foundation Fund. All funds raised are matched at 50 cents on the dollar and are returned directly to the community. Last year, Ride The Rockies raised a record amount. In 2009 we hope to repeat this success. Retuning for a second year is the Ye Olde Candy Shop; bags full of candy will be sold for \$1 along with DPC merchandise items. Select merchandise item will also be promoted online. DPC items include a Commemorative Route Map Bandana, flip-flops, RTR temporary tattoos, doo-rags and drawstring backpacks in a pouch!

SILENT AUCTION TENT

To compliment the aforementioned fundraiser, RTR is introducing a new Traveling Silent Auction Tent. Our partnering Demo companies have all graciously donated top of the line bicycles, components, and accessories. These items will be auctioned beginning Saturday, June 13. The auction will close on Thursday, June 18 at 5 p.m. in Aspen. Please check in at the Ye Olde Candy Shop to see if you were the top bidder. Items may be claimed on Friday, June 19 at the Information Center in Sayre Park in Glenwood Springs.

Denver Post Community

Ride The Rockies/Denver Post Community grant program, designed to support nonprofit agencies that work to improve the lives of Coloradans in the towns hosting the Tour, returns for its ninth year. One \$5,000 grant will be awarded in each host community. Ride The Rockies/Denver Post Community grant program funds nonprofit organizations that provide services for low-income children and youth through recreation, education, or the arts and/or agencies that offer direct-service literacy programs. Since the program began in 2001, over \$350,000 has been granted to towns throughout the state. Join us for check presentations during each cycling seminar at 4:30 p.m. Consult your tour map book for locations.



Weather/Climate

Ride The Rockies has been scheduled during a time when we hope weather conditions will be favorable, but in the event of inclement weather, the tour will continue to roll. Come prepared for all types of weather, including rain, hail and possible snow showers at higher elevations. Carry inclement weather gear, including full-finger gloves and shoe covers.

Cyclists camping out can expect temperatures to drop as low as 30°F at night and should bring a tent in addition to a sleeping bag. Sunlight at higher elevations can be particularly intense. All cyclists should wear sunscreen to prevent sunburn.

Photography

Sundance Images will be providing photo services for the 2009 tour. Photographers will be positioned along the route, taking great shots of cyclists on the ride. As cyclists ride by, a large letter (alphabet A-Z) that represents the “letter group” will be displayed. There will also be a clock present. Sundance Images will set up at the end of each day at the headquarter site. Cyclists may find their photo by the “letter group” that was identified on the route or the time displayed while riding by. Please visit our ridetherockies.com/our-partners/merchandise for further details.

Private Support Vehicles

The presence of private support vehicles is the most common complaint of Ride The Rockies cyclists and the greatest detriment to safety on the tour. **IF AT ALL POSSIBLE, PLEASE LEAVE YOUR VEHICLE BEHIND.** If you absolutely must bring a vehicle, please advise family and friends to use alternate routes. Ride The Rockies will post alternate driving directions online prior to the Tour as well as hand out an alternate driving directions flyer at Registration on Saturday, June 13.

RV's

Parking for RV's and private support vehicles is limited and available on a first come first served basis.

Glenwood Springs

American Furniture Warehouse
3200 S. Glen Avenue
Glenwood Springs, CO 81601

Hotchkiss

Fairgrounds (behind the actual fairgrounds)
403 S. 4th Street
Hotchkiss, CO 81419

Gunnison

Community School
1099 N. 11th.
Gunnison, CO 81230

Salida

Salida Middle School
520 Milford Street
Salida, CO 81201

Leadville

Lake County Rodeo
6th Street and McWethy
Leadville, CO 80461

Aspen

Aspen School District Building
235 High School Road
Aspen, CO 81611

*Overflow at Buttermilk Parking lot, located at the corner of HWY82 and Owl Creek Road.

Hook-ups and services are not available in these designated parking areas. RV parking lots are subject to change. Please check-in at Registration on Saturday, June 13 for an official RV parking pass and flyer.

Emergencies

EMERGENCY CALLS FROM HOME – If your family has an emergency message for you during Ride The Rockies, they can leave a message at the Ride The Rockies Emergency Message Center at 303-954-6705. Voice messages will be checked periodically from 6:00 a.m. to 10:00 p.m. during Ride The Rockies (June 14 – 19).

This service is for true emergencies only. All messages will be screened. Violators will not be eligible for future Ride The Rockies tours.

Tour-End Celebration

Friday, June 19 marks the end of the 2009 Ride The Rockies. Glenwood Springs will host the tour-end celebration from 9:00 a.m. to 2:00 p.m. (See map of Glenwood Springs on page 7.) Entertainment, food and a variety of New Belgium Brewing Company beers will be available.

Invite your family and friends to join the party at Sayre Park and celebrate your accomplishment. Parking is available at City Market, located at 1410 Grand Ave. and a secure area will be provided for bicycles at the finish line.

Other services such as bike boxing/shipping, showers, Alpine Cycle Connection will be staged at Glenwood Springs High School, approximately 3 blocks north.

Registered riders are automatically entered in a prize drawing for an assortment of cycling gear, including a Parlee bicycle and Mavic Ksyrium wheels. You must be present at the closing ceremony to win.

*Closing ceremony is scheduled for 1:30 p.m.

Ride Hard, Tread Lightly

brought to you by **ZEROHERO**
Welcome to the Tread Lightly program. This is the program that elevates Ride The Rockies as a national leader in large sustainable bike events.

The 'greening of the Ride' will be all around you. With the flip of your wrist you will create the first zero-waste bike event in Colorado. With a few minutes of training you will learn Leave No Trace camping. We're not asking you to work harder, just smarter. You will see that you're a natural. Below are the key programs that will make our event a sustainable success story.

RIDE THE ROCKIES KEY SUSTAINABILITY PROGRAMS

Colorado Carbon Neutral

Ride The Rockies will support Colorado-based carbon offsetting programs to balance out the carbon dioxide emissions we produce during the event. While this makes the event 100% carbon neutral, you can do your part to make your travel & the ride carbon neutral. Check the Tread Lightly page on our website for your opportunity to make your travel carbon neutral. Granted, our bikers are promoting optimal "carbon consciousness" each time you crank a pedal, our event does kick up some dust.

Waste Diversion Efforts

All headquarter sites, entertainment sites, and aid stations will be zero waste, diverting 90 percent or more of our waste from the landfill. ZeroHero will utilize local recycling and composting systems to turn waste into future resources. All food vendors will increase the use of recyclable and compostable products. Zerowaste is also a state of mind - participants will have opportunities to learn and practice "Leave No Trace" ethics along the route.

Ride The Rockies Positive Legacy

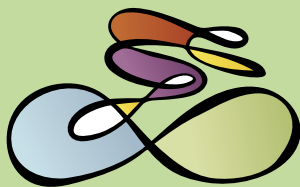
It's why we do what we do. Communities that we travel through will be the focus of legacy programs, donations and grants, giving special consideration to promote biking culture and healthy lifestyles to our youth. What do bikes and sustainability have in common? They both gain momentum with a little push and get easier the more you practice.

Rolling out Renewable Fuels

Ride The Rockies will use renewable fuels in select event vehicles. Biodiesel and ethanol blends will replace petroleum fuels in ZeroHero "sustainability crew" trucks and other ride support vehicles. By using these cleaner-burning, domestic fuels, we're able to reduce our drag.

Thanks to Suncor, Cocona, New Belgium Brewery, & Wells Fargo for supporting this initiative.





THE DENVER POST
ridetherockies

presented by



\$10 off

a tune-up and check-up at any of these participating stores:

Wheat Ridge Cyclery

7085 W. 38th Ave. • Wheat Ridge • 303.424.3221

The Bicycle Doctor

860 Broadway • Denver • 303.831.7228

Bicycle Village

2802 S. Havana St. • Aurora 303.750.1064

2100 28th St. • Boulder • 303.440.8525

2450 Montebello Square Dr. • Colorado Springs • 719.265.9346

8100 W. Crestline Ave. • Denver • 303.978.9699

9170 Wadsworth Pkwy. • Westminster • 303.421.4001

Sports Garage

2705 B Spruce St. • Boulder • 303.473.0033

Campus Cycles

2102 S. Washington St. • Denver • 303.698.2811

Bike Source

2690 E. County Line Rd. • Highlands Ranch • 303.221.4840

2665 S. Colorado Blvd. • Denver • 303.759.5099

Merchandise

Visit our pre-ride merchandise site at ridetherockies.com/partners/merchandise for brand new 2009 technical gear. Most of these items have never been offered for Ride The Rockies! Order today as quantities are very limited! Arm Warmers and Skull caps are available for immediate shipment. Other custom imprinted items will ship mid May, based on quantities ordered.



To purchase these items and others, visit pbjwear.com

Demos

Each year on Ride The Rockies, numerous bicycle and bicycle component manufacturers travel with the tour “demo-ing” their products. Ride The Rockies cyclists can test-ride products ranging from Continental tires to Mavic wheels to Serotta titanium bicycles.

Here’s how it works: During the afternoon, you visit a Demo tent.

If it’s a bicycle manufacturer, they’ll select a bike that fits you, adjust the saddle height, then remove the pedals from your bike and put them on the test-ride bike. The next day, you ride the test-ride bike while the manufacturer transports your bicycle. If it’s a wheel maker, they’ll remove your wheels and install a set of test-ride wheels. The next day, you ride the test-ride wheels while the manufacturer transports your wheels. Most of the manufacturers do not charge a fee, though they may require a deposit charge on your credit card to be refunded upon the return of the product. Most of the product demos are very popular, so many of the manufacturers take advance reservations at their tents starting Saturday, June 13 in Glenwood Springs. To view all our participating demos, please visit our web site at ridetherockies.com/our-partners/demos

My Ride

Join Ride The Rockies’ new social networking site! Stay connected to your fellow riders - share photos and videos, post bulletins, and join discussions!

Sign up at www.rtr2009.ning.com or visit ridetherockies.com/rider-area

Clinics

1st Time Rider Panel
April 15 @ 5:30PM
Wells Fargo’s Hershner Room
1700 Lincoln St.
Denver, CO 80202

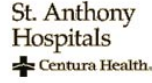
Pre-Tour RTR Clinic
May 13 @ 6:00PM
Wheat Ridge Cyclery
7085 W. 38th Ave.
Wheat Ridge, CO 80033

Volunteer Staff

Ride The Rockies is made possible only through the hard work and dedication of our volunteers. We are most grateful and appreciative of their time and efforts. Please remember to thank them while participating in the tour.

Our Partners

Please support our tour partners; they are an invaluable asset to our ride!



Our Partners Continued

serotta



TREK

B BONTRAGER.



MOOTS



SPECIALIZED



SPECIALIZED
DESIGNED FOR WOMEN



cannondale



Continental



Bicycle Village



SHIMANO



BIKESOURCE
For the Ride of Your Life

When You Combine Team Spirit And Talent – There's No Telling How Far You Can Go



Wells Fargo salutes all the 2009 Ride the Rockies teams. We're behind you all the way.