



## Information Letter to Riders

(For even more answers check out the FAQ's page on our website)

**2019 advisory! 2019 advisory!** When you return from your rides and enter the final stretch on Yampa Street you will notice the entire scene will be busy with shoppers, diners, pedestrians and a farmers market. Please exercise **EXTREME CAUTION** riding down Yampa Street to the finish, we will provide a corridor passage behind the Farmers Market. Please ride slowly and with control through this section.

1. At the finish line on 11<sup>th</sup> street and Yampa you will be required to dismount and walk your bike through the active expo and BBQ area.

### **NEW FOR 2019:**

- **Aid station on all routes have changed, be sure to [check the website](#) route if unfamiliar with aid location and route changes.**
- **A full aid station will be located on County Road 14 just past Stagecoach Reservoir.**
- **Improved food service at the BBQ: For those who indicated during registration they will eat a post-ride meal before noon, we are providing a brunch from 8:30 a.m. - 11:30. We arranged meal numbers based on your response to these questions, so please plan to eat during the time frame indicated when you registered. Not sure which food service time you signed up for? We can remind you at packet pick-up.**
- **Brunch service ends at 11:30 and BBQ lunch begins at 12:30 to allow for the caterer switch over.**
- **Aid Station Cut off times:**
  - Aid 1 (116 and 100 ONLY): Rabbit Ears/Walton Peak Lot 7:30 a.m. - 9:30 a.m.
  - Aid 2 (116 and 100 ONLY): Kremmling/Mile marker 172 8:30 a.m.- 11 a.m.
  - Aid 3 (116 and 100 ONLY): Gore Pass/Rock Creek Lot 10 a.m. - 1:30 p.m.
  - Aid 4 (66 & 46 ONLY): Stagecoach/Gravel Pit 7:30-9:30 a.m.
  - Aid 5 (116 & 66 ONLY): Yampa 8:30 a.m. - 3:30 p.m.
  - Aid 6 (116, 66 & 46 ONLY): Oak Creek 8 a.m. - 4:30 p.m.
  - Aid 7 (26 ONLY): Sidney Peak 7:30 a.m. - 12 p.m.
  - Aid 8 (100 gravel ONLY) Morrison Cove 10:30 a.m -5:00 p.m.
- **No parking is available at the actual start finish area. Suggested parking is at the Howelsen Hill parking lot, ride the bike path over to the start across the river. Also the transit center has ample parking, west of town about ¾ mile from start accessed by bike path, or ride direct to start or course from your home or lodging.**
- **Click here for full [route descriptions](#)**
- **All riders are required to ride single file on all courses at all times, this will be strictly enforced by our SAG support, State Patrol and local police.**
- **Absolutely no earbuds or headphones allowed while riding.**
- **[Packet pickup](#) is at Ski Haus from 3-8 pm Friday, July 19<sup>th</sup>.**
- **State Patrol roll out for all routes at 7:00 am, 12<sup>th</sup> street and Yampa.**



- **BBQ brunch from 8:30-11:30 am.**
- **BBQ Lunch service is from 12:30 – 6:30 pm.**
- **Extra BBQ tickets [purchased here in advance](#)**

### **ON-ROUTE PROCEDURES:**

#### **Course hours - 7:00 AM until 6:00 PM:**

SAG support will be available on course from 7:00 AM until 6:00 PM. Riders are expected to make each aid station cut off time. Any rider on course after an aid station closure will be driven to the next aid station or to the finish as appropriate. **YOU MUST HAVE A COLOR CODED BRACELET AND HELMET LABEL TO ACCESS THE AID STATIONS AND COLOR CODED BRACELET TO ENTER THE BBQ.**

#### **Before the Ride:**

Be sure to have your bike completely checked and any necessary repairs made **BEFORE** you begin the Tour de Steamboat.

The pre-ride mechanic *will not be equipped or have the time to do major repairs for you.* Bring at least 2 new tubes for each size tire on your bike. If you have an older bike or one that may have hard to find or rare parts, consider bringing along spares for it. You already know if this applies to you!

Please take a picture of our maps at registration or print one off from the website or download files into your bike computer. The course is very well marked and we will **NOT** have paper maps at packet pick up for distribution.

#### **Security**

The Tour de Steamboat organizers remind you that we *are not responsible* for the safety/security of your bicycle or other personal property. There will be bike racks provided at the post ride BBQ. Please use normal caution and care when leaving your bike around.

#### **Riding Safety**

**SINGLE FILE IS THE RULE.** Please ride single file on ALL roads used in our event. We have very narrow shoulders, construction zones, and traffic on both rural and highway roads. We hire and ask our law enforcement along the Tour de Steamboat routes to patrol and enforce the driving behavior of motorists and the riding behavior of our riders. Rules of the road must be followed at all times in addition to riding single file. Large groups of riders will be asked to separate, please respect this request. Bicyclists are subject to citation by law enforcement for violating state law or local ordinances. So be sure to obey all traffic laws and be a good ambassador for the sport of cycling at all times. Take particular care in supervising any child or teen companions. Parents/guardians are responsible for their children and should keep them closely supervised at all times, both on and off the bike.

For greater safety and better visibility early in the morning or during rainy/cloudy conditions, participants are suggested to bring headlights and high visibility flashing taillights. Brightly colored clothing is also suggested for riding in rainy/low-light conditions or after dark.

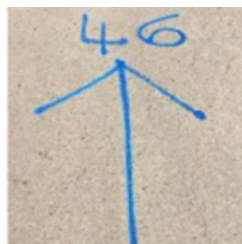
Always keep the following “rules of the road” in mind:

- TDS participants must wear an approved helmet at all times when on the bike.
- Use of earbuds/headphones are not allowed. Your sense of hearing is critical to avoiding many hazards.
- Ride single file when other vehicles need to pass. Especially in these areas;
  1. All of highway 40 from town to highway 134/Gore Pass turn
  2. Cr 14 to the Stagecoach Aid station and to Oak creek
  3. Oak Creek Canyon first 5 miles
- Ride in a predictable manner and never ride in the lane for oncoming traffic except when passing safely.
- Do not draft behind motor vehicles.

Call out and/or signal, as appropriate, to alert other riders when you:

1. Intend to pass (“On your left” or “Passing”),
2. Intend to turn,
3. Are slowing or stopping (“Slowing,” “Stopping”),
4. Become aware of a hazard ahead (“Pothole,” “Glass”, etc.),
5. Absolutely DO NOT call “clear” at intersections. It must remain the responsibility of each rider to determine whether it is safe to pass through an intersection based upon his/her immediate observations of the prevailing conditions.

### **Course Markings**



100-mile gravel



100-mile gravel

### **SAG Support:**

Volunteer and staff drivers offer SAG support along the route to transport cyclists as needed due to mechanical problems or injuries. They also carry water and generally have an air pump handy for those repairing a flat along the route. SAG occupants are NOT taken directly to the finish when picked up. SAG's are directed to patrol the route until they are full, and then proceed to the finish. If you ride a SAG, be prepared to do so for an extended period! Riders are expected to be



able to ride the full route and to have bicycles that are in good enough condition to withstand the riding expectations of this tour. SAGs are not intended for use by riders who are simply tired and should not be viewed as a service to be used for other than mechanical or health related reasons.

Lack of training/conditioning or poorly maintained bicycles are not good reasons for frequent use of the SAG services provided. As mentioned the Tour is a serious event involving, altitude, elevation and weather. Please train accordingly.

### **Mechanical Support:**

Mechanical support will be available at the Rabbit Ears and Gore Pass Aid Stations. Cyclists are responsible for any charges associated with parts or repairs. And, even if they don't ask for payment, expressing your gratitude and "feeding the tip jar" is customary and will assure future participation from our local bicycle shops.

### **Weather**

We guarantee there will be some! The Tour de Steamboat has experienced rain, hail, high winds and extreme heat – Colorado weather is unpredictable, so be prepared to keep pedaling in whatever conditions Mother Nature sends our way. Weather in the Rocky Mountains in the middle of July typically ranges from quite warm to very hot. Temperatures in the mid 90's are not unusual. Therefore, be very careful not to become dehydrated.

Drink BEFORE you feel thirsty and keep your water bottles filled. Each aid station will offer **Skratch Hydration drink**, water, bananas or pickles to assist with your electrolyte levels. Please be sure to bring and use sunscreen and wear sunglasses! Remember, temperatures, wind speeds, and the likelihood of storms increase as the day progresses, so it's best to leave with the 7am departure time.

Occasional thunderstorms may bring heavy rain, wind, lightening and even hail followed by a sharp, if usually brief, temperature drop. We suggest checking [the Weather](#). When in doubt, be prepared with rain gear that can be put on or taken off as the need arises. Should hazardous weather develop, seek out and take shelter as appropriate.

### **EMERGENCY INFORMATION**

#### **Medical Emergencies:**

On the route, your first action would be to flag down a SAG vehicle, other riders, or any law enforcement, motorist or resident along the route. If conditions warrant, contact first responders by dialing 911. If a rider is injured and cannot be safely moved from the road, direct traffic to prevent further accident or injury.

#### **Personal Identification:**



You should carry your driver's license and medical insurance card, or photocopies of them, on your person. A number of commercial ID products are available ranging from bracelets to shoe tags. Any ID and medical information that is ON YOUR BODY will be more likely found in the event of an accident than will information in a bike bag. One of these ID products can be a very worthwhile investment. Information should include your full name, contact information for someone who is NOT on the ride with you, blood type, drug allergies, and any unique medical conditions that might affect treatment decisions such as heart conditions, diabetes, etc. You should carry this information with you in addition to your own ID information.

## **PREPARATION-YOURSELF AND YOUR BIKE**

### **Rider Expectations:**

We expect all riders to ride the full routes including the 116-mile riders. Though SAGs are provided, as mentioned previously, they are intended for riders who become injured or who have mechanical problems. Our expectation is that riders and their bicycles arrive in good enough condition to complete their intended routes.

### **Bicycle Preparation:**

Get your bike tuned up and adjusted to fit you before beginning to train. Efficient position and good body alignment will help you feel more comfortable. Poor fit is more painful than poor training. To have your bike fitted professionally, contact a bicycle shop in your area.

Schedule a tune-up with your local shop several weeks before you leave on the ride. Don't wait until the last minute. You want to have a trouble-free riding adventure! Make sure to have them check the condition and adjustment of brake pads, brake cables and gear cables as well as bearing adjustments in your hubs, headset and bottom bracket. Tires should be checked for excessive wear and cuts and nicks. Spokes should be checked for tightness and wheels for true. Speaking again from personal experience, carbon fiber frames and rims need to be checked for cracks, even if they have not been in a fall or collision, but especially if they have been. As mentioned earlier, consider getting and packing spares for any unusual or hard to find parts your bike may use, and don't forget the spare tubes!