



2019 FINAL CYCLIST INSTRUCTIONS

Thank you for registering for the 2019 Coldwell Banker Denver Century Ride, presented by Bank of America! This document includes information and details to help make your ride comfortable and successful. **Please read it carefully. The Denver Century Ride (DCR) suggests you print this document and refer to it frequently.**

RULES & REGULATIONS OF THE RIDE:

The Denver Century Ride is a RULES OF THE ROAD ride. Traffic laws will be enforced by local and state authorities. Please understand that while we start off the ride with the assistance of the Denver Police, there are no dedicated traffic closures.

- Please ride defensively and use caution at all times. **Riders MUST ALWAYS OBEY ALL TRAFFIC LAWS** and follow the directions and instructions of official personnel, including Marshal Volunteers.
- Please ride no more than two abreast and only if conditions allow. When riding two abreast it is illegal to impede “the normal and reasonable flow of traffic.” RIDE RIGHT!!
- Never cross the yellow centerline, this is not only dangerous, but could result in the loss of your right to ride the Denver Century Ride.
- When riding on public roads and trails, if you are unsure at any sign or signal – obey the traffic information. Police may be onsite in certain areas to assist the ride, but this is not a given, they may just be on duty and not part of the event, for this reason when approaching stop lights or signs do not assume you may proceed unless you are given permission by the authority.

NOTE: Much of the Denver Century Ride will be ridden on roads that are open to traffic, including large trucks and buses. While we have taken great care to use streets that are considered Bike routes, many with dedicated Bike Lanes, not every road falls under this consideration. Occasionally the ride will use some of the Denver Areas amazing multi-use recreational trails, please ride safely and be courteous to everyone using these public trails. These trails were selected to ensure that riders of the Denver Century Ride get from one area of the route to another as safely as possible. Trail hierarchy dictates that cyclists yield to all others using the trails.

RIDE DAY EMERGENCY HOT LINE: (970) 470.3041

This number is your direct link to the Ride Staff. Program it into your phone. Write it on your hand. Do whatever you need so it will be available in the event you need assistance.

CHECKING IN:

Registration & Bib Pick-up.

ALL registration materials including ride bib & helmet sticker must be picked up at the Ride Headquarters (Ride HQ) located at the Shops at Northfield Stapleton (8260 E. Northfield Blvd., Denver, CO 80238 – on the corner of 47th & Main St.)

Although registration bibs are available for pick up on ride day we strongly encourage you to come pick up items earlier to avoid lines the morning of the ride. You may also pick up pre-ordered merchandise, purchase additional merchandise and pick up your rider bib.

The registration and bib pick up schedule at Ride HQ (address above) is as follows:

- Thursday, June 13 from 4:00 pm – 8:00 pm
- Friday, June 14 from 4:00 pm – 8:00 pm
- Saturday, June 15 (Ride day) from 5:00 am – 7:30 am

Gear & Merchandise:

MERCHANDISE: If you pre-ordered any merchandise, you may pick it up when you pick up your rider bib number. Jerseys were ordered specific to the registration information provided by participants. If your merchandise does not fit as expected there may be the opportunity to exchange at the merchandise tent. However, sizes may be limited, so if you are unsure, pick up your items early.

There will be no refunds.

We will also have merchandise available for sale during bib pick-up on Thursday and Friday, as well as on Saturday during the event, *while supplies last*.

BIKE LIGHTS: Taillights are a very important piece of equipment no matter the time of day and we recommend that all cyclist have them. If you don't have a red light on the back of your bike please go to your local bike shop, or one of Denver Century Ride's Bike Shop partners and purchase a light. It should be on and flashing whenever you are riding on open roads.

CYCLISTS IDENTIFICATION:

HELMETS ARE REQUIRED! NO HELMET – NO RIDE!!

- Please no headphones or earbuds.
- Cyclists must be wearing the 2019 Denver Century Ride registration bib and helmet sticker to utilize Aid Stations and other ride support.
- Please have your personal ID information and emergency contact information inside your helmet in the event of an emergency.

BIB NUMBERS. Riders must place their Bib number on their back. For greatest visibility place it in the center of your back, and slightly to the left. This will help our on-route support personnel easily identify you as a rider of the Denver Century Ride as shown in the picture. The numbers are important because they must be attached, or you will not be allowed to ride, they also contain "coupons" for your free beverage and meal voucher at the finish.



HELMET NUMBER. Included with each registration is a helmet number - please adhere it as shown. All riders must place their helmet number on the front, center of their helmet. This number is an important part of your identification for all on-course vehicle personnel and on-course photographers.



NOTE: On course photos will be available for purchase from Sundance Images approximately one week following the ride. Please visit DenverCenturyRide.com/ride-info/ for ordering details.

HYDRATION:

FILL YOUR BOTTLES. Water will be provided at the start/finish location and at every Aid Station. In addition, there will be water stops in between Aid Station 1 and 2 for the 100-mile ride, and 1 and 3 for the 85-mile ride. There will be an additional water stop located approximately 8 miles from the finish for all the ride distances. Please bring your own water bottle(s) and keep them full.

The Denver Century Ride is also excited to have Nuun as a sponsor this year. Their drink tablets are “fizzy, tasty, and loaded with electrolytes” to keep you hydrated during the ride. Nuun will be available at every Aid Station and Water Stop.

It goes without saying that The Denver Century Ride is a high-altitude ride (the start is at 5280'). That means hydration is extremely important. **Drink before you are thirsty and drink often.** Even if it is chilly and you don't feel the need it is important that you drink consistently throughout your ride.

COURSE NOTES:

START TIMES: Please start with the wave that you signed up for during registration. **Do not start prior to 6 am** as the course support and Aid Stations will not be ready when you arrive.

CUT OFF TIMES: There are two mandatory cut-off times. This requirement is for the safety of all riders and support personnel. It also ensures that you will be able to join us at the finish for an exciting post ride party. Riders maintaining an average speed of 12mph and starting in their designated wave will have no problem arriving at these Cut-off times in time to continue on their chosen route.

1. **8:00AM** at the 50-mile deviation (**mm 14.1**): If you are planning on riding longer than 50-miles and are not at the right turn on Perry by 8:00a you will be directed to ride the 50-mile route. **This is a cut-off for 85 and 100-milers only – all 50-milers are welcome to proceed with their ride.**
2. **9:00AM** at the deviation in Golden from Jackson St. to 19th Ave. (**mm 25.3**) If you have not reached this location by 9:00AM you will be directed to the 85-mile route.

COURSE MILEAGE:

The courses are not the exact lengths listed. Courses have been selected to provide you with the most enjoyable cycling experience possible with a focus on cyclist safety, quality of roads overall and scenery. Consequently, this approach doesn't always align with exact published mileage. Therefore, please note the accurate estimated mileage for each route below and plan accordingly:

25 Mile route = 28.4 miles

85 Mile route = 87.3 miles

50 Mile route = 49.6 miles

100 Mile route = 100 miles

CUE SHEETS: Maps for all courses are available at www.DenverCenturyRide.com under the ride length you need – just click the route map. In addition, downloadable cue sheets are available on the website the week of the ride. Please download the cue sheets provided by the Ride Director, not the

ones you may find on the ridewithgps maps. Ridewithgps cue sheets are not as reliable as those provided.

COURSE MARKING: The course will be marked with a variety of signage – see photo at right. The most important signage are the directional arrows, and the cautions. These signs are placed for your safety and convenience so please be aware of their presence. In addition to directional signs, there will be YELLOW stenciled arrows painted on the pavement. These stencils will let you know that a turn is coming soon or will be there to help confirm you have made a turn correctly or are on the route.



- A stenciled direction will always be placed approximately 200 feet before a turn. This is to prepare you for the turn. If you will be making a left turn that crosses several lanes, you will get ample warning, so you can make the lane changes safely. Pay attention and make the merge safely.

Keep in mind that things can happen along the route. People have removed the signs, turned them in odd directions, or cars park on the stencils, etc. Please familiarize yourself with the route before the ride. If something doesn't look right, follow your instincts, or wait for another rider to come along to confirm the right direction.

BIKE LANES: The Denver Century Ride has taken great care to design this urban ride using as many bike routes as possible. In some cases, the roads are classified as a bike route, in other cases there is a dedicated bike lane. While bike lanes make the ride safer, please do not take it for granted that motorists won't prematurely enter the bike lane to turn, or park to the right of the bike lane and open a car door in your path. If you see a car pull right and park in front of you please proceed with caution and assume they will open the car door just as you reach them.

AID STATIONS:

There is a total of six aid stations located along the 100-mile course (five for the 85 mile, two for the 50 mile, one for the 25). These locations will be well stocked with a variety of food choices, nutritional supplements and hydration products. Each aid station also has a bike mechanic & port-o-lets for registered cyclists. Riders must be wearing their bib & helmet number at each Aid Station to receive any provisions.

The Aid Stations will be stocked with water provided by Eldorado Water, Nuun Hydration drink, PowerCrunch energy bars, CLIF Bars, Honey Stinger waffles, Unwrapped Energy bites, fruit, and other nutrition. Please keep in mind that not all items will be offered at all Aid Stations. **Additionally, there will be two Water Stops.**

NOTE: These are published **Close times** for each of the Aid Stations:

Aid Station #1 – REI – 9:00AM (all routes)

Aid Station #2 – Lookout Mountain – 10:00AM (100 Mile only)

Aid Station #3 – Red Rocks Park – 11:30AM (85/100 Mile routes)

Aid Station #4 – Chatfield High School – 1:00PM (85/100 Mile routes)

Aid Station #5 – Columbine United Church – 1:30PM (85/100 Mile routes)

Aid Station #6 – Kent Denver School – 2:00PM (50/85/100 Mile routes)

These Aid Station close times estimate starting with the 6:30AM wave and averaging 12mph. The timeline is put in place to ensure you finish your ride in time to enjoy the Post Ride Street Party, and to allow our course volunteers to also join the Street Party if they wish.

OTHER ROUTE NOTES:

PSL/Rocky Mountain Hospital for Children, mm 8.3– The Hospital is creating a cheering station to show their support of the ride. Show them your support by cheering back as you ride through this area.

REI Flagship Store: mm 12.3 - The largest Aid Station on the Denver Century Ride - join REI as they showcase their brand-new plaza / outdoor classroom with the Denver Century Ride.

100/85/50/25-Mile Note: mm 13.1 –

- The 25-mile riders turn left on Clay St. to continue their ride.

100/85/50-Mile Note: mm 14.1:

- The 50-mile ride now turns left on Perry St. to ride 1/3 of the way around Sloan's Lake
- The 100/85-mile riders turn right.
- **Mandatory Cut-off of 8:00AM** at this location. If you plan to ride the 85 or 100-mile routes you must pass this point before 8:00AM.

Golden Deviation: mm 25.3

- The 100-milers turn right on 19th and take a deep breath as they start the climb up Lookout Mtn. Trust us, it's worth it.
- **Mandatory Cut-Off of 9:00AM** at this location. If you do not reach the deviation by 9:00AM you will be required to ride the 85-mile route.
- The 85-mile riders will continue a bit further on Jackson before turning right on 24th. After the left on Illinois St. the road becomes a bike path. Enjoy the great views of the Golf Course as you continue on the bike path until it becomes Illinois again. Remember you will be riding on a multi-use trail, be courteous and respect the other users.

Lookout Mountain including descent: mm 36.2 -42.0 is open to vehicular traffic. This is a spectacular climb, but it is a climb. Be sure you have two full water bottles (you can fill up at the water stop at mm 22.2) before you start this climb. Take your time, ride right, ride single file. After the spectacular Aid Station at the Buffalo Bill Museum, (perfect spot for a selfie or a group photo), For 2019 we've added a short loop that will take the ride past the Buffalo Overlook in Genesee. A true look at Colorado's early heritage. Wave goodbye to the buffalo as you begin the long well-earned descent back to Golden. The Colorado State Patrol will be strategically located along the descent. For your safety, and because it's the law you must comply to any directions given by the CSP. They are there for your safety and to ensure you have a fantastic ride.

50/85/100 Mile Note: mm 28.2, 66.1, 78.5 (respectively) At City of Cherry Hills Village the Cherry Hills PD will direct the ride onto the Bike Path on the East side of S. Clarkson. The ride will continue on the Bike Path along E Quincy, to Happy Canyon. Please follow the directions of Law Enforcement and do not ride on the streets. PD will be sweeping the Path in the days before the ride and going to extra measures to ensure the enjoyment of the cyclists.

SAG SUPPORT is available for riders needing assistance throughout the day. These vehicles will be identified by the yellow flags marked: SUPPORT affixed to the rear passenger windows (see photo).

- If you need assistance, please call the SAG dispatch number at **970-470-3041** (we told you this number would be important). Provide dispatch with your approximate location, be as specific as possible, and your reason for calling (i.e., mechanical, need a ride, or emergency).



- If it is an emergency first call 911, then call dispatch at **970.470.3041** to report the emergency. Follow the emergency procedures provided in this instruction guide.

SAG vehicles each carry a few snacks, extra water, and rudimentary First Aid supplies. SAG vehicles are instructed to always move riders forward. They will not return you to the previous Aid Station but will take you to the next Aid Station. If you are unable to finish the ride the SAG vehicle will transport you to an Aid Station where you can call a family member or friend for a pick-up. **Please don't just abandon the ride without informing us. Please let one of our on-course support personnel know you are leaving the ride before you go to help us ensure the safety of all participating cyclists.** Even if you leave the ride early you are welcome at the Post Ride Street Party, after all you've earned it just by getting up early and riding your bike.

Personal Support Vehicles are not allowed on the course. This requirement is for the safety of your loved ones and friends, as well as for all riders. You may know how to safely navigate your vehicle around 100's of cyclists and in traffic, but the next driver may not. For this reason, we are not allowing personal support to accompany the ride.

Mechanical Support for tire fixes or changes and simple adjustments will be available at all the Aid Stations. If you have a mechanical issue during the event and are unable to proceed to the next Aid Station without support, please call **970-470-3041** and a SAG vehicle will pick you up as soon as possible.

IN CASE OF EMERGENCY

If you are involved in or witness a crash or medical emergency, immediately call **911**, and then call SAG Dispatch at **970-470-3041**. Secure the area to the best of your ability, but do not put yourself or others in additional danger while you wait for emergency personnel. When calling **911** be as specific as possible. Give your location, mile markers are best. Name the road or highway, and approximately where you are located on that road (i.e., we were on the descent of Lookout Mountain). Remain calm and if assisting someone else help him or her to also stay calm. We have notified local emergency personnel of the bike ride, they will be aware of the potential need for assistance and will be very quick to respond.

WEATHER ALERT! It is June in Colorado and weather patterns change fast!! The weather has the potential to be irregular, and possibly severe at times. The weather can change from warm and sunny to extremely cold in a matter of minutes. Please be prepared for all weather conditions. This could include freezing rain, hail, sky to ground lightening strikes, and even excessive heat. Be prepared with extra clothing. A rain jacket, arm and leg warmers are recommended. Rain gear is also strongly suggested. Cyclists should also carry sunscreen, lip balm, and gloves.

It will be at the discretion of the Ride Director and law enforcement to determine if the weather is too severe to continue at any point, before or during the event. A contingency plan has been put into place in case of inclement or severe weather. Please always follow the directions of the Denver Century Ride volunteers and authorities in the case of severe weather.

Inclement Weather Contingency Plan: Several contingencies have been put in place in case of inclement weather. Weather will be monitored previous to and during the event. Safety announcements will be made continually at the start regarding the forecast for the day and advising the riders as to the clothing they should carry in case of cold, rain, etc. packing layers in Colorado is always a good choice.

If the weather turns cold, or lightening has been witnessed in the area riders are advised to seek immediate shelter. In the case of lightening DO NOT shelter in tents but proceed to the nearest safe building.

Access to shelters will be in the following locations:

- REI, mm 12.2 – shelter under the entrance awning until the Aid Station Staff feels it is safe to continue.
- Buffalo Bill Museum, mm 30.6 – shelter in the museum (you might learn some history), or the museum bathrooms
- Morrison, mm 45/32 – there are several businesses, and restaurants, in Morrison
- On most of the ride you will be able to find shelter at local businesses.

All participants are instructed that in the case of inclement weather they should use their own judgment and ride to the nearest safe location. SAG vehicles will be on course looking for riders that need shelter. Riders please call the Denver Century Ride dispatch phone number **720.470.3041** to report your location.

Colorado weather changes frequently, so chances are if you do need to find shelter you will be able to continue in a few minutes. If you do not feel like continuing, phone a friend to pick you up, but please call the dispatch number **720.470.3041**, and let the organizers know you are leaving the ride. If you have to leave the ride for any reason, please be sure to join us at the finish line for lunch, a cold beverage, and the Post Ride Street Party.

Altitude illness can affect anyone! Healthy people get sick from altitude illness as often if not more than less fit people. The Denver Century Ride 100 milers will cross an altitude of almost 7,400 feet. If you have not had two (2) to three (3) days to acclimate to the high altitude in Colorado, you may experience headaches and nausea if not more severe symptoms. Please be aware of how you are feeling. Drink plenty of water and if you experience a severe headache or nausea during the ride seek medical attention.

RIDE LOGISTICS

Getting to the Start/Finish by Car: The single point start/finish is conveniently located near the interchange of I-70, I-270 and I-225 at the Shops at Northfield Stapleton (Ride HQ address: 8260 E. Northfield Blvd., Denver, CO 80238)

- **From I-70:** Exit 279B toward Central Park Blvd. and drive north to E 47th Ave. Head east on 47th Ave. to free parking areas around the Shops.
- **From I-25:** Drive to I-70E. Head eastbound on I-70 to exit 279B toward Central Park Blvd. then drive north to E 47th Ave. Head east on 47th Ave. to free parking areas around the shops.
- **From I-270:** Follow I-270 E, to Northfield Quebec St. in Denver. Take Exit 4 from I-270E. Take E 49th Ave./Northfield Blvd. and Uinta St. to E 47th Ave. to free parking areas around the Shops.
- **From I-225:** Follow I-225 N to exit 12A for I-70 W toward Denver. From I-70 W take exit 279B for Central Park Blvd. Turn right onto Central Park Blvd. Turn left at E 47th Ave. and proceed to free parking areas around the Shops.

Wave Times: When you registered for the DCR, you chose a wave time for your start. The 100- and 85-mile rides waves are at 6:00a, 6:15a & 6:30a. **DO NOT START BEFORE 6 AM.** Please honor the wave you registered for as this will help our law enforcement prepare for the number of riders and will keep traffic congestion along the route to a minimum. Additionally, if you registered for the 50- or 25-mile ride but want to accompany someone to the 100/85-mile deviation by starting in their wave you may find that your designated Aid Stations are not ready when you arrive. Please do not get upset with the volunteers at the Aid Stations if they are not ready for you, as they are following a timetable developed by the Ride Director based on time and mph for the respective start waves.

Post Ride Street Party: Located at the Shops at Northfield Stapleton the Post Ride Street Party offers cyclist a meal choice from one of three restaurants and array of beverages to choose from. Family and friends are always invited to the party!

- Rider bibs contain a complimentary meal coupon and two free drink coupons that can all be redeemed at the Post Ride Street Party. Day of, cyclists can choose one meal from three participating restaurants (Jim n' Nick's, Dog Haus or Marco's Pizza). Each restaurant offers a specialized meal for DCR riders to include vegetarian and gluten free options. Please ask each restaurant about specifics. Drink tickets can be redeemed for beer, soda and/or water as desired.
- Additional beverages and meals for family and friends can be purchased at Ride Headquarters.

Lost and Found will be located in the Ride Headquarters (8260 Northfield Blvd. Denver, CO 80238).

Please note, while we all love our furry dogs and other pets, they are discouraged from joining the festivities. They will be more comfortable at home.

In addition, the Denver Century Ride requests **No Smoking of any kind.** State Law prohibits the smoking of tobacco and marijuana in public places.

This event would not be possible without the help of our numerous hard-working volunteers and law enforcement personnel. Please thank them when you see them along the course.

THANK YOU, CYCLISTS!!!

Save the Date

for the 11th Annual Coldwell Banker Denver Century Ride
on Saturday, June 20, 2020