



COLDWELL BANKER
DENVER
CENTURY RIDE
Presented By **BANK OF AMERICA**

2023 FINAL CYCLIST INSTRUCTIONS

Thank you for registering for the 2023 Coldwell Banker Denver Century Ride! 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.**

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.

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. If there are signs along the road stating “Ride Single File” this is a requirement per the State of Colorado, and you are expected to comply. When riding two abreast it is illegal to impede “the normal and reasonable flow of traffic.” **RIDE RIGHT!!** Be a good cycling citizen, remember you are a guest in this neighborhood.
- 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. And you are subject to the same citation from Local Law Enforcement as if you were driving a motor vehicle.
- 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.
- **SAFETY STOP** – this is now the law in the State of Colorado. Safety Stop allows you to approach any intersection with caution. If the intersection is clear, but **ONLY** if it is clear, you may cautiously proceed without coming to a full stop. That does not mean you can roll through any stop sign or signals. Ultimately, it is your responsibility to ensure the intersection is clear, do not proceed if you are unsure.

NOTE: Much of the Denver Century Ride will be ridden on roads that are open to traffic, including 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. Ride Right, and ride safely in traffic.

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. Remember, walkers and runners have the right of way on all trails. Additionally, this year we will be using trails in Bear Creek Lake Park, while it is unlikely you will encounter equestrians on your trails they may be on adjacent trails. They also have the right of way. 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.**

BIKE LIGHTS: Taillights are a very important piece of equipment no matter the time of day and we recommend that all cyclists have them. If you don't have a red light on the back of your bike please go to your local bike shop, or Epic Mountain Gear and purchase a light. It should be on and flashing whenever you are riding on open roads.

CHECKING IN

Registration & Bib Pick-up.

Unless you have already picked-up your bib and packet at Epic Mountain Gear this past week, registration materials including ride bib should be picked up at the Ride Headquarters (Ride HQ) located at The Shops at Northfield, 8354 E 49th Ave., #1740, Denver.

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. At that time, you may also pick up your t-shirt, Goody Bag, pre-ordered merchandise, as well as purchase additional merchandise.

DATES/TIMES:

- Thursday, September 21 from 3:00 pm – 7:00 pm
- Friday, September 22 from 3:00 pm – 7:00 pm
- Saturday, September 23 (Ride day) starting at 5:30 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 are no refunds on pre-ordered merchandise.**

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

CYCLISTS IDENTIFICATION:

HELMETS ARE REQUIRED! NO HELMET – NO RIDE!!

- Please no headphones or earbuds.
- Cyclists must be wearing the 2023 Denver Century Ride registration bib 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. Wilhite Law graciously provided emergency contact cards in your rider packet. We suggest you fill it out and put it in your seat bag, or somewhere on your bike.

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, you will receive no support at the Aid Stations, and they also contain “coupons” for your free beverage and meal voucher at the finish.



HYDRATION:

FILL YOUR BOTTLES. Water and ice will be provided at the Start/Finish aid station as well as at every Aid Station. In addition, there will be a water stop in between Aid Station 1 and 2 for the 100-mile ride, and 1 and 3 for the 85-mile ride. Please bring your own water bottle(s) and keep them full.

The Denver Century Ride is also excited to provide Skratch as our hydration product this year. Their drink packets are “fizzy, tasty, and loaded with electrolytes” to keep you hydrated during the ride. Skratch 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: For 2023, with Social Distancing still a best practice, we will NOT be starting in group waves.

- ▶ If you are registered to ride **85 or 100 miles your start window is between 6:30am and 7:00am.**
- ▶ If you are registered to ride **25 or 50 miles your start window is between 7:15am and 8:00am.** You may roll through the start and onto the course at any time within your distance window. On Sept 23 sunrise will be at 6:48am.

Do not start prior to 6:30am, this is considered twilight, and while not full daylight, you are welcome to start knowing it is a low light period. Please use your own judgement, and if you don't feel comfortable with the amount of light available, wait a bit. You have time. Your safety is our concern, and starting before the designated time means you will be riding in poor light and not optimal conditions. Additionally, if you leave early 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 their chosen route.

1. **8:10AM Aid Station 1 – Riverside Church (mm 12.4):** All 100 riders must leave this location no later than 8:10am. All cyclists must be through this Aid Station by 9:30am. If you leave later than 9:30am you risk not having course support later in the ride, for this reason you will be directed to ride the 25 mile route no matter the distance you registered to ride.
2. **9:15AM at the 85/100 mile deviation in Golden - Rooney Rd. and W Alameda. (mm 27.1)** If you have not reached this location by 9:15AM you will be directed to the 85-mile route. If you leave at 7:00 and maintain an average speed of 12mph, you will arrive at the cut-off – just in time. This cut-off is calculated to get you to the finish by 3:36 if you are riding steady at 12 mph. We want you to be able to get your cold beer and relax before the festival closes.

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 (data per Ride with GPS):

25 Mile route = 27.1 miles

85 Mile route = 84.9 miles

50 Mile route = 49.9 miles

100 Mile route = 103.3 miles

CUE SHEETS: Maps for all courses are available at <https://denvercenturyride.com/ride-info/> under the ride distance you need– just click the route map. In addition, downloadable cue sheets are available on the website <https://denvercenturyride.com/ride-director-letter/>. 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 by the Ride Director.

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. Additionally, orange or yellow “Route Arrows” (stickers on the road surface) may be used to help emphasize a turn or location where placed signage is not always in an optimal location. If you see an orange or yellow Route Arrow it means you are on course, or headed correctly.



Keep in mind that things can happen along the route. People have removed the signs, turned them in odd directions, or cars park obscuring them. Please familiarize yourself with the route before the ride. If something doesn't look right, follow your instincts, or wait for another rider or SAG to come along to confirm the right direction. **Call ride dispatch at 720.470.3041 and ask for help.**

LAW ENFORCEMENT: Police and sheriff departments in all towns and counties are well aware of the ride and have approved courses. It is at their discretion if we have additional course support from the local law enforcement. We will have the active involvement of the Denver Police Department for the first part of the ride, as well as the Colorado State Patrol. The other agencies will help as needed, but in some jurisdictions, there are no extra staff dedicated to this event. We will say it till you hear it in your sleep – your safety is your responsibility. Ride to the Right, be aware, and obey all traffic laws.

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. Additionally, the City of Denver has installed flexible bollard poles on many of the designated bike lanes. While these are a great visible barrier, they are not fail safe. Cars can still turn early or enter the lane. 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.

MULTI-USE TRAILS: In order to get around the Greater Denver Metro Area some of the ride will take place on multi-use trails. Please be respectful and remember, cyclists must yield right of way to all other users. The 85/100 mile riders have been permitted to use trails in two of the City of Lakewood's great parks. The first is Green Gables Park and the second is Bear Creek Lake Park. Most importantly, the Bear Chase Trail Race will be occurring in Bear Creek Lake Park during your ride. Please yield to all participants of the race. **THEY HAVE RIGHT OF WAY** in all cases. As you enter the park the ride actually merges with the run, so please be aware and use caution. You will also encounter Golf Carts while in the park, please respect the local users of the course.

AID STATIONS:

There are a total of six aid stations located along the 100-mile course (five for the 85 mile, three for the 50 mile, one for the 25). These locations will be well stocked with a variety of food choices, nutritional supplements and Skratch hydration products.

We are excited to have Epic Mountain Gear as a sponsor this year and they are providing mechanics at every Aid Station. For the greatest enjoyment of your ride, however, make sure your bike is in good working order before you start the ride. Waiting for a SAG, or in line for a mechanic detracts from your overall experience. A little TLC before the ride will make your day so much better. SAG vehicles will be stocked with tubes, CO₂ cartridges and floor pumps, do not assume the driver knows how to use them, be ready to fix your own flat.

Port-o-lets will be located at every Aid Station for registered cyclists. Riders must be wearing their bib at each Aid Station to receive any provisions.

The Aid Stations will be stocked with water provided by Eldorado Water, Skratch Hydration drink, Clif Bars, Kate's Bars, Vibe Energy bars, GU Gels, fruit, PB&J sandwiches, and other nutrition. Please keep in mind that not all items will be offered at all Aid Stations.

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

Aid Station #1 – Riverside Church – 9:30AM (all routes) (8:00am)

Aid Station #2 – Lookout Mountain – 11:00AM (100 Mile only) (10:15am)

Aid Station #3 – Bear Creek Lake Park (Fisherman's Parking Lot) – 12:30PM (85/100 Mile routes) (11:30am)

Aid Station #4 – Chatfield High School – 1:30PM (85/100 Mile routes) (12:15pm)

Aid Station #5 – Cherry Hills Village Hall – 2:30PM (50/85/100 Mile routes) (2:00pm)

Aid Station #6 – Place Bridge Academy – 3:30PM (50/85/100 Mile routes) (2:45pm)

These Aid Station close times estimate starting within the published departure windows and averaging less than 12mph. The times in red are the Milestone times you should adhere to if you want to finish within the hours of the Post Ride Party and meal services and course closure of 4:00pm. After the hard close, the Aid Stations will not be available for any services. The Milestones are 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:

100/85/50/25 Mile Note: mm 13.8 –

- The 25-mile riders turn left on 13th Ave to continue their ride.

100/85/50 Mile Note: mm 19.6:

- The 50-mile ride continues on Pierce St. while the 85/100 turn left on W Florida Ave.
- After the left, the 100 /85-mile riders continue straight and cross Green Gables Park mm 21.1.

Dinosaur Ridge Deviation: mm 27.1

- The 100 milers turn right on Rooney Rd. and continue to US-40; after negotiating the four roundabouts on Heritage Ave. they will travel through the Jefferson Co. Governmental area and enter Fossil Trace via Illinois Ave. Remember you will be riding on a multi-use trail, be courteous and respect the other users. After a left turn on 19th St. riders will take a deep breath as they start the climb up Lookout Mtn. Trust us, it's worth it.
- **Mandatory Cut-Off of 9:15AM** at W Alameda and Rooney Rd. If you do not reach the deviation by 9:15AM you will be required to ride the 85-mile route.
- The 85 mile riders will continue on W Alameda Ave. and have the treat of riding over Dinosaur Ridge. The views from the top are not to be missed. Take a moment, Stop and look around. Please remember this is a Jefferson County Open Space Area, and the road is open to the Museum shuttle and to the public. Be courteous of all other park users.
- **100 Mile riders - Lookout Mountain Rd. including descent: mm 34.4 -38.2** 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 24.5) 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), you will have the treat of a great descent. 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 29.7, 64.0, 82.4 (respectively) The Cherry Hills PD recommend you 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 cross Quincy Ave. at University using the crosswalk, and continue on the Bike Path instead of Quincy Ave. Enjoy the new Aid Station at the Beautiful Campus of the Cherry Hills Village Hall and Police. At Charlou Cir leave the Bike Path and take Quincy to Happy Canyon to continue your ride on Denver City streets.

SAG SUPPORT

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). They will also have windshield stickers identifying them front and back.

- 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. They will also be equipped with tubes, (while supplies last) floor pumps, and a few multitools. A few of our SAG drivers have mechanical knowledge, however, that's not guaranteed. They will help you if they can, but knowing how to change your own tube is a valuable skill.

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; this helps 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 Mechanical Support is being provided by Epic Mountain Gear. They will attempt to fix any issues. The mechanics are prepared to fix most repairs below \$10, however, if it is a more serious problem they will most likely charge, so bringing a credit card or other method of payment is always a good idea. 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 September in Colorado and weather patterns change fast, especially this year!! 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 lightning 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 or pop-ups but proceed to the nearest safe building.

Access to shelters will be in the following locations:

- Buffalo Bill Museum, mm 38.2 – shelter in the museum (you might learn some history), or the museum bathrooms
- Morrison, mm 49/35 – 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 **970.470.3041** 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 **970.470.3041**, 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

- **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.
- **PARKING:** There is plenty of free parking at the Shops at Northfield. ***They ask that you park on the East side of the mall in the furthest lots (near the blue fence) to keep the closer lots open for mall patrons.***

Departure Window Times: The 100- and 85-mile rides window is from 6:30am to 7:00am. **DO NOT START BEFORE 6:30 AM.** The 50- and 25- mile rides window is from 7:15am to 8:00am. Please honor the distance 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 window 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 windows.

Post Ride Street Party: Located at the Shops at Northfield Stapleton the Post Ride Street Party offers cyclists a meal choice from one of three Northfield restaurants and array of Breckenridge Brewery beverages water and soft drinks 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 of five meal options from our restaurants. There are options for DCR riders to choose vegetarian and gluten free options. Please ask your food server about specifics. Drink tickets can be redeemed for beer, soda and/or water as desired.
- Additional beverages for family and friends can be purchased at the beverage booth.

Lost and Found will be located in the Ride Headquarters.

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!!!