



Dear **Tour de Wyoming** cyclists and volunteers,

Congratulations on your entry in the 18th annual **Tour de Wyoming bicycle tour**, scheduled to kick off on Sunday, July 13, 2014. You will join approximately 350 other cyclists as we pedal around Wyoming's stunning Wind River Range.

This is the official "ENTRANT NEWSLETTER." Nothing will be sent via snail mail but you can also get a copy of this newsletter off the Tour website (cyclewyoming.org). All athletes will pick up their tour information packets, riding cue sheets, and ride souvenirs on Saturday late afternoon and evening, July 12. If you are unable to pick up your packet but have a friend who can do it for you, that is fine. Those who arrive later than 8 p.m. can get their packet the next day at the Riverton High School.

Volunteers: See the "Volunteer Manual" on the Tour Web site. Printed copies will not be available so please check it out before you come.

GETTING STARTED

CHECK-IN Saturday July 12 - 4 to 7 p.m.

Location: Riverton High School. A map is available on the Tour website.

At this check-in you will:

- Receive your information packet, cue sheets, tour ID wrist bands and luggage tags.
- Receive your T-shirt, a ride souvenir, and your jersey if you ordered one.

Saturday Meeting for all Riders and Volunteers - 7 p.m.

All participants must join in the orientation meeting on Saturday evening at 7 p.m. at the Riverton High School. A drawing will be held to give away a dozen specialty Tour de Wyoming mirrors for those attending – must be present to win!

Volunteers will gather immediately after the meeting to finalize assignments and schedules.

We will also meet with any non-riders who might be able to help with shuttling riders on Day 2 as we go through Grand Teton National Park.

Saturday dinner is on your own.

Note: long term parking is at the high school.



Outdoor camping is available Saturday night, July 12, at the Riverton High School.



Use a
REARVIEW
mirror!! You
need to know
when traffic
comes up
behind you.

Morning Starts

- The official start time each day is 6 a.m. You, of course, can start after this but you must have your duffle loaded on the luggage truck no later than 8 a.m.
- Please DO NOT ride before daylight.
- Breakfast is from 5:30 to 6:30 a.m. each day and dinner is 5:30 p.m. to 6:30 p.m.
- Early risers PLEASE have consideration for others. We have had issues in the past, particularly with those staying in the gyms, of people getting up as early as 4 a.m. and waking others.
- Check the Information Board, usually set up at the luggage truck, for any updates on the route. Any changes or unexpected conditions will be put on the board each evening.
- Remember you will load your own luggage. DUFFLE BAGS WORK THE BEST! Hard-sided luggage should be avoided. On the first day **it will be weighed** if it looks too big or heavy. If it exceeds the allowable weight you will have to unload some gear and leave it behind before you can add the luggage to the luggage truck.



*Porta-potties will be available at all rest stops.
So... hydrate!*



Due to the volume of luggage weight limits will be strictly enforced. The limit is 2 bags, neither over 40 pounds, or 1 bag under 50 pounds. Questionable bags will be weighed the first morning. Please use soft-sided duffle bags – no hard-sided luggage.

ABOUT THE CYCLING

ROUTE HIGHLIGHTS

A final scouting trip will be completed by the Tour director about 2 weeks before we start. Check the Tour website for any route updates. DRAFT cue sheets are also available to download there. As a reminder, we will be on roads with, at times, significant traffic. Also, we have road segments that get quite narrow where the shoulder might even vanish completely. Be sure to train so you're comfortable riding in these situations – and in a STRAIGHT LINE.

A FEW BASIC RULES

- No earphones while riding.
- Wear a helmet when on your bike.
- Please, no leaning bikes against volunteers' vehicles at rest stops!
- Avoid pacelines when there's traffic.
- Whenever stopping, get at least 10 feet off the road.
- No alcohol on school grounds.



*Cue sheets are provided, as well as markings on the route.
Getting lost would take a special talent.*



Pack light!

ROUTE SPECIFICS

Expect the unexpected. That is the motto of bike touring and certainly for the Tour de Wyoming (the Tour de Adventure!). But, there are some details that are known and should be expected in advance.

• Day 1 – Riverton to Dubois

We have road construction on this day. **EXPECT TO RIDE ON HARDBACK DIRT.** We won't know the extent of the unpaved section until closer to the tour but our expectations will be posted on the tour website and an update reported at the orientation meeting Saturday night.

• Day 2 – Dubois to Jackson

Enjoy the lovely new highway that goes up and over Togwotee Pass but, keep an eye out. This is grizzly country! We'll discuss grizzly safety at the orientation meeting – that's not something you hear on many bike tours.

Due to construction in Grand Teton National Park (GTNP), **we must shuttle riders and their bikes** past the 18 miles of construction. We have hired four transit buses to haul riders and their bikes. We also have volunteers shuttling riders and bikes in private vehicles. Our final rest stop for the day is at Moran Junction where we will load riders and bikes. The first 200 riders will be dropped off at Moose Junction where they can continue on the bike path that goes in to Jackson. Due to limits dictated by our permit, we must ensure cyclists are spread out on the path. We will have a course marshal at the drop off point in Moose to ensure riders get spaced out on the bike path. Based on the restrictions of our permit, the remaining riders will be dropped off at the GTNP boundary where they can then get on the bike path and continue into Jackson.

We ask for your patience in advance on this shuttle process. In our 18 years of the Tour, this is the first time we have had to move people in vehicles through construction. We have no previous experience where we can learn by our mistakes. On the plus side, at least the view will be lovely should you need to wait for a ride. We will have a cut-off time of 3 p.m. where all riders must be at Moran Junction to catch the final bus. Any riders who are not there in time will be shuttled by SAGs to catch the bus.



Volunteers man all the rest stops and provide food, drink and a bit of shade. There are also porta-potties and hand washing stations. Be sure to honor the closing times so the volunteers can enjoy the destination towns at the end of the day as well – they're on vacation, too.



*Pamper yourself!
Get a massage with Kathy, Dawn and Karen.*



Be prepared to fix your own flats on the road. Bike mechanics from Laramie's Pedal House will be available for bike repair at the end destination each day.

• **Day 3 - Jackson to Pinedale**

The only tricky part of the route this day is our exit out of Jackson where the road gets narrow as it closes in on Hoback Junction. With that in mind, an early start is recommended.

• **Day 4 – Pinedale to Farson**

This is our shortest and easiest day. Take your time to view the Wind River Mountains to the east and the wide open sagebrush prairie to the west. It can get hot crossing the basin, so take your time and enjoy the day. Farson is a very small town and there's really no need to rush to get there.

For the evening, put on your dancing shoes as we bring in some live polka music. The ladies in Farson provided some of the best lasagna in all the land last time we stayed here. They promise to do their best to repeat the feat.

• **Day 5 – Farson to Lander**

This day we follow the route of the Conestoga wagons as they made their way West – only we'll be going the opposite direction.

The terrain this day has both climbs and descents. The wind can be a bit funky, though, due to the tunneling effect of the Pass.

You'll want to pause at the gorgeous Red Canyon lookout before the route does a final trek into Lander.

On our final night we **WILL NOT HAVE OUR ANNUAL TALENT SHOW**. Instead, we have live music in the city park.

• **Day 6 – Lander to Riverton**

We'll enjoy a few backroad routes on our return to Riverton. All riders need to be in to Riverton and pick up their luggage no later than 11 a.m.

A list of **what to bring** is available on the Tour website: tourdeyoming.org.



Feeling too tuckered to go on? Our SAG volunteers are available to give you a lift down the road or to the end destination. They are not a taxi service, though. If you need a lift they will get you where you need to go but it may not happen immediately.



Need some help? At all overnight locations look for the Tour Committee host in the Hawaiian shirt and the banner with the big question mark. Check the message board at the luggage truck for any route updates.



And don't forget to take time to smell the roses – or maybe take a nap.

DAILY DETAILS

YOU will load your own luggage into the luggage truck each morning. Please be patient about waiting in line to get into the truck. REMEMBER there is a weight limit of two bags, neither more than **40 pounds**, or a single bag not to exceed **50 pounds**. All questionable bags will be weighed that first morning.

Dinners and breakfasts are provided primarily by community groups as fundraisers. Those with pre-purchased meal plans will be served first. Those wanting to “pay as you go” for meals will be served and pay the provider once we are sure there is plenty of food for those who have already paid.

Note that our rest stops often have limited space. Personal SAG vehicles should use alternate parking sites when the space is tight.

Mechanical Support

Mechanics from **Laramie's Pedal House** will be available at each destination site for all your mechanical needs.

BE PREPARED TO REPAIR YOUR OWN FLATS out on the road. Other repairs are done after riding for the day but take your bike to them early. Don't take it to them at 9 p.m. and expect them to do it at the last minute. Also, remember each rider must cover the cost of his or her own bike repairs

Massage Therapy Available

Kathy Milks, and her crew will be joining us again this year. Massage costs are \$1/minute for up to 30 minute massages. Kathy practices out of the Laramie Spinal Care Center as Dynamic Endeavors, Dawn out of her home in Laramie, and Karen from her office in Fort Collins.

Look for Kathy and the other therapists under the white canopy. Cash payment is preferred but checks and credit cards will be accepted. Schedule an appointment at registration to ensure you get the care you need or plan ahead by visiting Dynamic Endeavor's Facebook page or emailing (dynamicendeavors@hotmail.com).

A special note about our overnight locations:

Please, if at all possible, pitch your tents without tent stakes. If you nick the waterline, we must reimburse for repairs.



Really, they only rarely go airborne once you have your gear inside.

Remember: RIDE RIGHT!!

Like this:



Not this:



Medical Assistance

As with past tours, we'll have 8 to 10 bike medics carrying small and very basic emergency packs on their bicycles in case they need to assist riders on the road. These kits have supplies to address only the simplest roadside emergencies. In the majority of towns we enter, there are small rural clinics at the least, and often small hospitals for more urgent care.

More extensive situations will be transported to the nearest hospital or clinic if required. If you need assistance or advice at the end of the day, contact **Shaun Shafer, Tour Medical Coordinator**, or any of the other medics. They will be introduced at the opening meeting. **A medical services station is set up each afternoon from 4:00 – 5:00 PM at the Shuttleguy tent area** to assess any injuries or problems that arise during the day. Look for the banner with the red cross.



We can't control the weather – no matter what the tour goes on. But you can minimize the risk of High Altitude Sickness by coming to the area early. An extra day or two will make a big difference. When riding, drink lots of water (peeing often is a good thing!).

AT THE END

LAST DAY

We have showers available at the Riverton High School. Please collect your gear from the luggage truck **NO LATER THAN 11 A.M.**

Extra jerseys, T-shirts, socks, etc. will be available for sale at the end of the tour in Riverton.



Remember it is the Tour de Adventure. You won't get chocolates on your bed at night, but you will experience Wyoming in a way that is so much more personal than sitting behind a windshield and speeding by at 65 mph in a car.

