

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

Congratulations on your entry in the 21st annual **Tour de Wyoming bicycle tour**, scheduled to kick off on Sunday, July 16, 2017 while gathering the afternoon of July 15 in Cheyenne. You will join approximately 350 other cyclists as we pedal up and over four mountain passes and cover over four hundred miles together.



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 (tourdewyoming.org). All athletes will pick up their tour information packets, riding cue sheets, and ride souvenirs on Saturday, July 15 sometime between 4 p.m. and 8 p.m. 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 our starting location (East High School) in Cheyenne.

Volunteers: See the "Volunteer Manual" on the Tour website (available at least two weeks before the Tour). Printed copies will not be available so please check it out before you come.

Safe Passing Laws: Wyoming requires a 3-foot passing distance when a motorist passes a cyclist. That doesn't mean you should trust motorists and we will be adamant about keeping to the right as much as possible.

Check-In on Saturday, July 15 from 4 p.m. to 8 p.m.

Location: East High School in Cheyenne (2800 Pershing Blvd.).

At check-in you will:

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

Saturday Orientation for all Riders and Volunteers – 7 p.m.

All participants must join in the orientation meeting on Saturday evening at 7 p.m. at East High School. Opening remarks will take approximately 20 minutes and then orientation will continue for all Tour de Wyoming newbies – and any returning riders who want to participate. Volunteers will gather immediately after the opening remarks to finalize assignments and schedules.

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

Saturday dinner is on your own.

Note: Long term parking is at East High School and is free of charge.

GETTING STARTED

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 problems in the past, particularly with those staying in the gyms, of people getting up as early as 4 a.m. and waking others.



- 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.
- The baggage limit is 2 bags each weighing 40 pounds or less or 1 bag weighing 50 pounds or less.

End of the Day

- 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.
- There will be a “Map Meeting” each evening at our dinner location (before dinner) to outline any route concerns the next day.



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



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



A FEW BASIC RULES

- No earphones or earbuds while riding.
- Wear a helmet when on your bike.
- Please, no leaning bikes against volunteers' vehicles at rest stops!
- Avoid pacelines – riders tend to focus on the wheel ahead of them and not other traffic. Some of our most severe accidents on the Tour are due to wheels (from two different bikes) touching plus, those at the back of the line tend to end up out in traffic instead of on the shoulder.
- Ride only single file if there is any traffic.
- Whenever stopping, get at least 10 feet off the road.
- No alcohol on school grounds.
- Remember, there are 350 of us on the Tour so motorists don't just go around YOU but around all 350 of us and that can be quite scary.

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. Cue sheets will also be available to download after the final scouting trip. These maps use Ride GPS and can be downloaded on your cell phone ahead of time. Hard copies will be given out at check-in. As a reminder, we will be on roads with, at times, significant traffic. Also, we have considerable stretches that get quite narrow and where the shoulder vanishes completely. Be sure to train so you're comfortable riding in these situations – and in a STRAIGHT LINE.

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 – Cheyenne to Wheatland

We'll exit Cheyenne mostly on bike paths and then head north, paralleling along the foothills of the Laramie Range. We also parallel Interstate 25 and, for about 12 miles, have no option but to ride on the Interstate. Currently there is construction on the Interstate but they are hoping to be done by the time of the Tour. Keep your fingers crossed on that! We pass through one community: Chugwater. That should be a reminder to be sure and stay hydrated!



• Day 2 – Wheatland to Rock River

This is our first mountain pass but it's a relatively easy climb to Morton Pass at 7,169 feet. We'll pedal through the lovely Sybille Canyon where bison and elk lounge next to the road at the wildlife research station. Once we pop out of the canyon, the wind will likely be a factor one way or another (i.e. it could be a tailwind or a headwind).



Cue sheets are provided, as well as markings on the route. Getting lost would take a special talent but it has happened.



Pack light!



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 and crew. They keep doing massage even when bison roam nearby!

Then we head north and end the day in Rock River where we'll more than double the population for the night. We have special entertainment for the evening: live music with **J Shogren Shanghai'd**. Plan to wear your dancing shoes.



• **Day 3 - Rock River to Saratoga**

The route this day could be dictated by wind direction. Be prepared psychologically as well as physically for some breezes; the direction will likely make this an easy or a hard day. We pass by Como Bluff and the unique Fossil Cabin – made of fossilized dinosaur bones.



Then we go through Medicine Bow and past the Virginian Inn and Bar. Then we turn south and head into the Upper Platte River Valley and end the day in the lovely town of Saratoga.

We have entertainment provided by **The Absolutes** out of Fort Collins but feature long-time Tour rider Kathleen Strong. Bring out the dance shoes again!



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.



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.

• Day 4 – Saratoga to Bridger Pass and back

Our route this day is an out-and-back as we climb our second mountain pass – Bridger Pass – at an elevation of 9,955 feet. You can ride all, part or none of the ride this day. Be sure to visit the Saratoga Hot Springs for a nice soak.

Our evening entertainment is US! It is our annual limerick contest where riders share their own poems that they composed while biking on the Tour.



• Day 5 – Saratoga to Laramie

This is our longest day and, thanks to having to scale Snowy Range Pass, it will be a tough one. The Pass tops out at 10,876 feet and is followed by a fast descent. Once through the town of Centennial, we cross the Laramie Basin. Wind can be a factor again but is often out of the west, making it a tailwind. Our overnight stay is at the Laramie Middle School. Dinner is on your own thanks to the wonderful restaurants available. We have hired bus transport from the school to downtown for those who prefer not to get back on their bikes for dinner.



• Day 6 – Laramie To Cheyenne

Once we leave Laramie, we'll be on Interstate 80 but it has a wide shoulder and traffic is slow as everyone chugs up to the Summit at an elevation of 8,878 feet. Then we take the Happy Jack Road on in to Cheyenne and return to where we started.



And don't forget to take time to smell the roses – or photograph the lupine.

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, the tents only rarely go airborne once you have your gear inside.



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!).



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 local caterers. 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 they are sure there is plenty of food for those who have already paid.

Personal SAG vehicles MUST NOT stop at our rest stop locations. Space is tight so only Tour volunteer vehicles, the water truck and the food truck are allowed at the rest stop sites.

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.



Remember: RIDE RIGHT!!

Like this:



Not this:



At the End

We have showers available at East High School as you come in at the end of the tour. Please collect your luggage **NO LATER THAN NOON**.

Extra jerseys, t-shirts, socks, etc. will be available for purchase at the end of the ride in Cheyenne.





Morning Coffee!

John and Jodi Guerin, owners of **Laramie's Coal Creek Coffee**, are joining us again this year. If you're a coffee snob and can't seem to start the day without a GOOD cup of coffee, take the time to get some coffee – or latte', mocha, whatever suits your fancy – from these fine folk.

Massage Therapy Available

Kathy Milks, and her crew of Dawn and Karen will be joining us again this year. Massage costs \$20 for 15 minutes and \$40 for a half hour. 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).

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.

Medical Assistance (Cont.)

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. Shaun will be introduced at the opening meeting. **A medical services station is set up each afternoon from 4:00 – 5:00 PM at the Pork Belly Ventures tent area** to assess any injuries or problems that arise during the day. Look for the banner with the red cross.

Our service Crews Pedal House, Coal Creek Coffee and Dynamic Endeavors



Looking for a bit of pampering?

Pork Belly Ventures, who got their start on Ragbrai, offers tent service – they will provide the tent and put it up for you at each destination location. Pre-register via their link on the Tour website under the "services" tab.

