

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

Congratulations on your entry to celebrate the 28th running of the **Tour de Wyoming bicycle tour**, scheduled to kick off on Sunday, July 12, 2026 while gathering late afternoon on July 11 in Powell at the High School (1151 E 7th Street). **CAMPING IS AVAILABLE AT THE HIGH SCHOOL ON SATURDAY NIGHT.**



This newsletter will hopefully answer questions you might have and help in your preparations. You will also receive a Riders Manual via email about a week before the event. If you want or need a paper copy of that, you can download and print your own manual once we send them out. Hard copies will not be available at check-in.

All athletes and volunteers check-in at the Powel High School on Saturday, July 11 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.

Volunteers: See the [Volunteer Manual](#) (click here), and it is also posted on the Tour Website. Printed copies will not be available so please check it out before you come.

Check-In on Saturday, July 11 from 4 p.m. to 8 p.m.

Location: Powell High School, 1151 East 7th Street.

At check-in you will:

- Receive your cue sheets, tour ID wrist bands, and bike number.
- Receive your ride t-shirt, your jersey if you ordered one, and other swag.

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

All participants are asked to join in the orientation meeting on Saturday evening at 7 p.m. at the Powell High School. It will either be outside or, most likely, in the school gym. Opening remarks will take approximately 30 to 40 minutes and then orientation will continue for all Tour de Wyoming newbies and any returning riders who want to participate.

Volunteers gather immediately after the opening remarks to finalize assignments and schedules.

A list of [what to bring](#) is available by clicking the link to go to the Tour website (tourdewyoming.org).

Please note: If you are doing our catered meals, bring cutlery and a cup. We strive to reduce the use of plastic, so please bring utensils.

Also, with the increase in the need for recharging devices, consider bringing your own portable power bank to recharge your own devices.

Saturday dinner is on your own.

Note: Long term parking is at the High School.



DAILY ROUTINES

Morning Starts

- The official start time each day is 6 a.m. You, of course, can start after this, but on the days we move overnight locations, you must have your duffle loaded on the luggage truck no later than 8 a.m.
- Please DO NOT head out on the road 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 where people get up as early as 4 a.m. and wake 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 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

- The first Tour official to arrive at all overnight destinations is the Advance Team lead by long-time volunteer Riki Haukaas. Only the Advance Team is allowed to go into a school or other facility to speak with the facility staff about where to set things up. The Advance Team arrives by around 10 a.m. each day we move and puts up signage to help everyone know where to go for showers, restrooms, etc.
- For those with personal sags arriving early in RVs, you also MUST wait for the Advance Team to find out where to park.
- A host sub-committee of the Tour Planning Committee is available at each destination site. Look for them in the bicycle Hawaiian shirts for information at that location.
- Check the Information Board, usually set up near the indoor camping entrance, for any updates on the route. Any changes or unexpected conditions will be put on the board each evening. That is also the location for the Lost & Found.
- There will be a Route Meeting each evening at our dinner location (before dinner) to outline any route concerns and what to expect the next day.

BASIC RULES WHEN BIKING

- 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 were due to a front wheel touching the back wheel of the bike in front of him or her. Also, those in 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 6 feet off the road.
- No alcohol on school grounds. PERIOD! This is important for us to be allowed use in the future.

Remember, there are about 300 of us on the Tour so motorists don't just go around YOU but around all of us and that can be quite scary.

For those driving a personal vehicle, take shorter routes when available to avoid our riders. For example, when we bike from Powell to Red Lodge, consider taking the shorter route west out of Powell, not north.

ROUTE MAPS AND MARKINGS

Cue sheets are available to download on the Ride with GPS website link at the bottom of this page. Actual downloads will be available two weeks before the tour on the website. Routes could be tweaked yet, so wait until 2 weeks out to download the routes.

Hard copy maps will be given out at check-in. As a reminder, we will be on roads with, at times, significant traffic. Wyoming lacks a lot of paved roads so sharing is required. Be sure to train so you're comfortable riding in these situations – and know how to ride in a STRAIGHT LINE.

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.

We'll have some of the large orange signs shown below. Typically, there is one such sign as you exit a town and one whenever we make a turn onto a new highway or road.



Turns are marked on the roadway using spray chalk, similar to the design below.



[Click here for RideWithGPS map link](#)

DAILY ROUTE INFO

Day 1 (July 12): Powell to Powell. We head north out of Powell on some rural roads before joining the highway north. We have a rest stop within the town of Deaver at their lovely city park. Then the loop continues. We exit the highway just before Lovell and spend the rest of the day on rural roads. Shoulders can be very narrow, but traffic is light. Still, light traffic isn't no traffic, so practice your "riding in a straight line" skills.

Our evening's entertainment is the band Emma and the Ledge out of Billings, Montana. We will gather at the Plaza Diane – just a 4-minute bike ride (1.2 miles) from the high school to the stage location.

Day 2 (July 13): Powell to Red Lodge, MT. We leave town on the same route we followed on Day 1. Instead of going into Deaver, we head to Montana. We pedal past rolling sagebrush prairie with the Pryor Mountains in the distance before turning south to the community of Belfry. There is a restaurant there, for those looking for something more than rest stop food. But, don't dally because it is mostly uphill from there to Red Lodge. Actually, the town is down in the valley bottom. Alas, we are staying at the fairgrounds, on a bench to the west. That means going down into town and up again to the fairgrounds.

Entertainment this evening is something you don't get on many bike tours: music provided by the Wyoming International Chamber Music Festival. This string quartet will play for us at the fairgrounds.



Day 3 (July 14): Red Lodge to Cody.

That long hill we climbed on Day 2 to get to Red Lodge is now downhill. At the bottom, we turn south at Belfry and return to Wyoming. As we pedal, there is a great view of Heart Mountain. Rising dramatically to the west are the Beartooth Mountains. In Cody, we're staying on the eastern edge of town at the Cody Middle School.

The evening entertainment is on your own. From the middle school to the main downtown is about 1.5 miles. Continue one more mile to the world-class Buffalo Bill Museum of the West.

Day 4 (July 15): Cody to Cody. The route this day is stunningly beautiful as we pedal along the Southfork of the Shoshone River. The route's beauty increases with the distance you pedal. However, because it is an out-and-back route, just turn around whenever you like if you opt out of going the total distance of 39 miles to the end of the pavement. One of the Cody youth cycling club coaches said they refer to this route as "The Gauntlet." It is hilly and, after the first rest stop, lacks shoulders. It also lacks much traffic. The road widens some at the far end of the route when entering the Shoshone National Forest.

Entertainment this evening is live music by Scott Bragonier at the middle school. Check out one of his singles on YouTube: https://www.youtube.com/watch?v=TUujYBsKw_s

Day 5 (July 16): Cody to Lovell. We head east across the Bighorn Basin before turning north to Lovell. There is traffic on the highway going east, but a good shoulder. Going north, there is a good shoulder, but not much traffic. The heat will likely be on, though, so bring the water. There is a significant 28-mile span between Rest Stop #1 and #2. Typically, the wind is west to east (the same direction we are pedaling) and it is a gradual descent, so those 28 miles should fly by.

Entertainment on this final night is US! The annual limerick contest welcomes all comers, with skits from the rest stop teams (if they opt to participate.)

Day 6 (July 17): Lovell to Powell. On our final day, we enjoy some backroads as we loop back around the basin with a rest stop, once again, at the city park in Deaver. Showers are available at the High School, but no camping.

Daily Yoga!

Theresa Hansen, owner of Little Lotus Yoga in Cheyenne offers a daily yoga session at 4 p.m. with location to be determined each day – look for her signs; duration will be 30 to 45 minutes, depending on the desire of the participants. Theresa, who has been teaching at her own studio for nearly 10 years, will bring some mats, but if you have room in your luggage, feel free to bring your own. A \$5 donation is suggested.



Good Coffee!

Yes, they are coming this year! Laramie's John and Jodi Guerin, owners of Coal Creek Coffee, will be with us this year to offer great morning coffee, including lattes, cappuccinos, and Americanas. They operate on donations, so help them out so they can continue down the road with us.



Massage – Pamper Yourself!

Kathy Milks, owner of Laramie's Dynamic Endeavors Massage Therapy, has been bringing relief to tired muscles for many years on the tour. In fact, this year marks **20 years** that she's come on the Tour. She is joined by long-time Tour massage therapist Dawn Lund. If Rossiter is more your cup of tea, get an appointment with Ruth Nottage (she also offers regular massage).

Set up appointments ahead of time (by text is best) with these great ladies via the numbers below.

Kathy Milks – (307) 399-5476

Ruth Nottage – (307) 760-1227



FOOD!!!

Our rest stop offerings include:

- Peaches, grapes and bananas
- Honey Stinger product
- Salted nut rolls
- Assorted chips and cookies
- Peanut butter and jelly sandwiches
- And more!

We strive to have items that are suitable for those with special dietary needs, although you may have to ask the volunteers for some items that are gluten-free since they aren't necessarily set out.

Lunch is on your own. There is food available in the towns at our end destinations. We can be a little overwhelming when a bunch of hungry cyclists arrives at the same time. Be patient with them! Costs are covered by each rider. The Rider's Manual will offer suggestions on where to get a bite to eat when you arrive out our overnight location.

Dinners and breakfasts are provided by the wonderful **Jones & Co. Custom Catering**. Based out of Vernal, Utah, Dane Jones fed us the last three years and it worked so well, we contracted him to feed us again this year. Alas, Dane isn't able to join us this year, but his dad, Steve Jones, is heading the crew this year. The menu is on the next page.

If you still need to purchase meal plans, you can do that on the Race Roster site in the STORE button. The **deadline is June 27**, so don't delay. Daily meals, where a rider pays each day for whatever meal they may want, is not available. There is the option to purchase dinners only, breakfasts only, or all meals. There is no option to purchase individual meals.

From Steve Jones:

We are able to take care of the following dietary restrictions:

Vegetarian

Gluten Free w/ some exceptions

Most meals will also be available dairy free except for Alfredo.

Please, if you have other dietary needs or restrictions you need to make alternate meal plans.

2026 Tour De Wyoming Menu (possible slight changes)

*All Breakfasts include juice, coffee and an oatmeal bar

*All Dinners include water and beverage

July 12, 2026

Powell Breakfast - Biscuits and Gravy, Eggs, Hashbrown, Ham Steak, Fruit
Powell Dinner – Sirloin Steak, Baked Potato, Green Bean, Salad, Rolls, Dessert

July 13, 2026

Powell Breakfast – Pancakes, Eggs, Hashbrown, Sausage Link, Fruit
Red Lodge Dinner – Chicken Alfredo, Rosemary Potato, Sautéed Squash, Salad, Rolls, Dessert

July 14, 2026

Red Lodge Breakfast – Breakfast Burrito, Sausage Patty, Cheesy Hashbrowns, Fruit
Cody Dinner – Brisket, Pulled Pork, Baked Bean, Cowboy Blend, Salad, Rolls, Dessert

July 15, 2026

Cody Breakfast – French Toast, Eggs, Cajun Hashbrowns, Sausage link, Fruit
Cody Dinner – Chicken Cordon Bleu, Rice Pilaf, Sauteed Green Bean, Salad, Rolls, Dessert

July 16, 2026

Cody Breakfast – English Muffins w/ jam, Eggs, Friend Potato Chunks, Sausage Patty, Fruit
Lovell Dinner – Roasted Pork Loin w/Apricot Glaze, Garlic Red Potato, Green Beans w/ Shredded Carrot,
Salad, Rolls, Dessert

July 17, 2026

Lovell Breakfast – Breakfast Burrito, Ham, Friend Hashbrown Patty, Fruit

Tentative Vegetarian Dinner Menu

July 12 – Bourbon & Swiss Black Bean Burgers

July 13 – Broccoli and Carrot Alfredo

July 14 – Veggie and Tofu Skewer

July 15 – Impossible Chicken Cordon Bleu

July 16 – Maple Dijon Tofu and Mixed Veggie Bowl

*All vegetarians will be allowed to go through the main line for rolls, salad, veggie and starch where an individually packed main entrée will be in wait at the end of the line.

