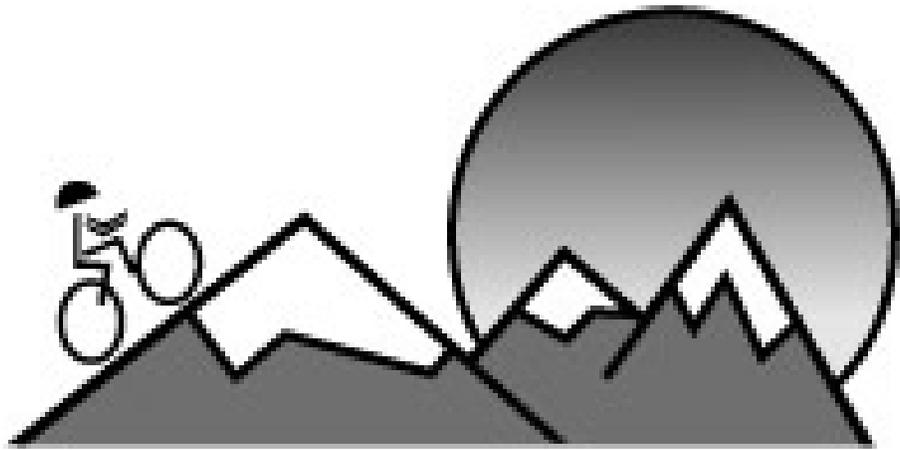




**YOU MUST HAVE
WATERPROOF
RAINGEAR
AT ALL TIMES
WHILE RIDING ON
THE TOUR**

**PLEASE PACK
ACCORDINGLY**



BICYCLE TOUR OF COLORADO



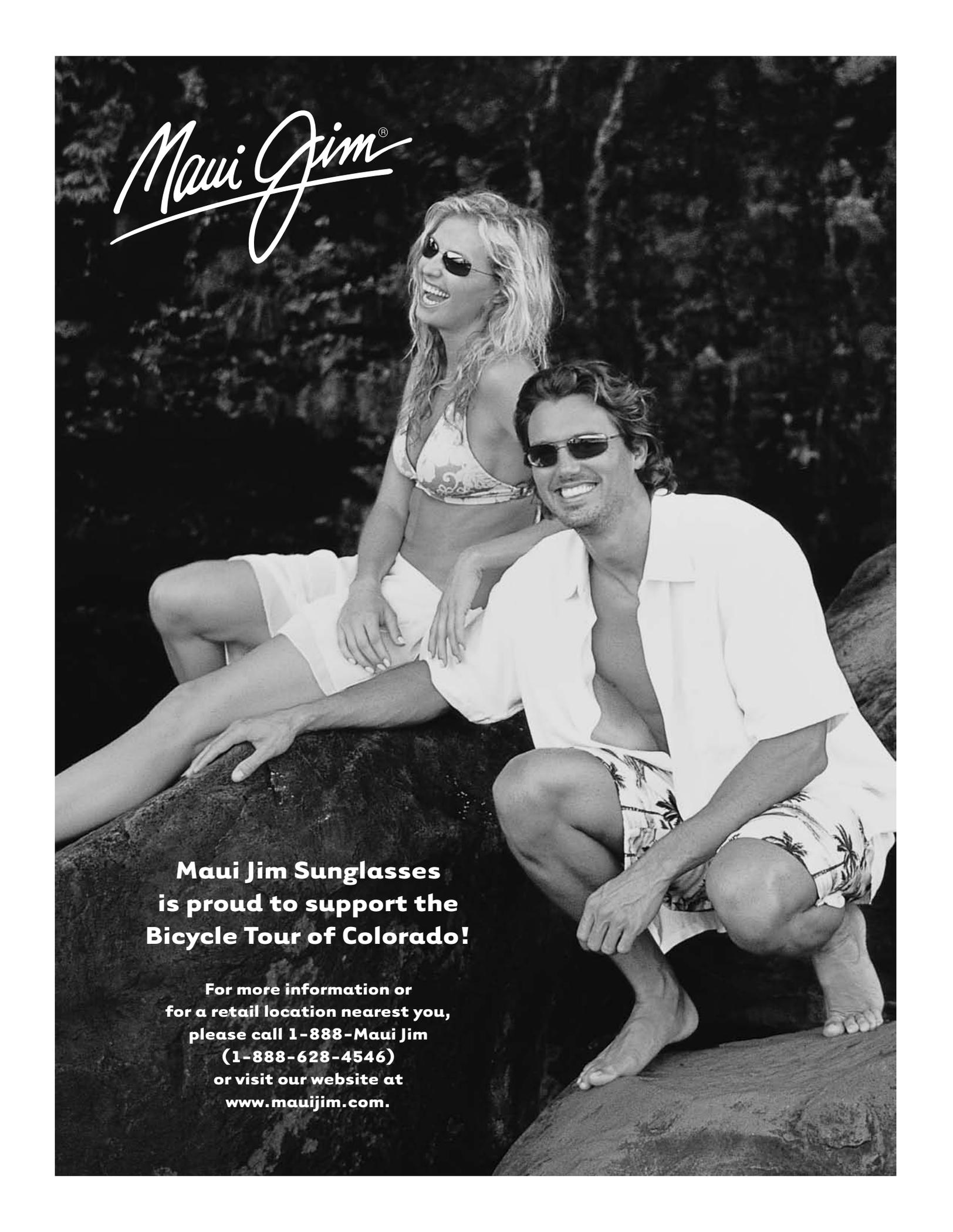
10th
Anniversary Tour

CONQUER THE RIDGE

June 26 – July 2, 2004

The 2004, 10TH Anniversary, Bicycle Tour of Colorado (BTC) is pleased to welcome you on the Tour! This is your **LETTER OF CONFIRMATION** and **RIDER'S GUIDE**, including details for the Tour Check-In, accommodations, support, and BTC policies.

Also included are important numbers and dates, a suggested packing guide, vehicle and bike box storage forms, and a meal order form. We ask that you **READ THIS PACKET CAREFULLY**, and continue your endurance training. We look forward to meeting you and hope you enjoy a spectacular week of bicycle touring through Colorado's amazing scenery!



Maui Jim[®]

**Maui Jim Sunglasses
is proud to support the
Bicycle Tour of Colorado!**

For more information or
for a retail location nearest you,
please call 1-888-Maui Jim
(1-888-628-4546)
or visit our website at
www.mauijim.com.

IMPORTANT NUMBERS

Bicycle Tour of Colorado
1st Bank Building
3500 S Wadsworth Blvd.
Suite #201
Lakewood, CO 80235

Phone: 303-985-1180
Fax: 303-988-9568

Email: answers@bicycletourcolorado.com
Website: www.bicycletourcolorado.com

Alpine Cycle Connection	888-702-5746
Sherpa Service	720-331-2401
People Powered Sports	800-479-1677
Transit to City Park from DIA, Alpine Connection	888-702-5746
Fort Collins Visitor Center	970-491-3388
Estes Park Chambers of Commerce	970-586-4431
Granby Chamber of Commerce	800-325-1661
Steamboat Springs Chamber of Commerce	970-879-0882
Walden Chamber of Commerce	970-723-4600

IMPORTANT DATES

April 30	Last Day For Cancellations
May 15	Last Day To Order Bike Jerseys
May 30	Last Day to Reserve Weeklong Parking and Bike Box Storage
June 15	Last Day To Order Prepaid Meals
June 26	Tour Check-In, City Park, Fort Collins, 2:00 p.m. – 6:00 p.m.
June 26	Kick-off Ceremony, 7:00 p.m. – 10:00 p.m., City Park, Fort Collins
June 26	Optional Ride to New Belgium Brewery and Brewery Tour
June 27	Opening Day of Tour, City Park, Fort Collins
June 29	Day Off in Steamboat Springs (Sheraton Resort & Conference Center)
June 29	10th Anniversary Celebration Mt. Werner, Steamboat Springs
June 29/30	Sports Expo (Sheraton Resort & Conference Center)
July 1	Closing Ceremony, Walden, CO

TOUR CHECK-IN June 26, 2004, 2:00 p.m. – 6:00 p.m.

DIRECTIONS

(City Park, Fort Collins, CO)

Take Interstate 25 North from Denver to Fort Collins. Exit number **269B** (CO Hwy 14 - also known as Mulberry) -- head west to 1500 West Mulberry. City Park is located on Mulberry and Bryan Street. Turn right on to Bryan Street which is the entrance to City Park. **TOUR CHECK-IN WILL BE LOCATED IN A LARGE TENT AT THE PARK.**

Many airlines fly directly to Denver International Airport (DIA). DIA is a 1 -1.5 hour drive to the Fort Collins. Transportation to and from the airport is being arranged by Alpine Cycle Connection. They can be reached at 888-702-5746.

PHOTO ID – BTC TAGS

PLEASE bring a **PHOTO ID** to Tour Check-In. You will receive a wristband, bicycle tag, baggage tag(s), t-shirt, water bottle and map book at tour-check-in. A volunteer staff member will fasten the rider ID and meal wristbands. **PLEASE** affix **ID TAGS** securely to your bicycle and baggage. **SAG WAGONS WILL NOT STOP FOR CYCLISTS UNLESS A BICYCLE NUMBER IS ATTACHED TO THE BICYCLE IN PLAIN VIEW.**

TOUR CHECK-IN is from 2:00 p.m. – 6:00 p.m. If you are late or miss Tour Check-In, you will not be able to check-in until **the following evening** at the Information Booth. **(THIS INCLUDES RECEIVING MEAL WRISTBANDS, BIKE NUMBER, AND MAP BOOKLET).**

OPENING CEREMONY

The BTC will present the Opening Ceremony on June 26, at 7:00 p.m., at City Park. There will be a beer garden hosted by New Belgium with the proceeds going to benefit Adaptive Adventures. Nancy and the Backwoods Boys will perform early in the evening and we will be delighted with the wit and talent of Jolly Demis in the evening. Dinner will be served at the park in Pavilions 2, 3, and 4, for those who have elected the meal option.

ACCOMMODATIONS

INDOOR AND OUTDOOR CAMPING

Indoor and outdoor camping sites are at area public school gymnasiums and athletic field. **THESE FACILITIES ARE ONLY AVAILABLE TO REGISTERED BICYCLE TOUR OF COLORADO PARTICIPANTS. THERE WILL BE NO INDOOR CAMPING AT CITY PARK OR THE SHERATON; THE BTC WILL PROVIDE A LARGE GROUP TENT.** Indoor Camping is limited to the first 300 cyclists who request "Indoor Camping." Space is limited, please be considerate of fellow cyclists by avoiding oversized air mattresses. Restrooms and showers are available at the schools. Please bring your own tent (if outdoor camping) sleeping bag, pad, pillow, towels, etc. A "Packing Guide" is enclosed, listing items that may be considered necessary on the tour.

SHERPA SERVICE

Sherpa Service of Colorado is a tent service for setting up your outdoor camp site. All arrangements for this service must be made through Theo Umlauf at 720-331-2401.

HOTELS – FULL SERVICE

Please make arrangements for hotel rooms through ALPINE CYCLE CONNECTION, at 1-888-702-5746. Also, you may make arrangements for baggage delivery and pick up with Alpine when staying at hotels. Please call as soon as possible as this service fills up quickly.

HOTEL – SELF SERVICE

When making personal arrangements (not using Alpine), bag(s) will be dropped off at the outdoor camping site at the school. It is every cyclist's responsibility to get bag(s) to and from hotels and load them into the baggage truck by 8 a.m. each ride day in order to have bag(s) dropped off at the outdoor camping site in the next destination town. A shuttle service is provided to downtown areas and will have designated drop off/pick-up sites in the towns in which the tour stays overnight.

NOTE: If you arrive in the Fort Collins area prior to June 26, please make your own arrangements for camping/hotels/etc. You may contact the Fort Collins Visitor Bureau at 970-491-3388, for further hotel information.



TRANSPORTATION/BAGGAGE

AIRLINE TICKETS/BUS CONNECTIONS

Please Contact Alpine Cycle Connection at 888-702-5746 for information on airline tickets and bus connections.

BAGGAGE LIMITS

(40 lbs. PER BAG)

Each registered cyclist may bring **ONE OR TWO WATERPROOF** bags, not to exceed 40 lbs a piece (a total of 80 lbs, combined), in which to carry, clothing and personal items, and, if necessary, a sleeping bag, pillow, pad and tent. Enclosed is a **PACKING GUIDE** to give you an idea of what to bring. We recommend a soft-sided duffel **BAG THAT IS WATERPROOF, AS IT WILL BE UNPROTECTED FROM THE WEATHER WHEN IT IS UNLOADED EACH DAY.** Please, no large boxes on wheels or trash cans.

We will transport your ONE or TWO bags each day from town to town. **HOWEVER**, we do request that each participant load his or her own bag(s) into the baggage trucks. Remember, you will be carrying the bags from the drop off site to the campsite and back. **Please be sure each bag weighs no more than 40lbs for easy handling.** Please mark your bag(s) with your name and attach the BTC luggage number tag, given out at Tour Check-In, to each bag(s). The baggage trucks will leave the indoor/outdoor camping site each morning beginning at 6:30a.m. until 9 a.m. **BAGGAGE TRUCKS WILL BEGIN LOADING ON DAY TWO AT 5:30 a.m. UNTIL 7:00 a.m. PLEASE MAKE SURE TO REMEMBER WHICH LUGGAGE TRUCK YOU PUT YOUR BAGS INTO.**

BICYCLE SHIPPING

You may ship your bicycle to Bicycle **PEOPLE POWERED SPORTS** who will pick-up your bicycle and deliver it to the start of the ride. They also offer bicycle assembly and tune-ups, bicycle box (hardshell or cardboard) transportation and storage for the week and bicycle packing and shipping home. They will have your bicycle at the Tour Check-In area and be at the finish area to receive your bicycle at the end. You can reach them at 800-479-1677. **Please see attached document for details.**

BICYCLE SECURITY

Your bicycle is **YOUR OWN** responsibility. **PLEASE** bring a security lock. Some of the indoor/outdoor camping sites do have fenced areas that may be used for overnight bike storage, but these are **NOT** secured or patrolled. Also, do not leave bikes unlocked or unsupervised in downtown areas.

WEEK LONG PARKING AND BICYCLE BOX STORAGE

Weeklong parking and bike box storage will be available on the campus of Colorado State University in Fort Collins and must be reserved by May 30, 2004. The cost for the weeklong parking is \$35 (located on campus); the cost for bicycle box storage is \$25 (located on campus). If you have not yet reserved storage or parking, you may do so by calling the BTC, or mailing payment along with the enclosed form, to: BICYCLE TOUR OF COLORADO, 3500 S. Wadsworth Blvd., Suite #201, Lakewood, CO 80235.

Weeklong parking is located on the college campus **Lot #240**. Participants should check-in at City Park, Fort Collins, drop off luggage in camping area, park vehicle at weeklong parking and ride bicycle back to the park. A shuttle bus will also run from the park to the parking lot and back to the park. The parking lot **IS NOT** secured and you **must lock your vehicle.** **THE BTC AND COLORADO STATE UNIVERSITY ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.**

MEALS -- (DEADLINE JUNE 15, 2004)

We encourage pre-paying for meals, since there are limited selections of restaurants, etc. in a few of the towns. Caterers will only prepare enough meals for the pre-pay meal orders. **JUNE 15** is the deadline for purchasing pre-paid meals. Vegetarian meals will be offered, and must be indicated on the registration. **YOU WILL BE UNABLE TO PURCHASE BREAKFAST, LUNCH, OR DINNER PACKAGES AT TOUR CHECK-IN OR THROUGHOUT THE DURATION OF THE TOUR.**

Proposed Menu

<p><u>Registration Saturday, June 26, 2004</u></p> <p>Location: Ft. Collins -- City Park Event: Dinner Picnic -- Bistro Boxes/Totes Menu: Mediterranean Grilled Chicken Breast on a Bed of Char-Grilled Summer Vegetables *Vegetarian option with grilled/roasted vegetables Mediterranean Bow Tie Pasta Salad Dinner Salad Crusty Baguette Lemonade or Ice Tea Dessert</p>	<p><u>Day ONE Sunday, June 27, 2004</u></p> <p>Location: Ft. Collins -- City Park Event: Breakfast Bistro Boxes Menu: Variety of bagel breakfast sandwiches (egg, cheese and sausage and egg and cheese) Yogurt and granola Cold cereal Bagels Banana Chilled orange juice Coffee Milk</p>
<p><u>Day ONE Sunday, June 27, 2004</u></p> <p>Location: Estes Park -- High School Cafeteria Event: Lunch --Bistro Boxes Menu: 1) Grilled marinated chicken, aged provolone cheese, balsamic pesto vinaigrette, roma tomatoes, shaved red onion, lettuce on ciabatta or... 2) Vegetarian sandwich/wrap or... 3) Tender sliced beef, sharp aged cheddar, and marinated mushrooms with spring onions and horseradish garlic spread, leaf lettuce on euro baguette</p> <p>Included with meal: Salad, Lemonade / Ice tea, Chips and Dessert</p>	<p><u>Day ONE Sunday, June 27, 2004</u></p> <p>Location: Estes Park -- High School Cafeteria Event: Dinner Buffet Menu: Greek Taverna Salad -- (wedges of cucumber, ripe tomato, green pepper, red onion rings, oregano and red wine vinaigrette) Dinner salad Fresh Whole Grain Rolls, Baguettes and Butter Mediterranean Beef Tips with Lemon Rosemary Sauce Hot penne pasta with roasted vegetables Ice Tea and Lemonade and Dessert</p>
<p><u>Day TWO Monday, June 28, 2004</u></p> <p>Location: Estes Park -- High School Cafeteria Event: Breakfast Buffet Menu: Farm fresh scrambled eggs with fresh herbs Sautéed breakfast potatoes Country sausage links Hot oatmeal with brown sugar, cinnamon and raisins Bagels Cold cereal Bananas Chilled orange juice Milk Fresh brewed coffee, tea and decaf</p>	<p><u>Day TWO Monday, June 28, 2004</u></p> <p>Location: Grand Lake -- Roadside Area Event: Lunch -- Bistro Boxes Menu: 1) Tender sliced beef, sharp aged cheddar, and marinated mushrooms with spring onions and horseradish garlic spread, leaf lettuce on euro baguette 2) Grilled vegetables sun-dried tomato pesto spread, Italian olive spread and fontina cheese/aged provolone, leaf lettuce, baguette 3) Roast turkey and havarti cheese, bacon with leaf lettuce, shaved red onion, tomato and honey mustard</p> <p>Included with meal: Salad, Lemonade / Ice tea, Chips and Dessert</p>

<p><u>Day TWO Monday, June 28, 2004</u></p> <p>Location: Granby -- High School Cafeteria Event: Dinner Buffet Menu: Grilled chicken cranberry marena or vegetarian option Granny apple slaw Dinner salad Multi grain rice blend Daily market vegetables Fresh whole grain rolls, baguettes and butter Ice tea and lemonade Dessert</p>	<p><u>Day THREE Tuesday, June 29, 2004</u></p> <p>Location: Granby -- High School Cafeteria Event: Breakfast Buffet Menu: Farm fresh scrambled eggs Hot oatmeal with cinnamon, brown sugar and raisins Hash browns French toast with maple syrup and butter Cold cereals Chilled orange juice Milk Fresh brewed coffee, tea and decaf</p>
<p><u>DAY THREE Tuesday, June 29, 2004</u></p> <p>Location: Yampa -- Roadside Area Event: Lunch Bistro Boxes Menu: 1) Shaved ham, smoked gouda cheese, shredded lettuce, tomato, red onion and honey-Dijon mustard on steakhouse rye 2) Shaved turkey breast with smoky-Chipotle mayonnaise, pepper jack cheese, red onion, lettuce, tomato and corn black bean relish 3) Vegetarian wrap</p> <p>Included with meal: Salad, Lemonade / Ice tea, Chips and Dessert</p>	<p><u>DAY THREE Tuesday, June 29, 2004</u></p> <p>Location: Steamboat Sheraton Resort Event: Dinner Buffet Menu: Meat or vegetable lasagna, or Cheese tortellini with a pesto cream sauce Caesar salad or dinner salad Garlic bread Lemonade and Iced Tea Dessert</p>
<p><u>DAY FOUR Wednesday, June 30, 2004</u></p> <p>Location: Steamboat Sheraton Resort Event: Breakfast Buffet Menu: Assorted Pastries Scrambled Eggs Breakfast meat Breakfast Potatoes Hot oatmeal with brown sugar, cinnamon and raisins Cold cereals Bananas Fresh brewed coffee, tea and decaf Orange Juice Milk</p>	<p><u>DAY FIVE Thursday, July 1, 2004</u></p> <p>Location: Steamboat Sheraton Resort Event: Breakfast Buffet Menu: Assorted Pastries Scrambled Eggs Breakfast Meat Hot oatmeal with brown sugar, cinnamon and raisins Cold cereals Bananas Orange juice Milk Fresh brewed coffee, tea and decaf</p>
<p><u>DAY FIVE Thursday, July 1 2004</u></p> <p>Location: Walden -- High School Cafeteria Event: Lunch Bistro Boxes Menu: 1) Julienne chicken breast with teriyaki sauce on cold Asian vegetable and noodle toss 2) *Vegetarian option with tofu or Asian vegetables 3) Beef and vegetable wrap with salad and chips Ice tea and lemonade Dessert</p> <p>Included with meal: Salad, Lemonade / Ice tea, Chips and Dessert</p>	<p><u>DAY FIVE Thursday, July 1, 2004</u></p> <p>Location: Walden -- High School Cafeteria Event: Dinner Buffet Menu: Cucumber, tomato and red onion w/cilantro vinaigrette salad Dinner salad BBQ beef brisket Oven roasted potatoes Veggie Jambalaya Fresh onion rolls and corn bread Ice tea and lemonade Dessert</p>

DAY SIX Friday, July 2, 2004

Location: **Walden -- High School Cafeteria**

Event: Breakfast Buffet

Menu: Farm fresh scrambled eggs
Choice of country sausage
Hot Oatmeal wit cinnamon, brown sugar
and raisins
Breakfast potatoes
Bagels
Cold cereal
Bananas
Chilled Orange juice
Fresh brewed coffee, tea and decaf

DAY SIX Friday, July 2, 2004

Location: **Fort Collins -- Colorado State University
(Finish Line)**

Event: Lunch BBQ Buffet

Menu: Vinaigrette coleslaw and / Potato salad
Grilled 1/4lb. hamburgers, veggie burgers and
bratwurst
Complemented with topper bar and condiments
BBQ baked beans
Potato chips
Ice tea and lemonade
Dessert

Lunch and dinner are not included on day off.

Menus are subject to change.

SUPPORT

INFORMATION BOOTH

The Information Booth will be located near the outdoor camping site. It will provide services including local information provided by the Chamber of Commerce and BTC Staff, message boards for the cyclists, lost and found, tour information and tour merchandise.

VOLUNTEER SUPPORT STAFF

These wonderful, dedicated volunteers are giving of their time, energy and enthusiasm to insure that tour participants have a safe, fun and memorable time enjoying Colorado's beauty. Please take a moment to thank them.

AID STATIONS

Our Aid Stations are legendary and are staffed by some of the friendliest volunteers around. The Aid Stations are located every 15-25 miles along the route, stocked with water, energy drinks and fruit at no cost to you. Please bring the food you may consider necessary, such as power bars, gel packs, etc. These Aid Stations are not intended to replace breakfast, lunch or dinner, so please plan accordingly. Restroom facilities are also provided at the aid stations along with first aid. **Please note the Aid Station and meal times in your map booklet to assist with planning each day's ride.**

SAG SUPPORT

Any cyclist unable to continue for a ride related reason can use our support vehicles which are available to transport riders and bicycles to the next available aid station and/or destination town (which ever is closest). Our 15 passenger vans can only hold 15 cyclists. These vans are not a storm shelter, so please bring adequate waterproof rain gear. A **FINAL** sweep of the daily route begins at 4:00 pm.

RIDER'S GUESTS / PERSONAL SAG

We require each rider's guest be aware of official BTC support vehicles along the route. Parking for personal SAG vehicles at the overnight stops is very limited and is on a first-come first-serve basis. **PERSONAL SAG SUPPORT MAY NOT PARK AT THE AID STATIONS AND DRIVERS WILL BE ASKED TO MOVE THEIR VEHICLES. ALTERNATE ROUTES FOR RIDER'S GUEST WILL BE GIVEN AT TOUR CHECK-IN. ALL RIDER'S GUESTS THAT ARE USING BTC FACILITIES MUST REGISTER AND PAY THE RIDER GUEST FEE.**

BICYCLE TECH SUPPORT

Bicycle Technicians will be available to assist with bicycle breakdowns, adjustments and repairs along the route and in each destination town.

MASSAGE

There will be a sign-up sheet at Tour Check-In and throughout the week. There's nothing like a massage after a full day of cycling to relax and rejuvenate your tired muscles. (See enclosed information sheet.)

MEDICAL SUPPORT

American Medical Response is generously providing the BTC with the 'Mobile Medical Clinic' RV located by Information at each school, necessary medical supplies, riding medics and medics at each aid station for the 2004 tour. American Medical Response is the nation's largest ambulance provider and a proud sponsor of the Bicycle Tour of Colorado.

FOR YOUR INFORMATION

EMERGENCY CONTACT PHONE NUMBER

PLEASE USE THE BICYCLE TOUR OF COLORADO OFFICE PHONE NUMBER DURING THE TOUR FOR EMERGENCY CONTACT. THIS NUMBER IS CHECKED SEVERAL TIMES A DAY DURING THE TOUR. THE NUMBER IS **303-985-1180**.

COLORADO WEATHER

June/July is a beautiful time of year in Colorado, but weather conditions change drastically in the mountainous regions of the Tour. The 2004 tour will pass over summits of over 12,000'. Winds can be extremely strong in these areas and weather conditions change rapidly and without warning. **BE AWARE THAT DUE TO THIS SUDDEN CHANGE IN CLIMATE AND ELEVATION, ALL CYCLISTS SHOULD BE PREPARED FOR INTENSE SUN/HEAT, RAIN, SNOW, SLEET AND HAIL THROUGHOUT THE TOUR.**

Be sure to carry with you SUNSCREEN, LIP BALM, **WATERPROOF RAIN GEAR**, GLOVES, SHOE COVERS, WIND PANTS/JACKET or SWEATER for the high mountain passes and cool mornings. Most cyclists will leave each morning between 5am-8am, to beat the mid-day HEAT. Containers will be available at each Aid Station to put clothing in that is no longer needed for that day, but this does carry an inherent risk if the weather does change. **IT IS NECESSARY TO KEEP WATERPROOF RAIN GEAR WITH YOU AT ALL TIMES.** Please make sure your items are well marked with your name. All items should be picked up from the containers at the end of each day at the Information Booth.

TRAINING

The 411 mile Bicycle Tour of Colorado has some exciting challenges for each cyclist as well as some fabulous scenery -- don't forget your camera! Please continue training to be in shape for the tour. Cycling 20-30 miles every other day is a good start. Don't forget to put in at least one longer ride each week (50-80 miles). Riders should be comfortable with 100-150 miles a week by mid June. Ride at least one or two 100-mile rides before June 15, 2004. We advise making hill climbs a regular part of the training program, along with eating healthy and keeping well hydrated. Total elevation gain for the week is over 28,000. For any specific health questions or problems, consult with your primary care physician.

BICYCLE PREP AND EQUIPMENT

Make sure to get a bicycle tune-up prior to the tour by contacting any local bike shop for specific adjustments and/or 'gearing' inquiries. We do recommend a triple crank for the mountains. To make cycling more comfortable, safer, and to increase riding efficiency, we suggest purchasing quality cycling shorts, pants, gloves, shoes and **waterproof cycling rain gear**. There are also a variety of 'carry-on' repair kits available at any bike shop to ease the efforts of those ever present 'flats'. A SNELL or ANSI helmet is required on the tour. The BTC reserves the right to terminate the registration of any participant riding without a helmet.

2004 BIKE JERSEY (ORDER BY MAY 15)

The Jersey is available for purchase before the tour by completing the information on the registration form, by **MAY 15**. Pre-ordered jerseys will not be mailed but can be picked up at Tour Check-In. The Jersey will also be available for purchase during the tour.

CANCELLATION/REFUND POLICY

If for any reason a registration must be cancelled for the 2004 Bicycle Tour of Colorado, all requests must be in writing and received on or before April 30, 2004. Refunds will be in full, less a \$75 service charge. There will be **NO REFUNDS AFTER APRIL 30, 2004 FOR ANY REASON, MEDICAL OR OTHER, NO EXCEPTIONS.**

TRANSFERS

There are no transfer of registrations or carry-overs to the next year.



MESSAGE FROM ROCKY MOUNTAIN NATIONAL PARK SUPERINTENDENT

Rocky Mountain National Park is very please to host a day of the 2004 Bicycle Tour of Colorado. The park views this visit as a privilege for the tour and its participants.

To minimize safety problems and traffic congestion, it is imperative that cyclists cooperate in the park's effort to manage this event. This includes:

1. **START EARLY!** Traffic congestion and cloud build-up are the norm by mid-day. It is imperative that cyclists are past the narrowest sections of Trail Ridge Road as early as possible.

BE ON THE ROAD BY 7:00 a.m. To help accomplish this:

- Cyclists' baggage must be loaded on trucks by 7:00 a.m. Baggage trucks will depart shortly thereafter:
 - Cyclists who have not passed Aid Station #2 at mile 18 by 10:30 a.m. will be sagged to the summit.
2. **BE PREPARED FOR SEVERE WEATHER!** Cold, wind, rain and snow are always a possibility at 12,000 feet. **Carry with you cycling clothing appropriate for these conditions.**
 3. **RIDE SAFELY!** Trail Ridge Road is narrow with minimal shoulders. Large motor homes frequent this road. **RIDE SINGLE FILE** so that vehicles will be able to pass.
 4. Please respect the park resources, particularly the tundra. Keep bicycles and groups of people off the precious resource.

Thank you for your cooperation. On behalf of the entire staff of Rocky Mountain National Park, I wish you a safe and pleasant ride.

Vaughn Baker,
Park Superintendent
Rocky Mountain National Park



PRIVATE SUPPORT VEHICLES / RIDER'S GUEST

The presence of private support vehicles is the most common complaint of Bicycle Tour of Colorado and the greatest detriment to safety on the tour. Please be part of the solution, not the problem. **IF AT ALL POSSIBLE, PLEASE LEAVE YOUR VEHICLE AT HOME!** If you absolutely, positively must bring a vehicle, please use the alternate routes listed below.

- June 27 Day1: **Alternate route from Fort Collins to Estes Park:**
U.S. 287 south and west on U.S. 34 all the way to Estes Park. Turn left on highway 7, follow to the right. At the second street turn left this will take you to the high school. (Partially on tour route).
- June 28 Day 2: **Alternate route from Estes Park to Granby:**
U.S. 36 east and south from Estes Park to boulder. Colorado 93 south to Golden. U.S. 6 west to I-70. I-70 west to U.S. 40. U.S. 40 north to Granby. **SAME DRIVING TIME AS TOUR ROUTE.**
- June 29 Day 3: **Alternate route from Granby to Steamboat Springs:**
U.S. 40 west from Granby to Colorado 125. Colorado 125 north to Colorado 14. Colorado 14 west to U.S. 40. U.S. 40 west to Steamboat Springs, (partially on tour route). **1 ½ HOURS LESS DRIVING TIME THAN TOUR ROUTE**
- June 30 Day 4: **PLEASE DO NOT DRIVE ON THE ROUTE OF THE OPTIONAL RIDE PRESENTED BY MOOTS.**
- July 1 Day 5: **NO ALTERNATE ROUTE**
- July 2 Day 6: **NO ALTERNATE ROUTE**

NOTE: Parking for RV's and private support vehicles at the sites are limited and a first come first serve basis. Hook-ups and services are not available in parking areas.



SAFETY TIPS & RIDING RULES

Bicycle Tour of Colorado (BTC) is conducted on open roads with vehicular traffic present. These roads include both marked and unmarked hazards. The BTC goes to great length to make the tour as safe as possible, but each rider can only be as safe as he or she rides. Always remember that your safety is in your own hands.

- Beware of and yield to auto traffic.
- Ride as far to the right as possible. Colorado State Patrol has requested that the BTC cyclists ride single file. (Colorado law requires cyclists to ride single file when a vehicle approaching from the rear is within 300 feet.)
- While riding, all participants must wear a helmet approved by CPSC, ANSI, ASTM or SNELL. **Cyclist riding without one will be removed from the tour.**
- Ride to the right of “rumble strips.”
- Bicycle trailers and child seats are not allowed on the BTC Tour.
- Obey all traffic rules and regulations.
- The Colorado State Patrol, local law enforcement agencies and safety marshals will be assisting on the route where needed. You must follow their directions.
- Obey all stop signs and traffic lights.
- Be predictable. Ride in a straight line.
- No headphones while riding.
- Accidents often occur in pace lines. If you are inexperienced with drafting, do not draft.
- Use proper signals when turning.
- All cyclists stopping and resting should be completely off the road and shoulder.
- Warn fellow cyclists of road hazards.
- Always pass cyclists on their left. When passing, warn cyclists by saying, “On your left.”
- Do not “ride” brakes while descending passes. “Feather” brakes to avoid glazing brake pads and overheating rims.
- Cross railroad tracks at right angles.
- The BTC reserves the right to terminate the registration of any participant not obeying rules. Fees will not be refunded, and those involved will be ineligible for future BTC tours.

SUGGESTED PACKING GUIDE

CYCLING EQUIPMENT

- Weather Proof** Cycling Jacket
- SNELL or ANSI Approved Helmet
- Helmet Liner/Warm Hat/Headband
- Riding Shorts
- Riding Pants/Tights/Legwarmers
- Biking Shoes
- Shoe Covers
- Sunglasses
- Spare Tube
- Energy Bars, etc.
- Riding Jerseys, Short Sleeved
- Riding Jerseys, Long Sleeved/ Arm Warmers
- Cycling Jacket/ Windbreaker
- Cycling Gloves
- Full Finger Gloves
- Lip Balm
- Sunscreen
- Tylenol/Aleve
- Small Tool Kit
- Spare Tire
- Tire Levers
- Frame Pump
- Water Bottles

PERSONAL ITEMS

- Weather Proof Stuff Bag not to exceed 40lbs**
- Comfortable Clothing
- Wet Weather Apparel
- Toiletries (Shampoo, Razor, Soap, Toothbrush/Paste, Etc)
- Money (Food, Swimming, Merchandise, Massage, Entertainment, Etc.)
- Prescription Medicines (If Applicable)
- Cycling Gear Listed Above
- Foot Wear
- Swim Suit
- Light Jacket/Sweater
- Camera/Film

CAMPING EQUIPMENT

- Weather Proof Stuff Bag not to exceed 40lbs**
- Tent
- Sleeping Bag
- Sleeping Pad
- Pillow
- Towel
- Pocket Knife
- Pocket Flashlight/Batteries
- Ear Plugs/Eye Cover

THIS IS A SUGGESTED PACKING GUIDE, AND IS NOT LIMITED BY THE ABOVE ITEMS. HOWEVER, EACH REGISTERED CYCLIST MAY BRING NO MORE THAN TWO BAGS, LIMITED TO 40LBS PER BAG. REMEMBER, YOU WILL BE CARRYING THE BAGS FROM THE DROP OFF SITE TO THE CAMPSITE AND BACK.

PLEASE MAKE SURE THE WEIGHT IS NO MORE THAN 40LBS PER BAG FOR EASY HANDLING BY YOU AND OUR VOLUNTEER BAGGAGE HANDLERS.

DO NOT BRING LUGGAGE IN HARD PLASTIC CONTAINERS.

(i.e., TRASH BARRELS, COOLERS, ETC.)

THIS TYPE OF CONTAINER DOES NOT STACK WELL AND IS HARD FOR OUR BAGGAGE VOLUNTEERS TO HANDLE.



American Medical Response is pleased to provide the medical support for the 2004 Bicycle Tour of Colorado



A Proud Community Partner

THANK YOU FOR PARTICIPATING IN THE 2004 BTC!

Do you know of anyone who would like a brochure for the BTC? Please fill out their name and address below and mail to: Bicycle Tour of Colorado, 3500 S Wadsworth Blvd., Suite 201, Lakewood, CO 80235.

Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____



DT Pro Lock Nipples



240s Road Hub

DT Aerolite Spokes

RR 1.1 Rim

DT SWISS IS PROUD TO SPONSOR THE 2004 BICYCLE TOUR OF COLORADO

OFFERING COMPLEMENTARY NEUTRAL WHEEL SUPPORT INCLUDING:

- ▶ Wheel Truing Services
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- ▶ Emergency Replacement Wheels
- ▶ Professional Wheel Consulting

Please ride safe and have fun!



DT Swiss, Inc.
2493 Industrial Blvd.
Grand Junction, CO 81505
Phone 970 242 9232
Fax 970 244 8918
info@dtswiss-us.com

ACTIVITY OPTIONS FOR BICYCLE TOUR COLORADO
STEAMBOAT SPRINGS REST DAY – WEDNESDAY, JUNE 30, 2004

To purchase an activity simply contact the business listed for that option, be sure to tell them you are with Bicycle Tour of Colorado. More information can be found on www.steamboatchamber.com

MOOTS OPEN HOUSE

Moots Cycles
2545 Copper Ridge Drive,
Steamboat Springs, CO 80487

info@moots.com

970-879-1676

Free Open House Tour of Moots Factory

Description: After the optional morning ride Moots is opening their doors to BTC for a tour of their factory

Time: Starting at 1pm with refreshments served

Transportation: Moots is accessible by bike or bus

HELICOPTER TOURS

Zephyr Helicopter Company
1540 Meadow Lane,
Steamboat Springs, CO 80487

helibiker@aol.com

970-879-0494

\$166 for two people for ½ hour ride (or 5% off total ride if longer flight for Ride the Rockies)

Description: See Steamboat and surrounding mountains and valleys such as Zirkel Wilderness or the Flat Tops.

Time: Morning & Afternoon Flights Available

Transportation: Flights depart from Steamboat Airport, accessible by Taxi or a short bike ride

HOT AIR BALLOON RIDE

Wild West Balloon Adventures
P.O. Box 882091 Steamboat Springs, CO 80488

info@wildwestballooning.com

<http://www.wildwestballooning.com>

800-748-2487 or (970) 879-9191

\$100 per person for ½ hour flight for BTC

Description: Enjoy a morning balloon ride, weather permitting that includes a courtesy pick up, continental breakfast, champagne toast and flight diploma. 6-8 passengers per balloon.

Time: Weather permitting Flights from 9:00-10:30

Transportation: Bike or bus accessible to launch location in Steamboat Springs

ROCK CLIMBING

Rocky Mtn Ventures
P.O. Box 882981
Steamboat Springs, CO 80488
970-870-8440

www.verticalgrip.com

Half day of climbing for \$55 per person for BTC

Description: All ages welcome, equipment provided for a great half day of climbing in Steamboat

Transportation: Start location is bike and bus accessible within Steamboat Springs.

RAFTING ON THE COLORADO OR EAGLE RIVER

Colorado River Runs, Inc
Star Route, Box 32 Bond, CO 80423
970-653-4292

crruns@vailnet.com, www.coloradoriverruns.com

\$30 for BTC Adults on the Colorado for half day, call for child rates, **\$40 for BTC Adults** on the Eagle for Half Day, not recommended for children

Description: Enjoy an excellent river trip on either the Colorado River, with lighter fun easy to moderate rapids, or the Eagle River's fast and thrilling moderate to challenging rapids.

Time: Tours Depart at 9:00am & 1:00pm on the Colorado and 10:00am & 1:00pm on Eagle.

Transportation: Departure location is approximately an hour and a half from Steamboat. Please call Alpine Taxi for rates. BTC Group Discount available, exact group size will determine cost. 970-879-TAXI

RAFTING ON THE COLORADO RIVER

Colorado River Guides
P.O. Box 391, Yampa, CO 80483
800-938-7238 or 970-638-9742

wetrafft@raftcolorado.com, www.raftcolorado.com

\$30 per adult and \$26 per child for BTC for half day trip

Description: See the beauty of Colorado while floating down one of it's many rivers.

Time: Tours depart at 9:30am & 1pm

Transportation: Departure location is approximately an hour and a half from Steamboat. Please call Alpine Taxi for rates. BTC Group Discount available, exact group size will determine cost.

RAFTING ON THE ELK, COLORADO, EAGLE OR YAMPARIVERS

Bucking Rainbow Outfitters
P.O. Box 774832, Steamboat Springs, CO 80477
www.buckingrainbow.com
970-879-8747 or 888-810-8747

\$ Various depending on choice of river, 15% off all rafting trips excluding Daily Double for BTC. Please see website for rates

Description: Bucking Rainbow offers rafting trips for beginners and elites on five different rivers ranging in scenic floats to class IV and V rapids.

Transportation: Departure location depends on river choice and provided for full day excursions. Please call Bucking Rainbow for details or Alpine Taxi for transportation rates. BTC Group Discount available, exact group size will determine cost.

YAMPA RIVER TUBING

Blue Sky West

P.O. Box 773239, Steamboat Springs, CO 80477

970-871-4260 or 1-800-288-0543

adventures@blueskywest.com

\$13 per tube depending on water flows

Description: Tubing on the Yampa River features everything from gurgling gulches, bouncing pour-overs and sweeping corridors, to relaxing currents and lazy hot springs.

Time: Continuous trips from 10:30-3pm

Transportation: Location start is on 11th Street between Lincoln & Yampa, Downtown Steamboat Springs. Bus or bike accessible

STRAWBERRY PARK HOT SPRINGS

44200 Co. Rd 36, Steamboat Springs, CO 80487

970-879-0342

www.strawberryhotsprings.com

\$7 per person with BTC wristband

Description: Enjoy a relaxing dip after your long ride in one of the 5 pure mineral rich hot springs. Temps range from 104° to 147° F.

Transportation: The hot springs are located approximately 20 minutes from Steamboat Springs. Call Sweet Pea Tours on 970-879-5820 for BTC group Rates

HORSEBACK RIDING

Del's Triangle 3 Ranch

P.O. Box 333, Clark CO 80428

970-879-3495

triangle3@springsips.com

www.steamboathorses.com

Contact: Ray Heid

\$35 per person for BTC on 1 HR Ride

\$50 per person for BTC on 2 Hr Ride

Description: Scenic Horseback ride on Deer & Elk trails.

Transportation: Del's Triangle is located approximately 25 miles from Steamboat Springs. Please call Alpine Taxi for BTC Rates. 970-879-TAXI

HORSEBACK RIDING & ATV TOURS

Steamboat Lake Outfitters

P.O. Box 749, Clark CO 80428

970-879-4404 or 800-342-1889

slomail1@mindspring.com

www.steamboatoutfitters.com

Contact: Jennifer

\$40 per person for 2 Hr Horseback Ride for BTC

\$60 per person for 2 HR self drive ATV, \$170 for two person vehicle.

Description: Enjoy the wonderful scenery of the nearby Routt National Forest on Horse or in our own ATV. Tours leave at 9, 11:30, 2 and 4:30pm

Transportation: Steamboat Lake Outfitters is located approximately 25 miles from Steamboat Springs. If group is 10 or more SLO will provide transport.

STAGECOACH LUNCH TOUR

Alpine Taxi

P.O. Box 775066, Steamboat Springs, CO 80477

970-879-2800

\$45 per person

Description: Slip back into the age of Butch Cassidy & the Sundance Kid and hear stories about the cowboy age while enjoying lunch on this historic tour of Routt County. 4 hour tour that picks up at 10am

Transportation Provided

BLAST FROM THE PAST CARRIAGES

P.O. Box 771694, Steamboat Springs, CO 80477

<http://www.steamboatcarriages.com>

970-638-4696 or 970-846-5298

Contact Lynn Harding & Angie Hess

\$50 per 2 people for BTC (Normally \$100)

Description: Experience a fun old fashioned 20 minute Carriage ride around historic Downtown Steamboat. Please see our website for Carriage styles

Transportation Provided

ALPINE SLIDE "THE HOWLER"

P.O. Box 774487,

Steamboat Springs, CO 80477

970-879-0695 ext 104 or 970-871-1104

\$10 for 2-Ride Ticket for BTC, non transferable.

Additional rides available for \$5 per ride

Description: You are at the controls of the country's most exciting alpine slide!

Transportation: Located Steamboat Springs at Howelsen Hill, Bike and Bus Route accessible.

OTHER STEAMBOAT ACTIVITIES

DANCE CLASSES

The Center for Movement Arts (CMA)

11th St. between Yampa and Lincoln Ave, Steamboat

970-870-9977

Email gogetter@springsips.com

\$5 per person for BTC on Wednesday night, Latin Dance, featuring Salsa & Cha Cha. Lessons from 8-9pm

Transportation: Bike or Bus Accessible

THE TREAD OF PIONEERS MUSEUM

800 Oak Street, P.O. Box 772372,

Steamboat Springs, CO 80477

970-879-2214

pioneers@springsips.com

\$4 admission fee per person for BTC

Description: The Museum features a 1908 Queen Anne Style Victorian Home with Routt County artifacts, memorabilia and Western Life Collections.

Transportation: Bike or Bus Accessible

HEALTH & REC

3rd & Lincoln Ave, downtown Steamboat Springs

970-879-1828

\$6.25 for Daily Pool Admission with BTC bracelet

Waterslide: 10 Rides for \$5 or 5 Rides for \$3

Transportation: Bike or Bus Accessible

Tours Around Fort Collins

Culinary Tour

Have coffee or tea at Koffe Rassiya to get you started, visit a Farmers Market and pick up some fresh baked bread and veggies from the vendors, shop at the Cupboard for unique delicacies, and have a picnic in the shade with all of the goodies afterwards at Library Park. If there is time, bottling some wine at Vintages is a great way to end the day.

Brew Pub Tour

Visit all six breweries including Anheuser-Busch, Big Horn Brewery, CooperSmith's Pub & Brewing, Fort Collins Brewery, New Belgium Brewing Company, and Odell Brewing Company.

Kids Tour

Visit any or all until they poop out. Alpine Funtier, Edora, Fort Fun, The Discovery Center, Swetsville Zoo or a picnic at City Park is sure to please any kid-at any age.

Local History Tour

Start at the Fort Collins Museum & Courtyard where the founder's cabins and old Boxelder school are. Drive over to visit Annie's Grave at the old Railway station. Then walk over to Old Town to see the many historic buildings. Take the Trolley to Avery House up Mountain and then ride up to Grandview Cemetery to see where the founders of the city and local celebrities are buried. Any piece can be done in a morning /afternoon and then combined with lunch for a full day.

Horsetooth

½ day hike up to Horsetooth Rock, or bouldering on some of the best walls in the US like Rotary Park and the Torture Chamber, and then lie on the beach and swim in the designated spot at the Reservoir.

Bike and Blade Tour

Rent a bike or roller blades at The Wright Life and go on the more than 75 miles of designated bikeways like the Spring Creek and Poudre Trails in Fort Collins.

Wildlife Watching

Head out of town to the Colorado State Forest where 70,000 acres is home to the states largest moose population, elk, mule deer, mountain lions, bighorn sheep, and black bears. There are lots of alpine lakes and breathtaking views. Take HWY 14 West over Cameron Pass to Walden.

Day at the Ranch

Visit the buffalo at Terry Bison Ranch, horseback riding at a dude ranch, and than have a steak dinner and country line dancing at the Sundance Steakhouse.

Pub Crawl

Best done at night, with someone else driving. Start in Old Town at The Rio for a margarita, head to Elliott's for a martini and then finish at Coopersmith's for a pint of cider or ale.

Day on the Poudre

Choose one: hike Gray Rock, a ½ day whitewater rafting trip on the river, or fly fishing for trout. Follow up with a picnic lunch at any picnic stop along the way.

Gallery Walk

Visit any of the art galleries in Old Town including MOCA, and then have lunch or dinner on the patio at Jay's Bistro or Austin's Grill. Big spenders can hit Nico's Catacombs.

A Day With The Animals

Visit Swetsville Zoo, The Farm at Lee Martinez Park, and then go shopping at Nature's Own.

For more information, contact the **Fort Collins Convention & Visitors Bureau at 1-800-274-3678** or check us out on the web at www.ftcollins.com.



Try Sierra Mist,
the caffeine-free lemon-lime
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PEOPLE POWERED SPORTS
BICYCLE TOUR OF COLORADO
BICYCLE SHIPPING INFORMATION

You may ship your bicycle to Bicycle Tour of Colorado at the address below. People Powered Sports will pick-up your bicycle and deliver it to the start of the ride. We will also offer bicycle assembly and tune-ups, bicycle box (hardshell or cardboard) transportation and storage for the week and bicycle packing and shipping home. We will have your bicycle at the registration area and be at the finish area to receive your bicycle at the end. You can contact us either by e-mail or phone, or fax this form to make arrangements. We look forward to serving you.

Name _____

Address _____

City/State/Zip _____

Phone _____ E-Mail _____

Credit Card # _____ Circle one: MC/VISA Exp. Date: _____

SHIP BICYCLE TO BICYCLE TOUR OF COLORADO:

_____ Deliver your bike to start unassembled \$ 20
_____ Deliver your bike to start assembled/tuned \$ 50*

*Additional parts needed up to \$15. will be charged to customer. The customer will be contacted before doing any additional repairs in excess of \$15.

SHIP BICYCLE TO YOUR HOME:

_____ Pick up bike at end and ship pre-boxed bike \$ 65
_____ Pick up bike at end, pack and ship bike \$ 85*

*Shipping fees are for standard bikes shipped within the continental US and include \$1,000. of insurance.

DISCOUNTED PACKAGE PRICING & INSURANCE:

_____ Deliver to start/ship from end (you assemble/pack) \$ 80
_____ Assemble/deliver to start/pack and ship bike from finish area \$ 120
_____ Additional insurance (\$1,000. is covered in fee) \$5 per \$1,000 insurance

BICYCLE BOX TRANSPORTATION AND STORAGE:

_____ Box transportation and storage for week \$ 20
_____ Box transportation and storage for week if we receive &/or ship bike FREE

ADDITIONAL DISCOUNTS:

10% discount on all above fees if arrangements are made and prepaid by credit card prior to June 5, 2004. Please call 1-800-479-1677 to make these arrangements.

SHIP TO: Bicycle Tour of Colorado - Hold for PPS Pickup
C/O: UPS Customer Counter
400 West 69th Street
Loveland, CO 80538

**Bicycles must arrive on or before
June 23, 2004.**

Reservations received by June 5, 2004 will receive a confirmation letter.

PHONE 1-800-479-1677 FAX 1-320-679-3093
E-MAIL "BICYCLES@NCIS.COM"



ROCKY MTN.
**SPORTS
MASSAGE**
T E A M

COST PER THERAPIST

\$30 per 1/2 hour
\$60 per hour

SPORTS MASSAGE

Is a form of massage that utilizes specific techniques to help the athlete obtain maximum performance.

WILL BE AT

**BICYCLE TOUR
OF COLORADO**

SIGN UPS WILL TAKE PLACE ON

SATURDAY, JUNE 26TH

AND THROUGHOUT THE WEEK

**Certified Sports
Massage Therapists will
be available to help you,
the athlete:**

INCREASE PERFORMANCE

INCREASE FLEXIBILITY

SPEED-UP RECOVERY
FROM TRAINING

DECREASE INJURY
POTENTIAL

FLUSH MUSCLE
CONGESTION &
WASTE BUILD-UP

REDUCE MUSCLE SORENESS



Accommodations & Travel Information

Accommodations - Please contact Alpine Cycle Connection for your accommodation needs. They can provide you with full or partial week packages which include baggage transportation from hotel to hotel.

The Sheraton Steamboat Springs Resort and Conference Center will be our host hotel in Steamboat Springs and the location for Sports Expo 2004 on June 29 - July 1, 2004. Why not consider a two night break from camping and stay at The Sheraton. Unwind, relax and know you are at the center of activity for the BTC 10th Anniversary 2-day stop. The Sheraton is offering special rates for the BTC 2004 cyclists. The Sheraton also offers small and large condos for groups. Contact Alpine Cycle Connection for reservations and additional information.

Airline Transportation - Alpine Ski and Sun Holidays, d.b.a. Alpine Cycle Connection can provide airfare on all major carriers who service the Colorado market. In addition Alpine Cycle Connection can provide special Summer Bulk Airfares on:

- * United
- * American
- * Continental

These bulk contracts enable them to provide you with a wide range of choices to get you to your destination without many of the restrictions of "off the shelf" retail airfares.

Airport Bus Transportation - Alpine Cycle will be providing charter bus transportation from the Denver International Airport the afternoon of June 26th to Ft. Collins and then back to DIA on July 2nd.

Baggage Transfer Service - If you have booked your own accommodations, Alpine Cycle Connection can transfer your bags to and from your Hotel, Motel, Bed and Breakfast for your nights on the BTC.

Please consult the Alpine Cycle Connection website for sign-up forms and additional information regarding any of the above services or call them direct at 888 702-5746 (888-70ALPINE)

Useful Links...

www.coloradodirectory.com
www.fcchamber.org
www.estespark-colorado.com
granbyco.areaguides.net
www.steamboat-chamber.com



The Bike Detail



“Setting the Standard for Onsite Recreational Bicycling Services”

Dear Riders,

The Bike Detail is pleased to be a part of the **Bicycle Tour of Colorado 10th Anniversary Event**. In celebration of this event, the Bike Detail will be providing a complete package of our onsite specialty services including towels, chairs, cell phone charging, and gourmet coffee for your convenience and comfort. We look forward to seeing you again and will be working hard to ensure your total enjoyment at this year's event.

Sincerely,

Harold Clayton
The Bike Detail

THE BIKE DETAIL SPECIALTY SERVICES

The Bike Detail offers Specialty Services uniquely designed to be practical, affordable, and enjoyable. You'll have the ability to reserve the services you want by simply sending a request via e-mail btcspecialservices@yahoo.com. No advance payment is required. Payment will be accepted during registration. (Cash, check or travelers checks only please.) Take a few minutes to read about the specialty services. They go fast, and are limited.

RESERVATIONS MUST BE MADE VIA E-MAIL. YOU WILL RECEIVE A CONFIRMATION FROM THE “EMAIL DETAIL” TO LET YOU KNOW WE RECEIVED YOUR RESERVATION SO YOU CAN PACK ACCORDINGLY. DIRECT YOUR QUESTIONS AND RESERVATIONS

TO:
BTCSPECIALSERVICES@YAHOO.COM

THE TOWEL DETAIL™: A Shower is best when the towel is Fresh™ This service gives you what you want at the end of every shower. A nice, sanitized, clean & dry towel. Each day, after you complete your ride, just pick it up before the shower and return it after the shower. This is a **weekly** pre-pay service. We'll provide you a towel bracelet. Just show us your wrist and get a clean towel. This is a very, very popular service. Don't delay. **The Cost is \$ 15.00** (for the entire week.)

THE TOWEL DETAIL™: A Shower is best when the towel is Fresh™ This service gives you what you want at the end of every shower. A nice, sanitized, clean & dry towel. Each day, after you complete your ride, just pick it up before the shower and return it after the shower. This is a **weekly** pre-pay service. We'll provide you a towel bracelet. Just show us your wrist and get a clean towel. This is a very, very popular service. Don't delay. **The Cost is \$ 15.00** (for the entire week.)

THE CHAIR DETAIL: “Rent a Neat Seat this Week”™! This comfort is too good to pass up. Each chair has been commercially reinforced to handle the great outdoors. We transport a high back lounge chair equipped with a footrest and cup holders to the next host site. Each chair is inspected, cleaned & sanitized and has a pillowcase to keep it just right and a tag for easy identification. Each rider will pick up and return their chair @ The Chair Detail station. They're great for reading, listening to the evening entertainment, or contemplating the meaning of bicycle life. **The Cost: \$20.00** Weekly rental fee plus a \$20.00 refundable deposit.

THE CELL PHONE DETAIL: “You'll complete that call if you use the Wall”™ Many of you find yourselves challenged to find an outlet (not already taken with seven cell phones) so that you can plug & charge your cell phone. This specialty service ensures that you are not on the short end of an unfinished phone call because of a dead battery. A rental box station, similar to a post office, is equipped with many individually secured charging compartments. Each compartment has a plug receptacle. Be sure to **bring your car cigarette adapter**. Simply plug in your phone and lock the door. All of the phones are secured overnight and ready for retrieval early the next morning. **The Cost: \$ 12.00** Weekly rate (limited availability, strongly suggest reserving in advance)

VERY PAMPERED CYCLISTS™ V.P.C. is the Key for Me™ If you decided this entire section is too good to pass up - then don't. Get all of them and save. Look at the benefits. Fresh gourmet coffee to get you ready for the day's ride with your name on the bike, a fresh towel at the end of the day's ride: a very comfortable chair to relax in: and a fully charged cell phone to make calls with (while sitting in your chair). All this pampering is ready for you at the **Bicycle Tour of Colorado 10th Anniversary Event. The Cost: \$60.00 (for the week, no chair deposit required!)**





2004 BTC Tour-Photos

*Taking exceptional images of you "On-Tour in Colorado"
...not just another photo of you on a bike!!!*

- Your images taken in unique pre-determined scenic locations on the routes all week!!!
- Our focus is not to get another snapshot of you in a pack of people you don't know... but to get the best image of you surrounded by "Colorful Colorado" framed well individually or with your friends!!! When you see these images at our booth you'll be impressed with the quality!!!
- See your available images on LCD Monitors as available at the Tour-Photos booth at schools or Expo as the tour progresses. (5:00 – 7:00 pm near the school cafeteria each day or @ Expo)
- Easily view and purchase images after the tour from www.tour-photos.com using your rider number! (We will build a personal web gallery if your helmet labels are visible to us in images!)
- Images on the web site will be much larger this year... Black and White prints will be available!!!
- High Resolution Pro Camera/Lenses allow for pro finished prints up to 20" x 30" !!!
- Images can be ordered on T-Shirts, Magnets, Coasters, Posters, Clocks, Greeting Cards, Calendars, and much, much, more. Our prints are not Inkjet but professionally finished archival quality prints that will last many many years if cared for properly.
- Pre-pay/pre-order discount codes, gift certificates, and discount packages can be purchased in advance by major credit card at our booth during the tour.
- Orders taken at our booth will be on a first come first serve basis and will be shipped after the tour.

Please remember...keep your helmet rider number clearly visible on front and sides for us to see during the tour!!! This way all of your images will be in your gallery on our web site after the tour for you to order and your friends to see!

***Note:** For your convenience the images are cataloged into individual rider galleries when identified by rider number as we see on your helmet! We know many riders change bikes this is why helmet labels are so important!!! Many thousands of images are taken daily...make it easy for you to find yours!! These high quality water proof and easily removable labels will be in your registration packet. Please use them so you can view your photos easily without endless searching through thousands of images. A clock will be provided on location so time taken per day may assist you but it isn't as nice as having your own image gallery on the web or at our booth for viewing!!!

Photo Tips/Considerations for the Tour

1. The scenery will be magnificent so position yourself as you want to be photographed and don't rush past the photographer!!! Its not a race!!! Enjoy the moment and show it... try just a little!!!
2. Proper body position serious or a slight smile is best... don't look straight at the photographer look straight ahead or slightly left 10 or 11 o' clock for the best shot.. If you want a humorous shot we'll take them!!!
3. Being up off of your seat slightly keeping a straight leg down on the camera side seems to be the most purchased leg position... "the look of a hard crank" out of the saddle almost never gets purchased... few riders seem fit enough to not show the strain! Being too tall in the saddle or sitting slouched on your saddle wouldn't compliment you either. We'll try to help you look like you just got back from France... yeah we can't all look like we're Lance or Jeanie Longo right?
4. Looking straight at overly smiling and waving at the photographer may not make the best image of you... think about it! Once its taken you can't change it! You'd be surprised how many people act like we're the newspaper or TV and are extremely bummed when their friends have the awesome pics and they have the goofy ones! Its no sweat off our back if you take a goofy pic or not... were out there all day whether you are or not!
5. Please don't pass in the photo zones cutting people off wanting photos, riding in front of the photographers if other riders are slowing down to get a good photo!!! Be considerate and hold up a bit for others... we'll only be at one or two spots each day to photograph...there is plenty of road to cruise.
6. If you don't want to be photographed we really don't care to know (we aren't shooting film) and will photograph everyone on the tour whether you want to be or not.. Please don't spoil everyone elses images saying so and riding in front of them as we try to take their photo. If this happens to you cycle back around for a retake...we don't use film and will take as many images as you want at no additional charge!!
7. Spread out as you see our "Photo Zone" orange cones and signs and leave a few bike lengths between yourself and the person ahead and behind. We're really trying to get enough separation between riders to click off a few images to get good leg position, compensate for closed eyes, position of your head with the peaks behind to give you a few great choices in images each day!
8. If you're in a crowd stop or circle back we'll take as many pics as you want... it costs us nothing to take them or put them on your web page gallery. We have plenty of time and are working for you!!! If you are with a friend or more and want a group shot let us know and we'll take those too.
9. Make sure you have the rider numbers clearly visible on the front and side of your helmet. There will be two photographer assistants logging your rider number as you pass... if they miss them because 5 people are yelling their number, are all bunched together at the same time.. we can get them off of the helmet in the photo to put them in your web folder and picture gallery!!!
10. Note that its not the photographer taking down your rider number it is the assistants across from him/her are... telling these assistants your rider number may help but be conscious of others doing the same.

Keep your memories alive
 With the "official film" of the
Bicycle Tour of Colorado 10th Anniversary
 June 26 - July 2, 2004

aKvideo will be providing a professionally produced video for sale. aKvideo has produced shows for ESPN, Outdoor Life Network, Fox Sports Rocky Mountain and others. We guarantee a high quality professional product with every purchase. This year we are offering the official video on VHS and/or DVD.

Please return order form to Bicycle Tour of Colorado before the event, to the **aKvideo/Bicycle Tour of Colorado** representative during the event, or mail (or call) directly to **Bicycle Tour of Colorado** at anytime before or after the event. Please call or email with any questions.
303-985-1180 or answers@bicycletourcolorado.com

Bicycle Tour of Colorado 10th Anniversary
 June 26 - July 2 2004

Name: _____ Phone: _____
 Address: _____
 City, State, Zip: _____ Email _____

VHS - \$32 DVD-\$42 (includes shipping & handling)	VHS	DVD
Bicycle Tour Of Colorado 2004 10 th Anniversary		
TOTAL		

Payment: **(Please Circle One)**
 Visa Discover MasterCard or Check# _____

Credit Card# _____ Expiration Mo/Yr _____

Total \$ _____

Signature _____

Payment must accompany order. Please make checks payable to Bicycle Tour Colorado

3500 S .Wadsworth Blvd. Suite 201, Lakewood, CO 80235
Ph: 303-985-1180 Fx: 303-988-9568 Email: answers@bicycletourcolorado.com



Coffee, Espresso, Lattes,
Mochas, Steamers, Hot
Chocolate, Real Fruit
Smoothies, and Pastries

Gourmet products at reasonable prices conveniently delivered to your door

John and Kellyjo Jaramillo
Owners

We started this company out of our love for coffee. For years, we searched for the perfect way to offer premium coffee products to people with an affinity for coffee like ours. This mobile coffee shop is the result of that search. We bring to you superior products and service that are reasonably priced - just what every great coffee lover wants. We hope you enjoy our way of doing coffee.

Coffees

We choose distinctive, estate-grown varieties for our house coffees. Style varies daily.

Cup of Coffee—A 12 oz cup of richness.

Caffe Lattes

A 16 Oz drink containing a double shot of our incredibly smooth blend of espresso, your choice of flavor, and steamed milk. These drinks can also be served iced or frozen blended.

Latte—Choose plain or flavored—caramel, hazelnut, Irish cream, mint, vanilla.

Mocha—Our latte mixed with either of our gourmet chocolate sauces—white or dark.

Espressos

A smooth classic blend of the finest coffee beans available.

Cappuccino—Equal parts of espresso, steamed milk, and foamed milk. A double shot of espresso marked with a spot of steamed milk.

Espresso Con Panna—Our double shot of espresso topped with whipped cream.

Shot of Espresso—Simply a classic., steamed milk, and foamed milk.

Alternative Beverages

Not a coffee fan? Too much caffeine already? Here are some suggestions—some with and some without caffeine.

All Natural Fruit Smoothie—Your choice of flavors blended with either ice cream or non-fat yogurt (banana, mango, strawberry).

Chai Tea Latte—Chai Tea combined with milk. Hot, iced, or frozen blended.

Hot Chocolate—Rich chocolate sauce steamed with milk and topped with whipped cream.

Steamer—Any of our gourmet flavors steamed with milk.

Hot Tea—Choose from the finest teas available.

Hot Apple Cider—A blend of apple juices and spices steamed and served with a cinnamon stick.

Bottled Water—When you want pure, clean refreshment.

Choose any combination of the above for the same price. Don't know what to get? Ask us! Need cream, sugar, splenda, equal, soy milk, honey, chocolate, cinnamon, or nutmeg? Just ask!

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