

# St. Vrain 400km & 600km Brevets

21-May-2011

## Rider Tips

**– Lights and Reflective Gear Required! –**

### CONTROLS

- **Remember:** *Be Patient, Be Polite, Patronize the Control Stores.*
- **Brighton** – Friendly staff; no restrooms.
- **Lyons – Diamond Shamrock** – Friendly staff. *Assess your food and liquid needs. Next open store on route is 43 miles and 4,000 ft. of climbing further on. (Meeker Park Lodge store not yet open for season.)*
- **Meeker Park** – INFORMATION CONTROL.
- **Glen Haven** – INFORMATION CONTROL, **NOT THE STORE.** You may wish to buy a cinnamon roll or other treat at the Glen Haven Store. *Next control is in 64 miles. There are intermediate stores in Ft. Collins.*
- **Wellington** – Any store at east end of town.
- **Gilcrest** – Reasonable selection and nice staff.
- **Louisville** – Comfort Inn (or 7-Eleven for 600km riders).

### 600km Riders Only:

- **Kersey** – Excellent burritos and a friendly staff!
- **Hudson** – Reasonable food selection, nice staff.
- **Louisville** – Finish.

### ROUTE ADVISORIES

- **None Known** – Watch traffic between Meeker Park and Estes Park, as shoulder disappears.

### ROUTE CHANGES from 2010

- **Start** – Continue on S. Boulder Road through Lafayette, turning on 120<sup>th</sup> St. rather than turning earlier at 96<sup>th</sup> St./Hwy. 42. Smoother!
- **Platteville** (mile 212.5) – After Platteville we take Main St./Bus. 85 south onto county roads, rather than riding 3 miles on Hwy. 66. Much quieter!
- **Erie** – We take county roads and the Rue de Trust to Erie rather than staying on Hwy. 52.

### RULES

- **Not a Race**
- **Observe Traffic Regulations** – *Be a polite road user, and uphold the randonneuring ethos.*
- **Be Alert** – *Don't obstruct traffic.*

### AT THE FINISH

- Get validation at the Comfort Inn or store.
- Leave card in vehicle.

### UPCOMING EVENTS IN MAY & JUNE

- South Park 400k on May 28;
- Lefthand 400k on June 4;
- St. Vrain 400k and 600k on June 18.

***Thank you for joining us on our ride!***

### ***Some Climatic Tips***

Even with a relatively favorable weather forecast, this early-season Peak-to-Peak brevet can offer climatic challenges. Don't underestimate the chilling effects of prolonged descents in chilly air, with or without moisture.

And, as the forecast is not always 100% accurate (ha, ha), it's good to pack one more layer than you think you'll need.

- A few extra thin layers can make all the difference.
- Keep your head warm and dry – a motel-quality shower cap can make the difference.
- A truly rain/water-defensive jacket or shell can make the difference for surviving hours of rain.
- Good nutrition/hydration help keep up your energy levels and metabolism.
- Control cutoffs are generous. If cold/wet do get the better of you, you most likely will have time to spend real time off the bike warming up and drying out ... then continuing on your way.