



Colorado Triple Crown

Overview:

The Rocky Mountain Cycling Club (RMCC) Colorado Triple Crown is a series of three ultra-cycling road events. These events are three *hardest* single day, double century bicycle events in the state of Colorado! Completion of all three Colorado Triple Crown stages in a single calendar year earns the cyclist the unique designation of a *Colorado Triple Crown Finisher!*

General Information:

- 1) The Colorado Triple Crown, presented by the Rocky Mountain Cycling Club (RMCC), is a series of three (approximately) 200 mile timed bicycling events. These events are currently the three most difficult single-day double century road cycling events in the state of Colorado.
- 2) The purpose of the RMCC Colorado Triple Crown is to promote the growth and development of ultra-cycling in the state of Colorado, encourage participation in long-distance cycling events, and recognize individual cyclists for their accomplishments and hard work.
- 3) The events of the Colorado Triple Crown are NOT races; however, each stage is ridden as single-day, draft-legal timed cycling event. Each stage has an overall time limit and each participant must complete each event in the designated time to receive an official finishing time. When participating in a Triple Crown event, the primary goal is simply to *finish safely!* However, participants are encouraged to challenge themselves and put their best effort into each event!

- 4) Cyclists do NOT have to participate in all 3 stages. Participants may pick-and-choose which events they would like to participate in. Each official finisher will be recognized for his/her accomplishment! However, in order to earn the designation of **Colorado Triple Crown Finisher**, a cyclist must successfully complete **all three stages** in a single calendar year.

- 5) These events are not "organized tours." You will not get fancy aid stations or an elaborate post-ride pasta dinner. You will not get a plastic bag full of event memorabilia. You will not get a personal message after completing your event. You will not get a sparkly "I did it!" medal. Instead, you will earn the pride, recognition, and bragging rights of completing one (if not all) of the most difficult and spectacular sporting events on two wheels in the state of Colorado!

- 6) Each event will be *minimally* supported with at least one support-and-gear (SAG) vehicle that will carry water and gear bags. Each participant is responsible for providing a well-marked gear bag containing additional supplies (food, clothing, and other gear) that he/she might require to successfully complete the ride. Cyclists may access their gear bags at support points along each course.

- 7) Please be forewarned: each event of the Colorado Triple Crown is **VERY challenging!!!** At a distance of approximately 200 miles—and many thousands of vertical feet of climbing—each event is an extremely difficult physical and mental feat!!! Cyclists must be somewhat self-sufficient and be comfortable riding up to 40 miles without support. An "I can do it!" attitude is fantastic, but will likely **NOT** be adequate to successfully complete the events of the Colorado Triple Crown! You need to come prepared for your event!

- 8) The RMCC is fortunate to have all 3 events of the Colorado Triple Crown included in this year's UltraMarathon Cycling Association (UMCA) UltraCycling Cup, a point series that recognizes some of the world's most accomplished endurance road cyclists. UMCA membership is NOT required to participate in the Colorado Triple Crown, but is always encouraged.

Registration

- 1) Club membership is **required** to register for the events of the Colorado Triple Crown. Please note that club membership has a very affordable \$25 fee. RMCC membership has its advantages because it gives you access to other club events and discounts!

- 2) Pre-registration is required! Registration is limited to the first 50 pre-registered riders. You may register for each of the events of the Colorado Triple Crown (Denver to Aspen, the Death Ride, and the Grand Loop) by visiting the following site: <http://www.rmccrides.com/challengeregister.html>

- 3) All participants may be asked to provide a valid driver's license or other official proof of identification during the rider check-in.

- 4) Each Triple Crown event may have a separate cost-recovery fee associated with it. These fees exist to help defray the costs of running the event, not to turn a profit for the club. Participants will be notified of fees prior to the event.

- 5) The events of the Colorado Triple Crown are **extremely challenging!** For cyclists who are interested in participating, some ultra-cycling experience is **highly recommended** (but not required) to participate in Denver-to-Aspen. However, prequalification is **required** to ride the Death Ride and the Grand Loop. To prequalify for these 2 events, riders must either: 1) successfully complete Denver-to-Aspen in less than 15 hours OR 2) complete the RMCC Black Forest 300km brevet in less than 14 hours. For other cyclists who are interested in participating, please contact Charlie Henderson with a resume detailing your ultra-cycling experiences: chardi2528@aol.com

Rules, Regulations, and Safety:

- 1) All participants are **required** to wear an approved helmet at all times while they are riding. Failure to ride with a helmet will result in disqualification.

- 2) The routes used during Colorado Triple Crown events are *open to traffic!* There are no road closures or police escorts. There are no course marshals. Cyclists must ride defensively with **safety** as their utmost priority!

- 3) Riders shall obey all rules of the road! It is the rider's responsibility to know the laws of the State of Colorado and to follow them. These are detailed at: <http://colobikelaw.com/law.php>. Flagrant disregard of local and state traffic laws will result in disqualification. Please come to a complete stop at all stop signs and red lights and use hand signals appropriately.

- 4) Lights that comply with Colorado law are **required** while riding during hours of darkness. Riders must have a white front headlight and a red taillight. Be sure you have fresh batteries! Participants riding during hours of darkness without operating lights will be disqualified! Please keep in mind that it is prudent to ride with *VERY GOOD* lights! Colorado mountain roads can often be strewn with rocks, sticks, or an occasional deer that wanders into the road! It is much easier to descend mountain passes safely when you can confidently see where you are going. Additionally, you will be able to ride more safely when weary-eyed drivers can easily see you from behind.

- 5) Cyclists must also ride with reflective gear during the hours of darkness. Reflective vests (or a triangle) and reflective ankle bands are **required** while riding in low light conditions.

- 6) Prior to the start of a Triple Crown event, each participant will receive an event passport. Each participant will also receive a course map and queue sheet that will provide turn-by-turn directions and locations of support points and checkpoints. Cyclists must stop at each checkpoint to have his/her passport signed and time noted by an RMCC official. If a RMCC official is not present, the cyclist should either: 1) stop at a nearby store to have his time verified by a store clerk OR 2) record his/her time on the passport and have the time validated by an RMCC official at the next checkpoint along the

course. A participant may be disqualified if he/she misses a checkpoint or loses his/her time card. If a cyclist leaves the route, he/she must return to the route at the *exact* same location.

- 7)** Each event of the Colorado Triple Crown has a time limit. *All participants must complete the course within the designated time limit to be listed as an official "Finisher" and receive Colorado Triple Crown credit.* (Denver-to-Aspen in 17 hours, Colorado Death Ride in 19 hours, and Grand Loop in 18 hours.) Various checkpoints along each stage may also have time cut-offs. A cyclist who reaches a checkpoint after it closes may not be allowed to continue riding OR may be shuttled ahead to the next control point along the course by the support vehicle. These riders unfortunately will be listed as "DNFs" and will not receive an official finishing time or Triple Crown credit. The time limits are imposed to maintain event safety and allow other participants to receive the support they need to successfully complete their ride.

- 8)** As a courtesy to the drivers of our support vehicles, we formally request that participants do *not* lean their bicycles up against a support vehicle. This can cause scratches to the support vehicles and may inhibit other riders from gaining easy access to their gear bags.

- 9)** The RMCC reserves the right to remove any rider from the course for the reasons of their own safety or the safety of others!

- 10)** The RMCC requests that riders do not urinate in public view. Whenever possible, riders are encouraged to use the designated restroom facilities at checkpoints, including parks, convenient stores, restaurants, etc.

- 11)** The use of MP3 players/I-PODS is strongly discouraged as riders cannot safely hear approaching traffic.

- 12)** Any rider found cheating or deliberately violating the above rules will be disqualified.

- 13)** The RMCC ride director reserves the right to interpret any existing rule or regulation, or to invoke new rules or regulations that are deemed necessary. The ride director's interpretation and decisions regarding the rule is final.
- 14)** Results for each event will be listed in finishing order.
- 15)** As rider safety is our top priority, the RMCC reserves the right to postpone or cancel any of the Triple Crown events due to adverse weather conditions or dangerous road conditions.

Frequently Asked Questions:

1) Do you offer support and gear (SAG) support?

Yes. We will have at least one SAG vehicle on the course at all times. Participants are *strongly encouraged* to take advantage of the support vehicle. Each rider may provide an easy-to-identify gear bag that he/she may use to transport extra food, nutritional supplies, clothing, etc. The support vehicle will transport each participant's gear bag from one support point to the next. Each cyclist may access his/her gear bag at these support points. Please be aware that the support vehicle is first and foremost a safety vehicle. In the event of an emergency, the vehicle may have to leave the course. Riders should always be prepared to support themselves by carrying money to purchase food and beverages at stores along the route if necessary.

2) Can I provide my own SAG vehicle?

Yes. The RMCC will allow (and encourages) individual cyclists to be supported by personal SAG vehicles. Participants should notify the ride director that they will receive personal SAG support prior to the start of the event. Cyclists who have personal support vehicles *may* be asked to provide support for other participants. When supporting a rider, a personal SAG vehicle may only provide support for a rider *at designated support points and checkpoints* along the route. SAG vehicles may **not** follow, pace, or repeatedly "leapfrog" a rider, as this may disrupt the flow of traffic on narrow mountain roads and

jeopardize the safety of other riders! Cyclists may **not** receive water bottle hand-offs from moving SAG vehicles. **SEVERE WEATHER CONTINGENCY:** If a cyclist encounters severe weather conditions, he/she may seek cover in a private support vehicle until the passage of the severe weather. Participants must resume cycling in the exact location where they left the course or will be disqualified.

3) How come the RMCC does not provide more elaborate aid stations?

Because nutritional requirements vary greatly between cyclists, it is impossible to meet the dietary requests of every participant! Additionally, cyclists who are riding events of this caliber usually know what works best for them during ultra distance events. As such, participants must provide their own nutritional supplies (bars, gels, energy drinks, etc.) to successfully complete their event!

4) How much water/food should I carry?

There may be as many as 40+ miles between checkpoints, so cyclists should carry at least 2 water bottles with them at all times. Some cyclists may even benefit from riding with a small Camelback. The official support vehicle will supply water to participants at designated support points. We also request that each cyclist ride with at least one energy bar between checkpoints to ward off the dreaded “bonk!” For additional nutritional needs, participants may stop at restaurants or convenient stores along the course to purchase additional food and beverages if necessary.

5) Is aero equipment (e.g., aerobars, aero wheels) allowed?

Yes. The RMCC, however, **requires** that riders use aero equipment *responsibly*! Drafting is allowed! Please do not use aerobars while riding in pacelines or descending mountain passes! This can be extremely dangerous and can jeopardize the safety of other riders! Additionally, Colorado mountain passes are probably **not** the best place to use your deep-profile aero wheels as these wheels can be very difficult to safely handle in gusty mountain winds!

6) How much climbing will I do during my event?

Each event of the Colorado Triple Climb has between 13,000 and 16,000 feet of vertical gain. None of the climbs the Triple Crown events exceed 12%; however, many of the climbs are LONG...be prepared for 20+ miles of continuous climbing! Altitude is also **very** important consideration!!! Each stage of the Colorado Triple Crown spends a substantial amount of time above 10,000 feet and sections of the Grand Loop and Denver-to-Aspen even exceed 12,000 feet! We strongly suggest that riders coming from out-of-town arrive a few days early to become acclimated to our thin Colorado air. High altitude sickness can affect *any* rider who is not adequately acclimated!

7) What sort of mechanical support is provided during my event?

There will be **very limited** support available. Your bicycle needs to be in *exceptional working order* prior to start of your event and all participants need to be self-sufficient at fixing basic mechanical problems. The official support vehicle will be stocked with a floor pump for topping off your tires in case you flat. The drivers of our support vehicles are also willing to lend a hand if you have a mechanical problem; however, please keep in mind that the drivers of our support vehicles are NOT bicycle mechanics. If you have a mechanical failure that prevents you from completing a ride, you will be listed as a **DNF**. As such, we encourage you to use equipment that is reliable first, then lightweight or aero second.

8) How will I navigate the course?

Each participant will receive a map and queue sheet during rider check-in. Each participant may also download a copy of the event cue sheet and map from the RMCC website prior to the start of the event. Queue sheets will provide turn-by-turn directions for navigating the event course. Each cyclist is responsible for navigating the course successfully by using the map and queue sheet! Courses are not marked, but please note that the Colorado Triple Crown routes are NOT difficult to navigate. The Colorado Death Ride, for instance, only has 6 turns in 225 miles!

9) What sort of weather conditions will I encounter?

Colorado weather can be very unpredictable. On almost any given day in the summer it is possible to experience rain, hail, intense lightning, and even a freak snowstorm with sub-freezing temperatures! Riders are strongly encouraged to pay close attention to local weather forecasts in the days preceding their event and prepare accordingly! At a minimum, you should have a rain jacket, leg/knee warmers, shoe covers, and long-fingered gloves.

10) What additional equipment or supplies should I bring?

All cyclists **MUST** carry some form of identification and an emergency contact phone number! All participants should also carry spare tubes, a pump, a patch kit, basic tools, money/credit card, and a cell phone.

11) What should I do if I need to withdraw from my event?

If a rider is unable to complete a Colorado Triple Crown event for any reason, he/she **must** contact the ride director as soon as possible. Unfortunately, we are **not** set up to immediately pick you up if you need to withdraw from an event. If you must discontinue for a reason that is not an emergency and you do not have personal support, please attempt to arrange for private transportation to pick you up. Otherwise, please be prepared for the fact that it may be many hours before our SAG vehicle can pick you up.

12) What should I do if I experience an accident or serious medical issue?

If a rider is experiencing symptoms of a serious medical condition OR if a rider is involved in a collision or crash, he/she should contact emergency medical services ASAP (i.e., call 911)! Please notify the rider director as soon as possible!

13) Can I volunteer to support a Colorado Triple Crown event?

Finding volunteers to support our events can be a challenging endeavor! After all, the RMCC is a club of cyclists and we want to participate in these events too! If you (or a friend) are willing to volunteer for a Triple Crown event, please let us know! We can always use an extra hand!

