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SPONSORS

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BICYCLE OUTFITTERS 303.647.4677 VeloCOLORADO.COM
LETTER FROM THE RACE DIRECTORS

CONGRATULATIONS! You are about to embark on one of the most spectacular and challenging rides in the nation and be part on an exclusive group that has taken on the legendary Triple Bypass.

The Triple is more than just a ride. It shows off some of the most spectacular landscapes Colorado has to offer, covering nearly 120 miles over 3 mountain passes. Since this is a ride and not a race, take time to stop and take a picture, catch your breath and congratulate yourself for taking on the challenge.

Produced by Team Evergreen Cycling, the Triple is a charitable event, giving all proceeds from the ride to the non-profit volunteer groups and cycling advocacy organizations that help us make this ride happen. Say hello to these fine folks and thank them for their contribution.

Also keep an eye out for Team Evergreen Board members, sporting the yellow Triple jerseys. The Board dedicates their time and energy to guide our club and events. They are at your service on the ride.

Established in 1988, Team Evergreen builds the cycling community by expanding rider experiences, hosting compelling events, and channeling thoughtful philanthropic impact.

Through our events, the Triple Bypass and Bob Cook Memorial Mount Evans Hill Climb, we have given over $2.6M in our history to charitable non-profits and cycling advocacy organizations. Your participation helps make that happen.

Thank you,
Jen and Kim

VOLUNTEER GROUPS FOR THE 2019 TRIPLE BYPASS – WE COULDN’T DO IT WITHOUT THEM

American Diabetes Assoc/ Tour de Cure
Bicycle Racing Association of Colorado
Blue Spruce Kiwanis
Boy Scout Troop 1776
Civil Air Patrol Highlands Ranch & Eagle ColosRowdies
Colorado Canine Rescue
Colorado Mountain Bike Association (COMBA)
Community Educational Outreach
Conifer HS MTB Team
Conifer Kiwanis
Denver Chorale
Drive Smart Evergreen
Evergreen Christian Outreach (ECHo)
Evergreen High School MTB League
Evergreen Players

GOALS – Get Outside and Learn Something
Into Your Hands - Africa
Loaves & Fishes
Miller Coors Guest Relations pouring beer
Mountain Area Land Trust
Mountain View Young Marines
Ovation West Performing Arts (Evergreen Chorale)
PEO
Rage Cycling
Rotary Club of Clear Creek
Special Olympics COLORADO
Special Olympics DENVER
St. Laurence Episcopal
Vail Mountain Rescue
Venture Crew 911
Water Education Colorado
OUR PURPOSE IS SIMPLE, TO HELP OUR PARTNERS PURSUE THEIR PASSIONS.

Through the Primal Gives Back Program we have raised money, donated clothing, and volunteered side-by-side with our partners in an effort to make our community better.

With your help, we’ve been able to contribute millions to health, advocacy, conservancy, and youth programs around the world. Let’s keep the momentum going.

With the support of our partners, teams & clubs, Primal has contributed over $7.4 Million through the Gives Back Program.

Learn more at primalwear.com/pgb
MANDATORY INFORMATION

Please remember, while we are starting with the assistance of several Colorado State Patrol cars and motorcycles, the traffic closure is only for a limited time in specific areas. At all times riders MUST OBEY ALL TRAFFIC LAWS and official personnel, including Triple Bypass Marshal Volunteers. The Triple Bypass is a “rules of the road” ride. Traffic laws will be enforced by local and state authorities.

Please ride no more than two abreast, and only if conditions allow. When riding two abreast it is illegal to impede “the normal and reasonable flow of traffic.” Please ride right. Never cross the yellow centerline, this is not only dangerous, but could result in the loss of your right to ride the Triple Bypass. When riding on public roads and trails, if you are unsure at any sign or signal – obey the traffic information. Police may be onsite in certain areas to assist the ride, but this is not a given, they may just be on duty and not part of the event, for this reason when approaching stop lights or signs do not assume you may proceed unless you are given permission by the authority.

IMPORTANT NOTE

Much of the Triple Bypass will be ridden on Bike Paths and Recreation trails. These areas are open to the public and not for the exclusive use of the Triple Bypass. Please ride safely and be courteous to everyone using the public trails. Ride SINGLE FILE, announce your presence, especially when overtaking another trail user, and always be a good representative for cycling. Trail hierarchy dictates that cyclists yield to all others using the trails.
PACKET PICK UP

MAIL OPTION
Mailed packets will be sent the last week of June, for delivery before the event. Expect your jersey and rider number to arrive by the first week of July. Questions regarding your dashboard? register@triplebypass.org

START LINE PICK UP
We recommend that all riders pick up their packet before the day of the ride. However, if you have selected start line pick-up and paid the additional fee, your packet will be available under the tent at Buchanan Park in Evergreen, beginning at 5am on July 13th. All start line numbers will also be available at Bicycle Outfitters before ride on Friday, July 12th.

We strongly suggest you get your packet before Saturday as traffic will be heavy that morning and you might miss your ride start. Packets will not be available after 7:30am on July 13th.

FAMILY AND FRIENDS PICK UP
Packets MAY be picked up for registered friends and family IF you have the following: 1) their signed waiver 2) a photocopy of their driver's license. If either of these 2 items is missing, then the packet may not be collected. NO EXCEPTIONS. You can download a copy of the rider waiver here.

GEORGETOWN AND COPPER PICK UP
All packets should be picked up at the location selected at registration. However, if you miss your pick-up, we will bring rider materials to the start lines at both Georgetown and Copper. The packets may not arrive before the suggested start time, so please do your best to retrieve your packet or have it mailed beforehand.

Riders starting in Copper Mountain must have received and signed the online Copper Mountain waiver. Your packet will not be released to you if you have not signed this waiver. This is a requirement by Powder Core – owners of the Copper Mountain Resort.

IMPORTANT NOTE
You must get your rider packet at your chosen location or at Buchanan Park before the ride. Jerseys will not be mailed if you fail to pick up your rider materials.

When you pick up your packet, you will receive your rider number and helmet sticker, your event jersey and goodies from our beloved sponsors. No wristband, no ride, no bike number, no ride.

BIKE SHOP PICK-UP
Support our local shops! Please plan to get your rider packet at the shop ONLY during the hours of packet-pickup. Triple Bypass volunteers will be onsite to distribute packets during the below times. Shop staff will not have access to rider numbers or jerseys so please plan to pick-up at the location you selected during distribution hours.

PICK UP HOURS AND LOCATIONS

Trek Bicycle Boulder
2626 Baseline Road
Boulder, Colorado , 80305
- Friday, July 5th 3-7pm
- Saturday, July 6th 12 -5pm
- Sunday July 7th 12-5pm

Wheat Ridge Cyclery
7085 W. 38th Ave.
Wheat Ridge, CO 80033
- Friday, July 5th 3-7pm
- Saturday, July 6th 12 – 5pm
- Sunday July 7th 12-5pm

Evergreen Bicycle Outfitters
29017 Hotel Way, 101c
Evergreen, Colorado 80439
- Wednesday, July 10th 3 -6:30 pm
- Thursday, July 11th 3- 6:30 pm
- Friday, July 12th 10-6:30 pm
JERSEYS

Every registration receives a unique Triple Bypass jersey. You will receive the jersey in the size you selected at registration. If you transferred to a shorter or longer distance after April 10, we will attempt to accommodate the coordinating jersey to the ride which you are now registered. You may not select a jersey other than the style offered for your ride. If you prefer another color, jerseys in limited sizes may be purchased at the finish on July 13th.

SIZE EXCHANGES

We have a very limited number of jerseys for a size exchange. You may not exchange your size at packet pick-up. Size exchange is on a first come, first serve basis at the Triple Bypass tent at the finish in Avon. There is no guarantee that your preferred size will be available. If we do not have a jersey for exchange and you require a different size than the one you ordered please try the Triple Exchange Facebook page.

MERCHANDISE

Get your hands on some sweet 2019 Triple Bypass gear designed by the pros at Primalwear. There will be merchandise available for purchase at the event, limited sizes and quantities available.
Celebrate your accomplishment in a big way at the finish with McDevitt Tacos and our exclusive Triple-X lager from Colorado Native.

All riders receive complimentary beer, tacos and endless high fives.
RIDER BAG TRANSPORTATION

The Triple Bypass offers riders the opportunity to have a bag brought to the finish. Bring some gear to change into and relax with the other participants celebrating their success. If you choose to bring a bag with a change of clothes for the finish, please use drawstring bag provided at packet pickup for baggage drop. This will allow us to sort and distribute your bags easily.

Rider bag drop off is at the start area in Evergreen from 5 AM - 7:30 AM. Look for the large truck and signs. Please write your rider number on the outside of the bag and consider customizing your bag so it’s easy to identify. For further security, put your name and contact information on the inside. Do not put valuables in the bag, we cannot be responsible for wallets, keys, cell phones and other personal items.

Georgetown will have a rider bag drop-off for transport to the finish at the start. Copper Mountain will have a drop-off location at the start on Ten-Mile Circle.

RIDING THE EVENT

HELMETS ARE REQUIRED! Please no earbuds or headphones. Listen to nature and chat with your fellow riders.

BIKE NUMBERS

You will not be allowed to pass through the start area without a rider number and wristband. Please follow the instructions on the number kit for attaching to your bike. The Colorado State Patrol, and several volunteers will be checking all cyclists at the start to ensure they have a rider number and wristband before proceeding.

WRISTBANDS

The wristbands are an essential piece of your rider equipment the day of the ride. The wristband has your rider number and it will give you access to the route as you start the ride and identify the correct rider with the correct bike at the bike corral. They are your ticket to the nutrition at the Aid Stations, and the post-event meal in Avon. And most importantly, they get you a free beer. Please attach the wristband to your wrist and be prepared to show it to authorities or Triple Bypass volunteers upon request.

CONTACT NUMBER

720.609.4119

To ensure your safety, if you choose to leave the ride before the finish in Avon, please call the dispatch number: 720.609.4119 and let us know you have abandoned. You may also text this number with your rider number and reason for ending your ride.
Go Longer, Stronger

Make every mile count with Nuun Endurance

15g sugar | 60 calories
RECOMMENDED START TIMES

EVERGREEN: 6 AM
The recommended start time in Evergreen is 6:00am. The course will close at 8am and we will not allow riders to begin past that time. If you don’t make it by 8am, it is your responsibility to find a way to Idaho Springs and join your fellow riders. You WILL NOT be shuttled if you miss the start nor will you be allowed on the closed course.

LIGHTS: If you intend to start before daylight, Colorado State law requires you to have a working headlight and taillight on your bicycle. We will have CSP on course starting at approximately 4:00 am and if they find a rider without proper illumination, they will require that rider to stop and stay in place until daylight. Be aware, Juniper Pass Aid station will not open until 6:30 am.

GEORGETOWN: 8:30 AM
The start is at the Georgetown Aid Station near America’s Best Inn. You may leave your rider bag there for transport to the finish. Follow the flaggers and signs to parking at Shadow Ranch.

COPPER MOUNTAIN: 11 AM
The start begins at the aid station at Ten Mile Circle at Copper Mountain. You may leave your rider bag there for transport to the finish. Parking in the Chapel parking lot.
CUT OFF TIMES

8:00AM EVERGREEN
11:00AM IDAHO SPRINGS
2:00PM LOVELAND
6:00PM COPPER MOUNTAIN

If you have not reached these locations by the cut-offs you will be picked up and shuttled to the next aid station or finish, whichever is applicable. These cut-off times reflect a 6:00 am start with an average speed of 8 mph. This requirement is for the safety of all riders and support personnel. It also ensures that you will be able to join us at the finish for our post-ride celebration.

SAG vehicles will run 1 hour past the cut-off. If you decide not to take a SAG and want to continue the route past the cut-off, your rider number will be taken by state patrol.

PERSONAL AND SAG SUPPORT

PERSONAL SUPPORT VEHICLES

Personal Support Vehicles are only allowed in areas designated along the course. They are not allowed to follow the route but may meet riders at specific locations only. It is for the safety of the riders that we request that support vehicles stay off the course and only meet riders in these locations.

• Loveland Valley Ski Area: Use the Valley Parking lot. Follow the marshals for parking. Watch for riders!

• Copper Mountain Alpine Lot: Use entrance to the south off highway 91, go past stoplight at Copper Road, first right. Do not enter at Copper Mountain.

OFFICIAL SAG VEHICLES

Official SAG Vehicles will be available for riders needing assistance throughout the day.

If you need assistance, please call the dispatch number at 720.609.4119. Provide dispatch with your approximate location, and your reason for calling (i.e., mechanical, need a ride, or emergency). If it is an emergency first call 911, then call dispatch to report the emergency.

SAG vehicles are instructed to always move riders forward. They will not return you to the previous Aid Station but will take you to the next Aid Station or the finish, whichever is applicable.

MECHANICAL SUPPORT

Mechanical Support for tire fixes or changes and simple adjustments will be available at all the Aid Stations. If you have a mechanical during the event and are unable to proceed to the next Aid Station without support, please call 720.609.4119 and a SAG vehicle will pick you up as soon as possible.

IN CASE OF EMERGENCY

ACCIDENTS

If you have or witness—a crash or medical emergency, and it requires immediate attention call 911, and then call Dispatch at 720.609.4119.

INCLEMENT WEATHER CONTINGENCY PLAN

Several contingencies have been put in place in case of inclement weather. Weather will be monitored during the event. Safety announcements will be made continually at the start regarding the forecast for the day, and advising the riders as to the clothing they should carry in case of cold, rain, etc.

If the weather turns cold, or lightening has been witnessed in the area riders are advised to seek immediate shelter. In the case of lightening DO NOT shelter in tents but proceed to the nearest safe building. All participants are instructed that in the case of inclement weather they should use their own judgment and ride to the nearest designated location.

Access to shelters will be in the following locations:

• Echo Lake Lodge on CO-103, mile 18
• The Clear Creek County SD building on CO-103, mile 31
• Dumont - Sinclair Gas Station, mile 36
• Georgetown – Visitors Center and gas stations located around the traffic circle, mile 42
• Georgetown Loop Railroad Visitors Center, mile 44.5
• Loveland Ski Area – Lower locker and bathrooms, mile 56 for the Triple and mile 12.8 for the Double
• A-Basin Ski Area – mile 64, mile 20.2
• Keystone – The Pour House, mile 72, and mile 28.3
• Copper Mountain – Upper level of Village Square, mile 88, and mile 44
• Vail Pass Rest Area – Bathrooms, mile 92 – Triple, mile 48.7 – Double, mile 5.4 – Single
GETTING TO THE START

BUCHANAN PARK

From the Denver area take I-70 westbound to Exit 252, Evergreen Parkway Co-74. Stay on Evergreen Parkway for approximately 2 miles. Follow the Event Parking Signs to one of the available lots. Rider drop-off is at the Bergen Park-n-Ride.

GEORGETOWN

From the Denver area take I-70 westbound to Exit 228, left at the end of the ramp. Follow the Event Parking Signs to one of the available parking lots. Georgetown riders will receive a parking pass. Absolutely no parking at the Georgetown Visitor’s Center, in front of businesses, or in private lots. Parking is extremely limited, please carpool. Rider drop-off is available at the north side of the Dollar Store on Alvarado Road.

COPPER MOUNTAIN

From the Denver area take I-70 westbound to Exit 195. Follow the ramp towards Copper Mountain/Leadville. At the stop light turn right on to Copper Rd. Follow the Event Parking signs to the Chapel lot, or to overflow parking at the Beeler parking lot. Rider drop off at the Chapel lot in Copper Mountain.

SHUTTLE SERVICE

Take it easy on yourself and get a shuttle back to the start after the ride. Summit Cycle Solutions will take you and your bike back to Copper, Georgetown or Evergreen after the ride on July 13th. They are also offering shuttles back on Sunday, July 14th for those staying the night in Avon. Staying in Avon? Summit is also offering shuttles to the start leaving at 4:30am on Saturday.

https://summitcyclesolutions.com/triple/

Bypass the Pain

Just because you’re riding the Triple, doesn’t mean you have to feel like you had a bypass.

Go hard. Recover fast.

www.ikorlabs.com
PARKING

All designated lots allow overnight parking. Please refer to website for parking maps. Please carpool or have someone drop you off to help reduce congestion. Several lots have been made available for parking the weekend of the event.

EVERGREEN

All designated lots allow overnight parking. Please refer to website for parking maps. Please carpool or have someone drop you off to help reduce congestion. Several lots have been made available for parking the weekend of the event:

- **Evergreen Middle School**: Located at 2059 S. Hiwan Dr., Evergreen. From Evergreen Parkway turn East on S Bergen Parkway, turn Right on Hiwan Dr., the school will be on your right.

- **Bergen Meadow Elementary School**: Located at 1892 Bergen Parkway, Evergreen. From Evergreen Parkway turn East on S Bergen Parkway, turn Right on Hiwan Dr., the school will be on your left.

- **Castle Court Office Park**: Located off Bergen Parkway before the above schools. There is parking in the retail center.

- **Bergen Valley Elementary School**: Located at 1422 Sugarbush Dr., Evergreen. From Evergreen Parkway turn South on N Bergen Parkway, turn left on Sugarbush Dr. The Elementary will be on your left.

- **Bergen Village Shopping Center**: Two upper parking lots located at 1240 Bergen Parkway. From Evergreen Parkway turn South on N Bergen Parkway, turn left at the stoplight (4-way), make an immediate right onto Placid Dr. The lot will be located on your left. Only use two upper lots.

- **Overflow - Bergen Park and Ride**

- **Overflow – Evergreen Country Day School**

Parking attendants will direct you to parking or rider drop-off. Please keep in mind that there are many businesses in the area as well as private homeowners. Do not park in non-designated spots. Do not park along the roadways.

RIDER DROP-OFF

Rider Drop-Off is located at the Bergen Park RTD. From here it is a short ride on the bike path to the start. Please Note: There is no rider drop-off at Buchanan Park.

AVON

Public and Personal Support is provided in the Elk or Bear parking lots in Avon. Catch a free town shuttle or walk to the finish in Nottingham park.

Overnight Parking in Avon will be located at the Elk lot from Friday July 12 – Sunday July 14. You may drop a car here on Friday before the ride.

NO parking at the finish area. Personal Support vehicles may park at the Elk lot – to avoid traffic, take the Minturn Exit 171 and back track to the Elk lot.

PARKING MAP

[Map Diagram]

NOTE: There is no parking at Buchanan Park
Overnight parking available at all lots
Large motor vehicles please park in Walmart lot

Directions from I-70

Take Exit 252 off I-70 onto Evergreen Pkwy. (Colo. 74) Follow Evergreen Pkwy 2.5 miles to the 3rd stoplight at the intersection of Evergreen Pkwy. & Hwy 65. Turn left (E) onto Highway 65. Marshals will direct you to parking.
BOB COOK MEMORIAL
MT. EVANS HILL CLIMB
2019
IDAHO SPRINGS TO MOUNT EVANS
28 MILES TO GREATNESS
bicyclerace.com
14,130'
JULY 27TH
ROAD CLOSURES

SQUAW PASS ROAD

The road will be closed to all WESTBOUND traffic only, this closure will take place from approximately 4:00 am – 10:00 am. This is not a fully enforced closure, so local traffic may potentially proceed westbound. EASTBOUND will be open. For this reason, it is essential that you always RIDE RIGHT and never cross the yellow centerline, even to pass a slower rider. The climb up Squaw Pass Rd. is approximately 15 miles. There will be several Porto potties available during the climb.

IDAHO SPRINGS

We will be utilizing the new bike path on the Greenway trail in Idaho Springs. You will turn left BEFORE to reach the town and cross over I-70. Please slow down as you reach this area and follow the direction of staff and local law enforcement.

ALVARADO ROAD

Alvarado Road will be intermittently closed to traffic on Saturday to ensure safe access to the Georgetown Aid Station. Please keep in mind that local traffic is always allowed on closed roads so use caution in placing your bikes along the road. Please stay right and don’t cross the road to park your bike. There will be construction on areas of this road. Please follow flaggers, CSP and Triple staff and dismount accordingly.

Georgetown Railroad is a private business located just before the ride transitions to the Silver Plume to Georgetown Express bike path. Loop Rd. leading to the RR parking lot will have a coned bike path. Stay to the right of the cones and yield to all motor vehicles and the direction of local law enforcement.

LOVELAND PASS

Loveland Pass is closed to vehicular traffic from approximately 10:00 am – 2:00 pm Saturday. Only cyclist and official vehicles will be allowed access to US-6, Loveland Pass Rd. The Colorado State Patrol will be escorting (lights and sirens) HAZMAT vehicles over the pass every half hour. The direction will change every 30 minutes, with Eastbound traffic on the half hour and Westbound traffic on the hour.

VAIL/LIONSHEAD

Please use caution when riding through the Vail roundabouts. Riders must yield to motor vehicle traffic. Make sure you are visible to the vehicles and signal your intent in every roundabout. Ride smart and listen to the certified flaggers there for your assistance. Remember, the flaggers are not law enforcement.

SWAN MOUNTAIN ROAD

Swan Mountain Rd. will be closed to westbound traffic on Saturday between the hours of 11:00 am and 3:00 pm. Please obey all traffic signs, flaggers, authorized personnel, and volunteer marshals.

SUMMIT COUNTY RECREATION PATHS

Summit County Recreation Paths are open to the public. Riders must obey posted speed limits of 25 MPH on the rec paths and posted speed limits on the roadways. Please ride slowly and safely and be aware of all others using the path. Remember to be courteous and always yield the right of way.

COURSE MAP

DOWNLOAD MAP
AID STATIONS

We have six aid stations along course – There will be sweet and salty snacks, water and sports drink. Gluten free options will be available. You can anticipate a station approximately every 20 miles, so plan accordingly. Fill up your bottles, grab a snack and keep moving!

Aid Station Hours:
• Juniper Pass 6:30-10:00am

FINISH LINE

FINISH LINE FESTIVITIES

Hours 12:00-8:00pm
Located in Nottingham Park in Avon. Grab a free beer from Colorado Native and some food from McDevitt Taco Supply and celebrate your accomplishment! The finish catering is included in your registration fee and there will be something for everyone, including vegetarian, and gluten free.

Additional meal tickets may be purchased for $25.

MASSAGES

Massages by The Sports Massage Team will be available for $40/half hour. Go to the tent and book your relaxing post-ride rub-down.

OFFICIAL MERCHANDISE

Official Merchandise: There will be a limited quantity of Triple Bypass cycling and casual gear for sale at the Primal and Team Evergreen tents. Grab a keepsake to show off your amazing feat.

LOST AND FOUND

Lost and Found will be located in the Triple Bypass tent.

SHOWERS

Showers are available at the Recreation Centers located near both finishes. The shower will cost $5, including a towel.

NO DOGS ALLOWED

Please note, while we all love our furry family members dogs and other pets are not allowed in Nottingham Park during events. In addition, State Law prohibits the smoking of marijuana in public places. Team Evergreen requests no smoking of any kind.
ESSENTIAL TACKLE
GEAR UP WITH OTTERBOX COOLERS, TUMBLERS, DRYBOXES AND MORE

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COACH’S TIPS
WHAT TO DO THE WEEK BEFORE THE RIDE

Coach Morgan Murri is the founder of Amaze Your Self endurance coaching and a board member of Team Evergreen Cycling.

1. Embrace this week as the culmination of all you have done to prepare for the Triple Bypass! Rarely, if ever, do I coach an athlete that feels 100% ready for a major event in the last few days before event day. What I (and they) and now you can learn from my experience is that if you have applied yourself the way you should have over the preceding months you are more ready than you think you are. Relax, SMILE, laugh! This is fun after all! You have the health and ability to ride 30, 70 or 120 miles through the incredible Rocky Mountains! This ride is a gift you’ve given yourself. Enjoy it as such.

2. Check the weather and make a list of all the clothing items you want to take on the ride. (And regardless of what the weather may say for event day carry at least a light weight rain jacket. The weather turns quickly and sometimes fiercely in the high country).

3. Prep your bike. Two weeks to one week out get a tune up and then ride your bike to make sure all the tune up adjustments are working correctly. Ensure you have new or newer tires. If you don’t have a flashing rear light invest in one. If you have one, replace the battery. Double check your repair kit, make sure you have an extra tube, patches and either a pump or CO2.

4. If you don’t know how to change a flat learn and practice this. Fixing your own flat is a skill that is easy to learn and all cyclist should possess.

5. Plan and pack your nutrition. (see my article on nutrition for more details.)

6. Make a list of all the things you must have for your ride. Such as, bike, helmet, shoes, gloves, glasses, sunscreen etc.

From a training perspective, you want this last week to allow you to rest from all your training but you don’t want to find yourself feeling sluggish or stale on ride day. To avoid this, reduce the duration and the intensity of your recent weeks but keep riding. Mix the effort up a bit but don’t go real long or real hard.

Of course, hotel reservations, return transportation and a meeting spot/ estimated time at the finish line. Double check your lists and the weather and ride enough to burn of the nervous energy and remember SMILE! This is one heck of a ride!

Coach Morgan
Riding nearly 120 miles with over 10,000’ of elevation gain takes more than just a lot of will power and miles and miles of training. Riding for 6-12 hours on your bike also takes a nutrition plan that include fueling and hydration. Just like training for climbing passes requires practice actually climbing hills (in this case the longer and steeper the better) fueling and hydrating while riding also requires training.

For your body to adapt to processing food while exerting energy you need to train for it. The first step is to find efficient, healthy, easy to process “fuel”. If you haven’t found something that works for you already and, even if you have, I recommend you try Honey Stinger products as they are excellent AND will be the fuel provide along the Triple Bypass ride. An effective way to begin this training and food trial is to start modestly, consuming 100 or so calories per hour on your longer rides. This consumption is best done in 10-15 minute increments, eating less, more often versus consuming a bunch of calories once per hour. As your system adapts to this gradually increase the caloric intake up to 250 calories for larger individuals and between 150-200 calories per hour for medium sized riders.

Equally important is your hydration strategy. I’ll recommend you try Nunn Hydration too as this electrolyte replacement supplement is provided along the Triple Bypass route. Food digestion requires water so it makes sense to hydrate at similar pace as you eat, each 15 minutes or so.

The current science recommends “drinking in response to your thirst.” More simply stated as “when you feel thirsty, drink.” Removing your bottles easily and safely as you ride is a skill every rider should practice and develop during training rides.

Lastly – use the aid stations along the Triple Bypass route to refill your bottles and restock your pockets with food. Running low on either between aid stations can create a deficit that is difficult to overcome on such a long and challenging ride.

Coach Morgan Murri is the founder of Amaze Your Self endurance coaching. From a vast background of ultra-endurance racing and coaching Coach Morgan combines the science of sports physiology with decades of hands on experience to “Help Ordinary People do Extraordinary Things!” Should you need more detailed support for your Triple Bypass training please don’t hesitate to contact me. www.amazeyourself.life morgan@amazeyourself.life
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