



The 2007 Children's Hospital Courage Classic
presented by Balfour Beatty

RIDER MANUAL



Benefiting
The Children's Hospital

Rules of the Road

Safety is No. 1 on the Courage Classic. Please help us keep the Tour one of the safest charity rides in Colorado by following these essential rules:

- 1) If you're on your bike, you must wear your helmet. NO EXCEPTIONS.
- 2) Carry ID and important medical information, such as medical conditions requiring special treatment and drug allergies.
- 3) Ride single file on the right side of the road. This is state law.
- 4) Warn other cyclists when passing on the left by calling, "On your left."
- 5) Pull off the road completely when you stop. Linger on the shoulder, especially at aid stations, causes hazards for riders and drivers.
- 6) Do not cross double-yellow lines.
- 7) Obey all stop signs, traffic signals and warning signs. Signal your turns. Rules of the Colorado Motor Vehicle Code will be enforced.
- 8) For your safety, please do not use headphones while riding. If you must, the Courage Classic requires that you ride with your left earbud out.

Message Center, 303-456-9704

Should someone need to reach you during the Tour, they can leave a message on the Courage Classic Emergency Line: 303-456-9704. We will monitor this message box frequently, beginning at noon on Fri., July 20, and concluding at 4 pm on Mon., July 23.

We will post messages at the Tour Information Center (see next column for locations). We will also read the names of riders with emergency messages over the PA system during dinner each night.

Tour Emergency Number: 970-968-2882

Ask for the Courage Classic Tour Office

Be sure to check for messages at the Tour Information Center, or call the Tour Road Office, 970-968-2882. Ask for the Courage Classic Road Office during the following times:

Friday: Noon to 9 pm; Saturday: 6 am to 9 pm; Sunday: 6 am to 9 pm

Monday: 6 am to 10 am. After 10 am, call 303-456-9704.

Tour Information Center

You'll find the volunteer-staffed Tour Information Center near the Start/Finish Line each day. Get your questions answered, buy Tour merchandise such as shirts, jerseys, visors and water bottles, buy meal tickets and check the Tour message center. Also, this is the place to check for lost luggage. The Tour Information Center will be open from the start of breakfast to the end of dinner each day.

Friday afternoon The EDGE Building

Saturday morning Leadville High School

Saturday evening Burning Stones Plaza, The Village at Copper Mountain

Sunday all day Burning Stones Plaza, The Village at Copper Mountain

Monday morning Burning Stones Plaza, The Village at Copper Mountain

Monday noon Leadville High School

Rider Wristband

Your rider wristband, which you'll receive at Tour check-in, acts as your Tour ID, your meal ticket (if you bought a Meal Pak) and your shower pass (if you're camping). Please wear it for the duration of the Tour.

Tour Photos

Each day, Sundance Images photographers will be taking shots along the Tour course and at the Finish Line. Be sure to stop by the photography tent in Burning Stones Plaza to view and order your pictures. Photos will also be available online in early August. Check your email around then for more information.

Back Country Images will be taking team photos throughout the weekend. Check with your team captain for your team photo time.

ON-COURSE RIDER SERVICES

Sag Wagons

If you (and your bike) need a lift up a hill, to the next aid station or to the daily finish, we will have several “sag wagons” on the course each day to take you there. Sag wagons are large vans with bike racks on the top and a sag wagon sign in the window. To catch a sag wagon, you will need to be on a road (versus a bike path); your route map will help you identify the best places to find one. Pull over to a safe spot and flag down the driver. NOTE: Riders with trailers and tandem bikes may have a longer wait for a sag wagon due to space limitations.

Bicycle Service

Mechanics from bike shops across Colorado are available to help you fix mechanical problems. They will have tubes, tires, brake parts, chains, spokes, derailleurs, freewheels, spare wheels and other parts on hand. Look for them at each morning’s Start Line and at each aid station. Mechanics will provide service and inexpensive parts for free. You’ll be charged for more expensive parts, but you can arrange to pay at the end of the day. Be sure to thank your mechanic for supporting The Children’s Hospital Courage Classic!

Medical Service

If you feel dizzy, sore, excessively tired or have an injury, our medical volunteers are available at all aid stations, along the route as biking medics and at the Finish Line until 6 pm. They’ll have basic analgesics (acetaminophen, ibuprofen), bandages and other first-aid items. They will also be in contact with emergency medical services for more severe injuries.

Aid Stations

Aid stations and water stops are located throughout the day’s route. Check your route map for exact locations. Be sure to stop, get a snack and refill your water bottles with water or sports drink. Each aid station is staffed by volunteers handing out food and drinks, a medical team and a mechanical team. You’ll also find bathrooms here.

OFF-COURSE RIDER SERVICES

Copper Mountain Resort Lodging Check-in

As a courtesy, Copper Mountain is arranging for early rider lodging check-in on Fri., July 20th. You’ll pick up your room key and parking pass. Your room will be ready at 4 pm (and possibly earlier!). In the meantime, you can park, check in to the Tour at The Edge Building and check out the entertainment in Burning Stones Plaza located near the base of the mountains in the Village.

Luggage Delivery Service

If you camp at Leadville High School on Friday night or check in to the Tour on Sat., July 21, at the Leadville High School Start Line, we will deliver your bags and camping gear to Copper Mountain Resort lodging, including the campground at The Edge Building. You must drop your bags at the designated spot by 8:30 am on Saturday, or they may be left behind. Look for the big trucks. We expect that bags will be delivered by 2 pm. Please note: There is no luggage transfer on Sunday. Please be sure to mark your luggage with your name, address, contact phone number and rider number. We’ll also tag your luggage.

On Monday morning, make sure to leave your tagged luggage at the designated spot (you’ll get the location at check-in) by 8:30 am. If it’s not there by 8:30 am, it could be left behind. Then, we’ll deliver your bags to the Leadville High School Finish Line.

If you can’t find your bags, check the Tour Information Center, located near the Start/Finish Line. Or, call the Tour Road Office at 970-968-2882.

Camping

Camping is available at Leadville High School on Friday night, and at Copper Mountain Resort on Saturday and Sunday nights. At Copper Mountain, camping is located at The EDGE Building and around the Chapel lot. RV parking is available in the Alpine lot 1st left upon entering Copper main entrance (no hookups).

Please remember the following rules in the campsite:

- 1) NO PETS
- 2) No littering; pack it in and pack it out please
- 3) No alcoholic beverages
- 4) No campfires
- 5) Keep noise levels low in early morning and the evening
- 6) Be courteous about your space; please leave room for other campers
- 7) Be aware of sprinkler heads when deciding where to pitch your tent.

Showers for Campers

Campers will have access to showers at Leadville on Sat. July 21 from 5:30 to 9:30 am and Mon. July 23 from 10 am to 4:30 pm with additional access to pay showers and pool at Leadville Recreation Center.

Campers will have access to showers at Copper Mountain Resort at The EDGE on Sat. July 21 from 1 to 6 pm, Sun. July 22 from 6 to 9 am and 1 to 6 pm and Mon. July 23 from 6 to 9 am.

Please remember:

- 1) Your Courage Classic camper wristband is your shower ticket
- 2) Bring your own toiletries and towels
- 3) Be courteous with the time you spend so your fellow campers can get a shower too!

Meals

Your registration fee includes on-course lunches and the Finish Line BBQ. If you purchased individual meals or a Meal Pak during registration, your rider wristband or meal tickets (you'll get them at Check-in) are your entry into the Tour Dining Pavilion. You can purchase Meal Paks and meal tickets for riders and non-riders at the Tour Info Center. Meal Paks are \$65/adults and \$50/kids under 16. Meal tickets are \$15 each. On-course lunches are for registered riders only.

Meals are served in the Dining Pavilion, a large white tent located in Copper Mountain Village at the base of the mountain between the American Flyer and American Eagle lifts.

Shuttles

At the top of each hour, the Summit Stage will arrive at the Passage Point bus stop near the Beeler parking lot in Copper Mountain Resort to take you (for FREE) to many areas within Summit County. Service runs between 6 am and 1:30 am.

Massage

For just \$30, you can receive a 30-minute professional sports massage from Movement Oriented Bodywork. A portion of your massage price will be donated to Children's. Massage times book quickly, so be sure to make an appointment. You'll find the therapists in the Mountain Plaza Building on Saturday and Sunday, and at Leadville High School on Monday.

Day-by-Day Schedule

Friday, July 20, Leadville – Copper Mountain

Time	Event	Location	Details
All Day	Copper Mountain Summer Activities	Copper Mountain Resort	Ski lift rides (\$10), plus go-karts, the Quad Power Jump, a climbing wall, the Diggler (an off-road scooter), tennis and basketball, paddle boats and bumper boats, mini-golf, hiking and more. Kids Adventure Pass is FREE and adult day passes (age 13+) are \$29 if you're lodging at Copper. You can also buy tickets for individual activities at the Mountain Adventure Center. Visit http://www.coppercolorado.com for more information.
12 pm to 8:30 pm	Check-in	The EDGE Building	Turn in collected donations, pick up your Tour wrist band, shirt, ordered merchandise, route map and rider packet, and buy Meal Paks and merchandise.
2 pm	Copper Mountain Lodging Early Check-In	Lodging Check-in	Check in at Copper Lodging on the right side of Copper Road before you check in for the Tour. You will receive your key and parking pass so you can park in your accommodation's lot or garage. Your room/condo will be ready by 4 pm. NOTE: If you are camping or staying in an Economy Room, you will check in to lodging at Tour check-in.
3 to 9 pm	Copper Mountain Bike Bash	Burning Stones Plaza	Extreme BMX riders and mountain bikers will entertain you. Look for street performers throughout the Village at Copper.
5 to 9 pm	Campground opens	Leadville High School	The campground at Leadville High School will be open for arrivals from 5 to 9 pm, and volunteer guides will be on hand to assist you. Please do not arrive before 5 pm or after 9 pm. NOTE: Leadville High School locker rooms and showers will NOT be open on Friday. They'll be open Saturday from 5:30 to 9:30 am. *No camping at Copper on Friday night.
8:45 pm	FREE Movie: Charlie and the Chocolate Factory	Burning Stones Plaza	Join us as we watch this family favorite on the outdoor big screen.
10 pm	Restaurants stop serving	Copper Mountain Village	Copper Mountain Village restaurants will serve food until 10 pm during this year's Tour.

Saturday, July 21, Leadville-Vail-Copper Mountain

Time	Event	Location	Details
All Day	Copper Mountain Activities	Copper Mountain	See Friday's description for details.
6:30 to 9 am	Breakfast	Leadville High School	Breakfast is \$15, or is included in your Meal Pak. You can purchase meal tickets for riders and non-riders at the Tour Information Center, located near the Start/Finish Line.
7 to 8:30 am	Check-in	Leadville High School	Turn in collected donations, pick up your Tour wrist band, T-shirt, ordered merchandise, daily route map and rider packet, and buy Meal Paks, meal tickets and merchandise.
7:00 to 9:30 am	Day 1 Start Times	Leadville High School	Please plan to start Day 1's route between 7:00 and 9:30 am to make sure you're riding when Tour on-course services, such as course marshals, State Patrol escorts, aid stations, sag wagons, and mechanical and medical volunteers, are open and working. If you start later than 9:30 am and are a slower rider, you may not finish the course by the time services close.
8:30 am	Luggage Transfer Cutoff	Leadville High School	You must have your luggage (tagged with your name, address and rider number please) at the designated drop-off spot no later than 8:30 am if you'd like it delivered to your lodging in Copper Mountain. Bags will be delivered by 2 pm. If you're camping at Leadville on Friday night, be sure to have your camp broken down and repacked for delivery to the Copper Mountain campgrounds as well. Visit the Tour Information Center near the Copper Mountain Start/Finish Line if your bags do not arrive, or call 970-968-2882.
9:45 am to 2:45 pm	Rider Lunch	On Course	Lunch is included in your registration fee. The lunch aid station is open for riders only. Consult your route map, which you receive at Tour check-in, for more information.
11 am to 9 pm	Massage Therapy	Mountain Plaza Building	For just \$30, you will receive a 30-minute sports massage by professional massage therapists from Movement Oriented Bodywork. A portion of the fee will be donated to Children's.
Noon	Campgrounds Open	The EDGE Building	Camping at Copper Mountain is around The Edge Building or near the Chapel Lot. Bags will be delivered by 2 pm. See shower times for Copper and Leadville on page 4.
4 to 6:30 pm	Taste of Courage Check-in	The EDGE Building	Turn in collected donations, pick up your Tour wrist band, T-shirt, ordered merchandise, daily route map and rider packet, and buy Meal Paks, meal tickets and merchandise.
5 to 7:30 pm	Dinner	Dining Pavilion, between American Flyer & American Eagle Lifts	Dinner is \$15, or is included in your Meal Pak, meal tickets. Purchase meal tickets for riders and non-riders at the Tour Information Center, located near the Start/Finish Line.
5 to 8:30 pm	Entertainment	Burning Stones Plaza	Join us for FREE entertainment: Jakarta, presented by Copper Mountain Resort and the Village
7:00 pm 7:30 pm	Team Courage Presentation <i>Free live concert – Jakarta</i>	Burning Stones Plaza	Join us for a short, inspirational program about Team Courage, a group of riders who have overcome great odds to ride in the Courage Classic.
10 pm	Restaurants stop serving	Copper Mountain Village	Copper Mountain Village restaurants will serve food until 10 pm during this year's Tour.

Sunday, July 22, 2007, Copper Mountain-Keystone-Lake Dillon-Breckenridge-Copper Mountain

WELCOME TASTE OF COURAGE RIDERS

Time	Event	Location	Details
All Day	Copper Mountain Activities	Copper Mountain	See Friday's description for details.
6:30 to 9:30 am	Breakfast	Dining Pavilion, between American Flyer & American Eagle lifts	Breakfast is \$15, or is included in your Meal Pak. You can purchase meal tickets for riders and non-riders at the Tour Information Center, located near the Start/Finish Line.
7 to 10 am	Taste of Courage Registration/Check-in	The Edge Building lobby	Turn in collected donations, pick up your Tour wrist band, shirt, ordered merchandise, route map and rider packet, and buy meal tickets and merchandise.
7 to 10:30 am	Day 2 Start Times	Copper Mountain Village	Please plan to start Day 2's route between 7 and 10:30 am to make sure you're riding when Tour on-course services, such as course marshals, State Patrol escorts, aid stations, sag wagons, and mechanical and medical volunteers, are open and working. If you start later than 10:30 am and are a slower rider, you may not finish the course by the time services close. NOTE: Century riders must start by 8 am.
11 am to 9 pm	Massage Therapy	Mountain Plaza Building	For just \$30, you will receive a 30-minute sports massage by professional massage therapists from Movement Oriented Bodywork. A portion of the fee will be donated to Children's. Sign up ahead of time as slots fill up fast.
9:30 am to 3:30 pm	Rider Lunch	On Course	Lunch is included in your registration fee. The lunch aid station is open for riders only. Consult your route map, which you receive at Tour check-in, for more information.
5 to 7:30 pm	Dinner	Dining Pavilion, between American Flyer & American Eagle lifts	Dinner is \$15, or is included in your Meal Pak. You can purchase meal tickets for riders and non-riders at the Tour Information Center, located near the Start/Finish Line.
6 to 9 pm	Entertainment	Burning Stones Plaza	Join us for FREE entertainment: Soul School, presented by Point B Solutions Group.
10 pm	Restaurants stop serving	Copper Mountain Village	Copper Mountain Village restaurants will serve food until 10 pm during this year's Tour.

Monday, July 23, Copper Mountain-Fremont Pass-Leadville

Time	Event	Location	Details
6:30 to 9 am	Breakfast	Dining Pavilion, between American Flyer & American Eagle lifts	Breakfast is \$15, or is included in your Meal Pak. You can purchase meal tickets for riders and non-riders at the Tour Information Center, located near the Start/Finish Line.
7 to 10 am	Day 3 Start Times	Copper Mountain Village	Please plan to start Day 3's route between 7 and 10 am to make sure you're riding when Tour on-course services, such as course marshals, State Patrol escorts, aid stations, sag wagons, and mechanical and medical volunteers, are open and working. If you start later than 10 am and are a slower rider, you may not finish the course by the time services close.
8:30 am	Luggage Transfer Cutoff	Copper Mountain locations	You must have your luggage (tagged with your name, address and rider number please) at the designated drop-off spot no later than 8:30 am if you'd like it delivered to the Finish Line at Leadville High School. Bags will be delivered by 2 pm. Visit the Tour Information Center near the Finish Line if your bags do not arrive, or call 970-968-2882.
10 am to 4:30 pm	BBQ	Finish Line	The Finish Line BBQ is included in Rider registration fee. You can purchase a meal ticket for non-riders for \$15 at the Tour Information Center, located near the Finish Line.
10 am to 4:30 pm	Showers	Leadville High School	Showers are available for all riders at Leadville High School. Bring your own towel and toiletries.
11 am to 4 pm	Massage Therapy	Leadville High School	For just \$30, you will receive a 30-minute sports massage by professional massage therapists from Movement Oriented Bodywork. A portion of the fee will be donated to Children's. Sign up ahead of time as slots fill up fast.
11 am to 3 pm	Music	Leadville High School	Join us for FREE entertainment: The Atomic, presented by Point B Solutions Group.
1:30 pm	Team Courage Welcome Celebration	Finish Line	Help us cheer Team Courage across the Finish Line. Listen for the announcement about their impending arrival for an exact time.

Thank you to our generous partners of The 2007 Children's Hospital Courage Classic

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