



Rider Newsletter

June 2009

GET READY TO PEDAL!

- by Amber Travsky, Tour Director

I hope you're all as excited about the start of the 2009 Tour de Wyoming as I am. This ride marks our 13th year!

We continue to iron out some of the details and get all our ducks in a row for the kick off on July 11.

This newsletter is being posted on the Tour Web site rather than being mailed to each participant. In an effort to save money and also reduce the paper trail, we will not be sending out any major mailing. Instead, download this document if you feel the need to read a hard copy.

Currently our rider numbers are still higher than originally planned. While the numbers will likely come down, our entourage will still be slightly above our planned 340 riders. When our planning staff and volunteers are added to the mix, we turn into what, by Wyoming standards, amounts to a small town moving through the state.

There are two primary concerns with the slightly higher numbers. First and foremost is luggage. The issue of overweight and overly bulky luggage is a continual problem. We have only one luggage truck and when it is full, it is full.

Amber Travsky, Tour Director

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EMERGENCY NUMBER:

Use the cell phone number above as the emergency number during the tour. Friends and family may leave a message but ONLY in the case of emergencies – not social.

The second concern is due to the high number of riders who indicate they plan to camp outside each night. While we have school grounds to meet these needs, it could get crowded if everyone brings a “condo” tent that could house a small family of four. I’ve seen these tents and they take up considerable space, plus they easily ensure the owner goes over the weight limit with their luggage. Please, if at all possible, keep your tent small – and light.

Luggage Limits Are Strictly Enforced!!

Each rider is allowed up to two bags to be carried by the Tour luggage truck. If you bring two bags, neither bag can exceed 40 pounds. However, to encourage even lighter travel, if you can get it all into just one bag, the limit is 50 pounds.

At registration, each rider will be provided a luggage tag. Those with two bags will be given two tags of a specific color, and those with one bag will be provided one tag of a different color. These **MUST** be attached to

your luggage if you expect us to carry it. We will not haul bags without our tags.

Loading on our first morning in Laramie will take a bit longer than usual because all suspect bags – any that might be overweight – will be weighed by the luggage crew. Pre-pack your bag at home and weigh it to be sure you can meet these luggage limits. A scale will be available the night before we start so you can weigh your gear and then leave behind any extra stuff that puts you over the weight limit.

Cancellation Policy

Riders who cancel prior to June 28 will be given a full refund, minus a \$25 cancellation fee.

No refunds after that date.

Please, if you need to cancel, do so as early as possible to allow us to bring in riders off the waiting list.

Starting Off in Laramie on July 11 and 12

Meet July 11 at the Laramie Junior High School

Address: 1355 N 22nd (corner of 22nd and Reynolds St.).
CAMPING IS AVAILABLE THE NIGHT OF JULY 11.

Maps are on the Web site and one is at the end of this newsletter.

To get there:

From Interstate 80 (west side of town) – Take the Curtis Street exit. From the exit continue east into town and over the viaduct (over the railroad tracks). At first light after RR tracks, continue straight (going east). Curtis Street turns into Reynolds. Continue until you reach the Jr. High (when Reynolds crosses 22nd Street).

Also from Interstate 80 (east side of town): Take the Grand Ave. exit on into town. You'll be on Grand Ave and just follow it into town. At the 30th Street intersection, turn north (right). Continue through next light and down the hill to the stop sign. Turn west (left) onto Reynolds Street. Continue until you come to the school.

Coming up from the South on U.S. 287: As you come into town, you're on 3rd Street. Go all the way through town until the final light on Curtis Street. Turn east (right) on Curtis and it curves to become Reynolds. Continue until you come to the Jr. High.

Coming from the North on Highway 30: As you come into town at the first light (on Curtis Street), turn left and go east on Curtis, which becomes Reynolds. Continue to the school.

Registration at the Junior High School starts at 4:30 p.m. on July 11. The building will be open for our use starting at 4 p.m. Registration stops at 7 p.m. for the rider and volunteer mandatory meeting and safety demo.

Long-term parking: You can leave your vehicle at the junior high school for the duration of the ride. The school district accepts no liability but the local police department has been contacted concerning the vehicles and they'll wander by from time to time.

**ALL CYCLISTS AND VOLUNTEERS:
MANDATORY
INFORMATIONAL MEETING and SAFETY DEMO
SATURDAY, JULY 11 AT 7:00 PM
At the Laramie Junior High School
*Special Treat for everyone attending!***

Sending your bike via UPS

To send your bike via UPS, contact shop personnel first.



**Fine Edge
1660-E North 4th
Laramie, WY 82072
307-745-4499
info@FineEdge.net**

Getting from the Laramie Airport to the Jr. High

If you're flying into Laramie and need a ride from the airport to the Junior High (or a motel) and back again at the end of the Tour - let us know and we'll pick you up. Contact: Shaun Shafer via e-mail at plutocarver@msn.com.

Note: We help with rides ONLY from the Laramie airport.

Mechanical Support Details

Mitch and Denise Bock, the owners of Laramie's Fine Edge bike and ski shop, will provide mechanical support again this year.

All of the Tour de Wyoming mechanics are cyclists. The only way we can lure them into coming on the Tour is to guarantee they get to ride each day. They will be on the road on their bikes.

BE PREPARED TO REPAIR YOUR OWN FLATS out on the road. Other repairs are done after riding for the day but take your bike to them early. Don't take it to them at 9 p.m. and expect them to do it at the last minute. Also, remember each rider must cover the cost of his or her own bike repairs

Massage Therapists Join Us Again

MASSAGE THERAPISTS, Kathy Muthig and Dawn Lund, both of Laramie will be joining us again this year. Both are graduates of the Healing Arts Institute in Fort Collins. Massage costs are \$1/minute for up to 30 minute massages. Look for Kathy and Dawn under the white canopy. Cash payment is preferred but checks and credit cards will be accepted. Schedule an appointment at registration to ensure you get the care you need.

Medical Assistance during the Tour

As with past tours, we'll have 8 to 10 bike medics carrying small and very basic emergency packs on their bicycles in case they need to assist riders on the road. These kits have supplies to address only the simplest roadside emergencies.

In the majority of towns we enter, there are small rural clinics at the least, and often small hospitals for more urgent care. The bike medics are cyclists with some form

of medical background that have volunteered to carry these kits and are willing to supply rudimentary services to the other riders. They deserve your appreciation if you meet them on the road.

Our event is insured, of course, and if anyone has a claim for medical services to submit, see John Hartman, the head medic, for a claim form. The form must be filled out the day of your accident.

Non-Riders Who Are Not Volunteers Must Register

Non-riders who are not volunteers but who stay with us at our overnight facilities will be charged a \$65 event fee. We do not stay at the schools for free so everyone joining us must help pay the costs.

This fee will allow them camping and shower access as well as a continental breakfast each morning. This does not apply to volunteers; they are allowed FREE entry. Non-riders staying at motels and who will not join us at breakfast do not need to register or pay the fee.

To pre-register, download the Non-rider Registration Form from the Tour Web site and mail to the Tour de Wyoming with the entry fee. Registration will also be possible at check-in on July 11, but we prefer to get a headcount of the numbers who will be at our overnight sites. Pre-registration is preferred.

All riders, volunteers, and non-riders using our overnight facilities will be given a special wristband to identify them as being a part of the tour. Only those with the wristband are allowed to camp at our facilities, enjoy rest stop goodies and facilities, and join in the breakfasts.

Recommended Gear List

Reminder: The baggage limit is 40 pounds each for two bags or 50 pounds for one bag
(Compiled by experienced tour riders – adapt as you see fit)

Toiletries Shampoo Conditioner Toothbrush/floss Towel and wash cloth Razor and/or makeup Chamois butter Moisturizer Deodorant Lotion (face & body) Hairdryer Brush Tweezers Nail-file/clipper Chamois butter	Bike Clothes 2 Bike shorts 1-2 Sleeveless jerseys 2-3 Jerseys 2-3 Sports bras 4 Socks Bike shoes Helmet Sunglasses Gloves 1 long sleeve jersey 1 long pants Rain gear Jacket	Street Clothes 1 shorts 1 jeans 2 t-shirts 1 bra 5 underwear 1 socks Sandals/tennis shoes Swimsuit Sweatshirt/jacket Cap Camping Gear Tent (for outdoor camping) Pad/sleeping bag	Bike Gear Tools & bike bag Camel back/water bottles Spare tube CO2 cartridges/pump Lube & rag Helmet Rearview mirror Miscellaneous Cortisone cream Cell phone and charger Pen Snacks as desired Plastic bags Lip balm Ibuprofen/other pain killers
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