



[www.laramieenduro.org](http://www.laramieenduro.org)

## General Information 2011 - (Updated 7/20/11)

### **Racer and Volunteer Packet Pickup:**

Registration packets can **only** be picked up at the **Laramie Union Pacific Railroad Depot**, First and Kearney Streets, Laramie, WY 82070, on Friday (7/29) and between 3 PM and 8 PM. **USAC "Mountain Biking Competitive Event - 2011 USA Cycling Release Form AND One Day License Application" must be signed at the registration packet pickup. We will have this ready for you to sign. If you are an annual member, you must show your USAC license when picking up your packet.**

**Packets must be picked up at Laramie Union Pacific Railroad Depot by 8 PM Friday July 29<sup>th</sup> - No Race Day Registration or Packet Pick-up!**

You can check the racer participation list and status of registrants at <http://enduro.trihydro.com/>

**VOLUNTEERS:** Registration forms for volunteers will be available at packet pick-up and at the volunteer registration table on race day. Volunteers will also be required to sign a USAC volunteer waiver. If others are traveling with you please ask them to consider volunteering for the race, it would be greatly appreciated, schwag, prizes, food, and t-shirts available. Please contact Peggy McCrackin to volunteer at 307-399-1802 or [peggymccrackin\(at\)gmail.com](mailto:peggymccrackin(at)gmail.com).

### **Race Site Directions:**

*From Laramie:* travel approximately 9.5 miles east (of the Grand Ave. Exit) on I-80. Take the Summit Rest Area Exit (Exit 323), turn left (towards the rest area) and continue straight on USFS Road 705 (Blair-Wallis Road) past the Summit Rest Area. Follow the Blair-Wallis Road for approximately 0.5 miles and look for the parking signs (race parking will be on the left along Road 705F- keep cars off the race course - Road 705, between Road 705F and the Hidden Valley Picnic Area; park along Road 705 past the Hidden Valley entrance at your own risk/follow all USFS rules); proceed another 0.3 miles down Road 705 to the Hidden Valley Picnic Area (it will be at the bottom of the hill on the right side of the road) - follow signs to the parking & start areas. **No race day parking in the Hidden Valley Picnic Area or along USFS Road 705 between the start/finish and Summit Parking Area.**

*From Cheyenne:* travel approximately 39 miles west on I-80 take the Summit Rest Area Exit (Exit 323) turn right (towards the rest area) and continue straight on USFS Road 705 (Blair-Wallis Road) past the

Summit Rest Area. Follow the Blair-Wallis Road for approximately 0.5 miles and look for the parking signs (race parking will be on the left along Road 705F- keep cars off the race course - Road 705 between Road 705F and the Hidden Valley Picnic Area; parking along Road 705 past the Hidden Valley entrance at your own risk/follow all USFS rules); proceed another 0.3 miles down Road 705 to the Hidden Valley Picnic Area (it will be at the bottom of the hill on the right side of the road) - follow signs to the parking & start areas. **No race day parking in the Hidden Valley Picnic Area or along USFS Road 705 between the start/finish and Summit Parking Area.**

### **Racer Parking:**

As noted above, **Race Day Parking** will be approximately 0.3 miles above the Hidden Valley Picnic Area/starting location. **No parking along the race course on USFS Road 705/Blair-Wallis Road (between Summit Trailhead and Hidden Valley Picnic Area).** Parking at the Hidden Valley Picnic Area will be controlled by attendants and is **only for Laramie Enduro/race officials and volunteers.** Parking will be available along Road 705F. There is no cost for parking along Road 705F. Parking along Road 705 below the Hidden Valley entrance will be at your own risk and must follow all USFS rules. Please comply with all Enduro Parking Signs (your cooperation will improve our ability to respond to emergencies, race related situations, and improve rider safety).

### **Start/Staging Area:**

The staging/start/finish and post-race activities will be at the Hidden Valley Picnic Area (follow the signs), 0.3 miles down Road 705 from the Road 705F Parking Area. All racers must check in the day of the race before 6:50 AM (check-in will be at/near the staging area). Racers should be at the race starting area no later than 6:45 AM.

**Bag/Gear Drop: Bags must be well marked with your name and racer number.** A bag drop to transport your gear is available for transportation to the **third aid station ONLY.** The primary bag drop will be at the **Summit (Rest Area)-Volunteer Registration location** at the top of Road 705. You can hand off bags at the Summit Volunteer Registration location.

We may also have a drop bag location at the main event tent at the start/finish area, look for signs. All drop bags will be brought back to the start/finish area “main event tent” after Aid Station #3 breaks down and brings their supplies back to the base location.

### **Race Specific Information:**

The Laramie Enduro is sanctioned by USAC, and as such, governed by USAC ultra-marathon rules and requirements.

License Information: All racers must purchase a one-day license USAC license or be an annual USAC license holder to compete. Riders may purchase an annual license at packet pick-up on Friday 7/29 at the Laramie Union Pacific Railroad Depot.

### **LE Racing Categories (*Proposed Minimum*):**

The LE Race Director and Staff reserves the rights to combine as many age classes and revise age classes

at their discretion prior to the race, if a minimum of 10 riders per age class are not participating.

\* **Open (Pro through Category 2)**

**Two Age Classes per gender (minimum);** Age classes will be decided somewhat on the median age of participants, especially for females, for which there have been historically fewer participants. It is possible, if enough riders are available, the following ages classes will be used:

0-29 years of age  
30-39 years of age  
40-49 years of age; and  
50 and over

\* **Sport (Category 2)**

**Five Age Classes per gender:**

29 year of age & under;  
30-39 year of age;  
40-49 years of age;  
50-59+ years of age, and  
60+ years of age.

\* **Single Speed (No Age Classes per gender)**

\* **Clydesdale (Men > 200 lbs; No Age Classes)**

\* **Athena (Women > 165 lbs; No Age Classes)**

\* **Tandem (No Age Classes or Gender Distinctions)**

**LE Prizes/Awards: Cash prizes will be paid to the top three racers, by gender/age class, for those competing in the Open Category.** All other racers will be competing for merchandise prizes (to be determined by the race sponsors). These awards will be presented by age class for each gender. **If there are less than 10 riders in an age class the Laramie Enduro reserves the right to combine age classes accordingly.**

**Refund Information:**

**No Refund Policy for 2011.**

**Course Rules and Information:**

***COWS, COWS, COWS: Cattle will be present and will impact various trail conditions. There will be fresh reminders of bovine dietary preferences distributed throughout the course, please be aware of their presence and learn how to tread lightly. We have no control over this race condition.***

1. Let me make this perfectly clear, **the Laramie Enduro is a mountain bike race. Mountain bike racing is inherently DANGEROUS!** This mountain bike race is long, 72.5 miles long. The course is rough, rutted, contains wash outs, holes, areas of deep sand, loose gravel, and loose rocks and logs, branches, water crossings, logs, mud, barbed-wire fences, gates, roots; steep descents; steep climbs, etc. We've had considerable rain and runoff during 2011 and **erosion is serious** on many of the roads. Sections of the course may contain any or all of these obstacles and/or conditions. There will be motorized traffic and vehicles, livestock, wildlife, pedestrians, and equestrians on the roads and trails, as well as other trail and road users. **We are not permitted by the USFS to maintain trails, so TRAIL HAZARDS EXIST - PAY ATTENTION AT ALL TIMES!** If you've done the race before you already know this is true. All Riders, if you've read this section and still don't "get it" please consider volunteering instead (you get the same cool schwag as the racers with fewer risks).
2. A maximum time limit of 10 hours (i.e., 5:10 PM for Second Wave start riders) will be enforced for all racers not past the Headquarters Trailhead. The **Cut-Off Time Limits for each Aid Station/Check Point are presented below and will be strictly enforced in 2011. If you do not make a cut-off time, you must cease racing/riding and will be given a ride back to the start/finish area. This is not optional, you must stop riding. Cut-Off Time Limits** represent the time when riders must leave each of the six course locations listed below.

Aid Station #1 (16.7 miles)	2 Hours & 30 Minutes (9:40 AM)
Aid Station #2 (30.5 miles)	4 Hours & 20 Minutes (11:30 AM)
Aid Station #3 (40.75 miles)	6 Hours (1:10 PM)
Aid Station #4 (52.5 miles)	8 Hours (3:10 PM)
Aid Station #5 (62.1 miles)	9 Hours & 30 Minutes (4:40 PM)
Bottom of Headquarters Trail (64.1 miles)	10 Hours (5:10 PM)

If a rider arrives at any designated course location after the Cut-Off/Time Limit, they will be notified that they have not made the cut-off time limit for that location and will be designated as **DID-NOT-FINISH (DNF)**. **DNF riders must remove their number from their bikes prior to entering the finish area. DNF riders will be offered a ride back to the start/finish area but as noted above, you cannot continue to ride the course.** Cut-Off Time Limits are implemented for rider and volunteer safety. If you do not finish or were classified as **DNF** you must check in with a race marshal at the finish area or one of the aid stations. **All riders must be accounted for (\*\*If you do not contact a race marshal you jeopardize your participation in future events).**

3. The **course will be marked** with universal mountain bike signs (**yellow** with **black symbols**), **red or orange arrows, orange survey flagging, orange pin flags, red diamond shaped signs with white arrows**, signs marked LE, and other bicycle or bike race signs. Each racer is responsible for reviewing all available race information, including the most recent course description and course map.
4. **RACE MARSHALS** have ultimate jurisdiction along the course. For everyone's safety please adhere to their decisions. Some marshals will be located at unspecified check points to identify riders. If you miss being identified at a check point you could be **disqualified**. If you ride off the race course, you must reenter the course where you left it to remain eligible to "officially" finish.
5. Many people have given up their weekend to help with this race. Without these fantastic people this race would not happen. **Please be courteous to all volunteers!**

6. Stay on marked and primary trails, if possible. Please do not cut junctions or course corners. Cutting a corner may lead to **DISQUALIFICATION**. The continued use of these trails and roads depends on your cooperation. It's a long race. **Cheating won't be tolerated, you will automatically be disqualified and asked not to return EVER (Enuff said).**
7. It is permissible to assist other riders with parts, tools, or on-trail help. If a rider is seriously hurt please stop and assist the rider or get medical help ASAP. Unless you are in the lead pack it's not going to matter where you place if you spend an extra 5-10 minutes helping out a fellow rider. Wyoming is a "Good Samaritan" law state, so you cannot be held liable when helping an injured person, if you use common sense. Please treat other riders how you wish to be treated. Please notify a race marshal (leave your name and number) if you stop to aid another rider. We will compensate racers who lend medical assistance to injured riders and will adjust your "official" time accordingly.
8. **PLEASE, DO NOT LITTER. Littering is unacceptable! Please just don't do it. Do not provide the USFS with an excuse to shut us down.** Trail trash continues to be an issue and could affect future racing-trail use by bicyclists. Try to leave trash at aid stations (within 150 feet of the stations), preferably in the trash bags and receptacles, or stow it in your pockets, shorts, or packs. **Don't throw your trash along the trails or roads. Post-race trash clean-up requires numerous hours of volunteer time.** Our volunteers will be busy enough, so please don't make them pick up your trash.
9. There will be **FIVE MAJOR AID/REST STATIONS** along the route. All aid stations will have food, drinks, medical personnel, and radio support.

**AID STATION ONE** at the junction of Road 714 & Road 702 (**16.7 miles**).

**AID STATION TWO** at the junction Hooch Trail & Road 707/Headquarters Road (**30.5 miles**).

**AID STATION THREE** at the junction Road 710 & top of Sagebrush Revenge Trail (**40.75 miles**).

**AID STATION FOUR** at the junction Road 707AA & Road 707A (**52.5 miles**).

**AID STATION FIVE** at the junction of Road 707AF (terminal end) & Regolith Trail (**62.1 miles**).

**FINISH** at the Hidden Valley Picnic Area (**72.5 miles**).

See the course description and map for more specific trail information. Distance values are estimated using odometer distances, so odometer inaccuracies should be expected.

**Aid Station Fare:** *All stations* - Hammer bars, Hammer gels, E-caps, water, Heed, Gatorade, Perpetuem, fruit. *Most stations* will also have - potatoes, Clif bars, more fruit, bagels, peanut butter, almond butter, jelly or honey, cookies, granola bars, fizzing E-caps, fruit bars, pretzels, and more... Cups available only for Heed at aid stations, all other drinks must be dispensed into your own bottles or backpacks.

10. Obey all USFS, Albany County, and State of Wyoming rules and laws pertaining to traffic/road use, fire, firearms, and fireworks. **Leave your firearms and fireworks at home.** This area of Wyoming remains has been severely impacted by the Pine Bark Beetle and is just coming out of an extended drought (**\*Fire Restrictions will likely be put in place throughout the Medicine Bow National Forest, as they have been in effect for the past several years\***). The Happy Jack Area is a busy recreational user area within the Medicine Bow National Forest, so be aware of and be courteous to other forest users.

11. Dogs must be on a leash within the Hidden Valley Picnic Area (i.e., the start/finish area). We have had numerous close calls between riders and dogs in the past few years and this will not be tolerated. Once the race is over dogs can be unleashed, but must remain under voice control for the safety of the dog and people participating in the post-race festivities.
12. **Helmets - All racers MUST wear helmets at ALL times BEFORE the race, THROUGHOUT the race and AFTER the race if you are on a bike.** If you don't want to wear your helmet, walk your bike! This is a USAC requirement that must be adhered to along the course and at the start/finish/post-race locations!

### **Post-Race Festivities:**

All post-race festivities (food, prizes, awards, music, etc.) will take place at the Hidden Valley Picnic Area (start/finish). Professional massage therapists will be working for tips to sooth those aching muscles (compliments of **Dynamic Endeavors & friends**). The **First Aid-Medical Headquarters** will be located at the start/finish (look for the signs on the big trailer).

The Awards Ceremony for top Open Category finishers will begin at 3 PM.

We'll have several excellent Laramie and Cheyenne establishments providing food for volunteers and racers (food will be supplied by **Altitude Chophouse and Brewery; Grand Avenue, Corona Village-Andale Rapido, Coal Creek Coffee, Jimmy Johns, Prairie Rose Café, Mort's Bagels, and others**). Complimentary Beer will be provided by **New Belgium Brewery** and will be served by our volunteers. Other drinks compliments of **Pepsi**. Additional dinner tickets may be purchased for family, friends, and other non-racers/volunteers for \$8 each (available at packet pick up).

Music will be provided compliments of **Rock-on-Wheels**. Live post-race concert will again be preformed by **Meniskus** (Boulder-Denver area; <http://meniskusband.com>). Bring lawn or camp chairs, as seating (other than the ground and picnic tables) is very limited. Bring your own beverage cups/mugs, plates and utensils if possible (please no plastic or paper to help us reduce trash). We will have utensils and paper plates, but we are trying to reduce our impacts on the environment and will be moving to more sustainable utensils and plates in the future.

### **Camping:**

Camping at the **HIDDEN VALLEY GROUP/PICNIC AREA** has already been assigned, if you were not contacted then you must make other arrangements. No camper vehicles (cars, etc.) will be permitted to leave/enter the start/finish area after 11:00 AM and before the race is complete, 5:30 PM on Saturday-Race Day.

Contact the Medicine Bow National Forest Laramie Ranger District at 307-745-2317 or <http://www.fs.fed.us/r2/mbr> for camping information.

Motel space in Laramie is limited during the summer, especially near Cheyenne Frontier Days (Refer to the motel information at the bottom of this page or the Tourist Board link on the website).

**Lunch & Dinner in Laramie:** (All Laramie and Cheyenne Restaurants are Smoke-Free – Refer to the Sponsor Page for more information)

**Altitude Chophouse and Brewery** (320 South 2<sup>nd</sup> St) serves some of the tastiest food and drink in Laramie. Their menu provides a wide range of selections exceeding your typical brewpub fare expectations. They also serve their award winning brews and have a terrific wine and spirits selection to compliment your meal.

**Sweet Melissa's Vegetarian Café** (213 South 1<sup>st</sup> St) serves the finest vegetarian fare in Wyoming, period. Beer, wine, and a full bar are available.

**Grand Avenue** (301 E. Grand Ave) has been happily serving the best gourmet pizza, pastas, and calzones in the region for over 22 years. Beer and wine are available.

**Corona Village-Andale Rapido** (2900 E Grand Ave.) authentic Mexican food prepared fresh and served fast. If you're looking for a south of the border taste look no further than Corona Village. Simply delicious!

**Coal Creek Coffee** (110 E. Grand Avenue) is Wyoming's premier coffee roaster serving fine coffee and other drinks, as well as excellent breakfast and lunch fare, fine brew on tap, and live entertainment.

Prairie Rose Café (410 S. Second St) breakfast served all day, excellent omelets, American fare.

### **Coffee and Morning Munchies in Laramie:**

**Coal Creek Coffee** (Wyoming's premiere coffee roasting establishment) is a major supporter of the Laramie Enduro and will be open early on Saturday morning so you can get your java fix before heading up the hill to the race venue.

### **Food in Cheyenne:**

Be sure to visit **Mort's Bagels** (the original!) on your way through Cheyenne (307-637-5400; located at 1815 Carey Ave, downtown Cheyenne). Stop by for breakfast, lunch, or just a morning snack.

### **Bike Shops**

**The Pedal House**, is one of our magnanimous Event Sponsor. They will be available for your biking and repair needs (307-742-5533; <http://www.pedalhouse.com>; located at 207 1<sup>st</sup> Street). This shop is situated in historic downtown Laramie and been a loyal supporter since year 1.

In Cheyenne, **Rock-on-Wheels** has been supporting and sponsoring the Laramie Enduro since the beginning. Visit George at 1908 Rollins, call him at 307-631-0011, or check out their webpage at <http://www.rockonwheels.com>. Also in Cheyenne, visit with Patrick, Fritz, and the crew at the **Bicycle Station** (1-800-877-4268/307-634-4268, <http://www.bicyclestation.com>, located at 2634 Dell Range Blvd.) for your bicycling needs and information.

Additional bike shops supporting our race are Full Service Bicycles in Lakewood, CO (offering a pre-

race tune-up special/discount for all Enduro racers) and Breakaway Cycles, Loveland, CO.

## **Other Downtown Shops and Sponsors**

**The Herb House, The Jeweler, Pinebeach, Inc., Atmosphere Mountainworks, Undercover Spas, and Cross Country Connection** all generously support the Laramie Enduro.

## **Sponsors**

**Black Sheep Bikes**

**Niner Bikes**

**Elk Mountain Herbs and The Herb House**

**The Jeweler - David Perry**

**WyoTech (Wyoming Technical Institute)**

**Hammer Nutrition**

**Pepsi-Cola & Seven-Up**

**Pinebeach, Inc.**

**Action Photographic**

**The Pedal House**

**Rock-on-Wheels (DJ Services & Bike Shop)**

**Full Service Bicycles (Lakewood, CO)**

**Breakaway Cycles (Loveland, CO)**

**IDES - The Plastics Web™, Laramie**

**Firehole Technologies, Inc.**

**TriHydro, Corp.**

**The Medicine Bow Mountain Bike Patrol**

**University Amateur Radio Club**

**Altitude Chophouse and Brewery**

**Sweet Melissa's Vegetarian Café**

**Grand Avenue**

**Coal Creek Coffee**

**Mort's Bagels**

**Corona Village-Andale Rapido**

**Jimmy Johns**

**New Belgium Brewery**

**Ultimate Support**

**Dynamic Endeavors-Kathy Muthig**

**Laramie Spinal Care-Jeremy Jones**

**Cycle Wyoming**

**Atmosphere Mountainworks**

**Cross Country Connection**

**Honeywagon**

**Please refer to our website Sponsor Page to learn more about many of these businesses which have committed to the highest levels of sponsorship for the Laramie Enduro. Please patronize these terrific local and regional businesses all of whom are committed to making your participation in the Laramie Enduro a memorable occasion by helping us through sponsorship. Thank them for their sponsorship of the Laramie Enduro and make sure to mention the Laramie Enduro in connection**

with your visit to their business, it helps all of us.

**Accommodations:**

Visit the **Albany County Tourism Board** website ([www.laramie-tourism.org](http://www.laramie-tourism.org)) or give them a call at 1-800-445-5303 for questions or information concerning Laramie.

We do not have a sponsor motel this year. If you have not made motel reservations yet, you are not likely to get a room at this late date, due to Cheyenne Frontier Days impact on the Laramie motels.

<b><u>Hotel Name</u></b>	<b><u>Phone</u></b>	<b><u>Address</u></b>
Albany Lodge	(307) 745-5782	1148 State Highway 11
AmericInn	(307) 745-0777	4712 E Grand Ave
Best Value Inn	(307) 721-8860	523 S Adams St
Comfort Inn	(307) 721-8856	3420 E Grand Ave
Days Inn	(307) 745-5678	1368 N McCue St
Econo Lodge	(307) 745-8900	1370 N McCue St
First Inn Gold	(307) 742-3721	421 Boswell Dr
Gas Lite Motel	(307) 742-6616	960 N 3rd St
Hampton Inn	(307) 742-0125	3715 E Grand Ave
Hilton Garden Inn	(307) 745-5500	2229 E Grand Ave
Holiday Inn	(307) 721-9000	30 <sup>th</sup> & Grand Ave
Howard Johnson	(307) 742-8371	1555 Snowy Range Rd
Motel 6	(307) 742-2307	621 Plaza Ln
Motel 8	(307) 745-4856	501 Boswell Dr
<b>Quality Inn</b>	<b>(307) 742-6665</b>	<b>1655 Centennial Dr</b>
Ramada Inn Center Hotel	(307) 742-6611	2313 Soldier Springs Rd
Ranger Motel	(307) 742-6677	453 N 3rd St
Sunset Inn	(307) 742-3741	1104 S 3rd St
Super 8 Motel	(307) 745-8901	1987 Banner Rd
Thunderbird Lodge	(307) 745-4871	1369 N 3rd St
Travel Inn Motel	(307) 745-4853	262 N 3rd St
Travelodge	(307) 742-6671	165 N 3rd St

Sincerely,

Kathy Muthig, [dynamicendeavors@hotmail.com](mailto:dynamicendeavors@hotmail.com)

and

Rich Vincent, [richvincent@bresnan.net](mailto:richvincent@bresnan.net)