

# ARE YOU COLO-READY?



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### BICYCLE (ROAD & GRAVEL) EDITION

With a little preparation, a spirit of adventure, and a soft spot for nature and the past, you'll be ready to explore Colorado like a local.



## LEAVE NO TRACE – CARE FOR COLORADO PRINCIPLES

### 01 KNOW BEFORE YOU GO

- This land really is your land. Our state and federal agencies manage 42 percent of Colorado's majestic landscape, and our cities and counties maintain even more. Learn about and respect the spaces we all own, share and sing about.
- Stay back from the pack. Find your way to less-visited and off-peak destinations to minimize down time and maximize your connection with special places.
- Bring along reusable water bottles or hot drink tumblers to limit waste and stay hydrated in our dry climate.



### 02 STICK TO TRAILS

- With 39,000 marked trails and 13,000 designated campsites, there's no need to venture beyond. By sticking to these areas and camping at least 200 feet from lakes, rivers and streams, you're helping natural areas stay natural.
- Even though shortcuts can be tempting, please don't take them. A few extra strides on the path will protect plants and the homes of the true locals.



### 03 LEAVE IT AS YOU FIND IT

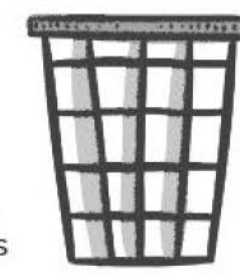
- Leave plants, rocks and historical items as you find them so others experience the joy of discovery.
- Any of our 750 different species of wildflowers will live forever in a photo. Snap away, but only with a camera.
- Colorado is beautiful all on its own. Building structures or campsites on public land isn't cool. Keep it pristine for everyone to enjoy.
- Treat all living things with respect. Carving or hacking plants and trees may kill or disfigure them.



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### 04 TRASH THE TRASH

- Pack it in, pack it out. Or pick it up to leave a place better than you found it. Put litter, even crumbs, peels and cores in your nearest waste/recycling bin.
- Wash yourself, your dog or whatever else needs cleaning at least 200 feet from waterways, and use biodegradable soap. A bubble bath is no treat for fish.



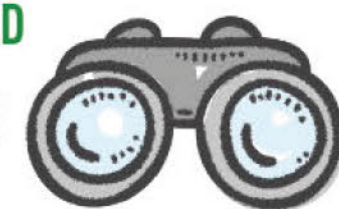
### 05 BE CAREFUL WITH FIRE

- Colorado's low humidity has perks, but can create dry, dangerous conditions. Keep campfires small and manageable to avoid sparking wildfires.
- When putting out a fire, water it until you can handle the embers. Never let a fire burn unattended.
- Use care when smoking in Colorado's dry climate. Always put cigarettes out completely, and don't leave your butts behind.
- Always check for local fire restrictions.



### 06 KEEP WILDLIFE WILD

- Colorado is home to tens of thousands of furry, scaly and feathered creatures. To keep them – and you – safe, don't approach them.
- It is not adorable to feed wild animals. You could alter natural behaviors, exposing them to predators or even euthanasia.
- Keep your furry buddies leashed when enjoying dog-friendly trails, and pack out their waste. All the way to a trashcan.



### 07 SHARE OUR TRAILS & PARKS

- Chances are you're not out in nature to people watch, so try out the lesser-known paths and sites.
- Silence your cell phone before stepping into nature, and speak softly without using the speaker function.
- Be considerate when passing others on the trails and yield to the uphill hiker and biker – they need the momentum.
- Listen to nature. Keep your voice and music soft so all can enjoy the peace of Colorado.



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## COLORADO PACKING LIST

The weather in Colorado can change in a heart-beat — particularly at higher altitudes. Check the weather forecast before you roll and be prepared for anything.

### COLORADO BIKING MUST-HAVES:

#### 01



**HELMET.** While the wind in your hair is great, we recommend protecting your noggin' with a helmet just in case. Don't sacrifice safety for style.

#### 02



**SUNGLASSES.** Not only will they protect your eyes from the sun and glare, but also from dirt, debris from the road, bugs and rain.

#### 03



**JERSEY & SHORTS.** A lightweight and wicking top with pockets for storing food and gear, plus padded shorts that will prevent chafing and soreness.

#### 04



**GLOVES.** Gloves keep you more comfortable during a ride by dampening the vibration of the road. Bonus: they are great for wiping sweat out of your eyes!

#### 05



**BIKE REPAIR KIT & PACK.** A multi-tool, extra tubes, hand pump, tire levers and tube patch fit great in a saddlebag or backpack.

#### 06



**BIKE LIGHTS.** White and red lights on the front and back of your bike ensure you can be seen day and night and are required by law after dark.

#### 07



**WATER BOTTLE OR HYDRATION SYSTEM.** Start drinking water as soon you get here. And don't stop, especially when exercising in our dry, elevated climate.

#### 08



**SUNSCREEN.** We have more than 300 days of sunshine a year. It's great, but don't underestimate the strength of our glorious rays at altitude!

### BE PREPARED FOR LONG RIDES & COLORADO'S EVER-CHANGING WEATHER:

#### 01



**SNACKS.** Your body is working hard when you ride a bike — especially at altitude. Make sure to bring some extra "fuel" with you when you're out for a long ride.

#### 02



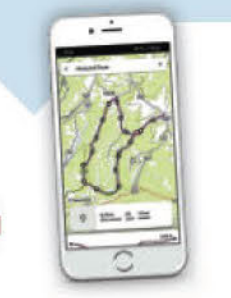
**NECK BUFF.** Small, stuffer and versatile. These are great to wrap around your neck, ears and even your head when the temperature drops.

#### 03



**CYCLING VEST & RAIN JACKET.** For when the weather turns or the long descent down the mountains gets chilly. These should fit snugly and be "stufferable."

#### 04



**PHONE.** Keep it charged, look up your route in advance and be sure you're sticking to the plan. If you get lost, be sure to call an emergency contact.

## ACT LIKE A LOCAL

OK, NOW YOU'RE DRESSED LIKE A LOCAL. HERE'S WHAT YOU NEED TO PASS FOR ONE.



### LEARN THE LINGO!

#### BONK

Tiring out physically or emotionally, generally due to lack of nutrition or hydration.

#### CADENCE

Measurement of pedaling speed in revolutions per minute (rpm).

#### CENTURY

A 100-mile ride. A metric century (100 km) is just a hair over 62 miles.

#### CLEATS

Metal or plastic attachments to the bottom of cycling shoes that secure your feet to specific pedals.

#### CLIMB

A hill or mountain tackled on your bike. It generally gets you panting and sweating, but is highly rewarding at the top.

#### DESCENT

A well-deserved break after a hard climb.

#### CORNERING

The act of steering your bike around a curve. Lean into it!

#### DRAFTING

When you benefit from reduced wind resistance by riding very closely behind another cyclist. Make sure that rider knows you're there.

#### KIT

A cycling outfit that includes shorts or bibs; a jersey; and even socks, shoes and a cap. Bonus points for color coordination!

#### PELOTON

A large group of riders traveling together to conserve energy and speed.

#### QOM/KOM

Queen of the Mountain or King of the Mountain. Bring your own crown.

#### SADDLE

Your bike seat.

### RULES OF THE ROAD

If you're biking in Colorado, it's important to know your rights and responsibilities.

#### BIKES ARE VEHICLES

People riding bikes on the road have the same rights and responsibilities as motor vehicle drivers. Follow all applicable signage.

#### 3 FEET TO PASS

Drivers are required to give bicyclists a minimum of 3 feet to pass on the left. They are allowed to cross a double yellow line to do so if the coast is clear from oncoming traffic.

#### RIDE TO THE RIGHT

But only as far to the right as you feel safe. You are not expected to ride through debris or bad pavement if you don't feel safe doing so. You may legally take the lane at any time.

#### RIDING TWO AHEAD

Bicyclists may ride two abreast when not impeding the flow of traffic, at which point they should ride single file. This can make bicyclists more visible and encourage drivers to slow down and pass more safely.

#### HAND SIGNALS

In Colorado, you may signal a right turn by pointing your right arm straight out or by elevating your left arm at a right angle. You may signal a left turn by pointing your left arm straight out. To signal stopping, drop your left arm at a right angle.

#### LIGHTS & REFLECTORS

Colorado law requires a white light and rear reflector visible from 500 feet between sunset and sunrise.

#### ALTITUDE

Denver is the Mile High City, and many popular destinations are even higher altitude. Staying hydrated and adjusting for a day or two before embarking on a strenuous ride is the best way to make sure being high up doesn't get you down.

#### RESPECT THE LAND

Be sure to pack out at least as much as you pack in. If nature does call on a ride, find a private spot by the side of the road instead of venturing off the beaten path.

#### YIELD APPROPRIATELY

Do your utmost to let others know you're coming — a friendly greeting or bell ring are good methods.

#### PLAN AHEAD

Know your equipment, your ability and the area in which you are riding — and prepare accordingly.

#### CELL COVERAGE

Colorado's mountain roads often don't have much in the way of cell service. Know where you're going to the extent that you are able.

#### BE ANIMAL-AWARE

We are in the Rocky Mountains, home to many bears, elk, mountain lions and other wildlife. Be sure to keep an eye out on your rides to prevent any unwanted interactions with animals.