



2021 Co2uT Riders Manual
A "Must Read"
Distance Specific Supplement
75 Mile Stegosaurus Course

This supplement contains information, rules and details specific to your course.
You must also read the general riders manual for full event details.

Welcome to the Stegosaurus Course. She's fun, she's sassy and yes, a bit of a sting!. You read it right. What once was 70 miles is now 75. Bonus miles, an additional aid station a bigger climb. What's not to love? The reality is twofold. 1-The BLM (Bureau of Land Management) required us to make a course change and there just isn't a way to make it 70 miles. 2- It really is a better course and you do get a bonus aid station! It is after all about you challenging yourself, redefining your possible and coming out amazed. Plan well, ride smart and believe in yourself. If you do, you'll experience a deep sense of accomplishment and satisfaction knowing that you tamed the sassiest dino in the desert!

Things you need to know

Start time: 7:00 a.m. Downtown Fruita – Peach Street and Aspen.
Official end of the 75 mile race: 8:00 p.m. Downtown Fruita. Peach Street and Aspen.

Start Location.

All distances Begin in the parking lot on the north side of Civic Center Pavilion Park. 325. E. Aspen Avenue.

Start Time.

7:00 a.m. Stegosaurus – 75 Miles

Event Parking.

Parking for all distances is Fruita Monument High School. 1102 Wildcat Avenue, Fruita, CO 1.5 miles from the start. Be sure to allow enough time to ride safely to the start and obey all road rules and laws.

Map from Parking lot to start. <https://goo.gl/maps/6fgwAugL93oAv9Be8>

Packet Pickup.

All Packets must be picked up Friday. **There will be NO race day pick up.**

Packet pick location. Rocky Mounts World Headquarters. 1675 Las Colonias Drive. Grand Junction. 12 p.m. – 10 p.m. Friday, May 21st. Family, crew, spectators will not be allowed at packet pick up this year. Please come solo or with other participants.

Neutral Start and Finish

You will roll out of and back into Fruita on paved city streets. To keep you safe and give you time to find your groove the first and last 7 miles is "Neutral." NO RACING. Just after hitting the gravel on 18 road you will see a timing station. Racing and

timing officially begins and ends here for the race. Inbound, you will ride “neutral” after this timing station—racing is over, and you can spin into town easy and reflect on your accomplishment.

Important course notes.

Mile 21 you will approach State Highway 139. You **MUST** stop before entering the highway. It is just ½ mile to aid station #1 and back on gravel. Please, use extra caution on this road. The median is wide. Use it to stay far right.

When you are coming inbound. You repeat this same ½ mile in the opposite direction. Again, use caution and stay far right.

Aid station #2 mile 39. Until this aid station your course is the same as the 100, 125 and 185. At this aid station you continue STRAIGHT (south) on the asphalt road. All other routes turn right and stay on gravel. Pay attention and keep on the asphalt.

CAUTION – 1 mile after aid #2 you are required to make a very sharp left turn, across the opposite lane of traffic to get back on the gravel. You must obey the traffic laws and please, pay attention ahead and behind you before turning left.

Lights

You are required to have a flashing red taillight on and operational for the entire event.

Strava Segment(s)

Prizes and awards will be given on several Strava segments along the course. Some for QOM and KOM. Some for special positioning (like rider Strava position 100 as an example). Keep an eye on course for Sponsor flags and signs for segments.

Best Selfie on course.

Take a minute to pull over and shoot a selfie with you and the scenery, a sign, a cow, a friend - expressing the true essence of Co2uT. Post it to Instagram and or Facebook tagged with @desertgravel and @rockymounts and the winning shot will earn you super sweet Rocky Mounts bike rack! (If you don't do social media just text it to 303-475-6053)

Two way traffic.

It is possible that the leaders of the 100 mile course could be coming back at you before you arrive at aid #2. This would likely happen from miles 25-39. Don't let this lead you to believe you are headed the wrong way. Always follow the rules of the road and stay right, for your safety and the safety of others on course.

At mile 49 you “merge” back onto the longer courses inbound route. Don't be alarmed if you see riders coming in from your left as you join the inbound route for all other courses. You are all together from here to the finish.

Summing up.

Stego is one heck of a course. You get amazing terrain, incredible views a wide variety of roads and experiences all packed into a course that won't keep you out there all day. This doesn't mean it will be easy. We predict almost every rider, of every course, will finish and say “That was harder than I thought it would be.” For us (and we believe ultimately for you too) that is the point. Proving to yourself that you can overcome. When it gets hard, you feel discourage, those questions and doubts creep into your mind try this. Smile. Relax those shoulders. Wiggle those fingers. Then... Look up and look around you. Take in how truly uniquely beautiful it is all around. Now – remind yourself of this.... You are on your bike, riding through the desert. You are healthy, you are strong. When we were all “locked down” you dreamed of this moment. Now live it, embrace it and finish it. We're waiting for you. We believe in you. Pedal.