



2021 Co2uT Riders' Manual update 5.9.21

A "Must Read"

All riders must also read your distance specific supplement

Welcome

Co2uT was created in the spirit of adventure, self-discovery, competition, and challenge, with yourself as much or more than, with fellow riders. Doing so across an incredibly, rugged, beautiful and unique desert region of western Colorado and eastern Utah. We call this region home and welcome all of you joining us on this adventure through our backyard.

With distances of 30, 75, 100, 125 and 185 miles, each named after an actual regional dinosaur, we've done what we can to provide a challenging option for a very wide range of riders. Regardless of the "Monster" you've selected we anticipate almost all of you will find this challenge more difficult than you expected. For us, and we hope for you, ultimately the challenge, and overcoming it, is the point. For this reason, we ask you to take your preparation seriously. Your physical fitness, your mental preparedness, your equipment, your nutrition plan, your navigation systems, and your clothing choices should all be dialed in and ready for race day.

On our end we are working hard to keep you safe, making it fun and fine-tuning each course to reward you with a beautiful adventure. Below is information that applies to the entire event. Additionally, you will find and are required to read the information and rules for your specific distance. Please keep in mind we reserve the right to change the rules, courses, routes and guidelines or cancel the event at any time before or during the event to keep you safe.

The tough stuff

Weather.

Weather is almost always great here. Late May especially is generally ideal for riding. That said, when it isn't great it can be bad. Rain is a blessing here and always needed. A little rain makes riding incredible, no dust, firm sand, great traction. A lot of rain and it is game over. Period. If it rains significantly the roads are absolutely impassable.

COVID-19.

As fast as we write this the situation is changing. Where we will be on May 22nd is impossible to predict. As we do with all of the events, we will take a cautious approach and look out for not just your health but our community's health. Therefore, the rules are: Masks on in any venue/area associated with the event. This includes packet pick-up, staging and start area. If you stop at an aid station, masks on while filling bottles or getting food, then move away or ride on to eat/drink.

Safety stuff

Traffic. ALL DISTANCES, ALL ROUTES take place on 100% open, public roads! Road rules and laws must be followed. Zero tolerance from us in this situation. You will be disqualified if we find you running stop signs, crossing yellow lines, etc. Once in the desert it is remote, and you may feel all alone. Trust us, there could be a big Mac truck hauling ass right at you coming over that hill or around that corner. STAY ON THE RIGHT ALWAYS!

Lights.

ALL riders are required to have an operational and turned on rear red blinking light for the entire event. 185 mile riders must have a front light on prior to leaving any aid station after 8pm (see your specific distance guide for details).

Navigation/Signage.

ALL riders are required to carry and use GPS navigation for this event. Either a GPS-enabled computer or a smart phone. Our maps are created in Ride With GPS and this app works very well on your phone if you choose not to use a computer. Additionally, all riders are required to download and print Cue sheet, turn by turn directions for your course and carry these with you as back-up navigation. Final and official GPS files and downloadable map links will be sent to you on or around May 1st. We will place limited signage on courses. This signage will be BACK UP to your navigation. We cannot guarantee that course markings will remain in place, as they could be interfered with by cows or desert dwellers.

Maps.

Official course maps and cue sheets will be sent and posted the first week of May. Please, do not use previously posted maps as changes could be made. We reserve the right to change, adjust, amend any course due to weather, safety or environmental concerns at any point before or during the event.

Course Separations.

All courses follow the same route for the first 15 miles. The 70, 100, 125 and 185 follow the same course all the way to aid #2, mile 39. The 100, 125 and 185 stay together until mile 45. The 125 and 185 continue together until aid #3 (for them) at mile 62. Make a note of these divergent points for your course and don't miss the turn or take the wrong turn!

All courses have the potential to experience some sections of 2-way bike traffic once headed "inbound" on your course. This is another reason to "stay right." Don't be overly concerned if you see cyclists come back at you (these would always be the leaders of one distance coming back on the slower riders farther back in the field or shorter distance).

The good stuff**Neutral Start and Finish.**

To help with the traffic concerns, to keep you safe, to get you warmed up and ready to race all distances have a 7-mile neutral start and 7 mile-neutral finish.

This is a gravel race/event. The timing starts when you hit gravel. The timing stops when the gravel stops. NO RACING OUT OF OR INTO TOWN. Enjoy the warmup going out and reflect on all you achieved as you roll in.

Aid stations.

Gravel is about adventure and self-reliance. In the spirit of this many gravel events don't provide aid stations. That's cool and we ride many of those events. But we want to add this support so you can focus less on what to carry and more on the views. Due to COVID restrictions aid stations this year will NOT allow crew or spectators. Additionally, nutrition will be solid, but focused and limited in options. (No fruit, trays of chips, etc.) All food items will be wrapped. Primary race nutrition and hydration electrolyte provided by Skratch Labs. Water bottle refilling will be "self-serve" at all aid stations. Be patient, and masks up.

Awards.

All distances will have age-group awards (they are cool!) for women and men in each 10 yr age bracket, such as 20-29, 30-39, etc. All finishers will receive a course-specific finisher award (they are cool too). We anticipate presenting finisher medals and age group awards as you cross the final finishing line (not the timing finish line) when you roll into Fruita. At this time, no awards ceremony is planned.

Swag.

All riders will receive a very cool pair of socks and a kick-ass t-shirt and sponsors will be providing additional goodies throughout the event.

Prizes.

Great sponsors = great fun. Knights Composite is giving away 2 sets of amazing all carbon wheels. Rocky Mounts is giving away 10 bike racks. Salsa is giving away 1,000 super cool Co2uT gaiters. Muc-Off is giving a lot of lube, cleaning supplies and cool accessories and more prizes on the way.

Strava Segments.

Several Strava segments exist along the courses. Sponsors will be giving awards for these segments, some for the obvious QOM and KOM and others for special positions (like rider 100). Keep your eyes peeled for sponsor flags or signs highlighting these segments. For you Allosaurus riders we have something super special for you!

Selfie Contest.

Aid station #2, Mile 40 is hosted by our dear friends and fellow Grand Junction residents Rocky Mounts. Take a minute to thank them and get a selfie with their name in the background, tag it with @rockymounts and @desertgravel (or text it to us if you aren't the social media type 303-475-6053). Best Selfie of the day earns a kick-ass Rocky Mounts bike rack!

Beer.

Last but not least, and very hard to imagine even two weeks ago, but we think we will actually have beer for you at the finish!

Start Location.

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

Start Times.

6:00 a.m. Allosaurus – 185 Miles
6:30 a.m. UtahRaptor – 125 Miles
7:00 a.m. Stegosaurus – 70 Miles
8:00 a.m. Triceratops – 100 Miles
8:30 a.m. Fruitadens – 30 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. CHANGED 5.4.2021!!!

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

Packet pick location Fruita Community Center. 324 N. Coulson St. Fruita Co. spectators will not be allowed at packet pick up this year. Please come solo or with other participants.

General Rules

1. The event organizers, promoters, staff, volunteers and sponsors including but not limited to anyone having anything to do with this event are not responsible for your safety or well-being, please commit to safe riding. *You are responsible for you.* If you have an emergency call 911 from your cell phone.
2. This event is a non-stop, bicycling marathon event that will require participants to travel on paved, gravel and dirt public roads. Participants must carry all necessary food, water and equipment to make it from aid station to aid station.
3. Each participant **MUST** have at least one support crew person present at the event who is equipped to pick them up should he or she need to abandon the event. Multiple riders may share the same support crew. We will not come and rescue any riders—the support crew is responsible for their rider(s).
4. Each participant is solely responsible for himself/herself including any accidents in which he or she may be involved. No responsibility can be accepted for participants becoming lost, stranded or injured.

5. Participants must obey all city, county, state & federal laws, and "Rules of the Road." Participants must watch and yield to traffic as the roads used on this course are open to public traffic. Commit to safe riding and make wise decisions.
6. Participants must use the center line rule. On pavement there is a center line, stay to the right of the center line. On gravel there is no center line, stay to the right as if there were a center line. Do not ride in the opposite lane; this is especially dangerous on hills or around corners where you cannot be seen by oncoming traffic.
7. Participants must wear an ANSI approved helmet while operating their bicycle. Failure to do so will result in disqualification.
8. All participants must have a red taillight for the duration of the event. Riders will not be allowed to start the event without proper lighting mounted and ready for use. 100, 125 and 185 mile riders should consider front lights. No rider will be allowed on course past 8pm without rear AND front lights. Doing so will be grounds for disqualification.
9. A "Cut-Off" time may be established for reaching each aid station (see your specific distance riders' guide for details). Any participant not reaching a checkpoint before the established cut-off time will not be allowed to continue past that point. Cut-off times may be adjusted, as deemed necessary by event staff, to account for unforeseen circumstances such as inclement weather, poor course conditions, etc. Cut-off times are established for the purpose of rider's safety and will be strictly enforced. Any rider participating in the 100, 125 or 185 mile distance may drop down to a shorter distance at the following aid stations or course divergent locations. In doing so you will be acknowledged as an official finisher but not allowed to receive an age group award for the new distance:
 - Aid #2 mile 41 – 100, 125 or 185 milers may drop down to the 75-mile course
 - Course Mile 45 – 100 milers diverge from 125 and 185 milers. 125 or 185 milers may drop down to 100 mile course here. In doing so you MUST notify an official at the next aid station that you have dropped down to the 100 mile course
 - Aid #3 Mile 62 – 125 milers diverge from 185 milers. Last chance for 185 milers to drop down to the 125 mile course
 - ANY 185-miler arriving to aid #3 (mile 62) after 6 hours and 1minute from official start time will be required to move to the 125 mile course
10. Race numbers must be placed on the front of the bicycle and must be clearly visible at ALL times.
11. The primary route must be followed at all times. No shortcuts or alternate routes are permitted. Failure to abide this, including accidental route deviation, will result in disqualification. (The course may be altered by the promoters in the event of inclement weather, or other unforeseeable circumstance. Should this occur, participants will be sufficiently advised at a check point).
12. Participants must remain within the primary boundaries of the roadway at all times. If the roadway is bordered by fences or ditches, riders must stay between them. If the roadway is in open range, stay on the roadway. Leaving the roadway or climbing over a fence is considered short cutting the course and will result in disqualification.
13. If you exit the course for food, supplies, or any other reason, you must re-enter the course at the exact same spot at which you left. If you get lost, you must back track to the point you left the course. Failure to do so will result in disqualification.
14. Participants may not advance along the route by any means other than by bicycle or foot. All other means of advancement, including towing, tethering or hitching rides, are prohibited and will result in disqualification.
15. Drafting on another event participant is allowed. Drafting in any other manner is prohibited including but not limited to drafting a non-participant cyclist or a motorized vehicle and will result in disqualification.
16. Participants must start and complete the entire course on the same bicycle frame. All other components and equipment may be repaired or replaced during the event. Participants in the Single-Speed class shall have only one gearing combination installed on their bike and must complete the entire event using the same gearing combination. Failure to use the same frame will result in disqualification.
17. All bicycles, including fixed gear bicycles, must be equipped with front & rear fully functioning hand operated brakes. Coaster style brakes do not satisfy this requirement. Failure to start race with front & rear working hand brakes will result in disqualification.
18. Participants may help other participants with mechanical support, navigational assistance and sharing food or water. Participants may not assist other participants with their forward propulsion.
19. Participants may purchase food, bike parts and other supplies at stores and businesses along the route. Always be aware of the distance to the next checkpoint and be prepared to travel that distance with the supplies you have.
20. Participants may receive assistance from any registered competitor in the race. Participants may receive assistance from any unplanned source that would be available to any other racer in the competition (for example stores, bike shops, faucets on the side of a building). Participants may receive assistance from the general public, defined as unplanned assistance from people who have no connection or affiliation with the race or a competitor in the race and that is freely & equally offered to

all participants from a stationary, non-movable location (for example, assistance in the form of mechanical help, food, water, bike parts would all be acceptable). Participants **MAY NOT** receive outside assistance from spectators, team managers or friends who are viewing the event, from event staff or from support persons on the course who have planned to assist teams. Any violation will result in disqualification.

21. Participants may, in the case of an emergency, mechanical failure or other unforeseeable problem, be assisted by motorized transport. By accepting such motorized transport, you will be automatically disqualified from the event.

22. There may be one or several checkpoints along the route where all participants must check in. Failure to check in will result in disqualification

23. Riders should call out obstacles, dogs, cracks in bridges, cars up or back to fellow riders.

24. Demonstrate good sportsmanship at all times. Foul, abusive language or unsportsmanlike conduct will result in immediate disqualification.

25. Respect the environment. Littering or any similar behavior will result in immediate disqualification.

26. No alcohol or illegal drugs shall be used by participants during the event. Athletes who are currently serving bans for doping will not be allowed to compete in this event.

27. Challenges to event results may only come from a participant registered in the category for which the challenge is being made.

28. Support Crews are NOT allowed on course or at aid stations this year, due to COVID restrictions, except to pick up a rider who is abandoning the event. If a support crew vehicle is spotted on course for any other reason, their rider will be disqualified from the event. Providing support to a rider while on course violates the self-sufficiency spirit of this event and is unfair to other participants.

REQUIRED GEAR

1. Face Mast/Co2uT gaiter
2. Fully charged cell phone
3. Red taillight flashing during duration of race, front lights for ANY rider on course beyond 8pm
4. Cycling computer or GPS with route downloaded printed cue sheets and maps of route
5. Minimum of two bottles of water or sports drink
6. ANSI approved biking helmet
7. Race numbers must be placed on the front of the bicycle and clearly visible at ALL times
8. Positive attitude

SUGGESTED GEAR

1. Cash / credit card (for food, water, supplies)
2. Food (bars, gels, etc.)
3. Chamois Butt'r
4. Sunscreen
5. Chapstick
6. Eye protection
7. Maps

9. Handlebar map case
10. Cue sheet holder
11. Spare inner tubes
12. Bike pump or CO₂
13. Chain repair tool
14. Thermal top
15. Arm warmers
16. Waterproof / windproof jacket
17. GPS to communicate your exact location to support or rescue personnel in the event of an emergency

Last but not least. Whatever monster you've decided to face – This is going to be tough. That is the point – We want you to test yourself, to suffer and ultimately to overcome. When you find yourself in the pit of despair try this.... Look up. Take a big breath of this fresh clean air. Relax those shoulders and then... Look around you, all around. Take it in. The blue in the big open sky. The purple hues tucked in the layers of the hills. The incredible colors one upon the other. The cliffs, stacked like books as far as you can see. Once that all settles in remind yourself of this. You are healthy, you are alive, you are on your bike riding through the desert, and you are strong enough to get it done. Repeat often and enjoy the journey.