

100 Mile Riders Manual

This supplement contains information, rules, and details specific to your course.

You must also read the general riders manual for full event details.

All 100 course riders are required carry a WAG bag (poop bag) as Utah doesn't not allow burying of human waste. You do have an aid station with porta potties at mile 40 and mile 60.

Welcome to the **Triceratops Course**. Don't let the gentle nature of her lull you into a false sense of serenity. This course is more about the horns than the gentleness of this giant. To make it you will have to ride smart, push hard and plan well. If you do, you'll experience a deep sense of accomplishment and satisfaction knowing that you tamed the ICONIC desert century.

Start Time

7:30 am Downtown Fruita – Peach Street and Aspen.

Start Location

All distances Begin in the parking lot on the north side of

[Civic Pavilion Park 325 East Aspen Avenue](#)

Cut-off Time

The official end of the 100-mile race: **8:00 pm**. We reserve the right to pull riders off course who we determine will not finish by this time.

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.](#)

Packet Pickup 2:30 pm–8:30 pm Friday, May 3

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

Packet pick location: [Civic Pavillion Park 325 East Aspen Avenue](#)

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ROUTE

Neutral Start

First 5 miles is a Sheriff's lead escort. Nice and easy.

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 5 miles are "Neutral." NO RACING. Remember! All roads are open and will be busy with cars the closer you get to town! You will finish right at the park.

Course Notes

Aid Stations. Mile 23, Mile 39, Mile 62, Mile 77

At mile 22 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.

Mile 39. Aid #2 To access the aid station you need to turn right, off course. Take aid and go back onto the main road and continue SOUTH.

IF YOU CHOOSE NOT TO PULL IN FOR AID IT'S A LONG 22 MILES TO THE NEXT AID STATION.

In 1/3 of a mile the 100/125 course separate from the 75 mile course. You will turn **HARD RIGHT** (West off the paved road onto gravel).

Dropping Down

If you get to aid #2 @ mile 39 and feel like 61 more hard miles isn't in the cards for you today you can "drop-down" to the 75 route here. Doing so, you will officially finish as a 75-miler. You will not be eligible for age group awards and **you MUST notify an official at this aid station before continuing, providing your bib number and name.**

Mile 50. Course Split! Right at the Colorado/Utah border the 100 and 125 leave each other! Pay attention! This is where the 100 and the 125 depart. 100 milers turn right, 125 continue straight.

From here you get to ride straight up the UT/CO border! Enjoy a few miles before swinging right back into Colorado.

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Aid #3 (second time through this aid station) You will once again head south on the paved road. This time continuing straight for 1.2 miles

CAUTION - 1.2 MILES PAST AID #2 YOU WILL TURN HARD LEFT, ACROSS ONCOMING TRAFFIC TO GET BACK ON GRAVEL!

Drop bags

You will be allowed one drop bag that will be delivered to aid station #2. This is mile 39 outbound and mile 61 inbound.

You must **CLEARLY LABEL** the drop bag with your name and race number. Mark it well – you will be required to find your drop back on your own. The better you label it the more organized we'll have it.

It needs to be a reasonable size (such as a race-tote, musette bag) or 6 pack cooler. Drop bags need to be dropped off prior to your start on Saturday morning at the start/finish area (this zone will be marked). Drop bags may not be retrievable after the race until Sunday morning at the finish area. Any items/bags not claimed by end of the day on Sunday, April 24th will be donated.

Lastly and Most Importantly

100 miles and over 5,000' of gain is a big day. Add in wind, sand, more tough little climbs a lot of twists and turns, Triceratops will truly challenge you. If she starts to get you down... Doubt begins to creep in, your smile slips into a gritty, dusty frown and the dino breeding grounds have bruised more than your ego. Remember this. You are doing something that many cannot. You are brave. You are healthy. Just a few months ago you told yourself "I would give anything to just go to the desert and ride my bike." That day is here and so are you. Look up, take it in. Truly – LOOK around you... and remind yourself how blessed you really are. Then, breathe deep, smile, and pedal on. We are waiting for you at the finish. WE believe in you. Now dig! Smile – Push. Repeat.

Each rider is asked to pack their own wag bag. **Utah does not permit any burying of waste on the course.** You must pack it out, please.