Get inspired for your own epic journey on the C/T

Agenda Overview:

- Introductions
- Brief summary of our adventure
- Bill Manning – Exec. Dir. of CT Foundation
- Technical details of planning your own trip
  - Scheduling options
  - Bikes/Bike Packs
  - Gear/Tools/Food/Packing
  - Training
  - Resources
Introduction

The beginning of an epic journey

• Not a typical bus ride
• Calling all riders
• This is do-able – even for working-stiffs
• 2 summer plan
• Support for the adventure
Colorado Trail Basics

• Denver to Durango
• 535 miles; 90,000 ft climbing
• 28 segments
• Bike detours around wilderness areas
• High altitude riding
• Not your typical front range ride
• Don’t underestimate the trail
CT Foundation Presentation

Please welcome Mr. Bill Manning – Executive Director
Scheduling Options

What kind of an experience do you want?

• Beautiful ride through remote country
• Physically challenging

A few options:

• “Through ride” – 3 weeks of riding or all summer!
• Segmented riding – various schedules
• Colorado Trail Race! (CTR)
Our Schedule - East to West

Completed the CT over 2 summers (21 days)

Tried to preserve ‘the route’ by doing it sequentially (mostly)

Summer 1:

  2-3 day trips over weekends through summer
  Supported by our spouses
  Family camping trips!
  We learned in a ‘lower risk’ setting

Summer 2:

  Three day + one week, straight through to finish
Bikes & Packs

Recommendations

• Quality bike – maintained and ready for the abuse of the CT
• Disc brakes
• Standard components
• Tubeless tire setup
• Clipless pedals
• Basic bike computer
Bikes & Packs

Bikepacking Specific Bags
- Handlebar bag
- Bikepacking seat bag
- Gas tank
- Frame bag

Hydration Backpack
- 22L to 24L capacity
- 100 oz hydration bladder
- Platypus 100Oz for dry camp
Pack Suppliers

Backpacks
- CamoLbak®
- Osprey®

Bike Packs
- Revelate Designs
- Bedrock Bags

www.RevelateDesigns.com  Anchorage, AK
www.BedrockBags.com  Durango, CO
When it Goes South

( Be prepared because it will)
Gear - Food - Navigation

Overall Goals: Stay dry, hydrated, warm, oriented, fueled

Weight:
- Counting every ounce
- Weight on bike is critical
- Determine what’s right for you
Clothes

- Flexible / multipurpose
- Insulation layer / hat / gloves
- Rain layer
- Biking clothes
- Camp clothes (optional)
Food

• Looking for food with the maximum amount of calories per weight unit
• Calorically dense foods
  – Peanut and almond butter
  – Nuts
  – Carb pro
  – Bars & Gels
  – Freeze dried meals
Food

Biking Fuel (Lunch):
- Carb pro
- Honey stinger waffles
- Cliff bar shot blocks
- Hammer gel (huckleberry is the best)
- PBJs

Breakfast and Dinner:
- Mountain House & Backpacker’s Pantry Meals
- Beef stroganoff
- Meat lasagna
- Chicken Vindaloo
- Chana Masala
Water Supply

• Found water sources according to the Colorado Trail Guidebook
• Needed to gauge how much water we would consume
• Only had one dry camp
Water Purification Options

Water Filter Pumps
• Consider weight and bulk

Chlorine Tablets
• Consider taste and time to dissolve

Iodine Tablets
• Light & Simple
• Neutralizer tablets for no iodine taste
• Waiting Time
• Correctly calculating water consumption
Stoves

Traditional Backpacking Stove

• Propane butane mix or white gas
• 12-16 oz
• Adjustable heat output
• Heavy fuel bottles

Alcohol Stove

• Alcohol (HEAT)
• Very lightweight ~ 1 oz
• Not adjustable
• Fuel necessity from experience
Shelter/Sleeping

- Options: tent/bivy sack/tarp
- Tarptent: Double Rainbow (2#)
- Bags 30-40° (1.5#)
- Neo air (0.5#)
- Ground cloth (0.5#)
  - Tyvek/Visqueen
Tools/Parts

- Multitool
- Tire levers
- Tubes & patches
- Pumps – tire/shock
- Lube
- Derailer hanger

- Fiberfix spoke repair
- Quick link, cleat bolts
- Neoair repair
- Bladder valve
- Duct tape, zip ties
Personal/First Aid

• Chamois Cream !!!
• Soap, Towel, TP, Toothbrush, Insect Repellent, Sunscreen, Contacts, Lip Balm, Vitamins
• Basic First Aid Kit, Burn Pads, Tagaderm, Super Glue, QuikClot
• Headlamp
• Phone, Money, Credit Card, ID
Navigation

• CT is very well marked
• CT Databook or pages out of CT Guidebook
• Compass & Spot locator
• Didn’t use a GPS
# Master Packing List

<table>
<thead>
<tr>
<th>Clothes Wearing</th>
<th>Clothes Packed</th>
<th>Kitchen</th>
<th>Food</th>
<th>Tools &amp; Parts</th>
<th>House</th>
<th>First Aid &amp; Toiletry</th>
<th>Personal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bike Shorts</td>
<td>Bennie Hat</td>
<td>Alcohol Stove</td>
<td>Bars</td>
<td>Pumps</td>
<td>DR Tarptent &amp; Ground Sheet</td>
<td>TP</td>
<td>Headlamp</td>
</tr>
<tr>
<td>Jersey</td>
<td>Liner Gloves</td>
<td>Alcohol Fuel</td>
<td>Gels &amp; Bloks</td>
<td>Multitool</td>
<td>First Aid Kit</td>
<td>Glasses</td>
<td></td>
</tr>
<tr>
<td>Bike Socks</td>
<td>Lt Down Jacket</td>
<td>Lighter/ Matches</td>
<td>Nuts</td>
<td>2 Tubes</td>
<td>Sleeping Bag</td>
<td>Toothbrush, Paste, Floss</td>
<td>Phone</td>
</tr>
<tr>
<td>Bike Shoes</td>
<td>Rain Jacket</td>
<td>Fire Starters</td>
<td>Coffee &amp; Tea</td>
<td>Tire Levers</td>
<td>Neoair Pad</td>
<td>Chamois Cr</td>
<td>Money/ID/CC</td>
</tr>
<tr>
<td>Bike Gloves</td>
<td>Rain Pants</td>
<td>Ti Pot/Lid</td>
<td>Oatmeal</td>
<td>Zip ties</td>
<td>Insect Dope</td>
<td>Maps/ Guide</td>
<td></td>
</tr>
<tr>
<td>Sweat Rag</td>
<td>Arm Warmers</td>
<td>Collapsible Cup</td>
<td>Carb Pro &amp; Hammer</td>
<td>Duct Tape &amp; Xtra Strap</td>
<td>Lip Balm</td>
<td>Compass</td>
<td></td>
</tr>
<tr>
<td>Sun Glasses</td>
<td>Bike Short</td>
<td>Ti Spork</td>
<td>Jerky</td>
<td>Rag</td>
<td>Soap &amp; Towel</td>
<td>Sunscreen</td>
<td></td>
</tr>
<tr>
<td>Contacts</td>
<td>Bike Socks</td>
<td>100oz Bladder</td>
<td>Dinners</td>
<td>Chain Lube</td>
<td>Sunscreen</td>
<td>Signal Mirror</td>
<td></td>
</tr>
<tr>
<td>Helmet</td>
<td>Bike Jersey</td>
<td>Water Purifying Tablets</td>
<td>FiberFix Spoke Repair</td>
<td>Knife</td>
<td>Signal Mirror</td>
<td>Vitamins</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tights</td>
<td>Bandana</td>
<td></td>
<td>Parts: quick links, tube patch, cleat bolt, tire patch, derail hanger, bladder valve</td>
<td></td>
<td>Contacts &amp; Drops</td>
<td></td>
</tr>
</tbody>
</table>

- Seat Bag w/ Dry Bag
- Gas Tank
- Handlebar Pocket
- Handlebar Harness
- Backpack
Trail Conditions

• Excellent trail building & maintenance
• Excellent trail markers
• Not all rideable – Hike-a-Bike
• Be prepared for changing trail conditions
• A few trail segments are shared with motorcycles
• More difficult & higher elevation toward the southwest
Training & Conditioning

• What kind of rider do I need to be to be successful?
• Remember 1 number: 90,000 feet of climbing
• Ride-ride-ride
• Before tackling the whole thing: we recommend a “Shake down cruise”
• The Mountain Biker’s Training Bible – Joe Friel
Resources

• ColoradoTrail.org
  – The Colorado Trail Guidebook
  – The Colorado Trail Databook
• BikePacking.net
• REI.com
• Reveal The Path (movie)
• Ride the Divide (movie)
Lessons from the CT

• It’s ALL downhill... except when it not.
• We’re ALMOST there!
• Gotta stop... for a snack
• Who’s got the chamois cream?
• Keep eating
• It always takes longer than planned
Trailside Warning
“Push On and Finish”