



## **Official 2016 Triple Bypass Practice Rides**

Optimize Endurance Services is proud to once again partner with Team Evergreen to help riders prepare for the Triple Bypass! We will be hosting four FREE coach-led Triple Bypass Practice Rides to help riders gain fitness, meet other participants and become more familiar with the Triple Bypass course.

Practice rides are open to cyclists of all speeds and abilities. All we ask is that you RSVP for each ride you plan on attending through the [OES Training Rides Calendar](#) and fill out a **Team Evergreen Online [WAIVER](#)** prior to arriving for the ride.

### **Saturday, June 4<sup>th</sup> 9am – Squaw Pass w/ Option to Idaho Springs**

- **Who:** Everyone!
- **Route:** Out and back climb of Squaw Pass - Bergen Park to Echo Lake (Approx. 37mi, [MAP](#)) with the option of descending down to Idaho Springs and climbing back up (Approx. 64mi, [MAP](#))
- **Meeting Spot:** Bergen Park RTD Park-n-Ride (plenty of free parking) [MAP](#)

### **Saturday, June 11<sup>th</sup> 9am – Ladies Only Triple Practice Ride - Squaw Pass**

- **Who:** Ladies Only! (sorry fellas) Ladies, you made this ride such a success last season that we've brought it back for 2016!!! Come join us for a fun day of riding in a low pressure environment and meet other women tackling this year's Triple Bypass.
- **Route:** Out and back climb of Squaw Pass - Bergen Park to Echo Lake and back (Approx. 37mi, [MAP](#))
- **Meeting Spot:** Bergen Park RTD Park-n-Ride (plenty of free parking) [MAP](#)

### **Sunday, June 26<sup>th</sup> 9am – Loveland Pass**

- **Who:** Everyone!
- **Route:** Out and back climb of Loveland Pass - Georgetown to Keystone and back. (Approx. 55mi, [MAP](#))
- **Meeting Spot:** Dirt lot close to the bridge at the center of the lake, Argentine St. & 22nd St. (Take Georgetown Exit 228) [MAP](#)

### **Saturday, July 2<sup>nd</sup> 9am - Vail Pass**

- **Who:** Everyone!
- **Route:** Out and back climb of Vail Pass - Frisco to Vail and back. (Approx. 60mi, [MAP](#))
- **Meeting Spot:** Parking lot just off I-70 and W. Main St (Main Street Frisco Exit 201) [MAP](#)

Rides are self-supported. Please bring plenty of food, water and spare tubes/patches, etc. You should also be prepared for all kinds of weather on the ride. Each route does have at least one meeting spot along the way (usually at the turn around point) to use restrooms, fill up on water and purchase food. So bring some cash with you just in case!

Distances are approximate and rides are self paced. Out and back format gives you the option to shorten your ride if needed but we'll stay with you as long as it takes. That being said, please don't feel like you are obligated to do the whole route if you sign-up. Just let us know if you plan on turning around early! Please be on your bike and ready to roll at 9am. We will have a short discussion about the route as well as an informative coach's talk before rolling out.

**Not kidding about filling out a Team Evergreen Online [WAIVER](#)**

Questions about the rides? Email [info@optimizeendurance.com](mailto:info@optimizeendurance.com) or call Coach Adam at 720-270-6876