

43rd Annual Bob Cook Memorial Mt. Evans Hillclimb

Saturday, July 19, 2008



FIAC
NATIONAL HILLCLIMB
CHAMPIONSHIP

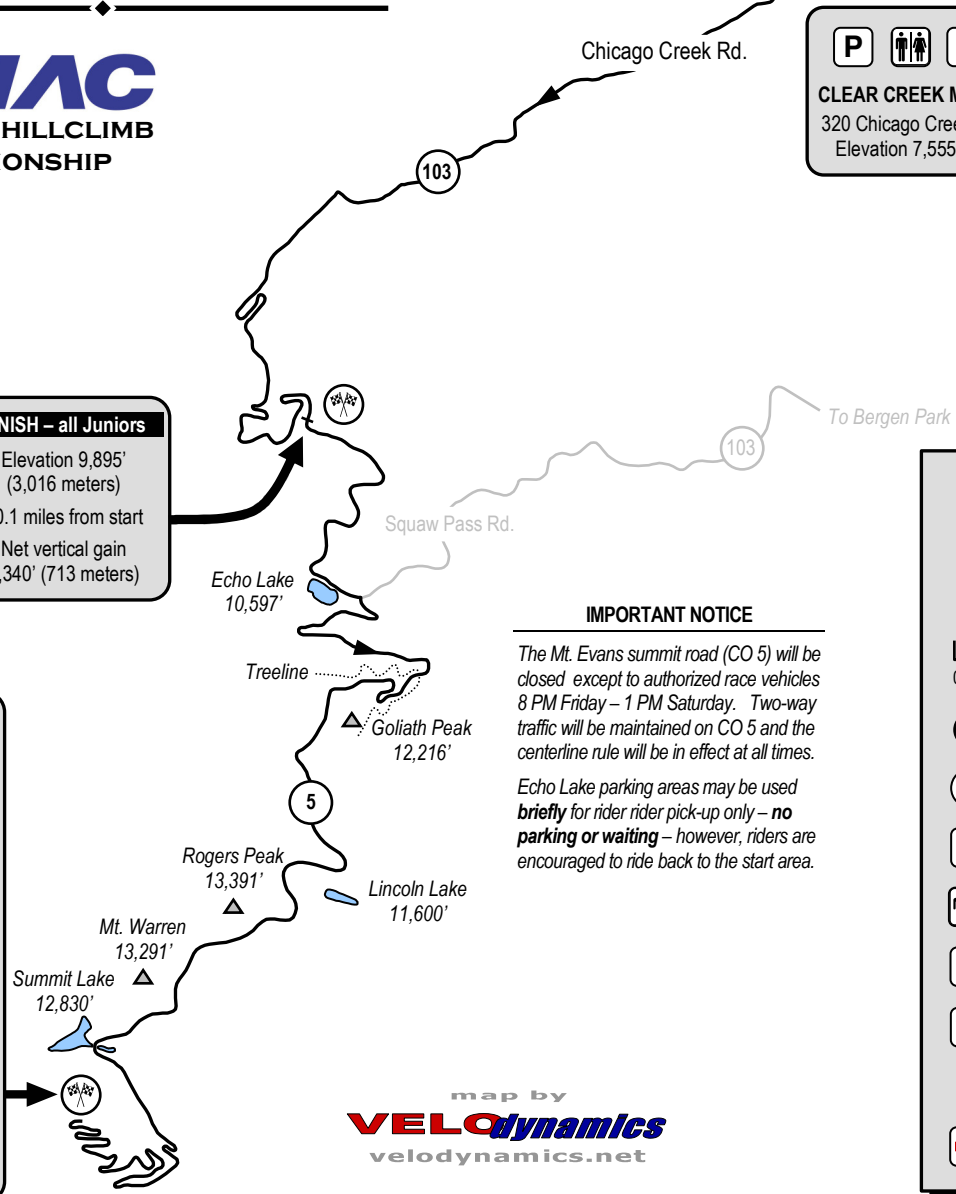
To Vail 65 miles
IDAHO SPRINGS
240 70
To Denver 35 miles

Chicago Creek Rd.

CLEAR CREEK MIDDLE SCHOOL
 320 Chicago Creek Rd. (Hwy. 103)
 Elevation 7,555' (2,303 meters)

FINISH - all Juniors
 Elevation 9,895'
 (3,016 meters)
 10.1 miles from start
 Net vertical gain
 2,340' (713 meters)

**Mt. EVANS SUMMIT
PARKING LOT**
MAIN FINISH
 Elevation 14,130'
 (4,307 meters)
 27.4 miles from start
 Net vertical gain
 6,575' (2,004 meters)
 6,915 climbing feet
Course Records
 Men - 1:41:20
 Tom Danielson, 2004
 Women - 1:59:19
 Jeannie Longo, 1998



IMPORTANT NOTICE

The Mt. Evans summit road (CO 5) will be closed except to authorized race vehicles 8 PM Friday - 1 PM Saturday. Two-way traffic will be maintained on CO 5 and the centerline rule will be in effect at all times.

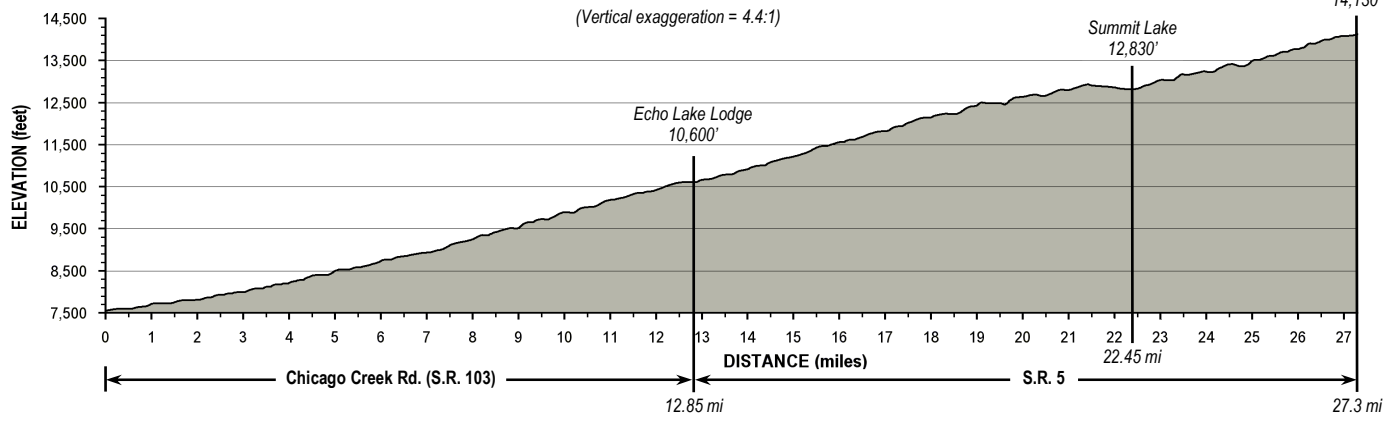
Echo Lake parking areas may be used briefly for rider rider pick-up only - **no parking or waiting** - however, riders are encouraged to ride back to the start area.

0 2 mi.
 Start
 Finish
 Parking
 Restrooms
 Water
 Food
 Awards
 Medical Assistance

map by
VELOdynamics
velodynamics.net

COURSE PROFILE

(Vertical exaggeration = 4.4:1)



The Mount Evans Scenic & Historic Byway

The Mount Evans Scenic & Historic Byway is the highest paved automobile road in North America. From historic Idaho Springs, 35 miles west of Denver, the 28-mile drive ends at the summit of Mt. Evans. Work on the road began in 1915, as part of the Peak-to-Peak Highway, a road system designed to connect Colorado's northern 'fourteeners.' Although a portion of the Byway (Highway 103) is open year 'round to Echo Lake, the road to the summit usually closes in mid-September and does not re-open until Memorial Day weekend, due to the 10 to 75-foot snow drifts that accumulate during the winter.

On the way up, you will pass several mountain lakes, including Echo Lake, at 10,600 feet, Lincoln Lake, at 11,700 feet, and Summit Lake, at 12,830 feet. There are trailheads from the road leading to each lake, and more than 100 miles of hiking trails on Mt. Evans in all. One of the best places to hike is in the Mount Goliath Natural Area, between Echo and Lincoln Lakes. From the upper trailhead you can visit the Alpine Garden, which has a spectacular floral display, then descend into a grove of bristlecone pines, some of which are thousands of years old. Many of them are "flag trees," since their branches grow only on the side away from the prevailing wind.

There are three plant and animal zones along the Byway. The first, the montane zone, is the traditional forest environment at the beginning of the Byway, around 7,000 feet. Here, you'll see ponderosa pine and Douglas fir, along with deer, weasel, porcupine, fox, chipmunk, squirrel, black bear and beavers.

The subalpine zone begins at 8,000 feet. Vegetation varies here, but you still can see the bristlecone pines, dense thickets of skinny lodgepoles, aspens, and Englemann spruce. The lodgepole cones adapted to survive many fires by producing lots of seed, which makes for a dense forest. Although you may get a glimpse of elk, the subalpine zone is home to smaller animals like the yellow-bellied marmot, badger, ermines, and pikas.

At 12,000 feet, you'll cross the timberline and enter the alpine zone, one of the few areas below the Arctic Circle where alpine tundra is found. Intense solar radiation, high winds, and freezing temperatures limit vegetation to lichens, wildflowers, and other small plants specially adapted to the short growing season. There are still areas along the road trying to re-vegetate years after clear-cutting took place for the road construction, and the flora is extremely vulnerable. Please remember that this is a delicate ecosystem; stay on marked trails, and be careful not to disturb fragile growth.

Animal species present include the ptarmigan, white mountain goat, and sure-footed bighorn sheep (Colorado's state animal). You can tell a ram's age by the rings of growth in the curl of the horns on the male bighorn sheep, but this is no petting zoo – these are wild animals that bite as well as butt, and there is a fine for feeding them. Again, please keep a respectful distance.

From the 14,264-foot summit of Mt. Evans, you can view the entire Front Range and the Continental Divide, as well as downtown Denver. The Meyer-Womble Observatory, completed in 1972 and upgraded in 1996, is located here. It is the highest operating observatory in the western U.S., and was the highest in the world until 2000, while the U.S. Weather station nearby is the second-highest manned facility in the country. The University of Denver's high altitude laboratory is located at Echo Lake, but is open to the public by reservation only.

The U.S. Forest Service Clear Creek Ranger's Station on Highway 103 in Idaho Springs has detailed interpretive information about on the area, including a video, audio tape and printed materials, while further information can be found at the Heritage Museum & Visitors Center at 2060 Miner St. in Idaho Springs. The Forest Service also maintains three picnic areas and a campground along the Byway.

Sudden changes in weather are common along the Byway. Daytime temperatures often plummet with the arrival of a cloud or the stirring of the wind. Expect at least a 15 degree difference between Idaho Springs and the summit of Mt. Evans. Dress warmly and always take a jacket or sweater when exploring the upper elevations. Snow is possible at any time, and afternoon thundershowers are common in the summer.

For more information, see

<http://www.fs.fed.us/r2/arnf/about/organization/ccrd/index.shtml>

<http://www.mountevans.com>

<http://www.14ers.com/photos/peakmain.php?peak=Mt.%20Evans>

http://www.fourteeners.org/14er_main.htm

<http://www.coloradobyways.org/Main.cfm>

<http://www.wakeolda.com/Photos/mtevens99>

<http://www.munyon.net/mtevens/intro.html>

http://www.jamesniehues.com/clear_creek.htm