

“Connecting
COLORADO”



Prime Timers’ Summer 2009
Regional Event

The Colorado Prime Timers
Chapter
July 17-18-19, 2009

Denver, Colorado



EVENTS

Friday, July 17th: 2 pm to 7 pm: Registration and Welcome Cocktail Party at Charlie's Western Bar, 900 East Colfax. Cash bar. Dinner is on your own.

Saturday, July 18th: 9 am to 10 am: Breakfast at Charlie's. Cash bar. Transportation will leave 10:00 am from Charlie's for Central City, lunch on your own (suggest eating lunch at The Easy Street Casino). Colorado Springs tour will also leave from Charlie's at 10:00 am. Box lunch is included.. Pick up from Central City, approximately 2:00 pm. Return to Charlie's about 3:15 pm, 4:00 pm from Colorado Springs tour. Tour is approximately 6 hours.

5 - 7 pm: Meet for Happy Hour at Charlie's Western Bar, 900 E. Colfax. Cash bar.

7:00 pm: Dinner at the Ramada Inn, 1150 East Colfax.

Sunday, July 19th: 10 am: Breakfast at The Detour, Colfax and Sheridan. Transportation will leave from the Detour at 11:00 am. for Central City, lunch on your own (suggest eating lunch at The Easy Street Casino) and will return around 3:00 pm. Rocky Mt. tour will leave from the Detour at 11:00 am and return around 4:00 pm. Box lunch is included.

5 -7 pm: Cocktail Hour. Dinner is on your own.

Registration Fee: \$50.00. Please use the attached registration form

If you have any questions, please contact the Colorado Prime Timers at coloradoprimetimers.com or at 303.331.2458

Good Things to Know

Denver International Airport: The airport is located 30 miles from downtown Denver and offers a full range of domestic and international flights. SuperShuttle is suggested for your use to the downtown hotels. Tickets are \$21.00 one way, \$38.00 round trip. The trip takes approximately 30 to 45 minutes depending on the time of day. There is also a taxi service (Yellow Cab) which charges a flat rate of \$47.50 plus tip from one to four passenger. RTD Skyride (public transportation) which is \$9.00 per person, senior rate is half price. Can be tricky, as you will need the exact amount as the driver cannot make change You will have to do some changing of bus service when you get downtown. When **leaving** for the airport, it is recommended that you leave your hotel at least 2 1/2 to 3 hours before your flight.

ALTITUDE

Avoid exhaustion by pacing yourself and going slow. Avoid vigorous exercise until you have been in Denver for at least 24 hours.

Drink lots of liquid. Drink plenty of water. Remember that alcohol and caffeine will dry you out; balance them with plain water. Watch the alcohol intake, especially the first day. In addition to drying you out, you may feel the effects of alcohol faster in the Colorado thin air.

Adjusting ear pressure. Chew gum when changing altitudes. This will help relieve pressure in your ears.

Climate in the mountains. Thinner air is colder air. Take a jacket with you when you go into the mountains.

Heat in Denver. Avoid the midday sun. This is the time of day when the sun's rays are at their highest intensity, and maximum skin damage can occur. Because of Denver's high altitude, you are closer to the sun, which means you can sunburn easier. Using sunblock could save your weekend.

ALTITUDE SICKNESS

Altitude sickness is usually a reaction of the body to lower levels of oxygen as the altitude increases.

Symptoms: headache and any of the following:

fatigue or weakness	sleeping difficulties	nausea
a high pulse rate	loss of appetite	unusual fatigue from walking

More serious symptoms include difficult breathing that does not go away after rest, which can result in fatalities if treatment is not provided immediately. Severe cases are usually found in altitudes over 18,000 feet; remember, Denver is at 5,280 feet. In most cases, altitude sickness is mild and usually goes away without requiring any major treatment.

Treatments: rest and liquids are the best solution to most symptoms. Should symptoms remain, seek medical attention immediately.

For more information write to the address below
The Colorado Prime Timers
c/o Regional Event
P.O. Box 300274, Denver, Colorado, 80203-0274, or email
www.coloradoprimetimers.com

Planned Activities

Central City / Blackhawk

Sixty minutes west of Denver and a beautiful drive through a sun-washed mountain canyon, a visit to Black Hawk and Central City provides easy escape from the everyday.

Just one word - GOLD! - turned a secluded mountain canyon into a bustling empire of opportunity. Today that same gulch of riches shines bright as Old West history meets New West fun.

Boasting both a raucous past and a Victorian grace, Black Hawk and Central City thrive as quaint mountain towns. Blending the ***Richest Square Mile on Earth*** and ***The City Mills***, this picturesque foothills destination carries a vibrant legacy of risks and rewards.

Steeped in the Gold Rush boom, the special canyon is still making history. Casinos explode with the glow of good fortune. Live music wafts through narrow streets, and restaurants strike it rich serving everything from top-shelf steaks to sauced-up ribs and brewpub burgers.

While miners and players made the first mark, a backdrop of historic architecture provides the real decoration.

At 8,496 feet - nearly two miles above sea level - the mountain canyon frames a truly special spot in the Rocky Mountain West

The Central City Opera House. A beautifully restored 1878 jewel-box theater, shines as the oldest operating opera house in the U.S. Once the stage for Buffalo Bill and P.T. Barnum's circus, today the respected theater presents traditional and progressive operas.

The 2009 season is scheduled for late June, early August (June 27 - August 9) The season opens with Donizetti's ***Lucia di Lammermoor***.

The second offering is Sondheim's ***A Little Night Music***, opening July 4 and running through August 8.

The season concludes with Handel's ***Rinaldo***, opening July 11 and running through August 7.

Purchase Central City performance tickets online, or contact the box office 303.292.6700 or via email at box_office@centralcityopera.org

Rocky Mountain National Park Tour

The Rocky Mountain National Park. It features majestic mountain views, a variety of wildlife, varied climates and environments - from wooded forests to mountain tundra - and easy access to back-country trails and campsites. The park is located northwest of Denver in the Rockies, and includes the Continental Divide and the headwaters of the Colorado River.

The park encompasses approximately 265,770 acres of land. The park is split by the Continental Divide, which gives the eastern and western portions of the park a different character. The east side of the park tends to be drier, with heavily glaciated peaks and cirques. The west side of the park is wetter and more lush, with deep forests dominating.

The park contains 359 miles of trails, 150 lakes, and 450 miles of streams. The park contains over 60 named peaks higher than 12,000 feet and over one fourth of the park resides above tree line. The highest point of the park is Longs Peak, which rises to 14,259 feet above sea level. Longs Peak is the only fourteen thousand foot peak in the park.

Several small glaciers and permanent snow fields are found in the high mountain cirques.

July and August are the warmest months in the park, where temperatures can reach the 80s although it is not uncommon to drop to below freezing at night. Thunderstorms often occur in the afternoons, and visitors should plan on staying below treeline when they occur.

South/Colorado Springs

The Pikes Peak region's first inhabitants were native Ute, Cheyenne, Kiowa and Arapahoe Indians. In the summer, these tribes gathered at their sacred grounds of what we now call the Garden of the Gods.

In 1870, Gen. Wm. Jackson Palmer, a Civil War General from Pennsylvania, first came to the area. One year later, he founded the Denver and Rio Grande Railroad and the city of Colorado Springs. He laid

out plans for the city and its streets, and donated land for churches and schools. Palmer envisioned Colorado Springs as a resort destination, which is how Colorado Springs received its first nickname of "Little London". The gold mining rush in the 1890's led to the settlement of Cripple Creek, a mining town just west of Colorado Springs.

Today, Colorado Springs is the home to several military installations including NORAD (North American Aerospace Defense Command), and the Air Force Academy

Stops at the following attractions

The Air Force Academy; visit to the Visitor Center, the Cadet Chapel, and the Cadet Field House.

Garden of the Gods; a registered National Natural Landmark. 1300 acres of unique red sandstone formations.

The Van Briggie Pottery; established in Colorado Springs in 1901, it is the oldest continuously operating art pottery in the U.S.

Manitou Springs; it derives its name from two dozen mineral springs situated throughout the area. In the 1900's the town became known as a health destination for people suffering from TB.

Manitou Cliff Dwellings; The Cliff Dwellings' Museum is located within the facility and exhibits authentic Anasazi-style Indian Cliff dwellings. The Anasazi lived and roamed the Four Corners area of the U.S. Southwest from 1200 B.C. to A.D. 1300. The museum was established in 1904 and opened to the public in 1906.

The Broadmoor Hotel; a 5 star, 5 diamond luxury hotel and resort. The resort dates from 1891, when it began as a small hotel and casino. The current resort was built in 1918 as the "Grand Dame of the Rockies."

Walking Tour - FREE

The Walk Tour will be conducted by our very own Historian, Cecil Bethea. You can expect not only a through historical background of the sites but Cecil will also enlighten you on a number of little or unknown pieces of trivia.

Cecil will begin his tour from Charlie's, 900 E. Colfax, at 2:00 pm.

You will visit St. John's Cathedral, the Molly Brown House, (yes, that Molly Brown of Titanic fame), then a short walk to the State Capitol building, the Basilica of the Immaculate Conception (once visited by Pope John Paul II), along the infamous Colfax Avenue, the longest commercial street in the world and back to Charlie's for cocktails. Approximately 2-3 hour tour.

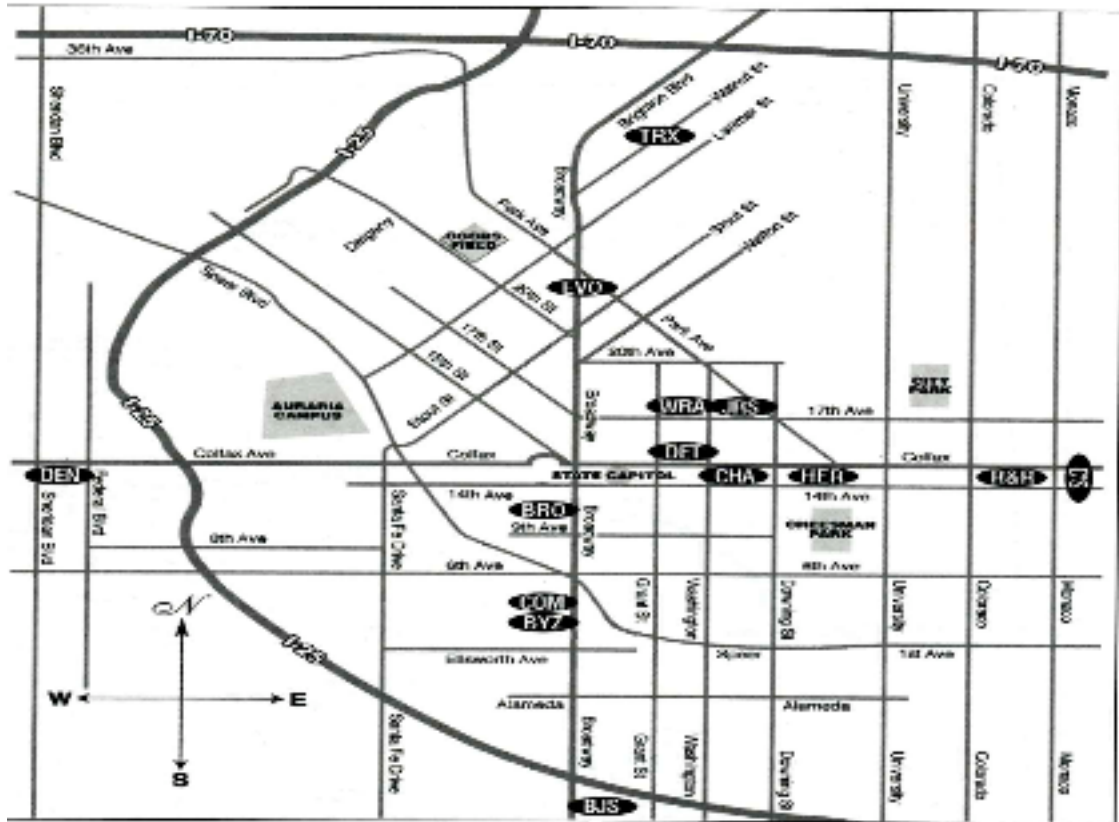
Some Other Interesting Sites

In the immediate downtown area, the **16th Street Mall** is a must. A little over a mile long, it boasts theaters, souvenir shops, bars, restaurants and numerous other enjoyments. Ride the mall bus up and down for free, getting off and on along the mall. For those of you who enjoy sports, Lower Downtown, better known as Lodo, with Larimer Square and a number of micro brewers, restaurants and shops. You can also find Coor's Field if you're into baseball.

If you are interested in museums, the **Colorado State Museum**, 13th and Broadway, the **Denver Art Museum**, 14th and Bannock, the **Denver Public Library**, 13th and Broadway.

Along Colfax from Broadway to York Street you can find a variety of restaurants and bars.





The Gay Bar Scene

BJ's - BJ's Carousel, 1380 South Broadway

BRO - Broadway's Bar, 1027 Broadway

BYZ - BoysTown Denver, 117 Broadway

CHA - Charlie's, 900 E. Colfax at Emerson

COM - Compound, 145 Broadway

DEN is now **The DETOUR**, 2110 West Colfax

EVO - Evolution, 22nd and Champa

JRS - JR's Bar & Grill, 777 East 17th Ave

R&R - R&R Lounge, 4958 East Colfax

TRX - Tracks, 3500 Walnut

WRA - Wrangler, 1700 Logan



**PRIME TIMERS REGIONAL EVENT REGISTRATION
DENVER, COLORADO
JULY 17-18-19, 2009**

“Connecting Colorado”

Event Registration: Please fill in information for yourself and your partner. If you are registering for a friend who has a different home address than you, please use a separate registration form for each of you.

Last Name _____ First Name _____

Partner Last Name _____ Partner First Name _____

Address _____ Apt # _____

State (and

City _____ Country if not US) _____ Zip _____

E-Mail _____ Phone # _____

Name you want on name tag _____ Name Partner wants on name tag _____

Handicap accessible or other special need _____

Prime Timer Chapter or Independent, or Guest _____

How many in your party _____

PICTURES WILL BE TAKEN