

***United States Blind Golf Association
Rocky Mountain Classic
June 28-30, 2023***

Event Summary

- **4 night's hotel accommodations**
- **3 rounds of golf including cart**
- **Welcome Lunch & Awards Banquet for player & coach**
- **Clinic will be a joint venture with WWP and the Rocky Mountain VA recreation therapy department**



Travel Accommodations

Airports-

Colorado Springs Airport - COS
777 Milton E Proby Parkway
Colorado Springs, CO 80916
719-550-1900

Denver International Airport- DEN
8500 Pena Blvd
Denver, CO 80249

Ground Transportation

Transportation to and from the events/ hotel will be on the player to arrange. Some transportation will be available to players too and from the course however will be limited.

Lyft and Uber are good choices for getting around Colorado Springs. For transport from Denver International Airport we recommend either a rental car or you can look into the Bustang. <https://ridebustang.com/>

Hotel

TBA

- 1 room will be booked and paid for each player entry from

Important Please read below information before coming to Colorado.

You are planning to take a trip to the Rocky Mountains of Colorado, preparing for the altitude change is vital for anyone coming from lower elevation areas.

Many visitors to Colorado Springs, and sometimes even longtime residents, can get sick due to the rapid altitude change.

Being able to recognize the signs and symptoms of altitude sickness is one of the most important things you can do before preparing for any journey into the mountains. From the best vitamins to take before visiting Colorado Springs, to the top tips for staying hydrated while at elevation, here's everything you need to know about altitude sickness.

What is Altitude Sickness?

Sometimes referred to as 'mountain sickness,' altitude sickness is an illness that happens at high elevations, often to individuals who make rapid changes in elevation over a short period of time. Altitude sickness happens because the change in pressure in the surrounding environment prevents your body from obtaining as much oxygen as it's used to, affecting your brain, muscles, lungs and more.

The sickness can come in several forms but is usually associated with specific symptoms like headaches, dizziness, nausea and more.

Travelers to Colorado coming from states at lower elevations are commonly affected by low to moderate cases of altitude sickness when they travel to high-elevation areas of the state, like Rocky Mountain National Park, Colorado Springs, hiking trails and others.

Symptoms, Signs and Types of Altitude Sickness

Anytime you visit areas above 8,000 feet, there is always a risk of altitude sickness. Especially when hiking or walking through the mountainous regions of Colorado.

Elevation changes can affect even the healthiest of individuals, so those with ailments or conditions should take extra precautions when visiting Colorado Springs.

Common Symptoms of Altitude Sickness:

- Nausea or vomiting
- Extreme fatigue
- Dizziness
- Headache
- Loss of appetite
- Muscle aches or unusual body soreness

Types of Altitude Sickness:

- 1.** Acute Mountain Sickness (AMS) is pretty mild, and it involves a hangover-like sensation of dizziness, head and muscle aches, and nausea. This is the most common form of altitude sickness that visitors to Colorado experience.
- 2.** High Altitude Pulmonary Edema (HAPE), which can be very dangerous, causes fluid to build up in your lungs.
- 3.** High Altitude Cerebral Edema (HACE) is the worst form of altitude sickness, and it happens when fluid builds up in the brain.

The Top 3 Ways To Prevent Altitude Sickness in Colorado

The best way to treat altitude sickness is to prevent it before it happens! If you are planning an upcoming trip to Colorado Springs, it's not too hard to prevent mountain sickness before it happens with these 3 simple steps.

1. Take It Slow

Giving your body time to acclimate to the elevation once you arrive in CO is one of the best ways to ensure you are prepared for the alpine!

While it may be tempting to take that hike up the scenic waterfall trail or scale the first 14er you see, these are often recipes for disaster for travelers during their first day or two in the state.

During the first day of your trip, walk around town and take in the sights, allowing your body to acclimate to the pressure and oxygen changes in the air. Staying at areas below 8,000 feet is advised during the first few days for visitors coming from low-elevation areas.

After your first night sleeping at altitude, you may feel the effects when you wake up. Listen to your body and don't push yourself too hard on day one of your vacation.

2. Don't Drink Too Much

While it may be tough not to sample one of the dozens of breweries and tap houses in Colorado Springs, if you are planning a big hike in the mountains the following day, don't drink alcohol.

Despite what myths you may have heard, you will not get noticeably more drunk on fewer drinks while at altitude. However, for individuals not acclimated to their current elevation levels, the body can have a harder time processing alcohol, dehydrating your body and impairing cognitive function.

3. Stay Hydrated

Be sure to drink plenty of water when you visit Colorado, as the very dry climate may also play a role in dehydrating you beyond your typical levels.

Dehydration is one of the leading causes of altitude sickness, and is also easily prevented if proper precautions are taken.

At Elevation Hydration, we offer a [complete hydration IV therapy solution](#) that will keep your body in fighting shape on visit to Colorado.

What Do To If You Get Altitude Sickness in Colorado

While prevention is often the best cure, most people don't think about altitude sickness until they have symptoms. Luckily, there are several simple ways you can combat altitude sickness while in Colorado.

If you have symptoms of altitude sickness or feel 'off' while traveling through high-elevation areas, the most important thing you can do is stop traveling to higher altitudes and decrease your elevation as soon as possible. Take as much rest as possible while descending and see if your symptoms persist.

Be sure to drink plenty of water and eat food, as your body may become dehydrated. Ibuprofen is often [recommended by medical professionals](#) to treat minor aches and pains for moderate cases of altitude sickness, but for severe symptoms seek medical help immediately.

If you have recently traveled to the mountains near Colorado Springs and are currently experiencing symptoms of altitude sickness, one of the best things you can do to quickly combat headaches, body aches and other common symptoms is try our IV hydration therapy solutions. Our [Incline Hydration Package](#) was designed specifically to combat altitude sickness with all the vitamins, minerals and hydrating antioxidants your body needs to shake off the change in elevation.

Supplements and Vitamins for Altitude Sickness

While there is no simple miracle supplement that will protect you from altitude sickness, there are several key vitamins which can help the body deal with prolonged symptoms of altitude sickness.

A [recent study on acute mountain sickness](#) found that use of antioxidant vitamin mixtures had increased success in preventing and reducing existing symptoms of altitude sickness.

Our IV hydration packages were designed specifically for the body's needs at rapid elevation changes, combining a proven mix of B-

Complex vitamins, B-12 vitamins, and amino acids which give your body superpowers when it comes to dealing with altitude.

B vitamins help the body deal with stress, and they also help you metabolize carbs more easily—allowing your body to produce the energy you need to recover. Amino acids help to oxygenate the muscles more effectively, which don't fatigue nearly as quickly—so taking this infusion before you even go on your adventure can help you be a little less prone to altitude sickness.

Altitude Sickness FAQ

Does vitamin B12 help with altitude sickness?

[Recent studies](#) have concluded that vitamin C and vitamin E perform the best at combating symptoms of altitude sickness. Our IV hydration packages are crafted with this in mind, helping your body recover faster and get back to hiking through Colorado outdoors.

How do I avoid altitude sickness in Colorado?

Medical experts have concluded that the best treatment for Colorado altitude sickness is to prevent it from occurring all together. Staying properly hydrated, moving slowly through elevation gains and avoiding alcohol are some of the best ways to prevent altitude sickness when visiting Colorado Springs.

What do I do if I get altitude sickness in Colorado Springs?

If you or a loved one is beginning to exhibit signs of altitude sickness while visiting Colorado Springs, consider coming to one of our [Colorado IV hydration locations](#) as soon as possible! Our liquid IVs send vitamins straight to the blood and deliver proven results when it comes to combating altitude sickness in Colorado!

Tournament Information

Golf Course: Cheyenne Shadows Golf Club located on Fort Carson, CO. This is a military installation this is why we need additional information from each person coming. Please watch your emails as we get closer to the tournament dates as more information may be required for entry. Cheyenne Shadows Golf Course is an 18 hole, championship golf course situated at the base of Cheyenne Mountain. The course offers dramatic scenery, a full service pro shop and the popular lunch destination, Mulligan's Grill. Golfers enjoy a superior recreational experience at a value price. We invite you to take part in tournaments, lessons and events. The facility is also a wonderful location to host your special event or function!

Schedule of Events

June 27, 2023: Arrival and check-in @ hotel

June 28, 2023:

Clinic:TBA

Practice round 2:00 pm @

Cheyenne Shadows Golf Club

1050 Titus Blvd, Fort Carson, CO 80913

Phone: (719) 526-4122

- Welcome Lunch/ Players meeting: 12:00pm at the club house



June 29, 2023: Tournament Round #1

Opening ceremonies and remarks

Shotgun Start @ 8:00 am

Lunch provided at snack shop

Free Night

June 30, 2023: Tournament Round #2

Shotgun Start @ 7:30 am

Awards: TBA

Additional Guests pay \$20/ea

July 01, 2023: Depart

Awards

All awards will be presented in accordance with USBGA guidelines.

Notes & Exceptions

- USGA Handicaps will be used for this tournament. Any questions regarding handicaps should be directed to JoJo McCarron, Handicap Chair. 251-233-3270 or JOE@MCCARRONINSGROUP.COM
- No player may be awarded more than 1 award
- Vision Impaired Low Gross and Low Net cannot be granted to the same individual
 - If a player wins 1st place Low Gross and Low Net, they must choose which to receive

Questions or Concerns please reach out to William Mathis.

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