

the 2nd annual

FJ SUMMIT



Preparation Guide





Preparation Guide

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On The Cover:
Two FJ's Head up
Imogene Pass at the
2007 FJ Summit



About This Guide

With all the excitement that's already stirring for the 2008 FJ Summit, we thought we'd take a few minutes to put together this 'Preparation Guide'. We were inspired by LandCruiserSteve's thread: Preparing your FJ For the Summit, and Bostonian1976's Prep for the Summit thread. We'd like to thank all the members of FJCruiserForums.com for their thoughts that helped us put this guide together.

There many great features included in the PDF version of this guide. Several of the items we list in the Prepare Your FJ Article are linked, so you can click on them & go directly to Amazon.com to see search results. There are also map & website links for all the lodging establishments & restaurants listed on pages 5 and 7. Finally, the links to the convoy threads are active, so you can go directly to the information you need.

It is our sincere hope that you find this guide useful in getting ready for the 2008 FJ Summit. Some of this information will be repeated in the 2008 FJ Summit Event guide that all registered drivers will receive upon check-in at the Summit in July. That event guide will be posted for download during the FJ Summit for those that cannot attend. As always, we appreciate any **feedback** that you may have.

Enjoy this special issue and we'll see you in July!!

The FJC Magazine Team

2008 FJ Summit Preparation Guide

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CONTRIBUTORS

Shane W. (shane4x4)

Angie W.

Ken (Kansas Law Dog)

Jason G (Bostonian1976)

The members of FJCruiserForums.com

FJ SUMMIT LOGO

Courtesy of Vince Peterson

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Ouray, Colorado

Points of Interest

Lodging



North Ouray Lodging

See Inset



Ouray Hot Springs



Scale in Miles

Cascade Falls





Lodging



Antlers Motel

407 Main, Ouray • (970) 325-4589
Map • Website



Beaumont Hotel & Spa

505 Main Street, Ouray, CO • (970) 325-7000
Map • Website



Best Western Twin Peaks Lodge

125 Third Avenue, Ouray • (970) 325-4427
Map • Website
****FJ Summit Headquarters****



Box Canyon Lodge

45 Third Avenue, Ouray, CO • (970) 325-4981
Map • Website



Cascade Falls Lodge

120 Sixth Avenue, Ouray, CO • (970) 325-4394
Map • Website



Historic Western Hotel

210 Seventh Avenue, Ouray, CO • (970) 325-4645
Map • Website



Ouray Chalet Inn

510 Main St, Ouray, CO • (970) 325-4331
Map • Website



Ouray Comfort Inn

191 Fifth Avenue, Ouray, CO • (970) 325-7203
Map • Website



Ouray Hotel

303 Sixth Avenue, Ouray, CO • (970) 325-0500
Map • Website



Ouray Victorian Inn

50 Third Avenue, Ouray, CO • (970) 325-7222
Map • Website



River's Edge Motel

110 Seventh Avenue, Ouray, CO 81427 • (970) 325-4621
Map • Website



Wiesbaden Hot Springs Spa & Lodgings

625 Fifth Street, Ouray, CO • (970) 325-4347
Map • Website



Black Bear Manor

100 Sixth Avenue, Ouray, CO, 81427 • (800) 845-7512
Map • Website



China Clipper Inn

525 Second Street, Ouray, CO • (970) 325-0565
Map • Website



Christmas House Bed & Breakfast Inn

310 Main, Ouray, CO • (970) 325-4992
Map • Website



Main Street House B&B

334 Main, Ouray, CO • (970) 325-4871
Map • Website



Secret Garden B&B

101 6th Ave., Ouray, CO • (970) 325-4226
Map • Website



Spangler House B & B

520 2nd Street, Ouray, CO • (970) 325-4944
Map • Website



St. Elmo Hotel

426 Main, Ouray, CO • (970) 325-4951
Map • Website



Victorian Rose Bed & Breakfast

637 Fifth Street, Ouray, CO • (970) 325-0343
Map • Website



Bridal Veil Townhouse Bed & Breakfast

1715 Main St, Ouray, CO • (970) 325-4117
Map • Website



Hot Springs Inn

1400 Main, Ouray, CO • (970) 325-7277
Map • Website



Ouray Riverside Inn

1805 Main, Ouray, CO • (970) 325-4061
Map • Website



Timber Ridge Lodge

1550 Main St, Ouray, CO • (970) 325-4856
Map • Website



Amphitheater Campground

Hwy 550 South, Ouray, CO • (877) 444-6777
Map • Website



4J+1+1 RV Park

790 Oak Street, Ouray, CO • (970) 325-4418
Map • Website



Ouray, Colorado

Restaurants





Restaurants

A

Back Street Bagel & Deli

24 Main St., Ouray, CO • (970) 325-0550

Map • Website

7 days a week, LIVE MUSIC EVERY SATURDAY NIGHT IN SUMMER, Bagels, Subs, Ice Cream, Pies, Cheesecakes, Pastries, Espresso, Beer, Wine, Smoothies

G

LaPapillon Bakery & Grill

219-7th Ave, Ouray, CO • (970) 325-0644

Map • Website

A taste of New Orleans Cuisine, featuring Poor Boys, Muffulettas, Seafood, Gumbo, Jambalaya. Homemade French pastries, Beignets, Donuts & "Community" coffee.

B

The Bistro at Billy Goat Gruff's

400 Main, Ouray, CO • (970) 325-4370

Map • Website

"Old European-style" Bistro & Biergarten. Great atmosphere, beautiful views, featuring 10 European and Colorado draft beers, wines, hearty food and coffees. Live music!

H

Main Street Restaurant

630 Main, Ouray, CO • (970) 325-4223

Map • Website

A Victorian Family Restaurant Specializing in real home cooked comfort food, fresh baked homemade pies, rolls and bread; great service and moderate prices. Breakfast-Lunch-Dinner Every Day!

C

Bon Ton Restaurant

426 Main St., Ouray, CO • (970) 325-4951

Map • Website

Upscale, casual dining experience with an Italian flair.

I

O'Brien's Pub

726 Main St, Ouray, CO • (970) 325-4386

Map • Website

Totally new interior adds to the fun of this great meeting place. Good food and full bar. (Guinness) Outside courtyard for seasonal use. Large Screen TV's and friendly service.

D

Buen Tiempo Mexican Restaurant & Cantina

515 Main Street, Ouray, CO • (970) 325-4544

Map • Website

Mexican-Southwestern fare.

E

Coachlight Restaurant

118 W. Seventh Avenue, Ouray, CO • (970) 325-4361

Map • Website

Seafood, steaks, chicken, pasta, fish...a local's favorite! Homemade breads & desserts. Full service dinner restaurant open summer only. Upstairs Tavern open year round serving pizza, salads, & more.

J

Outlaw Restaurant & Cookout

610 Main Street, Ouray, CO • (970) 325-4366

Map • Website

Voted best steaks in Ouray county. The biggest and best crab legs you have ever eaten, along with lobster, seafood, chicken and past dishes. Rich at the piano.

F

Historic Western Hotel & Saloon Restaurant

210 Seventh Avenue, Ouray, CO • (970) 325-4645

Map • Website

The most preserved historical setting in Ouray. Dining, catering and lodging available.

K

Tundra Restaurant at the Beaumont

505 Main Street, Ouray, CO • (970) 325-7040

Map • Website

Enjoy Fine Dining featuring American Cuisine in the historic dining room of the Beaumont Hotel. Affordable dining in a Historic Setting. Open daily for dinner at 5:30 p.m. (closed Wednesdays)

Event Schedule

NOTE: This schedule is tentative and subject to change at any time. Please refer to the schedule of events at the FJ Summit for details.



Wednesday, July 16th

- Registration is open all day.
- 5pm - midnight: 2008 FJ Summit Opening Night
- Meet & Greet new and old friends
- Chili Cook Off
- Live music provided by Summiteers

Thursday, July 17th

- 6:30am: Trail Runs begin
- Summit HQ open (See event for hours)
- 6 pm – Dinner

Friday, July 18th

- 6:30am: Trail Runs begin
- Summit HQ open (See event for hours)
- 6 pm – Dinner Sponsord by All-Pro

Saturday, July 19th

- 6:30am: Trail Runs begin
- Summit HQ open (See event for hours)
- 6 pm – Dinner Sponsord by TRDParts4u.com
- Raffle immediately after dinner

Sunday, July 20th

- Early morning group photo (around 7 am)
- 7:30 am - 10 Breakfast at the Bachelor-Syracuse Mine

Convoys

These listings are considered accurate as of the May 15th. All schedules are subject to change. Please contact the organizers of your convoy for the latest details.

Several convoys not listed here are being developed as of May 15th, check the FJ Summit Threads to see if there are other convoys that may suit your needs.

The Official Southeast Convoy for 2008 Summit via Moab

Thread: <http://tinyurl.com/53gwkk>

Leaving: Saturday July 12th for Moab, Tuesday July 15th for Ouray.

From: Nashville, TN

Route: I-40 toward Moab, UT.

CB/FRS/HAM: CB & FRS #7 / HAM - 147.555

Contact: TennesseeSquire

Denver to Ouray Convoy

Thread: <http://tinyurl.com/4ve726>

Leaving: 8am on July 16th

From: The big parking lot (dirt) across the street from the Conoco Station @ C-470 and Morrison Exit.

Route: US-285 to US-24 to US-50 to US-550 to Ouray.

CB/FRS/HAM: CB & FRS #7 / HAM - 147.555

Contact: E-mail: disneycruisemom@msn.com, PM TonysBlueFJ

Additional Info: Tony and Jackie will be hosting a BBQ at their house on Tues., July 15. This is for all CO FJ'ers and all FJ'ers from out of town that might be staying in the Denver area. Please e-mail or PM if you will be joining us.

Official "Awesome convoy through Scenic Colorado"

Thread: <http://tinyurl.com/4ekrbk>

Leaving: 8:15am on July 16th

From: Safeway Parking Lot, 3275 W Colorado Ave, Colorado Springs, CO

Route: US-24 to US-50 to CR-P77 to CR-858 to CR-860 over Owl Creek Pass to CR-8 to CR-10 to US-550 to Ouray. (May not be suitable if pulling a trailer)

CB/FRS/HAM: CB & FRS #7 / HAM - 147.555

Contact: shane4x4, shane4x4@gmail.com

Additional Info: This convoy will be taking an off-road (2/10 Rating) route to Ouray. Those that want to head straight to Ouray on US-550 can split off from us in Cimmaron.

Denver "Black Sheep" Convoy

Thread: <http://tinyurl.com/4vgb37>

Leaving: 10am on July 15th

From: Stevinson West Toyota 780 Indiana Street Lakewood, CO 80401

Route: C-470 to US-285 to US-50 to US-550

CB/FRS/HAM: CB & FRS #7 / HAM - 147.555

Contact: athenaceleste

The New Dallas Texas Caravan Convoy To Ouray

Thread: <http://tinyurl.com/4365tp>

Leaving: Saturday July 12th, 6am

From: Toyota of Dallas

Route: Dallas -> Wichita Falls -> Amarillo -> Santa Fe -> Durango -> Ouray

CB/FRS/HAM: CB & FRS #7 / HAM - 147.555

Contact: TinCan

SoCal to Ouray Caravan

Thread: <http://tinyurl.com/5pbc6d>

Leaving: July 14th, 0800

From: Bobs Big Boy in Barstow.

Route: Barstow to Ouray, I-15 north to the I-70 east to the US-50 south/east to the US-550 south to Ouray.

CB/FRS/HAM: CB 34 / FRS TBD / HAM TBD

Contact: jeshua_1981@msn.com

Additional Info:

Day One (14th), 15 north to the I-70 east stopping in Richfield Utah for the night.

Day Two (15th), Start the day off at 0900 continuing on the 70 east then taking the US-50 south / east to the US-550 into Ouray. We should be in Ouray by 1600-1700 (4:00pm-5:00pm)

Preparing Your FJ

The FJ Summit will be the most fun you've ever had with your FJ, there's no doubt about that. In addition to the other articles in this special issue, we wanted to talk about a few items you may want to bring to Ouray. Having some, most, or all of these items will help to ensure you're fully prepared for any situation that may arise. Our thanks to Steve for his help in compiling this very thorough list.

We've broken the list into three categories: **Necessities**, **Standard Auto Emergency Gear**, and things that are **Nice To Have**.

Necessities are items that we feel are a really good first start in equipping your FJ. Can you get by without these items? Absolutely, but the more items you have, the more prepared you'll be.

Standard Auto Emergency Gear includes items that you'll want to have in all of your vehicles all the time. They will help keep your vehicle safe and will assist you if you have problems.

The **Nice to Have** list includes additional items that many off-road enthusiasts carry.

NOTE: These lists have been well thought out, but are not considered all inclusive. Your experience, situation, location, and specific event will all dictate which items you should carry.

==Necessities==

- *Ice Chest
- *Tie Downs/Bungee Cords
- *Recovery Gear:
 - Hitch D-Shackle/D Shackles/Tow Strap/LEATHER Work Gloves
- *First aid kit
- Prescription for Acetazolide [Diamox] if you're from lower altitude
- *Fire Extinguisher
- *CB Radio / FRS / HAM Radio
- *Electrolyte drinks (pedialyte/gatorade)
- *Raingear / Light Coat
- *Camera
- *Sun Glasses



Preparing Your FJ

==Standard Auto Emergency Gear==

-Auto Emergency Kit-

- *Road Flares
- *Jumper cables
- *Flashlight w/Extra Batteries
- *Toilet Paper
- *Duct Tape
- *Rags / Towels
- *Tire pressure gauge
- *Electrical tape
- *Notepad, post-its, pen & pencil
- *Quart of oil, funnel & grease rag



==Nice to Have==

*Mountain Auto Survival Kit

- Candle(s)
- Coats & Blankets
- Emergency Food
- 1gal water/person
- High Pitch Whistle
- Signal Mirror
- Toilet paper
- Fire starter

*Tire repair kit

*Air Compressor / CO2

*Axe / Shovel

*The SPOT Global Messenger

*Multi-Tool (Leatherman, Gerber, etc)

*Basic Tool Set

-Metric & Standard sockets

-Metric & Standard wrenches

*High lift jack

*Rubber backed mat to lay on.

*PB Blaster, WD-40, or other lubricant

*Wheel chocks

*Tire Chains

*Cell phone & DC charger cord

*Life Hammer Tool



Tips for a Great Time

Respect

From Bostonian1976 (Jason): Ouray is a small town, and we have gone to great lengths to become friendly with the police, mayor, and chamber of commerce. It's important for us to maintain that level of respect that we have earned. We achieved this last year because everyone was very responsible for the most part, and did their part to show a good face for the Summit. Remember that if you're there and you're in an FJ with Summit stickers, you are representing the entire event. Be alert for speed limits and know that your actions will reflect back on everyone at the event.

Easy ways to ensure everyone has a great time:

If you choose to have a drink, please keep moderation in mind. We all want to have a good time and no one wants to babysit someone that's had too much. Keep in mind that a little alcohol can go a long way at high altitude (see Traveling in the High Country, Page 14). Also remember that most trail runs will have you off-road for most of the day, it won't be nearly as enjoyable with a massive hangover.

Please clean up after yourself. There will be plenty of garbage cans around the FJ Summit Headquarters, so there's no reason to litter. If you choose to smoke, please think about others in your area that are non-smokers, and dispose of your butts properly. Want to help out? Pickup any trash you see in town or on the trail, good impressions will last forever in a little town like Ouray.

Use extreme caution when driving around the FJ Summit Headquarters area (the Best Western). There will be plenty of people, kids, dogs, and FJ's packed in like sardines. Keep a close eye on where you're going (especially when backing up).

Remember that we all spend a great amount of time on our trucks. Ask permission before poking around someone's rig.

Watch your speed in town & on the trails. The speed limit on Main St is 25mph, it is 15mph on all side streets. You may as well just 'cruise' down the streets and enjoy the clean crisp Ouray air.

When on the trail, keep in mind that others behind you will be eating your dust. Keep your speed down and enjoy the views.

Many people will be bringing their furry friends to the Summit. Always ask the owner before attempting to pet a dog. Try not to spook a dog from behind, and always be friendly.



Tips for a Great Time

On the Trail

While we'll have the best vehicles on the trail, we won't be alone. Many people travel to the San Juan Mountains this time of year to enjoy the beauty. Other visitors, hikers, photographers, etc. will be on the same trails as us, so remember trail etiquette:

- Slow down when passing hikers, they certainly don't want to inhale your dust any more than necessary.

- Look for photographers in odd places such as streambeds or behind rocks.

- Give a nice wave when passing someone (even if they're in a Jeep)

- Remember the uphill traveling vehicle has the right of way. Many times a single vehicle will yield to our larger groups, but it's not required.

- Don't follow too close on tight trails; give the truck in front of you plenty of room to maneuver. Also, try not to fall back on easier trails, keep up with the group. If you have a problem or need to stop, signal your trail leader or the truck in front of you.

- Don't leave the group without telling the Trail Leader.

- If you don't see the vehicle behind you within a few minutes, stop. Wait until you can see the vehicle again before continuing.

- Tread Lightly! Stay on roads and trails. Pack it in, Pack it out!

- Respect all the Trail Leader's decisions.

- Come Prepared (See Preparing your FJ for the Summit, Page 10). Everyone forgets a few things, but try to have most of the recommended equipment.



Sponsors

Remember that this event wouldn't be possible without sponsors. Many have traveled very far and contributed significantly to ensure we have a great event (and raffle). Please show the sponsors your appreciation for helping make the FJ Summit a reality.

HAVE FUN!

Thanks to Kansas Law Dog for these additional pointers:

1. Do some exercises for your arms, because waving at all FJ Cruisers you meet on the Ouray streets is mandated.
2. Learn how to balance two plates and a styrofoam cup, because the catered meals are serve yourself buffet lines. (This note applies to the guys, because the women with kids are already way more talented than we will ever be)
3. Good footwear is recommended. Steep slopes and rocks require shoes stay on your feet.
4. Bring a special stash of money for buying raffle tickets. The booty is unbelievable and you want to maximize your chances during the drawing. If you have kids, be sure to purchase raffle tickets for prizes especially for kids.

Traveling in the High Country

VIEWS

-Bring your camera! If you have a film camera, bring plenty of extra rolls. For digital users, you can never have too many batteries.

-Tips for great FJ Summit photos:

-Tripod

-A tripod will help keep your camera steady, which will result in less blur. A great option is the **Gorillapod**, which you can use right on the hood of your FJ.

-Composition

-Remember the **Rule of Thirds**: Don't always center the main subject of the photo.

-Look for something in the foreground, midground, and background

-Filters

-If your camera supports it, look for a polarizing UV filter. This will bring out the color of the blue sky and help increase the contrast with the mountains.

-Tell the story!

-Whether it's "WOW, what an amazing view" or "Look at all those FJ's", try to tell a story with each photo.



WATER

Drink plenty of water. The high altitude and very dry climate of the Rocky Mountains will suck the water right out of you. Perspiration evaporates very quickly, so you may not realize that you're dehydrated. More pit stops means more photo opportunities.

CLOTHING

The temperature drops an average of 3 degrees for every 1000ft in elevation gain. If it's a balmy 70 in Ouray, it will be in the 50's in the mountains. Windy summits and trails will cool things down even more.

Tips to stay warm :

*Hydration (see above)

*Bring a light (preferably waterproof) jacket

*Zippered pants/shorts make it easy to cover up if needed

Traveling in the High Country

ALCOHOL

It takes much less alcohol to affect you at higher elevations. This is especially true if you live at or near sea level. Dehydration can enhance the effects of alcohol as well. As Martha would say, moderation is a good thing.

SUN

Event though you'll be nearly 3 miles closer to the sun, that's not why you'll burn easier at high elevation. There is simply less atmosphere to block harmful UV rays than at sea level. Quality sunscreen (SPF 30 or better) is an absolute must in the high country. Apply it liberally and often (every 2-3 hours of exposure). A hat will help keep the sun off of your face as well.

ALTITUDE

Higher elevation mean less air pressure, which results in less oxygen entering your system with every breath. The pressure at 13,000 feet is almost 50% of what it is at sea level. While it takes weeks to become fully acclimatized, most people adjust to higher altitude very well after a couple of days. If you're coming from very low elevation, we highly recommend you spend at least one extra day acclimatizing before the summit. A good way to do this is to spend a day at a mid-elevation city such as: Colorado Springs ~ 6,000 ft; Denver ~ 5,280ft; Farmington, NM ~ 5,395ft; Moab ~ 4,026ft).

Proper hydration is essential in acclimatizing your body. Take our word for it, completely avoiding alcohol and soaking up the water for the first couple of days will help you enjoy the Summit even more. Your body will also adjust quicker if you eat many small meals throughout the day. Don't over exert yourself, simply walking around while in the mountains will take your breath away, so take it easy.

It's very common to experience a mild headache while your body adjusts, treat this as you normally would. Extreme headaches, fatigue, loss of appetite, and nausea are signs of altitude sickness. If these symptoms persist for any long period of time, please consult a medical professional.



*See You In
OURAY!*

