

Introduction to Denver, Colorado

Denver, located at the junction of the South Platte River and Cherry Creek, is the state capital and largest city in Colorado. Situated 5672 feet above sea level in the shadows of the Rocky Mountains, Denver is known as the "Mile High City." It was named after James W. Denver, governor of the Kansas Territory that included parts of Colorado. Prospectors settled Denver in 1858 with the discovery of gold on the shores of Cherry Creek. The opening of gold and silver mines in the 1870s and 1880s brought prosperity to the growing city. Installation of military bases in the area after World War II triggered even more rapid growth.

Today, Denver is an important commercial, industrial and transportation hub. Its economy is buoyed by the telecommunications and biomedical technology industries, as well as mining, construction, real estate and tourism. Denver is home to a US Mint and numerous federal agencies, including the Environmental Protection Agency and the National Oceanic and Atmospheric Administration. Denver International Airport, opened in 1995, is the largest airport in North America, spread over 53 square miles.

DENVER HISTORY

Local boosters named the frontier mining camp on the South Platte River "Denver" after Kansas Territorial Governor James Denver in hopes of gaining political favor. Unfortunately, Denver had retired by the time they named the town. There were originally three separate towns, with three separate names, where Denver now stands. In 1859, the other names were dropped in return for a barrel of whiskey to be shared by all. Fittingly enough, the first permanent structure in Denver was a saloon.

DENVER'S NICKNAME

By an amazing stroke of good luck, the 13th step on the west side of the Colorado State Capitol Building is exactly 5,280 feet above sea level - one mile high. In Denver's rarified air, golf balls go 10 percent farther. So do cocktails. Alcoholic drinks pack more of a punch than at sea level. The Mile High City is also extremely dry, so it is a good idea to drink more water than usual. With less water vapor in the air at this altitude, the sky really is bluer in Colorado.

DENVER'S LOCATION

Denver is near the mountains, not in them. The Mile High City is located on high rolling plains, 12 miles east of the "foothills," a series of gentle mountains that climb to 11,000 feet. Just beyond is the "Front Range of the Rocky Mountains," a series of formidable snowcapped peaks that rise to 14,000 feet. Denver might not be in the mountains, but the mountains still dominate the city. The picturesque mountain panorama from Denver is 140 miles long. There are 200 visible named peaks including 32 that soar to 13,000 feet and above.

Denver at Night

Denver's nightlife revolves around LoDo, the Lower Downtown area, with its high concentration of restaurants and bars in the neighborhood. Larimer Square, on the southwestern edge of the downtown grid, offers century-old buildings with shops, restaurants, brewpubs and nightclubs. Boulder, just 26 miles north of Denver and home of the University of Colorado, offers many nightlife options, and events such as the 7-week Shakespeare Festival.

HIGH ALTITUDE TIPS

DENVER REALLY IS EXACTLY ONE MILE HIGH.

Denver really is a mile high, but most people don't even notice the altitude difference. The air is just thinner and dryer. In fact, many people with respiratory problems move to Denver for the benefits of the dry air. Follow these tips to stay happy and healthy. If you want to have a genuine high-altitude experience, check out these fun places.

DRINK WATER

Before your trip to Denver, and while you are here, drinking plenty of water is the number one way to help your body adjust easily to our higher altitude. The low humidity in Colorado keeps the air dry, like the desert, so you need about twice as much water here as you would drink at home.

MONITOR YOUR ALCOHOL INTAKE

In Denver's rarified air, golf balls go ten percent farther... and so do cocktails. Alcoholic drinks pack more of a wallop than at sea level. It is recommended that you go easy on the alcohol in the mountains and in Denver, as its effects will feel stronger here.

EAT FOODS HIGH IN POTASSIUM

Foods such as broccoli, bananas, avocado, cantaloupe, celery, greens, bran, chocolate, granola, dates, dried fruit, potatoes and tomatoes will help you replenish electrolytes by balancing salt intake.

WATCH YOUR PHYSICAL ACTIVITY

The effects of exercise are more intense here. If you normally run 10 miles a day at home, you might try 6 miles in Denver.

PACK FOR SUN

With less water vapor in the air at this altitude, the sky really is bluer in Colorado. But there's 25 percent less protection from the sun, so sunscreen is a must. Denver receives over 300 days of sunshine each year (more than San Diego or Miami). Bring sunglasses, sunscreen, lip balm... even in winter.

DRESS IN LAYERS

Two days before your trip to Denver, check the weather and use this information to pack appropriately. Because the sun is especially powerful in Denver, it can feel much warmer than the actual temperature during the daytime, but then become very chilly after sundown, particularly in the Spring and Fall. It is best to layer your clothing.

Temperature

MAY High 72°F Low 42°F

The biggest surprise for visitors to Denver is the climate. The arid conditions bring only 8 to 15 inches of annual precipitation and locals wake up to more than 300 days of sunshine a year.

Denver Airport Information

EAST TERMINAL AIRLINES

Alaska Airlines, Boutique Air, Delta Airlines, Frontier Airlines, Great Lakes, Jet Blue, Southwest Airlines, Spirit

WEST TERMINAL AIRLINES

AeroMexico, Air Canada, American Airlines, Branson Air Express, British Airways, Iceland Air, Lufthansa, United Airlines, United Express, Volaris

GROUND TRANSPORTATION FOR BOTH EAST AND WEST TERMINALS

Island 1: Taxis, Mountain Carriers

Island 2: Limousines/Sedans

Island 3: Hotel Shuttles, Charter Buses, On-Airport Parking shuttles

Island 4: Rental Car shuttles

Island 5: Public Bus Service, Off-Airport parking shuttles, Shared-Ride Shuttles

Level 5

on Level 5 are on-airport rental car desks, shared-ride shuttle desks, and baggage claim. Passengers will find all commercial transportation outside the Level 5 doors.

Transportation

Taxis, Uber, Lyft and the University of Colorado A Line commuter rail

TAXI SERVICE

East Terminal: Island 1 exit Door 507 & West Terminal: Island 1 exit Door 510

Denver airport to downtown Flat rate \$51 + \$4.57 Gate + \$5 each drop

Host Hotel

The 574th Annual MAHC Conference will be held at Sheraton Down Town Denver. Situated in the heart of the city, Sheraton Denver Downtown Hotel gives travelers easy access to the best of the Denver. Ideally located on the popular 16th Street Mall, a mile-long pedestrian promenade brimming with shopping, dining, nightlife and entertainment, our hotel places the city at your fingertips.

Parking

On-site parking, fee: 41 USD daily

Valet parking, fee: 49 USD daily

We got something new to show you

Premiering April 2020 the Sheraton downtown Denver hotel introduces a new reimagined stay with new space to work, meet and relax. Our \$80 million renovation will completely transform the hotel, bringing world-class Experiences. The hotel will provide you with a space that feels as welcoming and comfortable as your own living room.

Things to do

16TH STREET MALL

Built in 1982, the Mall is a tree-lined, pedestrian promenade of red-and-gray granite that runs through the center of Downtown and is lined with outdoor cafes, renovated historic office buildings, sparkling glass-walled skyscrapers, shops, restaurants and retail stores. Numerous fountains and plazas offer a variety of daily special events and entertainers.

16TH STREET SHUTTLE

Called the MallRide, this free hybrid vehicle scoots up and down the 16-block tree-lined retail core of downtown Denver, also home to hotels, restaurants, office buildings, residences and public spaces. Hop on at any intersection on 16th St. between Civic Center Station at Broadway near the Colorado State Capitol (200 E. Colfax Ave.) and Union Station on the west end. A few short walks from the mall get you to the Denver Performing Arts Complex (950 13th St.) Colorado Convention Center (700 14th St.) Larimer Square (Larimer St. between 14th and 15th Sts.) Coors Field (2001 Blake St.) and LoDo (lower downtown). You can also access light rail and make connections for buses throughout the metro area and to Boulder, Golden, Longmont and Denver International Airport.

LARIMER SQUARE

Grab a latté and do a little window-shopping in Larimer Square, on Larimer Street, between 14th and 15th. This historic district epitomizes urban style and sophistication - if you're on the hunt for tomorrow's trends, you'll find them here, either in the shops or on the locals who hang out in the square. What began as Denver's first city block is today one of the city's most chic fashion districts. More than 200 fashion lines from the runways of New York, London, Paris and Milan are on display. From handcrafted jewelry, to chic bags, to shoes that let you step out in style, you'll find clothing and accessories from designers including Ted Baker, J. Lindeberg, True Religion, Morphine Generation, Tracy Reese and Vivienne Tam

Conference Information

Dress

Casual attire is appropriate for all meetings and tours. Don't forget to bring apparel for the Strut Your Stuff: Cooperative Pride Luncheon. The outdoor temperature and meeting rooms may vary. We strongly recommend bringing a sweater or light jacket.

Badges and Admittance

Official MAHC Annual Conference badges must be worn at all conference events including the reception, both luncheons and sessions. The name badge allows you to enter the reception and the luncheons.

Opening Reception

for the Opening Reception on Sunday Evening you must have your name badge to get in. no tickets are for sale. The is to allow cooperative members to do networking with each other,

Tickets

Tickets for the Awards luncheon, annual luncheon as well the optional tours that you may have registered for are required and included in your registration packet. Please carry them with your name badge since tickets are required for admittance to those events.

1st time attendee's orientation

This will give you an overview as well as answer any questions that you might have regarding the conference.

Special Extra Classes

Optional classes are available for certification as a Certified Cooperative Specialist and New Board Members. There is an Extra fee for these classes.

CCS Class Saturday and Sunday

The CCS Certification provides an industry standard, a commitment to a level of knowledge and learning that can be relied upon. Like a professional license, certification offers structured, reliable evidence of skills. In today's increasingly complex and highly specialized economy, credentials are everything. MAHC has introduced certifications to recognize those individuals who have made the investment to become certified in the cooperative organizations. Your training and certifications demonstrate a commitment to a level of proficiency that can be relied upon.

New Board Member Class

This training course is designed for one purpose only: to give the new, or prospective, Board member an overall framework for understanding their role by its nature and its constraints.

Registration

Saturday 8AM to 5 PM

Sunday 8AM to 6 PM

Monday 8AM to 4P M