



## RIDES & VIBES COURSE INFORMATION

### COURSE DETAILS:

The Start/Finish line will be on the 400 block of Main Street, under the Grand Junction Sports Commission inflatable arch. All racers will be escorted out of downtown Grand Junction to the Tabeguache Trailhead by local public safety for a neutral start. Your timing will only begin at the Tabeguache Trailhead as you cross the timing mat. **IMPORTANT NOTICE:** All riders for all races must stay within the group during the transition from downtown to the trailhead to minimize the effect on traffic and road closures. Athletes who pass the lead vehicles or do not abide by this rule will be disqualified. Lead vehicles will accelerate ahead of riders after turning onto Monument Rd and at that point, riders may find their positions. All riders must pass through the timing mat within 30 minutes of their official race start.

Trails are going to be busy, please be courteous when passing, speak loudly letting riders know and wait for an opportunity to pass. Riders being passed please leave as much room as possible for passing rider. Stay on the trails, no need to create new ones. Singletrack is just that. Simply put, use common sense and please don't be that person! Riders who do not complete the entire race will be considered a DNF. Riders will need to reach certain check points on the trail to continue in their race. Riders who do not meet cut off times will be considered a DNF and re-directed to downtown via alternate routes and must follow "Rules of the Road".

This is a backcountry mountain bike race on some of the best, and most technical terrain you will find. Riders are responsible for carrying all necessary maintenance tools or equipment that may be needed to get you back on the trail. Riders also are responsible for their own drink and nutrition needs. Riders are expected to be self-supported. Aid stations will offer water, hydration supplement, and minimal food options. See Aid Station info on page two.

Here are the rules of the course:

- Riders must be properly equipped to ride and must wear a helmet. Eye protection and gloves are highly recommended.
- Ear buds/headphones ARE NOT allowed. Riders need to be able to hear the happenings around them.
- E-Bikes are not allowed. Straight leg power from you, no assistance.

The Rides and Vibes event will take place on some of the area's most popular trails. It is recommended racers pre-ride the course prior to racing if they are able. Gunny Loop and Butterknife are good trails to scout if not enough time to ride your entire route.

Riders will return to downtown by crossing the Colorado River using Hwy 340 and not the trails, a change from last year. Your timing will stop when you cross the finish line downtown where you started. Course signage will direct riders and public safety will control intersections.





## AID STATIONS:

There will be three staffed aid stations on the entire course, make sure you read carefully to understand which races will be supported by which aid stations.

**Aid Station #1** (approx. 7 miles into race) at Little Park Trailhead parking lot. Fresh 15, Dirty 30, Filthy 40 riders will have access to this aid station on course. Aid station will include water, hydration supplement (Tailwind), and the following food: bananas, pretzels, granola bars, and fruit snacks. Medical personnel will also be on site.

*\*This is the ONLY station for the Fresh 15 riders*

*^Food options subject to change*

**Aid Station #2** (approx. 17-mile mark) where Butterknife trail meets Third Flats Rd. Dirty 30 and Filthy 40 riders only will have access to this aid station. Aid station will include water, hydration supplement (Tailwind), energy gel and/or chews, and the following food: bananas, pretzels, granola bars, and fruit snacks. Medical personnel will also be on site.

*\*This is the final aid station for the Dirty 30 riders*

*^Food options subject to change*

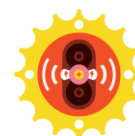
**\*Aid Station #3** (approx. 29-mile mark) in Bangs/Rough Canyon area. Only the Filthy 40 riders will have access to this station on course. Aid station will include water, hydration supplement (Tailwind), energy gel and/or chews, and the following food: bananas, pretzels, granola bars, and fruit snacks. Medical personnel will also be on site.

*^Food options subject to change*

**\*Water Refill Station** will be located at the entrance of Twist and Shout from Third Flats Rd. Water coolers will be available to refill bottles but there will be no guaranteed staffing at this location. Dirty 30 and Filthy 40 riders will have access to this station on course.

**Riders are expected to know the race route and trails that are used for their respective distance.** Interactive course maps can be found at [www.gjridesandvibes.com](http://www.gjridesandvibes.com) and course maps are available to download using .gpx or .kml files. The course will be marked at intersections ahead of the event, although we cannot guarantee they will not be removed or altered by unassociated individuals prior to or during the race. It will be important for riders to study and know the route. The three race routes are very similar to the off road event that was canceled in 2020 which can also be located on the Trailforks app. Again, we encourage you to be very familiar with the course!

**FILTHY 40 RIDERS:** We have been asked about the new “Windmill single track” trail. That will NOT be used, you will ride on Windmill Rd. Additionally, you are the only riders fortunate enough to get a little black top time in your ride. When you exit the Bangs Canyon recreation area, you will travel on Little Park Rd to the Third Flats parking area. There will **not be traffic control, and the road is open to traffic**. Riders will follow “Rules of the Road” and obey all traffic laws. Enjoy the short, smooth ride, slam a gel, whatever you need. The hard part is over.





## **MEDICAL:**

First Aid will be out on the course, along with medical personnel at each aid station and the finish line. Please be sure to thank them if you see them! There will be personnel out in the backcountry to assist riders with injuries or those who cannot continue to race. Responders will be on bikes, as well as limited ATV/UTVs. They are riding over many miles of rough terrain and will work diligently to get to riders in a timely manner when the call comes in. If you witness any rider in distress, it does not hurt to notify event staff as you are able. An ambulance will be staged on the course in case medical transport is needed.

*\*COURSE INFORMATION SUBJECT TO CHANGE*

