



RIDES & VIBES ATHLETE GUIDE

Hello Riders!

Welcome to the return of the Grand Junction Rides and Vibes Mountain Bike & Music Festival! If you took part in the inaugural event last year, we're very grateful that you've returned. If this is your first time with us, we truly hope it's an unforgettable experience and the best vibes around. Despite some scheduling challenges with other cycling events and an already very busy month of May in Grand Junction, we know how special this event is for the cycling community and so we've worked very hard to make it happen. An event of this size could not be done without the support of many. A special thank you to our partner, Downtown Grand Junction and our presenting sponsor, St. Mary's Hospital. Additionally, Ska Brewing and Talbott's Cider have stepped up to make the beer festival possible. We also want to make sure we thank you, the riders, for choosing to ride and support this event. We look forward to growing this event and welcome any feedback on how we can improve the experience. Please reach out to the Grand Junction Sports Commission following the event.

Most importantly, have a great race and enjoy the vibes of the festival!

In this letter, you will find important details on the following:

- **Race Schedule**
- **Course Information**
- **Aid Stations**
- **Packet Pickup**
- **Pro Field**

**Plus other helpful information to help you have the best experience possible.*

RACE SCHEDULE:

Friday, May 5

5:00pm – Kids Ride with a Doctor by Rocky Mountain Orthopedics (FREE)

5:30pm – Community Costume Crit (FREE)

6:00pm – Pro Crit warm ups

6:30pm - Women's Pro Fat Tire Crit

7:00pm – Men's Pro Fat Tire Crit

**each race will be 20 minutes plus two laps, with "prime" laps included*

Saturday, May 6

7:30am – Men's Pro

7:35am – Women's Pro

7:45am – Filthy 40

8:30am – Dirty 30

9:15am – Fresh 15





**Each race will have a mass start downtown and leave in a neutral start, lining up in the following order: Men's Open, Women's Open, Junior Male, Junior Female, Men's Masters, Women's Masters*

***A pre-race meeting will be held 10 minutes before each race at Start Line*

COURSE INFORMATION:

The Start/Finish line will be on the 400 block of Main Street, under the Grand Junction Sports Commission Arch. All racers will be escorted out of downtown Grand Junction to the Tabeguache Trailhead by the Grand Junction Police Department. Your timing will only begin at the Tabeguache Trailhead as you cross the timing mat. **IMPORTANT NOTICE:** All riders for all race must stay within the group during the transition from downtown to the trailhead in order to minimize the effect on traffic and road closures. Athletes who do not abide by this rule will be disqualified. GJPD will separate from the group after turning onto Monument Rd and at that point, riders may find their positions. Once the GJPD lead escorts separate, riders can start positioning themselves. Riders may stage in the Tabeguache Trailhead parking lot to allow for other riders to space out, but all riders must pass through the timing mat within 30 minutes of the official race start.

Trails are going to be busy, so please be courteous, 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 meet cut off times will be considered a DNF and re-directed to downtown via alternate routes and must follow "Rules of the Road". Cut-off times are listed on the website.

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. Also, please help keep riders safe. If you see someone in distress, notify an aid station or medical personnel on course. Aid stations will offer water, hydration supplement, and minimal food options. See AID STATION section for more information.

Here are the rules of the course:

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

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.





In your return to downtown and the finish line, all riders will exit the trail system onto the Monument Rd connector trail. After a brief segment along Monument Rd, riders will come across the Colorado River via the Broadway/Highway 340 bridge. Traffic control will be onsite to keep riders safe, be aware and stay in the right lane. After crossing the bridge, riders will turn right on Rice St. and then onto Spruce before turning left on Main St. The course continues straight on Main St. until the finish line and that is where your time will end. This is different from last year where there was a remote finish for the non-pro races.

AID STATIONS:

There will be three staffed aid stations and one water refill on the entire course, please 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 professionals provided by St. Mary's will also be at this aid station along with basic first aid resources.

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

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 gels, and the following food: bananas, pretzels, granola bars, and fruit snacks. Medical professionals provided by St. Mary's will also be at this aid station along with basic first aid resources.

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

***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 gels, and the following food: bananas, pretzels, granola bars, and fruit snacks. Medical professionals provided by St. Mary's will also be at this aid station along with basic first aid resources.

***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 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 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: You will cross two streams of water so be prepared. 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.

First Aid will be out on the course, be sure to thank them and all volunteers at the aid stations. The great people from EMS Unlimited and Mesa County Search and Rescue will be out in the backcountry to assist riders with injuries or those who cannot continue to race. There will be 3 responders out on bikes, as well as limited ATV/UTVs from MCSAR volunteers. Of course, they are riding over many miles of 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. Grand Junction Fire Department will also have an ambulance staged on the course in case medical transport is needed.

PACKET PICKUP:

Riders will be able to pick up their race packet on the following days at the following times.

Friday, May 5 (1:00pm-7:00pm)

Saturday, May 6 (6:30am-9:00am)

Packet pick up will be located at the Grand Junction Sports Commission tent, located at the intersection of 5th Street and Main Street. Physical address to use is 461 Main Street, Grand Junction, CO 81501 (in front of Summit Canyon Mountaineering). We highly encourage you to pick your packet up on Friday and enjoy the festival. All racers 21 and older will get one free beer ticket to use on Friday or Saturday. Pro racers will use the same number plates for Friday’s Crit and Saturday’s race. ID required for packet pickup and to purchase alcohol.

PRO FIELD:

The course map and aid station information are the same as the Filthy 40. All Pro Riders are expected to participate in the Crit on Friday. Rules and course map for the Pro Crit are on the website. The Crit will have no impact on starting position as there is a neutral start for the Pro Race as well. The same number plate will be used for both the Crit and Pro Race. Prime lap prizes will be given along with a \$250 prize for the overall winner.

The cash purse for the pro race on Saturday is as follows:

1 st - \$5000	6 th - \$700
2 nd - \$3000	7 th - \$600
3 rd - \$2000	8 th - \$500
4 th - \$1500	9 th - \$400





5th - \$1000

10th - \$300

Riders may have technical support and personal feed support at neutral locations (aid stations) only. Prefilled bottles will be available at Aid Station 2 as supplies last.

THANK YOU RIDERS!

We look forward to a great race and a very fun weekend. Vendor booths open at 1:00pm on Friday and live music/beer garden starts at 3:00pm. On Saturday, everything will open at 11:00am. Each night will go until 10:00pm. Admission to attend the festival is 100% free so invite all of your friends to join in the post-race party. As mentioned, each rider 21 and older will have a beer ticket attached to their number plate that can be used Friday or Saturday for a free beer. Ska Brewing is providing alcohol along with Talbotts Cider Company and there will be a number of food trucks along with all of the amazing downtown restaurants to choose from. All riders are welcome to participate in the Community Costume Crit at 5:30pm on Friday and no registration or number is needed. The Kids Race with a Doctor by Rocky Mountain Orthopedics will be a fun event for our youth cyclists and is also 100% free with fun prizes for each youth racer. Check out the website for more information on the Kids Race.

Again, thank you to our incredible partner in St. Mary's Hospital for making this event happen. It is very rare to have a doctor at each aid station for an event like this, we are very grateful for their support.

Good luck with the Rides, enjoy the Vibes!

Sincerely,

Your friends at the Grand Junction Sports Commission

970-248-1378

info@grandjunctionsports.org

www.grandjunctionsports.org

