

A cyclist wearing a red helmet, sunglasses, and a patterned jersey is riding a road bike on a wide, light-colored dirt road. The road curves slightly to the right in the distance. The background features a dry, hilly landscape with sparse vegetation and a blue sky with scattered white clouds. The cyclist's shadow is cast on the road surface.

LIFETIME[®]

THE RAD

DIRT FEST

PRESENTED BY **wahoo**

ATHLETE GUIDE

WELCOME!

Okay, here's the sitch. You ever stumble upon something really cool and want to tell the world, but you can't yet? Yeah this is kind of one of those times for us. At Life Time, we're passionate about creating events that enrich the lives of our participants, and enrich the communities where we host them. We believe the future of cycling and running is on dirt, where it is safer for the athlete and easier on the body. The launch of The Rad Dirt Fest presented by Wahoo allows us to create an endurance festival experience, catering to both the trail runner and gravel cyclist.

While searching for a new host site, we were looking for a community that was equipped for a large-scale trail running and gravel cycling event, but also had a cool vibe. We found that in Trinidad, whose local officials have welcomed us with open arms and an invitation to join them on their journey toward becoming the next big outdoor recreation location in Colorado. The gravel and trail running community is rooted in successful partnerships, and we are excited and confident about the potential of growing alongside Trinidad.



EVENT SCHEDULE

FRIDAY, OCTOBER 1ST

- 2:00pm Shake Out Ride hosted by Ride or Die Collective at Fisher's Peak Outfitters
- 2:00pm-7:00pm Packet Pickup at Cimino Park (ALL Events & Distances)
- 3:30pm Shake Out Ride hosted by Moots Cycles at Fisher's Peak Outfitters
- 5:30pm Racer Q&A at Cimino Park

SATURDAY, OCTOBER 2ND

- 7:00am Stubborn Delores (165 mi) Race Start- E Main St & Maple St
- 7:30am Antelope (99 mi) Race Start- E Main St & Maple St
- 8:00am The Frijole (38 mi) Race Start- E Main St & Maple St
- 10:00am Shake Out Run hosted by Life Time and Wahoo at Fisher's Peak Outfitters
- 10:00am-12:00pm RUN ONLY Packet Pickup at Cimino Park
- 4:00pm The Frijole and Antelope Awards at Cimino Park

SUNDAY, OCTOBER 3RD

- 7:00am Lost Mesa (50K) Race Start- E Main St & Maple St
- 7:30am Half Radathon (13 mi) Race Start- E Main St & Maple St
- 9:00am Hangover Ride hosted by Moots Cycles at Fisher's Peak Outfitters
- 3:00pm Stubborn Delores, Lost Mesa, Half Radathon Awards at Cimino Park



RIDE COURSE INFO

Deep in the Southern Colorado plateau lies an untouched plethora of gravel unlike any other. The towering Spanish Peaks and expansive mesas serve as the backdrop for the 3 unique courses of the Rad Dirt Fest. Each route presents a unique challenge and beauty of its own. Jump in and see for yourself, it's gonna be Rad.

STUBBORN DOLORES

- [GPX File](#)
- 165 miles
- Elevation Gain: 11,213'
- Highest Point: 8,943'
- Course Marking Color: PINK
- Aid Stations: Mile 9, 29, 45, 60, 104, 126, 141, 156
 - VeloSoul Cyclery Neutral Aid at mile 69
 - Stans No Tubes Neutral Aid on course
- Crew locations at miles: 45, 57, 59, 126, 129, & 141.
- See directions under RIDE SUPPORT CREW on how to access.
- Drop Bag Location: Mile 60/126
- COURSE CUTOFFS
 - Outbound
 - 1:00pm- Ludlow Aid Mile 60
 - 5:15pm- Aid Station 6 / Mile 104
 - Inbound
 - 7:45pm- Ludlow Aid Mile 126
 - 9:15pm- Aid Station 8/ Mile 141
 - 11:30pm- FULL COURSE CUTOFF TIME



RIDE COURSE INFO CONT.

ANTELOOP

- [GPX File](#)
- 99 miles
- Elevation Gain: 5465'
- Highest Point: 7,299'
- Course Marking Color: BLUE
- Aid Stations: Mile 9, 29, 39, 60, 75, 90
 - Velosoul Cyclery Neutral Aid at mile 48
- Crew locations at miles: 24, 36, 38, 61, 63, & 75.
- See directions under RIDE SUPPORT CREW on how to access.
- Drop Bag Location: Mile 39/60
- COURSE CUTOFFS
 - Outbound
 - 11:30am- Ludlow Aid Mile 39
 - Inbound
 - 1:30pm- Ludlow Aid Mile 60
 - 3:00pm- Aid Station 5/Mile 75
 - 5:30pm- FULL COURSE CUT OFF

THE FRIJOLE

- [GPX File](#)
- 38.5 Miles
- Elevation Gain: 2,916'
- Highest Point: 6,656'
- Course Marking Color: RED
- Aid Stations: Mile 9 & 29



RUN COURSE INFO

The run courses feature a variety of Colorado's best terrain: brick roads leading out of downtown, beautiful farm roads full of cattle, and gravel roads through the eastern plains. The San Juan mountains will serve as your backdrop, and you'll enjoy stunning mesas and scenic vistas along the way!

NOTE: Due to permitting issues, course updates have been made. These courses are final as of 9/27/2021

LOST MESA

- [GPX File](#)
- 50K, 31.1 miles
- Elevation Gain: 2713'
- Highest Point: 6656'
- Course Marking Color: PINK
- Aid Stations at mile: 6.55 and 15.55
- Crewing Location: Mile 9/22 See directions under RUN SUPPORT CREW.
- Drop Bag Location: Mile 15.55 (At the Turn-around)
- COURSE CUTOFFS
 - 11:30 am-Aid Station 2 / Mile 15.1
 - 2:30 pm- Aid 3 / Mile 24.6
 - 4:00 pm- FULL COURSE CUT OFF

HALF RADATHON

- [GPX File](#) 13.1 miles
- Elevation Gain: 1040'
- Highest Point: 6318'
- Course Marking Color: PINK
- Aid Station: Mile 6.55
- COURSE CUTOFFS
 - 10:00 am- Aid Station 1 & Turn Around
 - 11:30 am- FULL COURSE CUTOFF



RIDE SUPPORT CREW

Let's talk about race day support! We're stoked to let you know that we'll have you covered with fully stocked aid stations on course, and our rad partner, Tailwind Nutrition, will make sure you stay fueled and hydrated. Look for their Endurance Fuel and Caffeinated Endurance Fuel on-course.



If your friends and family want to come support you, you're allowed to receive support at select aid stations! If you need to abandon the race, make sure you have a friend on speed dial that can come pick you up from one of the support crew locations!

SUPPORT CREW/SPECTATOR LOCATIONS:

STUBBORN DOLORES

- **Crew Area 1**
 - Mile 45 & 141 on course.
 - **Access:** I-25 to Exit 18 and East on CR 40/El Moro Rd to the parking attendants.
- **Crew Area 2**
 - Mile 59 & 126 on course.
 - **Access:** I-25 North to Exit 27 - West on CR 44 to parking attendants.
- **Alternate Crew Area 3**
 - Mile 57 & 129 on course.
 - **Access:** I-25 North to Exit 30 - South on 63.1 to parking attendants

ANTELOOP

- **Crew Area 1**
 - Mile 24 & 75 on course.
 - **Access:** I-25 to Exit 18 and East on CR 40/El Moro Rd to the parking attendants.
- **Crew Area 2**
 - Mile 38 & 61 on course.
 - **Access:** I-25 North to Exit 27 - West on CR 44 to parking attendants.
- **Alternate Crew Area 3**
 - Mile 36 & 63 on course.
 - **Access:** I-25 North to Exit 30 - South on 63.1 to parking attendants



RUN SUPPORT CREW

LOST MESA SUPPORT CREW LOCATION

- Mile 9 / 22 on course.
- **Access:** Take 160 North/East out of Trinidad to mile 6.6 and a split between HW 350 and US 160. Turn Rt onto US 160 and then immediate Rt on 81.5 for approximately 5.5 miles until you meet the parking team.
- [Directions](#)

DROP BAG INFO

DROP BAGS - RIDE

- Drop off location: Cimino Park
- Date/Time: Friday Oct 1. Between 2:00 and 7:00pm
- On course location: Ludlow
- *Only clear plastic bags are allowed* – bags are available at Packet Pick-Up.
 - Clearly label bags with your name and race number

DROP BAGS – RUN

- Drop off location: Cimino Park
- Date / Time: Saturday Oct. 2nd 10:00am - 12:00pm
- On course location: Mile 15.5
- *Only clear plastic bags are allowed* – bags are available at Packet Pick-Up.
 - Clearly label bags with your name and race number

ALL DROP BAGS MUST BE PICKED UP BY 7:00PM on OCT. 3rd at CIMINO PARK

- Bags not claimed will be checked for perishable food which will be disposed of, and all other items will be donated.



EVENT RULES

PLEASE READ ALL AND CAREFULLY... YOU ARE RESPONSIBLE FOR THESE RULES!

1. The EVENT SPONSORS, ORGANIZERS, PROMOTERS, STAFF and anyone having anything to do with this event ARE NOT RESPONSIBLE FOR YOUR SAFETY OR WELL BEING. We cannot stress this strongly enough, YOU ARE RESPONSIBLE FOR YOU!
2. To That end, this is an OPEN COURSE. Use your head, be smart, stay on your side of the road, watch for traffic, cows, bears, coyotes, and anything that may impede your progress.
3. As a result of this course being open to the public and all roads subject to normal traffic, headphones and earbuds are strictly forbidden.
4. The Rad Dirt Fest is both a self-supported bicycle and run endurance event along the gravel and dirt roads of spectacular southern Colorado. For the purpose of this event, "bicycle" is defined as "a vehicle consisting of a frame mounted on two wheels one behind the other, and having a seat, handlebars for steering, two hand-operated brakes, and propelled solely by the operator via two pedals connected to the rear wheel by a chain or belt. "E-Bikes" and pedal-assist bikes will NOT be allowed on any of the courses. RUN is defined as on your own two feet. Run, walk, skip if you like, but make sure you hit the cut-off times! 😊
5. ALL bike participants MUST attend Packet Pick Up on Friday, Oct.1, 2021 to receive their event packet. (Reference our Schedule of Events for exact times.) A government- issued photo I.D. will be required to sign in. Event packets will be given out to registered participants only. No one else can receive your pack for you. For the Ride Portion, Sign In will NOT be available on Saturday am, so plan accordingly. Runners will have an additional option for packet pick-up on Saturday – See event schedule.
6. Participants will be responsible for printing their own set of course maps and/or cue sheets prior to the event. These documents will be the runners/rider's primary means of navigation. Participants may load the route into their GPS prior to the event, to assist in navigation. In addition, the course may have a limited number of course markings to reassure participants they are on route. **DO NOT RELY ON COURSE MARKINGS FOR NAVIGATION. USE GPS ALONG WITH THE MAP!!!**

EVENT RULES CONT.

7. Each runner/rider is required to reach each checkpoint in their respective distance. A timing mat will be placed on-course at the entrance of each checkpoint to record that a rider has reached that destination.
8. Cut-off times will be established for reaching and for departing each checkpoint. Any participant not reaching a checkpoint before the established arrival cut-off time will be pulled from the event. Any participant still at a checkpoint after the departure cut-off time will not be allowed to continue past that point. Arrival cut-off times are based on an average speed of 10 mph and are established for the purpose of rider safety. Therefore, these times will be strictly enforced.
9. Outside support is not allowed. This includes, but is not limited to assistance with navigation, supplies, and lighting. The only exceptions to this are outlined in Rules 9, 10, 11 and 12 below. **Participants may help other participants with mechanical support, navigational assistance, or by any other means.**
10. Each participant, regardless of event distance, **MUST** have present at the event at least one support crew person and/or a clear plan for rescue, in the event they need to abandon the event. Multiple runners / riders may share the same support crew. **YOU MUST** arrange a plan for how you will get rescued should the need arise. **WE WILL NOT COME RESCUE YOU. YOU ARE RESPONSIBLE FOR YOU.**
11. Official checkpoints along the route will serve as neutral areas where Rad 165,100 mile ride participants and 50k run participants, may meet their support crew to restock supplies and repair equipment. These checkpoints will be the only locations along the entire course where participants may receive assistance from their support crew. **RECEIVING ASSISTANCE FROM A SUPPORT CREW, OR ANY OTHER NONPARTICIPANT, AT ANY OTHER POINT ALONG THE ROUTE WILL RESULT IN IMMEDIATE DISQUALIFICATION.**

EVENT RULES CONT.

12. Participants may stock up on food, water, and other supplies at stores and businesses along the route. Participants may also receive “neutral” assistance from residents along the route. “Neutral” is defined as support that is freely offered equally to ALL event participants, and is done so from a stationary, non-moveable location. In other words, it is OK to stop at a farmhouse and fill up a water bottle from a garden hose, (with permission of the owner,) It is OK to receive a can of soda from a resident sitting in a lawn chair in their front yard with a cooler full of cold drinks. It is NOT OK to receive a hand-up from a vehicle that “just happens” to be at the side of the road. Folks, this rule is really quite simple. Please don’t make it something it is not.
13. Support Crews, friends, and family members are NOT allowed on or near the course, except to pick up a rider who is abandoning the event. **IF A SUPPORT CREW VEHICLE IS SPOTTED ON COURSE, THEIR RIDER WILL BE DISQUALIFIED.** Providing support to a rider while on course goes against the self-sufficiency spirit of this event. It is unfair to other participants, as well as adds more traffic on course, and therefore will not be allowed.
14. Participants may not advance along the route by any means other than a bicycle, or by foot. There will be no hitching rides.
15. The primary route must be followed at all times. No short cuts or alternate routes are permitted. The course may be altered by the promoters in the event of inclement weather, or other unforeseeable circumstances. Should this occur, participants will be sufficiently advised.
16. Riders/Runners must remain within the primary boundaries of the roadway at all times. If the roadway is bordered by fences, stay between them. If the roadway is in open range (no fences), stay out of the ditch and on the road. Leaving the roadway is cutting the course. Hopping the fence is trespassing on private property, and as such is punishable by law. We will fully cooperate with local law enforcement to see that violators are dealt with appropriately.
17. If you intentionally exit the course for food, supplies, or any other reason, you must re- enter the course at the same spot at which you left. If you get lost, you shall make every reasonable attempt to backtrack to the point where you left the course; or to re-enter the course as soon as possible and without gaining an advantage. Note: *“Advantage” is not defined by race position.*

EVENT RULES CONT.

18. Participants must start and complete the entire course on the same bicycle frame, (and same two feet), All other components and equipment may be repaired or replaced during the event. (And feet are allowed to be repaired also... in the regard of blisters etc.. 😊) Participants in the Single Speed class shall have only one gearing combination installed on their bike, and must complete the entire event using the same gearing combination.
19. Bicycles must be equipped with two (front and rear) fully-functional hand-operated brakes. Coaster style brakes do not satisfy this requirement. "Fixed-Gear" bikes are not exempt from this requirement.
20. Participants must wear a properly approved helmet while operating their bicycle. Runners, choose your best head gear at your own discretion.
21. Participants must obey all city, county, and state laws, and "Rules of the Road."
22. 165 and 100 mile participants must have a clear front headlamp and a red tail light for the duration of the event. Riders may choose to mount additional lighting while at one of the official event checkpoints. (Headlamps may be mounted either on the bike, or on the rider's helmet.)
23. Drafting on another event participant is allowed. Drafting on a non-participant cyclist, or on a motorized vehicle will result in disqualification.
24. DID WE MENTION YOU are completely on your own. Use your head. Watch for and yield to traffic. All roads are open to public traffic.
25. Challenges to event results must come from a registered participant, must be made either in-person, or via email to theraddirt@ltevents.zendesk.com, and must be received no later than 11:59 pm on Sunday, Oct. 3, 2021. All podium challenges must be made 30 minutes in advance of awards.

PREPARATIONS

EQUIPMENT CHECKLIST

Each participant must carry with them (on their body, or on their bike) every item on this list:

1. Cycling computer or GPS device.
2. Red tail light.
3. Front light.
4. Minimum of two liters of water or sports drink.
5. Two spare inner tubes.
6. Air pump or inflation system.
7. A cell phone to contact the “outside world” should you need help.
8. Kindness and camaraderie for those around you. Not just for our fellow athletes, but the backyards we are privileged to play in. Respect the community you are coming into, and take the extra time to pick up a nutrition wrapper, or make sure your fellow athlete has what they need to fix a flat. Biking and running are a place to come together, stand undivided, and take care of your fellow athletes. Above all else, ENJOY this immense privilege we have to be out here together, able and willing.

ADDITIONAL Supplies You Should SERIOUSLY Consider

1. A GPS system to communicate your exact location to support or rescue personnel
2. in the event of an emergency.
3. Small rucksack / hydration pack
4. Waterproof / windproof jacket
5. Extra thermal top or warm layer
6. An emergency / survival blanket
7. Food – energy bars, gels, chocolate, etc.
8. Tire levers
9. Puncture repair kit
10. Chain tool
11. Allen wrench set
12. Spoke wrench
13. First aid kit
14. Chamois Butt’r
15. Chain lube
16. Cash, debit card or credit card. (To purchase food, water, supplies.)
17. STRONG sense of humor
18. A phone / camera that allows you to capture the immense beauty and best sunrise/sunset in the world!

AWARDS

AWARDS SCHEDULE

- **4:00 pm Saturday**
 - The Frijole- Cimino Park
 - Anteloop- Cimino Park
- **3:00 pm Sunday**
 - Stubborn Delores- Cimino Park
 - Lost Mesa- Cimino Park
 - Half Radathon- Cimino Park

AWARDS WILL BE 3 DEEP IN EACH CATEGORY:

- Open Men
- Open Women
- 19 & Under Men
- 20-29 Men
- 30-39 Men
- 40-49 Men
- 50-59 Men
- 60+ Men
- 19 & Under Women
- 20-29 Women
- 30-39 Women
- 40-49 Women
- 50-59 Women
- 60+ Women
- Non-Binary Open
- Singlespeed Men*
- Singlespeed Women*
- Tandem Open*

*Ride Events Only

EMERGENCY INFORMATION

MEDICAL SUPPORT & SMART THINGS TO CONSIDER

- **Ride Safe, Ride Smart**
 - First and foremost: ride smart, ride safe, and ride within your ability. And ditto on running.
 - Be smart about your nutrition and hydration.
 - Drink and eat early, and before you are hungry or thirsty.
 - Map out these pieces carefully and plan accordingly.
- **Weather**
 - Plan for temperatures in the 80s during the afternoons.
 - In the early am and evening expect into the lower 50s.
 - Plan for rain. Yup... bring your jacket. High desert can change quickly!
- **Unsupported**
 - Plan like you are just out with your own self, or your friends completely unsupported.
 - Consider all the variables and have all the items you need to sustain yourself well into the night.
 - Back to riding smart... Dig into the vast well, and push hard... and also, recognize that the back of the 165 mile course is NOT supported.
- **Sanity Check – Stubborn Delores Riders**
 - Consider a very strong sanity check at Spanish Peaks Inn, at mile 72.
 - How you are feeling? And then reconsider, how you are REALLY feeling... not just how you would like to be feeling.
 - Cell service is limited to non-existent back there, and it is 31 miles to an aid station. There is no shame in turning back.

AREA HOSPITALS

It is, of course, our hope that no one will need this information. In the unfortunate chance that you do, print this off and keep it with you and your support crew.

MT. SAN RAFAEL HOSPITAL

- 410 Benedicta Ave
- Trinidad, CO 81082

EMERGENCIES DIAL 911

SPONSORS

We thank the following sponsors for making the Rad Dirt Fest presented by Wahoo possible. Whether local or national, we ask our participants and fans to look to these sponsors first for the services or products they provide. We truly could not host these amazing events without all of you. Our most sincere thanks to you all!

wahoo



The Feed.

