



LIFETIME[®] THE RAD

DIRT FEST

PRESENTED BY **wahoo**

ATHLETE GUIDE

2022

LIFETIME[®]

WELCOME!

This document covers the **Life Time Rad Dirt Fest presented by Wahoo**, and is intended to provide event participants with all the information they will need to prepare for a successful and rewarding Rad experience.

WELCOME TO TRINIDAD!



EVENT SCHEDULE

FRIDAY, OCTOBER 7TH

**2:00 P.M.-
7:00 P.M.**

Packet Pickup
LOCATION: [PPU tents at Animas & Main St.](#)

2:30 P.M.

Shake Out Ride hosted by Gravel Collective
LOCATION: [Meet in front of Mooses Bar on Main St.](#)

4:00 P.M.

Shake Out Ride hosted by Petunia Mafia
LOCATION: [Meet in front of Mooses Bar on Main St.](#)

5:30 P.M.

Rider's Meeting
LOCATION: [Animas & Main in the packet pick-up area](#)

SATURDAY, OCTOBER 8TH

7:00 A.M.

Stubborn Delores Race Start
LOCATION: [Start/Finish](#)

7:30 A.M.

Antelope Race Start
LOCATION: [Start/Finish](#)

9:00 A.M.

The Frijole Race Start
LOCATION: [Start/Finish](#)

1:00 P.M.

The Frijole Awards
LOCATION: [Stage At Commercial & Main](#)

**2:00 P.M.-
6:30 P.M.**

Live Music
LOCATION: [Stage At Commercial & Main](#)

7:00 P.M.

Antelope & Stubborn Dolores Awards
LOCATION: [Stage At Commercial & Main](#)

8:00 P.M.

After Party #1
LOCATION: [The Well & Taproom](#)

9:00 P.M.

After Party #2
LOCATION: [Sexy Pizza](#)

SUNDAY, OCTOBER 9TH

8:30 A.M.

Hangover Ride to the Sign
LOCATION: [Start/Finish](#)

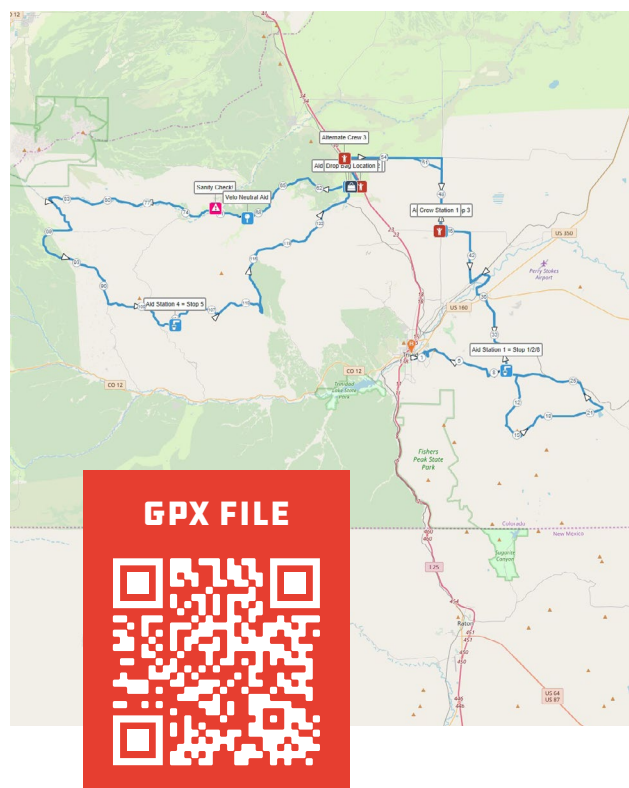


COURSE INFORMATION

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 DELORES COURSE OVERVIEW

- › **DISTANCE**
165 Miles
- › **ELEVATION GAIN:**
11,345"
- › **HIGHEST POINT:**
8,943'
- › **COURSE MARKING COLOR:**
PINK & BLACK with Reflective Tape
& Pink and Black Arrows.
- › **AID STATIONS:**
Mile 9, 29, 45, 60, 104, 126, 141, 156
- › **VELOSOUL CYCLERY
NEUTRAL AID:**
Mile 69
- › **STANS NO TUBES NEUTRAL
AID ON COURSE**
- › **CREW LOCATIONS:**
Mile 45, 57, 60, 126, 129, & 141
- › **DROP BAG LOCATION:**
Mile 60/126



CLICK OR SCAN

COURSE CUTOFFS

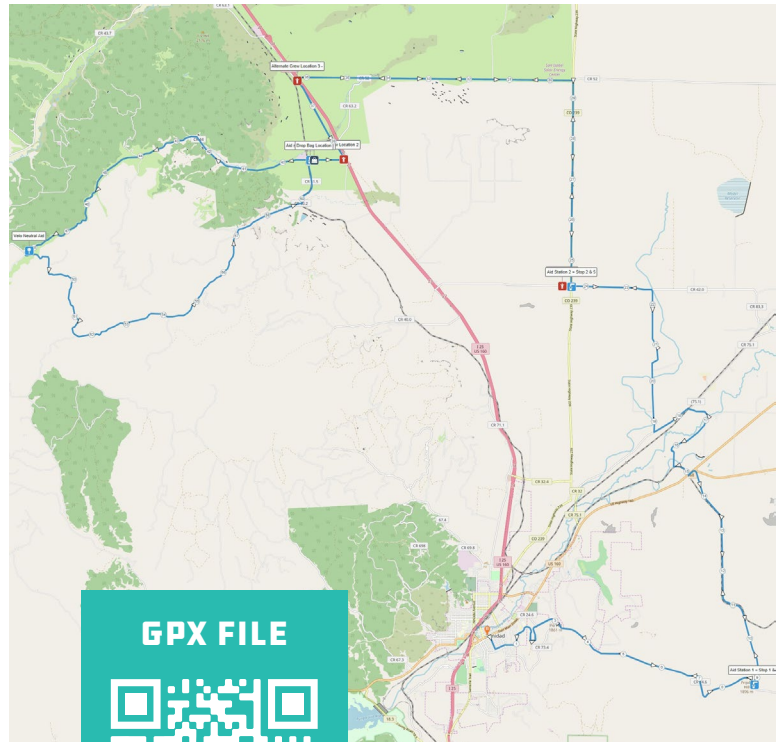
- › **OUTBOUND**
1:00pm | Ludlow Aid Mile 60
5:15pm | Aid Station 6 / Mile 104
- › **INBOUND**
7:30pm | Ludlow Aid Mile 126
9:00pm | Hoenhe Aid Station 8 / Mile 141
11:00pm | **FULL COURSE CUTOFF TIME**

COURSE INFORMATION CONT.

ANTELOOP

COURSE OVERVIEW

- › **DISTANCE**
99 miles
- › **ELEVATION GAIN:**
5465'
- › **HIGHEST POINT:**
7,299'
- › **COURSE MARKING COLOR:**
BLUE
- › **AID STATIONS:**
Mile 9, 24, 39, 60, 75, 90
- › **VELOSOUL CYCLERY
NEUTRAL AID:**
Mile 48
- › **CREW LOCATIONS:**
Mile 24, 36, 39, 60, 63, & 75
- › **DROP BAG LOCATION:**
Mile 39/60



CLICK OR SCAN

COURSE CUTOFFS

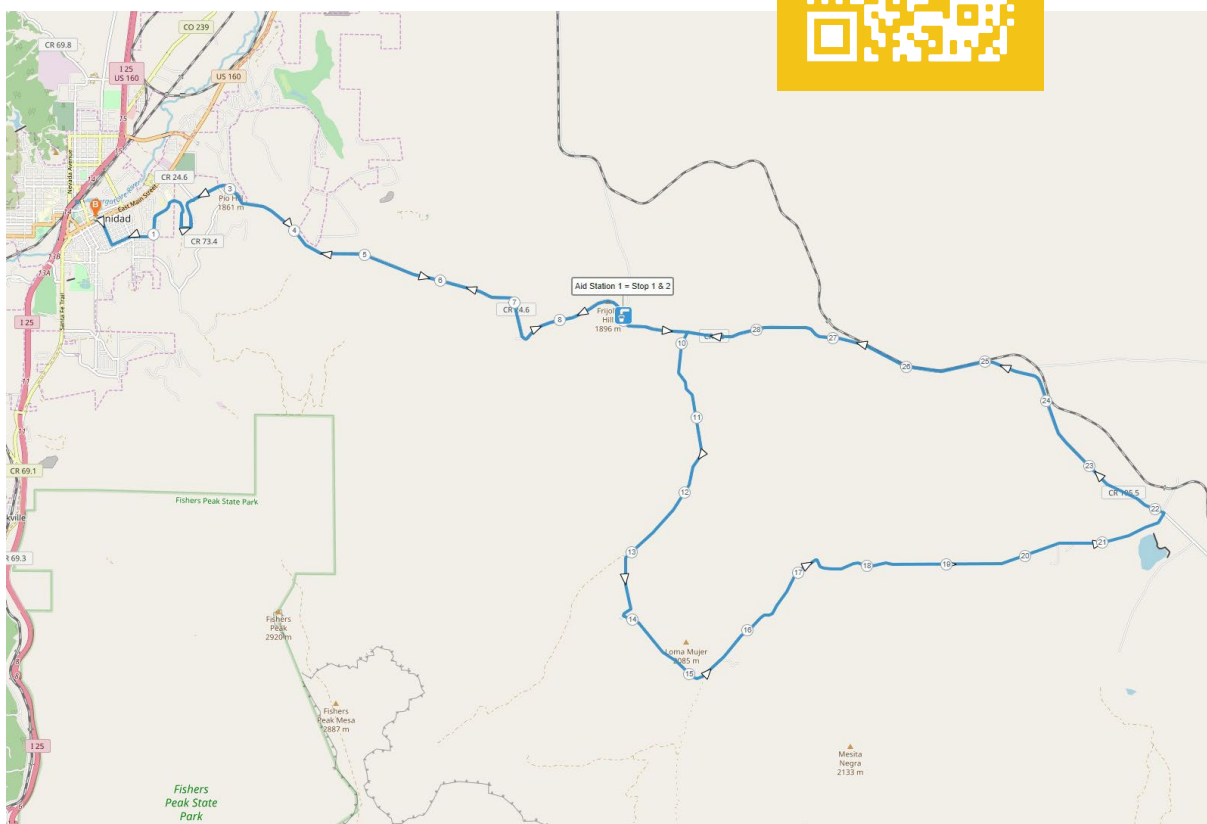
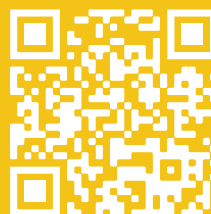
- › **OUTBOUND**
11:30am | Ludlow Aid Mile 39
- › **INBOUND**
1:30pm | Ludlow Aid Mile 60
3:00pm | Aid Station 5 / Mile 75
5:30pm | **FULL COURSE CUTOFF TIME**

THE FRIJOLE

COURSE OVERVIEW

- CLICK OR SCAN**

GPX FILE



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 DELORES

› CREW AREA #1

Mile 45 & 141 on course

ACCESS:

I-25 to Exit 23 and East on CR 40/
Hoenhe Rd to the parking attendants.

› CREW AREA #2

Mile 60 & 126 on course

ACCESS:

I-25 North to Exit 27 - West on
CR 44 to parking attendants.

› 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 23 and East on CR 40/
Hoenhe Rd to the parking attendants.

› CREW AREA #2

Mile 39 & 60 on course

ACCESS:

I-25 North to Exit 27 - West on
CR 44 to parking attendants.

› CREW AREA #3

Mile 36 & 63 on course

ACCESS:

I-25 North to Exit 30 - South
on 63.1 to parking attendants



DROP BAGS

STUBBORN DELORES & ANTELOOP ONLY

DROP OFF LOCATION

ANIMAS & MAIN

- › Friday Oct 7 | 2:00 and 7:00pm
- › Only clear plastic bags are allowed – bags are available at Packet Pick-Up
- › Clearly label bags with your name and race number

ON COURSE LOCATION

LUDLOW AID STATION

- › Stubborn Dolores - Mile 60 & 126
- › Antelope - Mile 39 & 60

PICK-UP LOCATION

FINISH LINE

- › All drop bags **must** be picked up by 10:00am on October 9th
- › Bags not claimed will be checked for perishable food which will be disposed of, and all other items will be donated.





WHAT YOU NEED TO KNOW WITH REGARD TO SHOWING UP IN TRINIDAD. FROM RACE DIRECTOR, TAMIRA JENLINK:

Hello Everyone!

Welcome to the fun & rad backcountry, high desert vistas and incomparable gravel of southern Colorado. We are excited to spend the weekend with you here, and look forward to supporting you on your choice of distances and experiences. We are super privileged by the community both city and rural for the opportunity to ride in this pristine backcountry! Please do take the time to read the rules below. And before you dig deep into those, I want to take a moment to highlight a few non-negotiable points. We are in the back-yard of some pretty awesome humans, who are granting us the privilege to do just this... ride our bikes on their amazing gravel. Please join me in showing up as the very best humans we can, and lets make it a point to hit a couple of critical points in abundance... together:

- › Please ride with awareness to your surroundings. When you see traffic coming, move to single file lines.
- › DO NOT RIDE more than two together in wide open spaces with a clear view of oncoming traffic.
- › On the winding beautiful gravel of the Spanish Peaks, please ride single file ... again with great awareness of oncoming traffic. There are a number of narrow and blind curves.
- › Please pick up all your garbage, and bring it out with you, or drop it at one of the many aid stations on course.
- › Please use the bathrooms we provide on course and not the back (or front) yards of these awesome humans.
- › And every chance you get, shout out a big thank-you to this whole community for allowing us in their space for the weekend!
- › And.. a big thank-you to all the volunteers you meet on course, who are also all locals from Trinidad showing up to take care of you in their backyard! Now that's what I call hospitality!

And on the following pages, you will find the rest of the critical rules that help take care of you and keep everyone safe.

HAVE AN AMAZING DAY OUT THERE!

Tamira

EVENT RULES

PLEASE READ ALL & 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! 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.
- 2** As a result of this course being open to the public and all roads subject to normal traffic, headphones and earbuds are strictly forbidden.
- 3** The Rad Dirt Fest is a self-supported bicycle 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.
- 4** "E-Bikes" will NOT be allowed on any of the courses.
- 5** ALL bike participants MUST attend Packet Pick Up on Friday, Oct.7, 2022 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.
- 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!!!

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

7 Each 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 (See COURSE INFO for more information). 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 10, 11, 12 and 13 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 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 and 99 mile 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.

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

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.



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

- 16** Riders 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.
- 18** Participants must start and complete the entire course on the same bicycle frame. All other components and equipment may be repaired or replaced during the event.
- 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.
- 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.



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

- 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@lfevents.zendesk.com, and must be received no later than 11:59 pm on Sunday, Oct. 9, 2022. All podium challenges must be made 30 minutes in advance of awards.
- 26** 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.

PREPARATIONS

EQUIPMENT CHECKLIST

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

- ☐ Cycling computer or GPS device
- ☐ Red tail light
- ☐ Front light
- ☐ Minimum of two liters of water or sports drink
Two spare inner tubes
- ☐ Air pump or inflation system
- ☐ A cell phone to contact the “outside world” should you need help

- ☐ 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

- ☐ A GPS system to communicate your exact location to support or rescue personnel in the event of an emergency.
- ☐ Small Rucksack / Hydration Pack
- ☐ Waterproof / Windproof Jacket
- ☐ Extra Thermal Top or Warm Layer
- ☐ An Emergency / Survival Blanket
- ☐ Food – Energy Bars, Gels, Chocolate, etc.
- ☐ Tire Levers
- ☐ Puncture Repair Kit
- ☐ Chain Tool
- ☐ Allen Wrench Set
- ☐ Spoke Wrench
- ☐ First Aid Kit
- ☐ Chamois Butt'r
- ☐ Chain Lube
- ☐ Cash, debit card or credit card.
(To purchase food, water, supplies.)
- ☐ STRONG sense of humor
- ☐ A phone / camera that allows you to capture the immense beauty and best sunrise/sunset in the world!

AWARDS

SCHEDULE

1:00 P.M.

The Frijole Awards

LOCATION:

[Stage At Commercial & Main](#)

7:00 P.M.

Antelope & Stubborn
Dolores Awards

LOCATION:

[Stage At Commercial & Main](#)

AWARD CATEGORIES

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
- › Para Men
- › Single Speen Men
- › 19 & Under Women
- › 20-29 Women
- › 30-39 Women
- › 40-49 Women
- › 50-59 Women
- › 60+ Women
- › Para Women
- › Non-Binary Open
- › Single Speed Women
- › Tandem Open



EMERGENCY INFORMATION

RIDE SMART

First and foremost: ride smart, ride safe, and ride within your ability.

- › Be smart about your nutrition and hydration.
- › Drink and eat early, and before you are hungry or thirsty.

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!

YOU'RE ON YOUR OWN

- › Plan like you are just out with your own self, or your friends completely unsupported.
- › Cell service is limited to non-existent back there on the backside of the Stubborn Dolores course, 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!

LIFETIME **wahoo**

AXE ..AND.. **OAK**
DISTILLERY



CHARLOTTE'S WEB
STANLEY BROTHERS

CRAFT



pandora

