



LIFETIME[®]
THE RAD

PRESENTED BY **wahoo**

**ATHLETE
GUIDE**

2023

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, SEPT. 29TH

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

Packet Pickup
LOCATION: [Space to Create
218 W Main St.](#)

1:00 P.M.

Life Time Grand Prix
Shakeout Ride
LOCATION: [Space to Create
218 W Main St.](#)

3:00 P.M.

Shakeout Ride with Ride
or Die Collective
LOCATION: [Space to Create
218 W Main St.](#)

5:30 P.M.

Rider's Meeting
LOCATION: [Space to Create
218 W Main St.](#)

SATURDAY, SEPT. 30TH

**7:00 A.M. -
9:30 A.M.**

Race Day Packet Pickup -
LOCATION: [Start/Finish \(218 W Main St.\)](#)

9:00 A.M.

Stubborn Dolores (112-mile)
Race Start
LOCATION: [Start/Finish](#)

9:30 A.M.

Antelope (68-mile) Race Start
LOCATION: [Start/Finish](#)

10:00 A.M.

The Frijole (47-mile) Race Start
LOCATION: [Start/Finish](#)

**1:00 P.M. -
2:30 P.M.**

Live Music
LOCATION: [Stage At 218 W Main St.](#)

3:00 P.M.

Awards (Pro and Life Time Grand
Prix, Antelope & Frijole)
LOCATION: [Stage At 218 W Main St](#)

**4:00 P.M. -
5:30 P.M.**

Live Music
LOCATION: [Stage At 218 W Main St.](#)

6:00 P.M.

Awards (Stubborn Dolores Age
Groups)
LOCATION: [Stage At 218 W Main St](#)

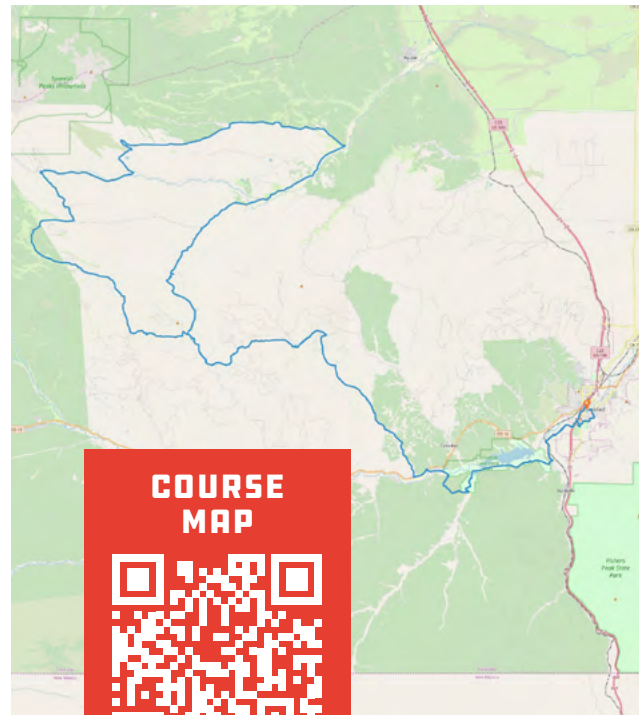


COURSE INFORMATION

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**
112 Miles
- > **ELEVATION GAIN:**
10,440'
- > **HIGHEST POINT:**
8,930'
- > **COURSE MARKING COLOR:**
PINK & BLACK with Reflective Tape & Pink and Black Arrows.
- > **AID STATIONS:**
Mile:
 - 5.7 - Trinidad Lake State Park
 - 22.4 - Burro Canyon Aid
 - 42.8 - Spanish Peaks Inn Aid
 - 70.8 - Earth Mtn Farms Aid
 - 89.5 - Burro Canyon - Aid
 - 106 - Trinidad Lake State Park - Aid
- > **DROP BAG LOCATION:**
Mile 42.8 - Spanish Peaks Inn Aid



CLICK OR SCAN

COURSE CUTOFFS

- > **OUTBOUND**
1:20pm | Spanish Peaks Inn Mile 42.8
- > **INBOUND**
6:00pm | Burro Canyon Aid Mile 89.5
7:40pm | Trinidad Lake State Park Mile 106

NOTE: Each course incorporates a 2 mile section of more technical gravel, on South Shore Trail, after you come into Trinidad Lake State Park. This includes a few pitchy hills with loose gravel, coupled with mostly smooth gravel.



CLICK OR SCAN

COURSE INFORMATION CONT.

ANTELOOP

COURSE OVERVIEW

› **DISTANCE**

68 miles

› **ELEVATION GAIN:**

6558'

› **HIGHEST POINT:**

7,582'

› **COURSE MARKING COLOR:**

BLUE with Blue Arrows

› **AID STATIONS:**

Mile:

5.7 - Trinidad Lake State Park

22.4 - Burro Canyon Aid

33.7 - 4 Corners Aid

44.2 - Burro Canyon Aid

61.6 - Trinidad Lake State Park Aid

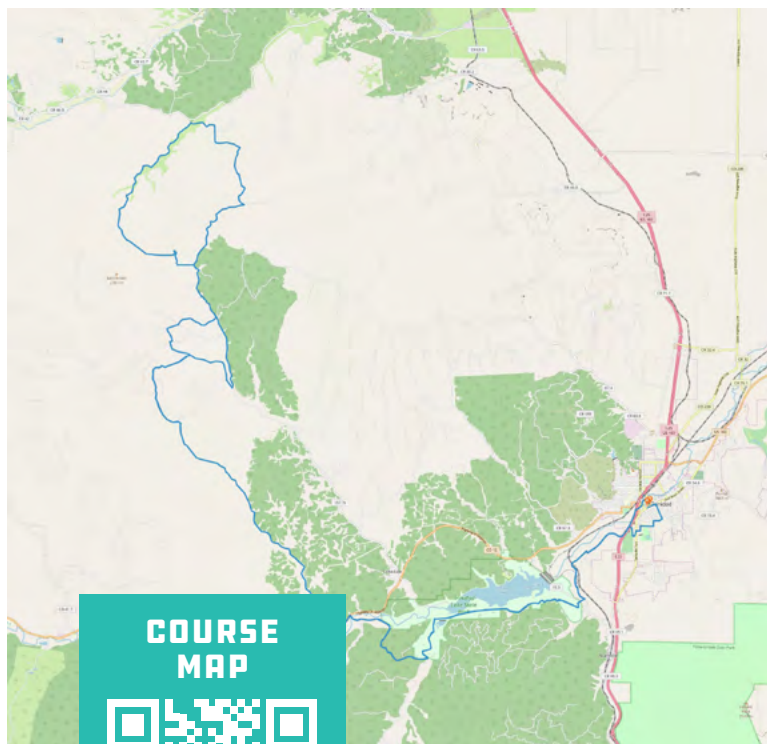
› **CREW LOCATIONS:**

Mile:

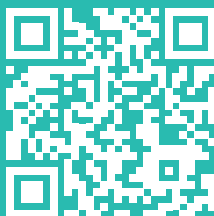
5.7 & 61.6 - Trinidad Lake State Park

NOTE: DAY USE FEE REQUIRED

42.8 - 4 Corners / CR 44



COURSE
MAP



CLICK OR SCAN

COURSE CUTOFFS

› **TURNAROUND**

1:00pm | 4 Corners Aid Mile 33.7

› **INBOUND**

3:45pm | Trinidad Lake State Park Mile 61.6

NOTE: Each course incorporates a 2 mile section of more technical gravel, on South Shore Trail, after you come into Trinidad Lake State Park. This includes a few pitchy hills with loose gravel, coupled with mostly smooth gravel.



CREW
MAP

› **NO DROP BAGS FOR ANTELOOP**

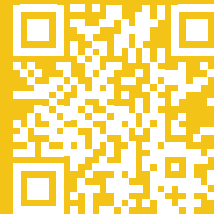
COURSE INFORMATION CONT.

THE FRIJOLE COURSE OVERVIEW

- > **DISTANCE**
47 miles
 - > **ELEVATION GAIN:**
4,275'
 - > **HIGHEST POINT:**
7,221'
 - > **COURSE MARKING COLOR:**
RED with Red Arrows
 - > **AID STATIONS:**
Mile 5.7, 22.4 & 40
 - > **CREW LOCATIONS:**
Mile 5.7 & 40 - Trinidad Lake State Park
- NOTE: DAY USE FEE REQUIRED**

CLICK OR SCAN

COURSE
MAP



NOTE: Each course incorporates a 2 mile section of more technical gravel, on South Shore Trail, after you come into Trinidad Lake State Park. This includes a few pithy hills with loose gravel, coupled with mostly smooth gravel.

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 & 3**

Mile 5.7 & 106 on course

TRINIDAD LAKE STATE PARK
DAY USE FEE REQUIRED

ACCESS:

I-25 South to the Starkville Exit - CR 69.1 south to CR 18.3 to The South Shore Trinidad Lake State Park entrance.

› **CREW AREA #2**

Mile 42.8 on course

SPANISH PEAKS INN

ACCESS:

I-25 North to Ludlow Exit - Take CR 44 West to Spanish Peaks Inn

ANTELOOP

› **CREW AREA #1 & 3**

Mile 5.7 & 61.6 on course

TRINIDAD LAKE STATE PARK
DAY USE FEE REQUIRED

ACCESS:

I-25 South to the Starkville Exit - CR 69.1 south to CR 18.3 to The South Shore Trinidad Lake State Park entrance.

› **CREW AREA #2**

Mile 42.8 on course

4 CORNERS / CR 44

ACCESS:

I-25 North to Ludlow Exit / CR 44 to 4 Corners about 9.6 miles from the I-25 exit

FRIJOLE

› **CREW AREA #1**

Mile 5.7 & 40 on course

TRINIDAD LAKE STATE PARK
DAY USE FEE REQUIRED

ACCESS:

I-25 South to the Starkville Exit - CR 69.1 south to CR 18.3 to The South Shore Trinidad Lake State Park entrance.

› **CREW AREA #2**

Mile 42.8 on course

SPANISH PEAKS INN

ACCESS:

I-25 North to Ludlow Exit - Take CR 44 West to Spanish Peaks Inn

**CREW
MAP**



CLICK OR SCAN

NOTE: CREWS ARE ONLY ALLOWED TO PROVIDE SUPPORT AT APPROVED CREW LOCATIONS. IF RIDERS RECEIVE AID OUTSIDE OF OFFICIAL CREW LOCATIONS, THEY WILL BE DISQUALIFIED.

SEE THE "RULES PAGE" FOR MORE INFORMATION ON SUPPORT CREW RULES.

DROP BAGS

DROP BAGS ARE ONLY AVAILABLE FOR THE STUBBORN DOLORES

DROP OFF LOCATION

218 W MAIN ST

- › Friday Sept. 29th | 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

SPANISH PEAKS INN AID STATION

- › Mile 42.8

PICK-UP LOCATION

FINISH LINE

- › All drop bags **must** be picked up by 8:00pm on Saturday, Sept. 30th
- › 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** ALL bike participants MUST attend Packet Pick Up on Friday, Sept.29, 2023 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.
 - 5** 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 riders 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.
- Each rider is required to reach each

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

6 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.

7 Cut-off times will be established for reaching 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.

8 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.



9 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.

10 Official checkpoints along the route will serve as neutral areas where RAD 112 and 68 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 “MAY” RESULT IN IMMEDIATE DISQUAL.

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

11 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.

12 Support Crews and family members are only allowed at official crewing locations as stated in rule 11 and in the course info section. Please no crew vehicles on course in any portion of the courses, and only in designated crew locations as stated. Crew vehicles on course may lead to disqualification of your rider.

13 Participants may not advance along the route by any means other than a bicycle, or by foot. There will be no hitching rides.

14 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!

- 15** 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.
- 16** 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.
- 17** 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.
- 18** 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.
- 19** Participants must wear a properly approved helmet while operating their bicycle.
- 20** Participants must obey all city, county, and state laws, and "Rules of the Road."
- 21** All riders must have a clear front headlamp and red tail light after 7:00pm. 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.)
- 22** 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!

- 23** 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. You are responsible to follow and obey all traffic laws. Please do NOT ride two and three abreast and stay to the right ... ALWAYS.
- 24** 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 11:59pm on Saturday Sept. 30th , 2023. All podium challenges must be made 30 minutes in advance of awards.
- 25** 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.
- 26** With rider safety in mind, no aerobars, bar extensions, or clip on attachments of any kind will be permitted for any categories.

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
- 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!
- Front head lamp/red tail light in the event you are riding past 7:00pm

AWARDS

SCHEDULE

3:00 P.M.

Pro and Life Time Grand
Prix, Antelope & Frijole

LOCATION:

[Stage At 218 W Main St](#)

6:00 P.M.

Stubborn Dolores
Age Groups

LOCATION:

[Stage At 218 W Main St](#)

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
- › E-Bike Open - Frijole Category Only



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

