

Virtual
Racer
Meeting



Introductions

- Dave Schwartz - RSGA Head Adventurer & USA Tri Certified Race Director
- Patrick Mariani - Course Manager
- Channey Countryman - Operations
- Paul Greenberg- CT Gravel Ambassador



SPONSORS



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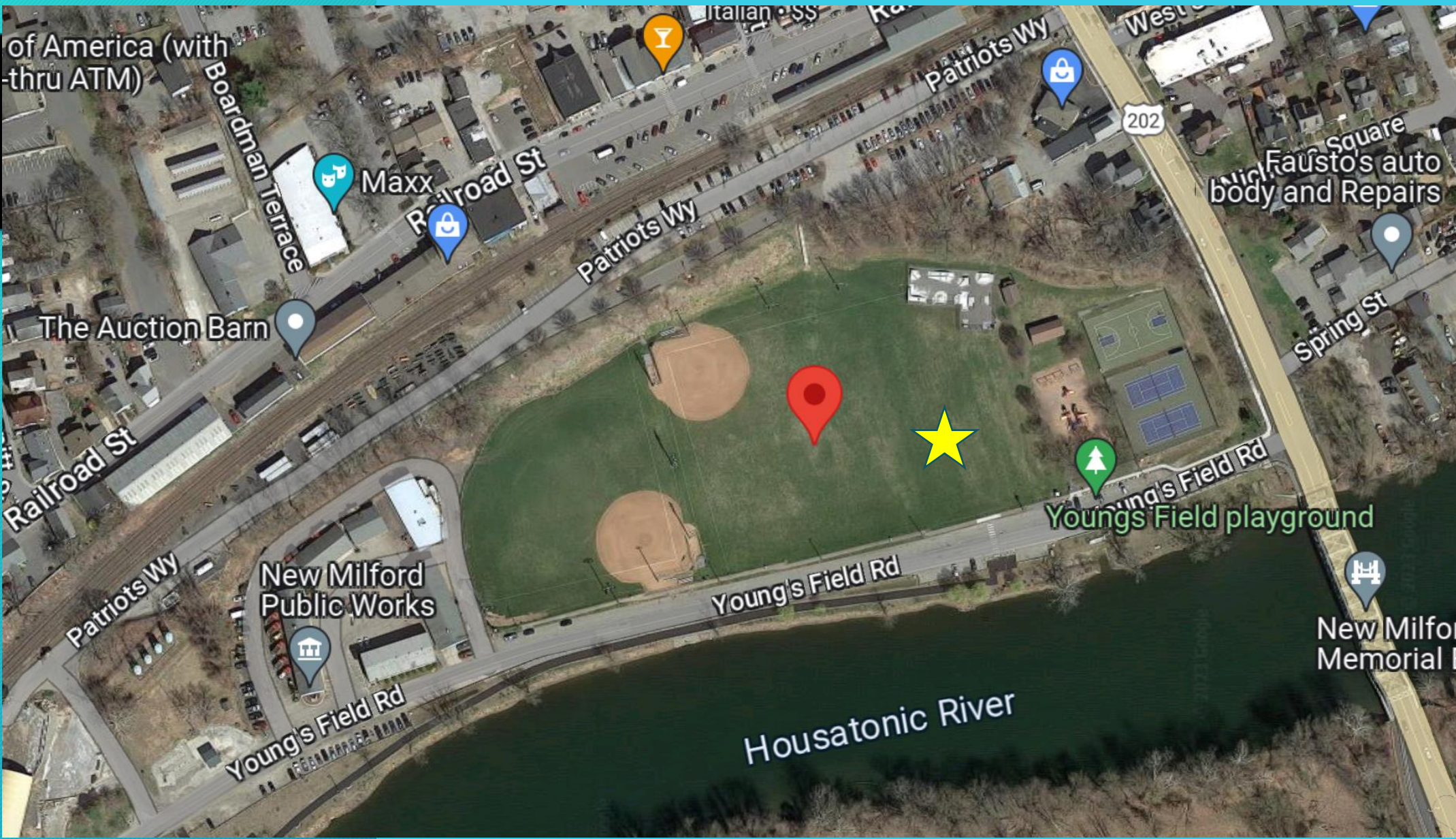
Where It's At?

YOUNG'S FIELD

New Milford, CT



PARKING



What Have I Signed Up For?

Use Your Head!



Mixed Surface Riding

Paved
Dirt, Rock,
Potholes - pretty much anything thrown at you



Guided Course with Aid Stations

Visual Route Arrows & RideWithGPS Routing



Open Course

You will encounter other cyclists, walkers, cars & yes even horses



Follow The Rules of The Road

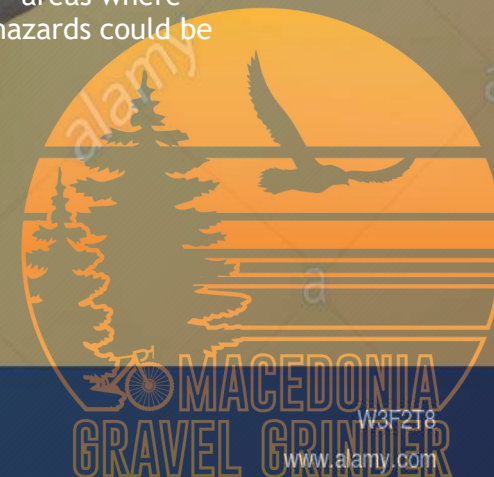
Caution signs are an indicator of some areas but by no means all areas where hazards could be



You are responsible for making good decisions!



Post Race Party with Food, Drink & Ice Cream



What If?

If You Require Medical Assistance

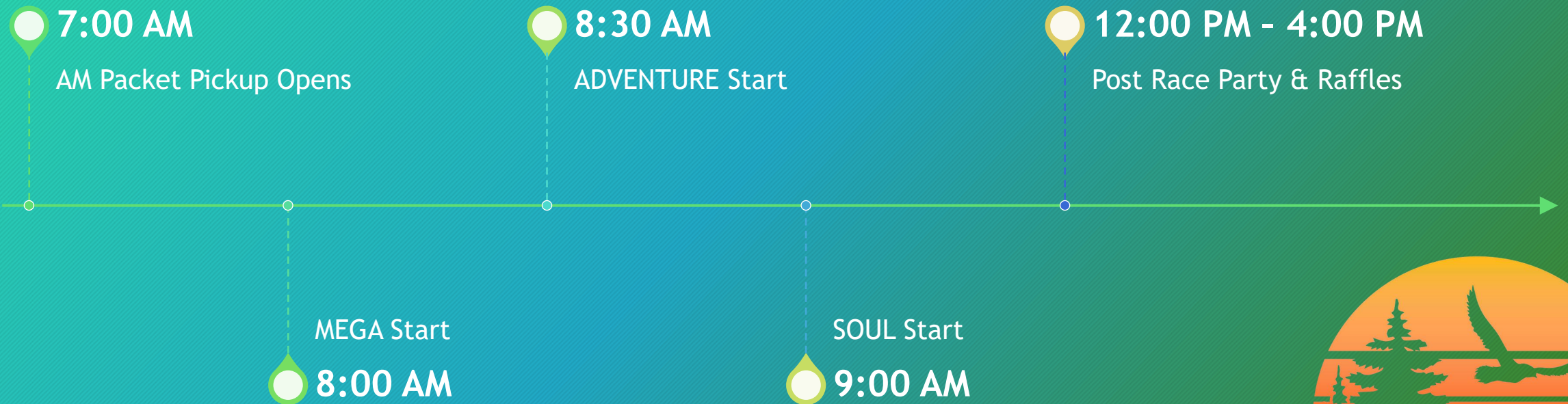
- Call 911

If you require technical or routing

- TEXT RSGA
- 973-813-9827



Event Schedule



Packet Pickup

- Go To Park Pavilion
- Ready Set Go Adventures Yellow Flag
 - Have Driver's License ready to show
- Packet Pickup Items
 - Race Bib, Twist Ties
 - Ready Set Go Adventures Sticker
 - Pre-Ordered Merchandise
- Merchandise Available for Sale
- Post Race Party Tickets
 - Pick Up When You Finish & Check In





Merchandise Available For Sale

Distances & Elevation



- **MEGA**

- 79 Miles & 5,971 Feet Elevation

- **ADVENTURE**

- 61 Miles & 4,155 Feet Elevation

- **SOUL**

- 33 Miles & 1,736 Feet Elevation



RIDE

W I T H G P S

VOICE NAVIGATION



ADVENTURE & MEGA UPDATED TODAY

KENT -> RIVER SECTION BYPASSED



- App Use Is Free For MGG Riders
- All Racers Sent Email With Link
- Just RSVP and you have full access
- Download App To Phone
- **Save Route for Offline**
- Audio Cues For Turns and Timed Segments
- Leaderboards on Ride With GPS
- Option to download .GPX, .TCX or .FIT file
- Bring Portable Battery Charger



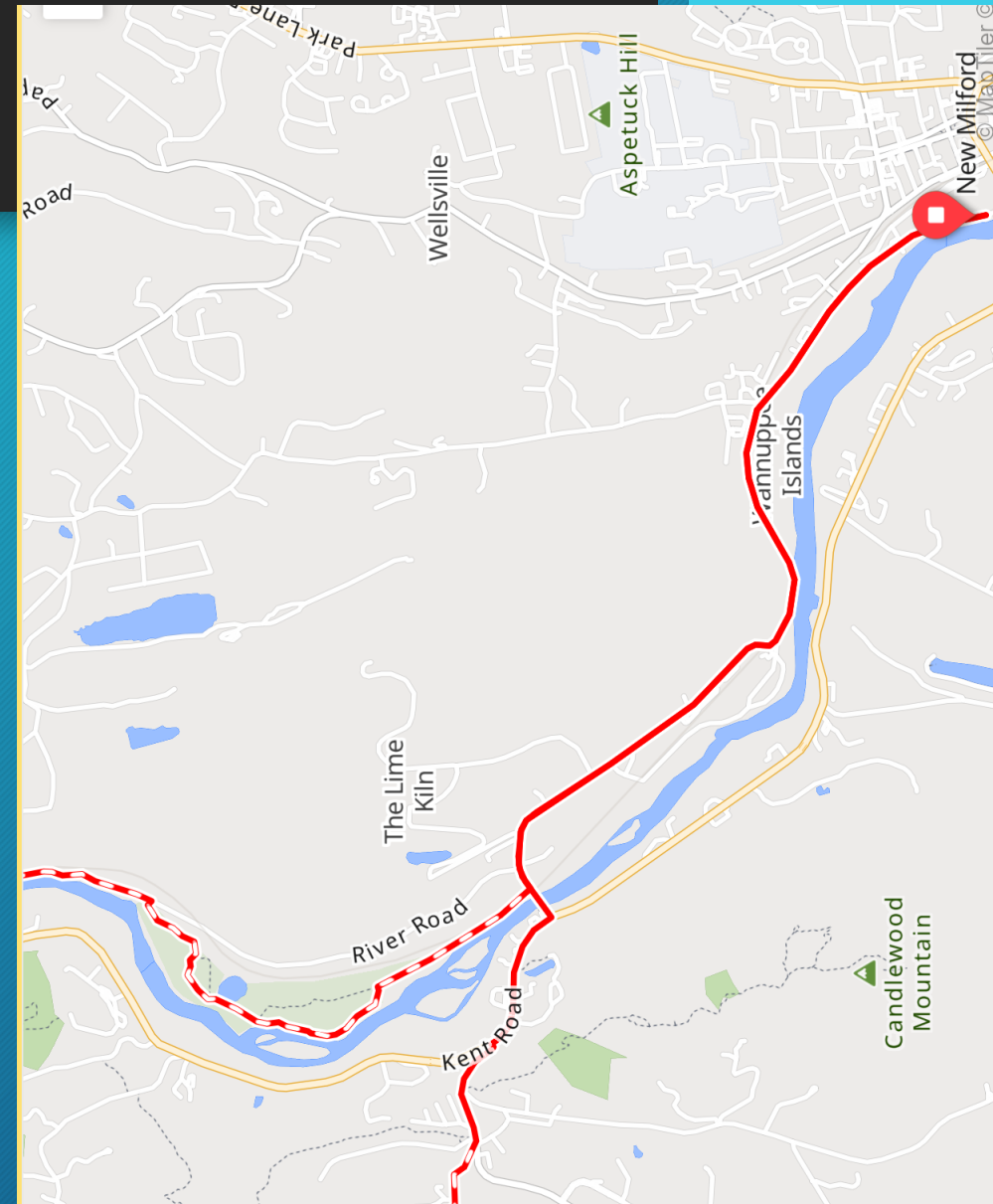
Arrows

- BLUE - SOUL
- PURPLE - ADVENTURE
- GREEN - MEGA



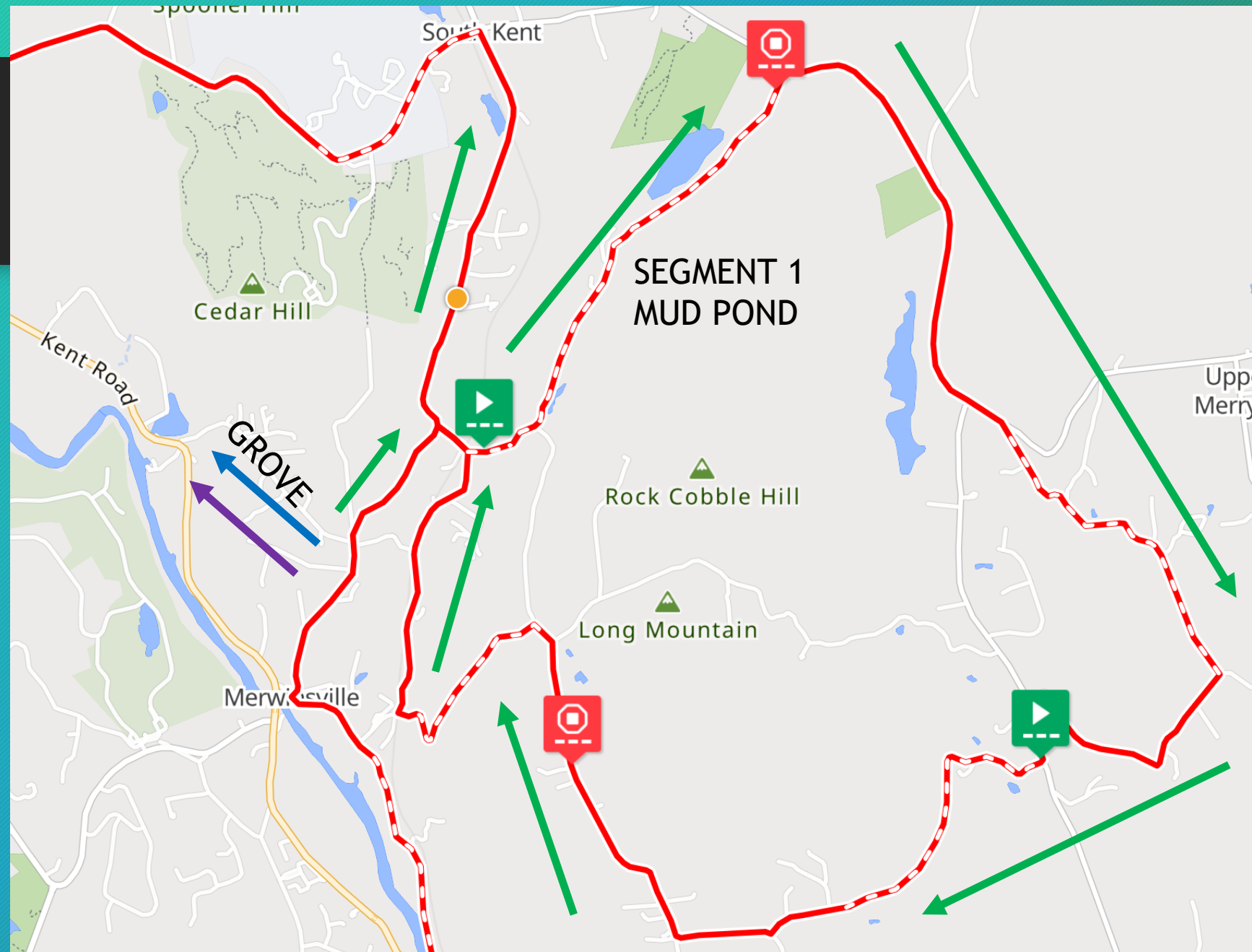
SEGA MEADOW PARK (Mile 2.5)

- Sharp Right Hand Turn
- Gate at Entrance
 - Ride on Left Side
 - Walk on Right Side
- First Gravel - *Not A Segment*



Course Split

- Start Follow BLUE Signs
 - First 8 Miles Same
 - SOUL & ADVENTURE Left to Grove & all the way to Aid 1 (Mile 18)
 - MEGA Straight & Bear Right then Right to Long Mtn then Left to Start Seg 1 Mud Pond (Mile 8.7) for 10 mile loop
 - Loops back to intersection then Left back onto Long Mtn



AID STATION 1 : MACEDONIA PARK PAVILION



- SOUL & ADVENTURE Mile 18
- MEGA Mile 30
- Pancakes & Maple Syrup
- Bananas & Oranges
- Gu Gels & Chews
- Skratch & Water
- Soul goes Left
- Adventure & Mega Right



ADVENTURE & MEGA TO FINISH

- MEGA Mile 41.6
- ADVENTURE Mile 23.5
- Last With Both Signs
- Then Just MEGA



AID STATION 2 Carlson St (Old 55)



- *Please make sure to check in at each aid station*

- Coke, Pickle Juice, Potato Chips, Bananas, PB&J
- Less than 5 miles after entering NY
- Adventure Mile 37
- Mega Mile 55



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Funky Things You'll See



STRAVA

- Sign Up for Free Strava Account
- Ride must be Public (Everyone Can View) to show in segment results
- Join Ready Set Go Adventures Strava Club
- Set Up Auto Sync from Bike Computer / Ride With GPS
- Strava Segments used to capture race segments
- Orange Signs - Approaching, Start & End



Timed Segments

MGG23 S1 Mud Pond <https://www.strava.com/segments/35010463>

MGG23 S2 Hine Rd <https://www.strava.com/segments/35010490>

MGG23 S3 Schaghticoke <https://www.strava.com/segments/32307607>

MGG23 S3B Westwood Rd 2 <https://www.strava.com/segments/32448171>

MGG23 S4 Duell Hollow & Tracy <https://www.strava.com/segments/35010539>

MGG23 S5 Stilson Hill <https://www.strava.com/segments/35010571>

MGG23 S6 Mud Pond Reverse (Soul Only) <https://www.strava.com/segments/32407485>

MEGA - All Except Seg 6 * ADVENTURE Seg 3, 4,5 * SOUL Seg 3, 6

RACE TIME IS THE SUM OF ALL OF YOUR ROUTE'S SEGMENTS



RAFFLE PRIZES

- TREK Helmet
- Fierce Hazel Case
- 100% Sunglasses & More
- Must Be Present or Another # Called (Unless Your Still On Course)



POST RACE PARTY

- Check In @ Finish for Tix
- Includes
 - Rice To Meet You
 - Choice of Taco, Tostado or Rice Bowl
 - Chicken, Pork & Vegetarian Options
 - Cold Drinks - Athletic Brewing Non-Alcoholic Beer, Water, Coke, Seltzer
 - Any One Item from Ice Cream Truck
- Additional Meal + Ice Cream tickets available for \$15



Keep In Mind

- Say Hello To Any Residents You Meet
 - No Littering. Please pick up and throw away all trash.
 - No urinating or defecating in public.
 - Be aware of any horses you may come in contact with and to yield to them.
-
- Obey all traffic laws.
 - Open course and rules of the road are still in effect.
 - Have FUUUUUUUUUUNNNNNN !!!!!!!



UP NEXT

- SEPTEMBER 24:
 - JERSEY GRAVEL GRINDER DEUX

- NOVEMBER 5:
 - BEASTCROSS





• Questions?

