



JERSEY GRAVEL GRINDER

Virtual Racer Meeting

- ▶ MAY 3
- ▶ RIVER ROAD PARK, BEDMINSTER

Introductions



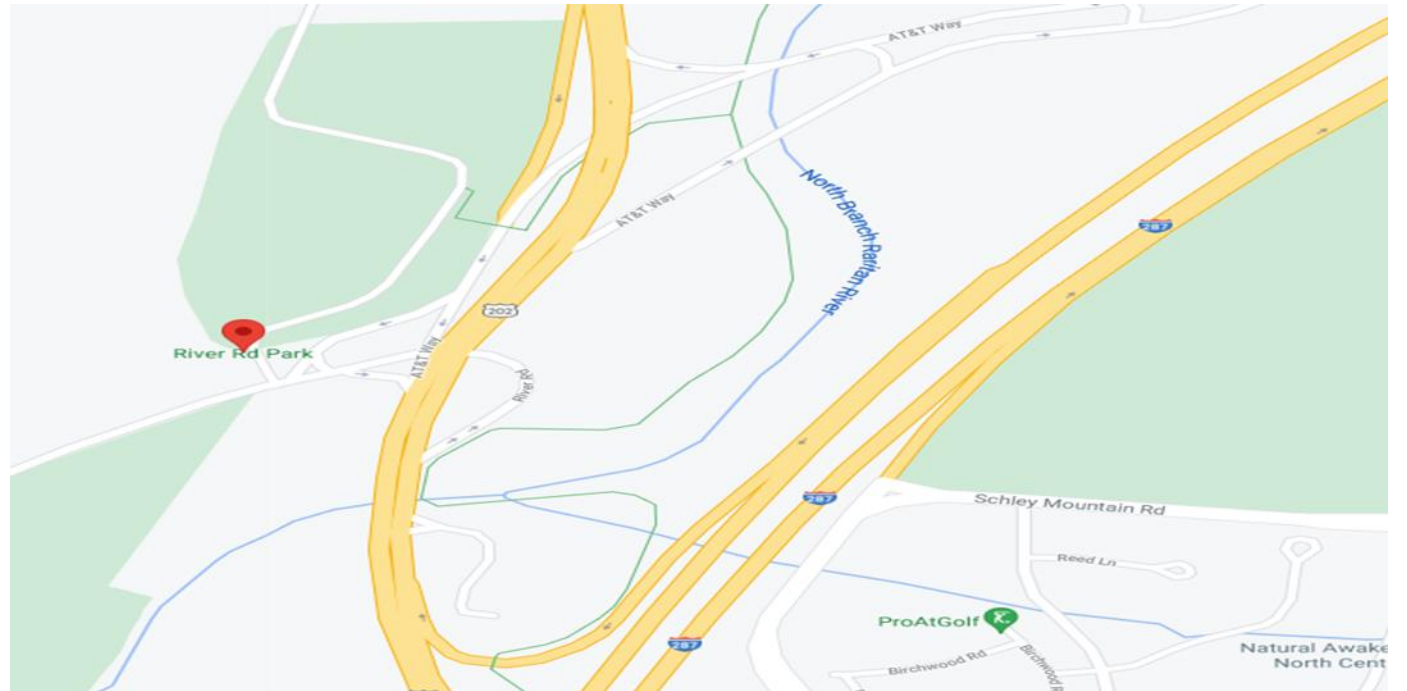
- ▶ **Ready Set Go Adventures**
- ▶ Dave Schwartz –
 - ▶ Head Adventurer & Race Director



Where It's At?



► RIVER ROAD Park, Bedminster, NJ



What Have I Signed Up For?



- ▶ **Mixed Surface Riding**
 - ▶ Paved & Unpaved Roads and Trails - 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**
- ▶ ***You are responsible for making good decisions!***
 - ▶ Caution signs are an indicator of some areas but by no means all areas where hazards could be
- ▶ **Numerous Aid Stations**
- ▶ **Post Race Party with Food**

Bike & Tire



- ▶ **Beauty of Gravel – Bring Whatcha Got**
- ▶ Soul Ride – Gravel, MTB, Hybrid hell maybe even a road bike
- ▶ Adventure – ups the game but more of the same
- ▶ Mega – Gravel or MTB is a must as you're going to want more comfort for the long haul and slightly wider tires for traction
- ▶ Mega XL – If you're asking we're really concerned
- ▶ Recommend minimum 32mm tires, but 40mm-45mm range best. Small knobbies (WTB Raddler) not Slicks.

Don't Be That Guy



- ▶ From Our Friends at Bedminster Township
- ▶ We have been getting calls from residents regarding the bike race on Sunday and I just wanted to send over a couple reminders for you to pass along to the participants.
- ▶ No Littering. Please pick up and throw away all trash.
- ▶ No urinating or defecating in public.
- ▶ Please have the bike riders aware of any horses that they may come in contact with and to yield to them.
- ▶ Obey all traffic laws.
- ▶ This is an open course and rules of the road are still in effect.

What If?



- ▶ If You Require Medical Assistance
 - ▶ Call 911 First

▶ During Event Only

- ▶ Please Text Us @ **862-314-0584**
- ▶ Store This # in Your Phone
- ▶ Require technical assist or routing
- ▶ If you have a medical issue AFTER calling 911
- ▶ If you exit course early text with bib#
- ▶ If you change to shorter course please do same
- ▶ **Text Us Rather Than Leaving A Voice Mail**

Event Schedule



- ▶ 6:00 AM MEGA XL Packet Pickup & Merchandise Sales Opens
- ▶ 7:00 AM MEGA XL Start
- ▶ 8:00 AM MEGA Start
- ▶ 8:30 AM ADVENTURE Start
- ▶ 9:00 AM SOUL Start
- ▶ 11:00 AM Post Race Party Starts & Taco Truck Open

Packet Pickup

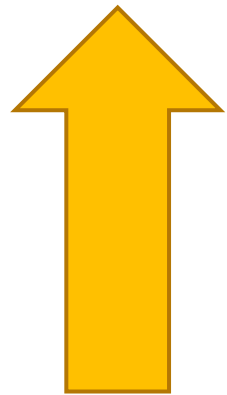


- ▶ Packet Pickup at RSGA Yellow Pop Up Tent
- ▶ Have Driver's License ready to show
- ▶ **Packet Pickup Items**
 - ▶ Race Bibs, Twist Ties – *Don't Wrap Around Head Tube*
 - ▶ Custom Gravel Series Water Bottle & Socks
 - ▶ Pre-Ordered Merchandise
- ▶ **Drop Bag for Mega & Mega XL**
 - ▶ Use for Personal Hydration/Nutrition for Aid Station 2
 - ▶ Leaves at 8:15 AM
- ▶ Post Race Party Tickets
 - ▶ **Pick Up Meal Tix When You Finish & Check Back In at River Road Park**

Packet Pickup Process

Check IN Get Bib

Merchandise
Pickup Pre-Order
& New Purchases



Merchandise



A group of cyclists is riding on a gravel path that winds through a lush green field. The cyclists are wearing helmets and colorful gear. The path is made of dark gravel and shows some tire tracks. The background is a vast, open green landscape under a clear sky.

Distances & Elevation

▶ **MEGA XL**

▶ 125 Miles & 9,000 Feet Elevation

▶ **MEGA**

▶ 94 Miles & 6,000 Feet Elevation

▶ **ADVENTURE**

▶ 65 Miles & 4,000 Feet Elevation

▶ **SOUL**

▶ 38 Miles & 2,500 Feet Elevation



RIDE

W I T H G P S

VOICE NAVIGATION



- ▶ App Use Is Free For Jersey Gravel Grinder
- ▶ All Riders Sent Email With Link
- ▶ Download App To Phone
- ▶ Audio Cues For Turns and Timed Segments
- ▶ Option to download .GPX, .TCX or .FIT file
- ▶ **Bring Portable Battery Charger & cable**



Arrows



SOUL – BLUE
ADVENTURE – PURPLE
MEGA – GREEN
MEGA XL - BLACK

GRAVEL



Signs Will Be Removed Following Event
info@rsgadventures.com
www.rsgadventures.com



JERSEY GRAVEL GRINDER XII AID STATIONS

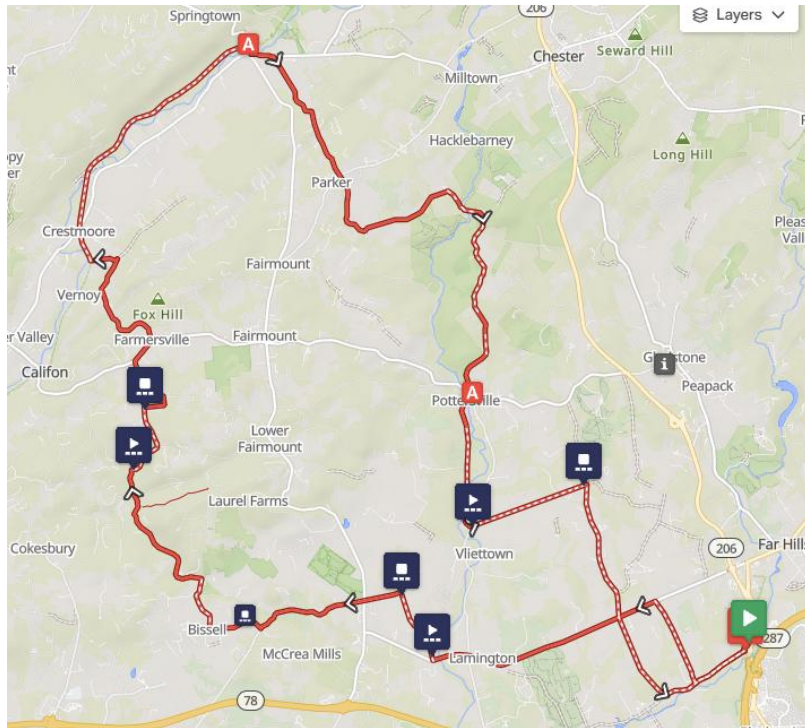
AREA	LOCATION	TYPE	FEATURE	TOILETS	MXL MILE	MEGA MILE	ADVENTURE MILE	SOUL MILE
START / PACKET PICKUP	River Road Park	—	—	4	—	—	—	—
AID STATION 1	Ken Lockwood Gorge	HYDRATION	—	—	22	—	—	—
AID STATION 2	The Coffee Potter	FULL	Pancakes & Maple Syrup	4	44.6	27.5	22.2	22.2
AID STATION 3	Hidden Valley Park	HYDRATION	—	1	65.2	48.1	—	—
AID STATION 4	Schiff Nature Preserve	HYDRATION	—	—	83.8	66.5	46.6	—
AID STATION 5	Pottersville Fire	FULL	Pierogies	2	93.5	76.4	56.4	30.3
FINISH	River Road Park	—	—	—	125	90	65	38

HYDRATION = Water, Electrolytes

FULL = Hydration, Food, Snacks

Toilet availability at location

SOUL ROUTING NOTES

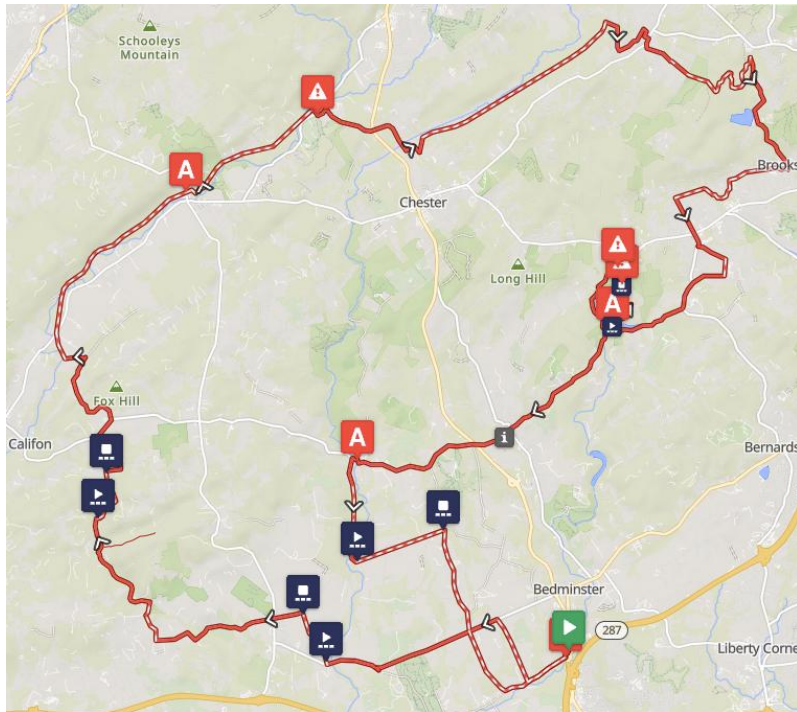


Click Map Above To Launch Route Map

- ▶ **FOLLOW BLUE ARROW SIGNS**
- ▶ **SOUL Notes (By Mile Marker)**
 - ▶ 5.8 Segment 1 Cold Brook
 - ▶ 12.9 Segment 2 Boulder Hill
 - ▶ 21.9 Aid Station w/ Pancakes @ Coffee Potter
 - ▶ 30.3 Aid Station (Hydration)
 - ▶ 32.5 Segment 3 Long Lane
 - ▶ 38.5 Finish
- ▶ *Make Sure To Check In At Aid Stations*



ADVENTURE ROUTING NOTES

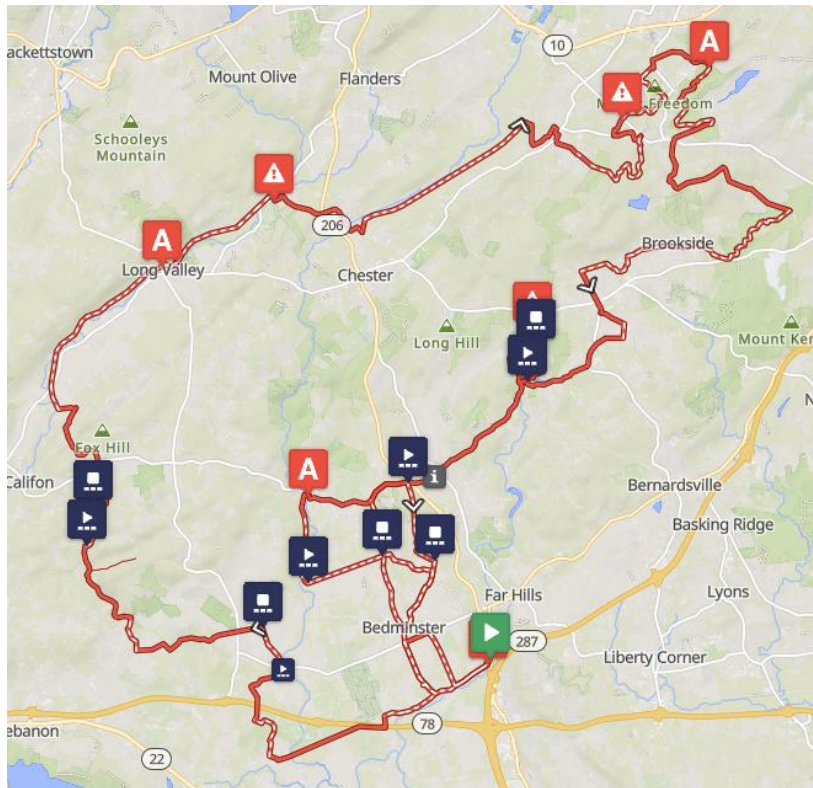


Click Map Above To Launch Route Map

- ▶ **FOLLOW BLUE ARROW SIGNS until Aid Station 1 by Coffee Potter (Mile 21.9)**
- ▶ **ADVENTURE Then Follow PURPLE ARROWS**
 - ▶ 5.8 Segment 1 Cold Spring
 - ▶ 12.9 Segment 2 Boulder Hill
 - ▶ 21.9 Aid Station w/ Pancakes @ Coffee Potter
 - ▶ 34.8 Trail Sections Marked with Small Arrows
 - ▶ 46.7 Hydration Aid Station then Segment 3 Schiff Climb
 - ▶ 56.4 Aid Station
 - ▶ 58.6 Segment 4 Long Lane

Make Sure To Check In At Aid Stations

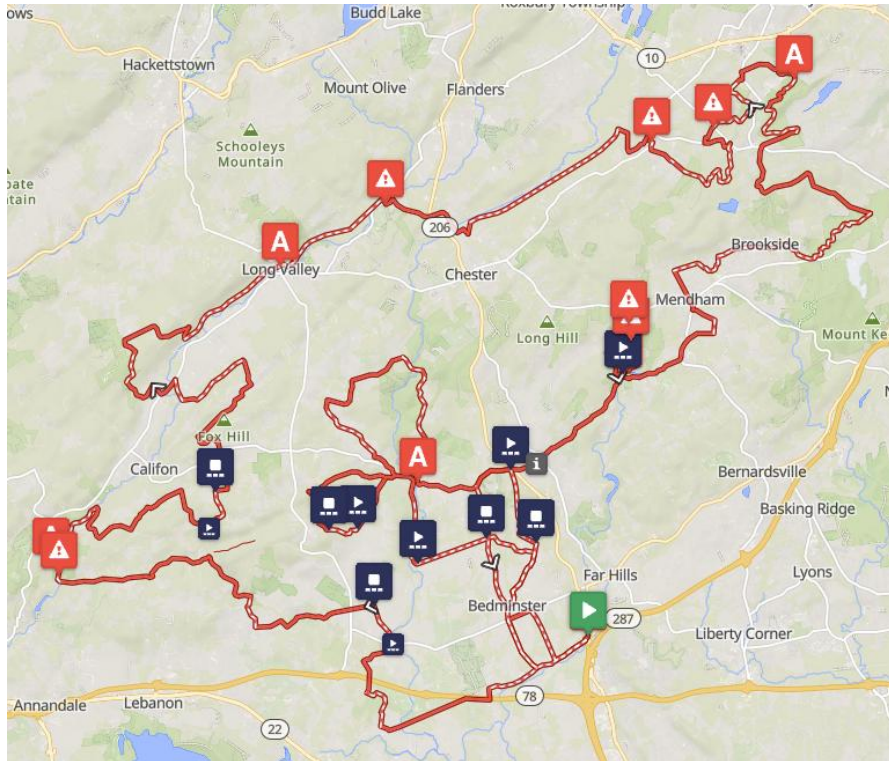
MEGA ROUTING NOTES



Click Map Above To Launch Route Map

- ▶ **Follow BLUE ARROW SIGNS then mix of PURPLE & GREEN**
- ▶ *First switch to Green Arrows Starting Mile 2.9 When then reconnect with blue*
- ▶ *Mile 27.6 Aid Station 1 (Coffee Potter with Pancakes) Follow Purple Arrows Until*
- ▶ *Mile 36.9 MEGA Splits Off Follow GREEN ARROWS*
- ▶ *Mile 48.2 Hidden Valley Aid Station – Drop Bags*
- ▶ *Mile 59.6 Reconnects with Purple*
- ▶ *Mile 66.7 Schiff Aid Station followed by Schiff Climb Segment*
- ▶ ***Mile 73.9 Stay Straight after crossing Rt 206***
- ▶ *Mile 76.4 Aid Station with Pierogies – Pottersville Fire Co*
- ▶ *Mile 90.6 Turn Left onto Holland Rd Following GREEN Signs*
- ▶ *Mile 93.7 Finish*

MEGA XL ADDITIONAL ROUTING NOTES



Click Map Above To Launch Route Map

- ▶ **Follow BLUE ARROW SIGNS then mix PURPLE, GREEN & BLACK**
- ▶ *There is always one main route*
- ▶ *MEGA XL Black Signs for MXL only sections*
- ▶ *First switch to Green Arrows Starting Mile 2.9 When then reconnect with blue*
- ▶ *Mile 17.8 Follow BLACK signs turn Left*
- ▶ *Mile 22.2 Gorge Hydration Station then **Use Caution – drainage & short rocky sections ahead***
- ▶ *Follow Blue & Switch Off Main Route at Black MXL sections*
- ▶ *Mile 44.6 Aid Station 2(Coffee Potter with Pancakes) Follow Purple Arrows Until*
- ▶ *Mile 36.9 MEGA & MEGA XL Splits Off Follow GREEN ARROWS*
- ▶ *Mile 65.2 Hidden Valley Aid Station – Drop Bags*
- ▶ *Mile 76.7 Reconnects with Purple*
- ▶ *Mile 83.8 Schiff Hydration Station followed by Schiff Climb*
- ▶ ***Mile 91 Stay Straight after crossing Rt 206***
- ▶ *Mile 93.5 Aid Station with Pierogies – Pottersville Fire Co then head North*
- ▶ *Mile 102 Make Right on Hollow Brook then Left to head to Palatine Climb Loop and return to this spot at Mile 107.4*
- ▶ *Mile 107.6 Right on Fairmount Rd East*
- ▶ *Mile 125.2 Finish*
- ▶ ***MAKE SURE TO CHECK IN AT AID STATIONS***

CRITICAL COURSE MARKINGS – To Finish



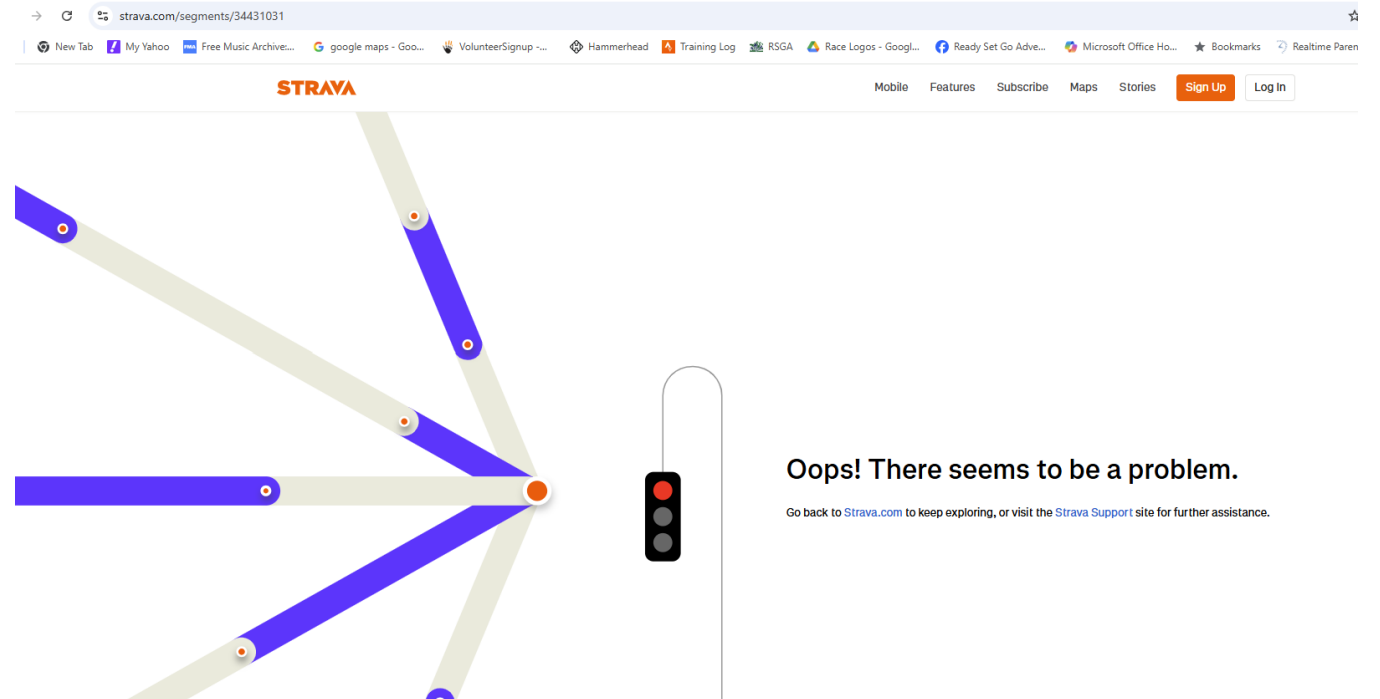
RACE SEGMENTS



- ▶ Your race results is the combination of all segments in your route – **not** your start to finish time.
- ▶ You will see an Orange Sign “Approaching Segment” then “Start Segment” and “End Segment”.
- ▶ All segments end before major intersection, so don't have your head down and ride through a stop sign or traffic light.
- ▶ We've picked remote gravel roads for segments, but still be mindful that there may be walkers, other cyclists, horses or cars out there.
- ▶ If you have Paid Version of Strava you can Star the segments, You do not need paid version to be in results. (Pending Strava Segment Issue Resolution)

Strava Segment Leaderboards

- ▶ Due to Recent Update in RideWithGPS Leaderboards are not currently available
- ▶ Join The RSGA Strava Club
- ▶ View Segments & Filter by Club Members and This Month to see where you stack up on each segment
- ▶ **Note – Strava currently has an issue with Segments – we are hoping this is resolved prior to event.**
- ▶ Currently we can not update and star additional segments though most are already in Strava from Prior Jersey Gravel Grinders



Aid Stations

ALL:
Gatorade
Hydration

ALL: Water

ALL: GU
Gels or
Chews

Pancakes &
Maple Syrup

Coffee or
Double
Espresso

Pierogis

Coke

Bananas



YES. PORT-O-JOHNS. @Aid Stations



PHOTOS – One Imaging Photography





POST RACE PARTY

- ▶ Check In at Finish for Meal Ticket
- ▶ Includes
 - ▶ Tacos \$10 Voucher – Add Ons Available
 - ▶ Chicken, Beef or Vegetarian
 - ▶ One Cold Drink – Water or Soda
 - ▶ Ice Cream
- ▶ Additional Meal tickets available for \$22





▶ Questions?

