

# 2023 RIDER GUIDE







# 2023 FLAG2GC RIDER GUIDE

## RULES/INFO

### Parking at the Arizona Nordic Village

You may leave your vehicle overnight at the Arizona Nordic Village, but it **MUST** be parked on the South end of the parking lot. The North end of the parking lot will be used during the day on Saturday for other events.

### Parking at Flag2GC End Camp

RV's and vehicles parking at End Camp along Forest Service Road 301A are not allowed to be more than 50 feet from the road.

### NO CAMPFIRES

Kaibab and Coconino Forests are under stage 1 fire restrictions, which means we are NOT permitted to have ANY open campfires. Propane and camp stoves are allowed. Even without our community campfire, we will still have music, dancing, and more!

### Dogs

Dogs are welcome but **MUST** be on a leash at all times. Please be courteous to others and bring poo bags to clean-up after them. Dogs are NOT allowed near our common eating areas.

### Check-in at Every SAG Stop!

We check in riders at each of our SAG stops. Be sure to check-in at each SAG, so that we don't unnecessarily call your emergency contact when you're not actually missing. **Your safety is our first priority, so please make sure you CHECK-IN!**



## HAPPENINGS

### Your Camping Gear

If you put your gear in the rental truck Saturday morning, it will be at the finish for you. When you get to End Camp, grab your gear & a beer, get a shower, and get set-up! If you're taking the bus back on Sunday Morning, we'll transport your gear back to the Nordic Center.

### Raffles and Merchandise

Turn in donations and get your name entered for raffle prizes. Bring CASH/CHECK/CARD to load up on more raffle tickets and purchase the FLAG2GC merchandise for sale.

### Saltfire Happy Hour

Once you arrive at End Camp, check-in at the Saltfire Brewing tent to get your reusable custom FLAG2GC souvenir cup. You'll want it for beverages throughout the weekend and it will help us cut down on waste. There will also be snacks available upon arrival at the finish while the Swiss Grill prepares your dinner.

### Waste Reduction Program

We ask that you help us minimize our carbon footprint. We encourage everyone to bring reusable items whenever possible.

All riders will receive a reusable custom FLAG2GC cup at the finish. Reusable FLAG2GC cups will also be available for purchase for guests.

Please place any recyclables in the available recycle bins.

### Meals

THE SWISS GRILL will be on site this year to replenish those calories. Enjoy roasted free range chicken with rosemary potatoes for dinner (spaghetti Bolognese and garlic bread for the kids) and an authentic Swiss Alpine Breakfast on Sunday morning.

Family and friends are welcome to join for food and beverage Saturday and breakfast on Sunday for \$35, or \$15 if under the age of 18. If you haven't already purchased some guest passes, you can purchase them at the raffle tent.

### Showers

Yes, you stink! Grab your biodegradable soap and enjoy a quick shower in the SHOWER TRAILER! Our infamous shower patrol will be on-site to help you conserve water and clean-up fast!

### Massage

Table massages will be available starting at \$20 per 10 minutes. Cash only please.

### Cell Phone Service (Not Available)

Cellular service is unreliable at the Nordic Village and at End Camp.



# SCHEDULE

## Friday, August 4th

4:00 – 8:00 PM Rider check-in at The Arizona Nordic Village

## Saturday, August 5th

6:00 - 6:30 AM Rider check-in at The Arizona Nordic Village.

6:45 AM Mandatory Rider Meeting (in front of tent)

7:00 AM Ride Starts

11:00 AM Rider cut-off for SAG #1\*

12:00 PM Rider cut-off for SAG #2\*

12:00 -5:30 PM Raffle & merchandise tent open

12:00 -5:30 PM Saltfire Brewing Happy Hour

4:00 PM Rider Cut-off for SAG #3\*

5:00 PM COURSE CLOSED - Last riders in

5:00 - 6:30 PM Dinner – catered by THE SWISS GRILL

5:30 - 7:30 PM Awards & Raffles

*\*Riders not reaching SAGs by the cut-off times will be picked up and driven to the finish. Please be courteous to our SAG crew if they ask to give you a ride to the finish. This is for your safety and so our volunteers can finish out their long day in time to enjoy festivities.*

## Sunday, August 6th

6:30 - 7:30 AM Load your gear/bike into the Penske gear trucks

7:00 AM Breakfast - catered by THE SWISS GRILL

8:30 AM - Bus leaves back to the Arizona Nordic Village

# WHY WE DO THIS

All proceeds from this event goes to Marine League Charities (MLC) of Northern Arizona. Through this event, our riders, sponsors, and guests bring joy and hope to thousands of youth through MLC funded programs: Toys for Tots, Flagstaff Youth Program, and the Coconino Community College Scholarship Endowment. This ride would not be possible without the donations from ALL of our sponsors and the funds YOU raise! THANK YOU!

## WEATHER EMERGENCIES – BE PREPARED

### Rain & Lightning Storms

Monsoon rain showers frequently build up in the afternoon. Plan to bring a rain jacket in case you get caught in one. Closer to Flagstaff, the rains typically start between 12 PM and 1 PM. As you get nearer to the Grand Canyon, showers typically arrive between 2 PM and 4 PM.

### What to Do in a Lightning Storm

If possible, get into a vehicle and wait it out, otherwise, do your best to not be the tallest object in the area. If you are with a group of people, spread-out.

### Ride Cancellation

In the case of a severe storm, we may need to cancel the ride and shuttle riders off the course. Take your vehicle keys with you on the ride in case you are returned to the start for safety reasons.

## HOW TO GET HELP

### If you or another rider have a serious medical emergency

If possible, text or call 480-818-6574 with the location of the rider (GPS or miles into the ride)

CAMRA medical staff will respond to the rider's location to treat the rider, ham radio personnel and the XTERRA Group will assist with communication and transporting the rider off course.

### If you are dropping out and need a ride OR you have a minor injury but DO NOT want to be transported to a medical facility:

Give your ride number and name to another rider and have them report your location to a member of the CARC/MCECG Ham Radio Club

### Medical Staff (CAMRA) / Ham Radio (CARC/MCECG) locations:

Mile 5 (as you exit the 1st single track section), Mile 9 (at start of AZT), Mile 13 (at the AZT gate), Mile 19, SAG 1, SAG 2, SAG 3, Finish, and MORE.

## HOW TO FIND YOUR GPS COORDINATES:

### iPhone

1. Make sure that Location Services is ON. Navigate to Settings > Location Services ON
2. In the list of apps under Location Services, make sure Compass is ON
3. Press the Home button to exit settings
4. Open the Compass App
5. Your current GPS coordinates are displayed at the bottom of the screen

### Android

1. Make sure that your GPS is turned on
2. Open Google Maps on your Android phone
3. Tap the crosshair icon (or my location button) so that the **blue dot** moves to your location
4. Tap and hold the **blue dot**
5. Note the GPS coordinates of your location which will display in your search bar at the top of the screen

## COURSE AND AID STATION INFO

SAG  
1

Mile 25

### Sag 1: Hwy 180 - Milepost 247

Support provided by Marine League Charities, Absolute Bicycles, and Tremonti. Lunch, snacks, water, hydration,, medical, bike wash, and mechanical support.

We know your loved ones can't wait to see you at Sag 1, but we gotta keep everyone safe out there!

🚚 ADOT doesn't allow parking off Hwy 18, and it'll be crowded with support vehicles and equipment. We wouldn't want anything to spoil your ride, so let's avoid any accidental bike runovers! Your family can cheer you on from other spots, and you can focus on conquering those 65 miles like a champ!

SAG  
2

mile 42

### Sag 2: Babbitt Ranch

Support provided by Flag2GC volunteers and Absolute Bicycles. Sandwiches, snacks, hydration, medical, and mechanical support

SAG  
3

mile 56

### Sag 3: Forest Service Road 301

Support provided by Flag2GC volunteers and Verde Valley Bicycles. Beverages, hydration, snacks, medical, and mechanical support.

Beverages provided by Pepsi®, electrolytes by Moxi Nutrition®

## WHAT HAPPENS IF YOU CAN'T FINISH THE RIDE?

If you tire out or have an unrepairable mechanical before SAG 1, the AZ Xterra Club Sag crew will sweep you off and transport you to SAG 1 where Tremonti Cycling & Adventures will transport you and your bike to the finish. If you need to quit after SAG 1, our roving sweeper will pick you up for a ride to the finish. Kick-back and enjoy the ride! We'll still have plenty of beer and treats for you at the finish. **Please be patient when waiting for a sweep, 65 miles is lot to cover, so it might take a while for someone to reach you.**



# ROUTE AND DIRECTIONS TO END CAMP

## FOLLOW THE ROUTE FROM YOUR PHONE

Before you start the ride, and while you have cellular service, download either MTB Project or TrailForks. You can turn off your cellular service during the ride to save your battery, and still follow the map as long as you have your GPS turned on. **Pro Tip: Turn on Airplane Mode.**



### MTB Project

1. Download MTB Project from Google Play Store or iPhone App Store
2. Go to "Areas" and download ARIZONA so you can access the route while offline
3. Use the Search function to search for "Flag2GC Route"

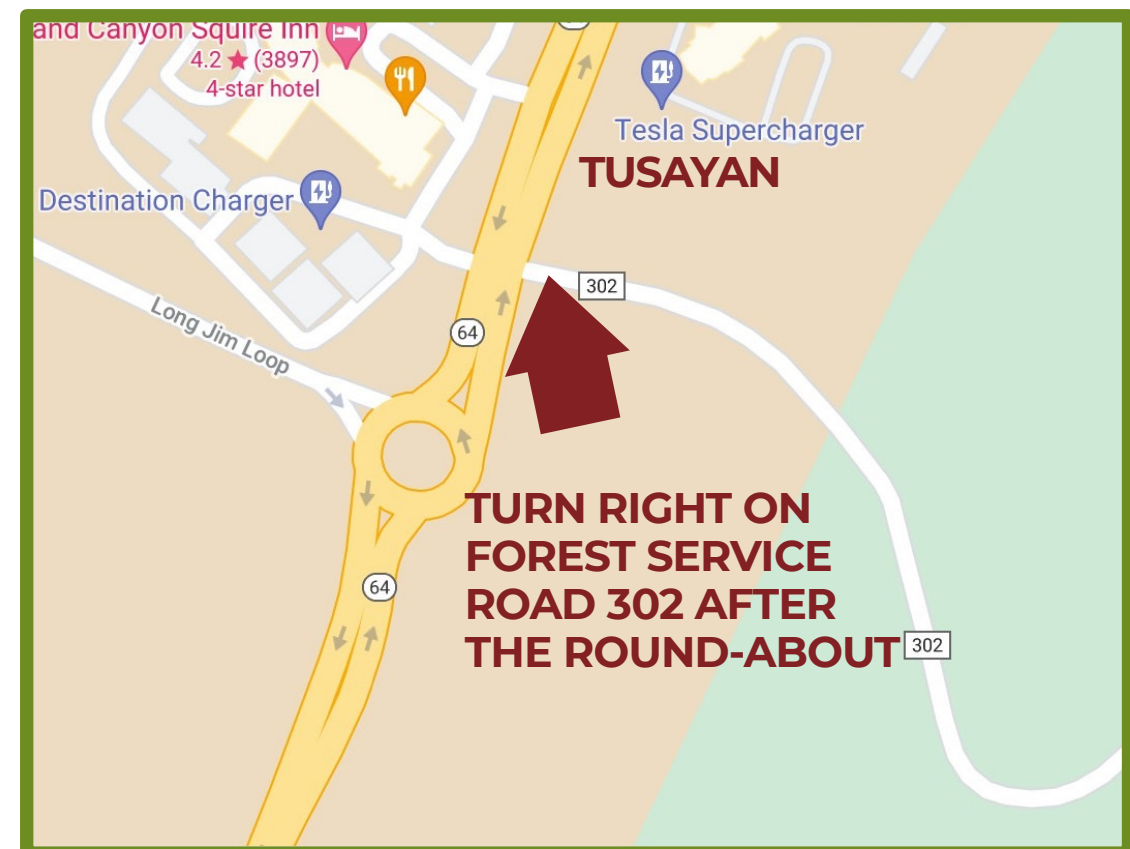
### TrailForks

1. Download TrailForks from Google Play Store or iPhone App Store
2. Under settings, click on downloaded regions and add Arizona
3. Search "Routes" for "Flag2GC"



## GET YOUR FRIENDS & FAMILY TO THE FINISH

1. From the Arizona Nordic Village, drive NW on HWY 180 to HWY 64.
2. Turn right (N) on HWY 64
3. Go approximately 22 miles N to Forest Service Road (FSR) 302. FSR 302 is on the right/East side of HWY 64 North of Grand Canyon Airport and located immediately as you exit the first round-about that you encounter. There will be a FLAG2GC sign posted there.
4. Turn right/East on FSR 302 for approximately 9 miles to a fork with FSR 301 A
5. Stay to the right to take FSR 301A approximately 1 – 1.5 miles to the FLAG2GC Finish Area



## THANKS TO OUR SPONSORS

This ride would not be possible without the donations from ALL of our sponsors and the funds YOU raise!

