

SBT | 20 GRVL | 23



RIDER GUIDE

AUGUST 20, 2023

STEAMBOAT SPRINGS, COLORADO

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Now with dual-band GPS, the new ELEMNT ROAM is powerfully accurate, insanely simple and packed with features designed for all season exploration, empowering you to ride truly unbound.



SBT GRVL is a world-class gravel race experience held on the greatest gravel roads on Earth in and around the magnificent Steamboat Springs, CO. The unique combination of the quiet roads surrounding a thriving resort town create a setting for an incredible gravel bike race. With the fundamental goal of inclusiveness, we want to focus not only on the race, but a fantastic weekend away with family and friends. The beauty of the mountains (not to mention the camaraderie with fellow cyclists) as well as the basic challenge of covering these gravel roads on two wheels is something that will not soon be forgotten.

Table of Contents

2	Welcome Letter
3	Steamboat Information
5	Contact Information
6	Event Staff
8	Event Schedule
10	Friday Schedule
12	Saturday Schedule
14	Sunday Schedule
15	Monday Schedule
17	Course and Maps
23	Support & Aid Stations
23	Aid Station Maps
24	Respect the Rural
25	Medical Plan
26	Tech Support
27	Rules and Regulations
30	FAQs
31	Spectating
33	Awards
35	Expo
36	Advocacy Partners
41	Sponsors



STAY CONNECTED THROUGHOUT THE EVENT



WELCOME TO STEAMBOAT!

SBT GRVL Family,

We're thrilled to welcome you to our favorite Steamboat weekend of the summer. Whether this is your first time joining us, or you've participated in any of our GRVL events since 2019, we're grateful that you'll be joining us in Steamboat to experience the western charm of our ranching community and mountain town. No matter where you began your journey, we ask that you take time to soak in the bucolic scenery of the Routt County roads, join the group rides, stroll the Expo and experience all of the unique activities that our partners provide to elevate the SBT GRVL experience for all of us. And remember, SBT doesn't end once you roll across the finish line on Yampa Street. Celebrate your accomplishment with a post race meal created by Chef Biju Thomas, and stick around to cheer on fellow racers Sunday evening. Unanimously, the 2022 highlight for the SBT GRVL team was cheering on the final finishers on Sunday night and we hope you'll join us once again for this incredible experience!

By the Numbers...

SBT GRVL attracts cyclists from across the US and we're proud to have expanded our reach and have athletes from 20 countries joining us in 2024. The age range has once again increased with our youngest rider aged 7, and an athlete who has enjoyed life the longest at 86 years old, racing the Red Course! Regardless of your age or hometown, we're thrilled to welcome this international gravel cycling community for a weekend of camaraderie, challenge and fun on Routt County's champagne gravel roads.

New for 2023...

This year we're debuting the Friday Night HLL CLMB presented by Specialized. 100 brave cyclists will ride up Steamboat's iconic downtown Emerald mountain to test their legs and lungs with a 2.2 mile, 1,100 ft. ascent to the famous lookout at the top of Blackmere Road. Proceeds from this endeavor will benefit The Cycle Effect, SBT GRVL's new Advocacy Partner that empowers young women through mountain biking to create brighter futures and build stronger communities. Combining a fun and challenging experience while creating an opportunity for a local non-profit is our favorite way to give back to the local community, our riders, and causes that are important to us.

Our Values...

With the fundamental value of inclusivity, the SBT GRVL team focuses not only on creating the best possible race experience for all 3,000 riders, but also on creating an unforgettable weekend with family and friends, and sharing our collective love of cycling. We're honored to continue to expand our partnership with Ride for Racial Justice, with 30 new BIPOC athletes joining us at SBT GRVL this year. This year's cohort brings our total RFRJ athletes to more than 80 over the past 3 years. Similarly, 15 new athletes from All Bodies on Bikes will be joining us in Steamboat again for a total of 30 over the past 2 years. For 2023 we are also proud to welcome 30 para cyclists, 110 juniors (under 18), and more than 1,100 women to take on one of our 4 course distances! We're both humbled and grateful for the generosity and partnerships that we've formed over four short years that have helped us grow this sport we all love.

Where We're Heading...

Speaking of growing the sport of gravel cycling, GRVL has gone international! On June 10, 2023, the SBT GRVL team, along with Partners Valterri Bottas and Tiffany Cromwell, hosted FNLD GRVL in Lahti, Finland. Approximately 1,000 international racers enjoyed 3 course distances around the pristine Lahti Region on the Happiest Gravel Roads on Earth. In 2024 we not only look forward to heading back to Finland in June, but unveiling and expanding GRVL into new international destinations. Stay tuned after Steamboat for more exciting GRVL news and updates.

The mission of GRVL is to be the Global Leader in gravel cycling events, while enriching the lives of all involved. The entire GRVL team works year-round to ensure that we create an unforgettable experience for riders, spectators, volunteers, partners and sponsors and we hope you truly enjoy your time here in Steamboat.

Thank you for being part of our gravel community!

Amy Charity
Founding Partner and CEO



Amy Charity
Founding Partner and CEO

STEAMBOAT SPRINGS



OUR COMMUNITY

- Steamboat is built for families to come race and play. It is one of the most desirable places in the US to spend time with friends and family.
- #3 Best Small Towns to Visit in the U.S., from U.S. News & World Report
- Top 10 ski area in the United States, from Ski Mag 2017
- Home to bike and outdoor industry leaders such as Moots, Big Agnes, Honey Stinger and Bingham Built
- All of this at 7,000 ft!

STEAMBOAT CYCLING

Bike Town USA™

Steamboat is not just Ski Town USA, but also Bike Town USA.™

Steamboat has been designated by IMBA as a Silver Ride Center Bicycle Retailer and has been a consistent destination for national level cycling events including Ride the Rockies, the US Pro Challenge and the Tour Divide.

Routt County has 689 miles of maintained gravel roads with minimal traffic. Gravel roads support and connect the ranching and mining communities of Steamboat, Clark, Milner, Oak Creek, Hayden, Yampa and Phippsburg.

STEAMBOAT RESOURCES:

- ✓ Regional Airport 25 miles away from Steamboat Springs with daily service from Denver connecting with major airports across the US
- ✓ Lots of RV and camping options in and around the Steamboat Springs area
- ✓ 5 hour driving radius from Salt Lake City and Denver
- ✓ 100+ restaurants and dining options Steamboat Chamber Dining
- ✓ Over 80 condos, 20 hotels and a variety of home rentals Steamboat Chamber Lodging
- ✓ Steamboat is accustomed to hosting major events
- ✓ Endless activities for the entire family
- ✓ County of 40,000 residents strong with proven track record of volunteering



STEAMBOAT SPRINGS

Kindness

FLOATS THE BOAT

SPREAD KINDNESS | PRESERVE THE PLACE | TAKE CARE



Visit steamboatchamber.com to learn ways to visit kindly.

CONTACT INFORMATION

Founding Partner & CEO
Amy Charity
970-215-4045
amy@sbtgrvl.com

Race Director
Micah Rice
719-231-9390
micah@sbtgrvl.com

Director of Marketing
Ryan Steers
434-825-9733
ryan@sbtgrvl.com

Course Director
Bobby Potrykus
720-937-1261
bobby@bluepallevents.com

Director of Athlete Services
Emily Cocks
773-203-8040
info@sbtgrvl.com

Community Relations Director
Greer Van Dyck
970-846-0617
greer@sbtgrvl.com

Volunteer Coordinator
Margaret Sheehe
margaret@bluepallevents.com

Head of Merchandising
Megan Harvey
303-435-9093
meganmbragg@hotmail.com

Community Relations
Kristy Fox
970-846-9819
foxyfive1965@gmail.com

Director of Accounting
Valerie Monahan
970-324-6689
accounting@sbtgrvl.com

PR and Media Director
Bruce Dalton
grvl@4seasoncollective.com

Marketing/Merchandise Coordinator
Britt Lochhead
720-557-4524
britt@grvlevents.com



EVENT STAFF



AMY CHARITY Founding Partner & CEO

Amy is a Colorado native, born in Fort Collins. At the age of 34, she left the financial industry to pursue her passion and a career in professional bike racing. Amy raced all over the world and at the highest level of the sport. She was a member of the US National Team, holds a national title in the Team Time Trial and raced in the World Championships. She now directs and owns SBT GRVL while competing on gravel.

Favorite Post Ride Meal: Burrito & a margarita.
Bucket List Ride: Tour d'Afrique.



MICAH RICE Race Director

Micah lives in Colorado Springs, CO. He moved to Colorado in 2009 to oversee the national events department for USA Cycling and between 2009 and 2017 oversaw over 100 National Championships, several Olympic Trials, and two World Championships for the governing body. Since then, he has been hard at work on other high-profile events such as North American events for Haute Route and the Pikes Peak APEX presented by RockShox. He currently is the Vice President of Event Strategy & Operations for Tourism Strategies and consults on events around the country.

Favorite Post Ride Meal: Carnitas tacos and a local IPA.
Bucket List Adventure: Hike the John Muir Trail from Yosemite to Mt. Whitney.



RYAN STEERS Director of Marketing

Ryan grew up in Virginia but after graduating from USC in 2007, he's now officially more Angeleno than Virginian. From one-handing 'Gram shots at OTR rides and events, to developing and coordinating marketing strategies, this formerly competitive gravel and mountain bike racer now enjoys riding for the SBT GRVL & FNLD GRVL team.

Post ride Meal: A cold jersey pocket breakfast burrito with a bottle of lukewarm Kombucha... paired with a hundred mile stare.
Bucket List Ride: Pedaling my way through Italy and putting down Barolos and black truffles like Skratch and Gu Chews.



MEGAN HARVEY Head of Merchandising

Megan moved to Steamboat in 1997, straight from University of Alabama. She somehow finds a way to love it more and more each year. She has a husband, two daughters, and two dogs and that makes living in Steamboat that much more enjoyable.

Favorite Post Ride Meal: She absolutely loves heading straight to Taco Cabo in Steamboat post ride.
Bucket List Ride: A gravel camp in Italy with a race at the end of the week.

EVENT STAFF



GREER VAN DYCK

Community Relations Director

Greer was born in Georgia but was built for the mountains and at the age of 20, she hit the road from Athens, Georgia and made her way to Boulder, CO. At the beginning of 2020, she started her own business providing leadership development trainings and coaching for organizations. Community engagement and riding bikes are also two of her greatest passions, and loves how her work with SBT GRVL combines the two so naturally. She loves to trail run, mountain bike, and gravel ride in the warmer months, and backcountry ski through the Winter. She lives in Steamboat Springs, CO with her husband, daughter, and two pups!

Favorite Post Ride Meal: A burrito & a strawberry basil margarita.

Bucket List Adventure: Running the Tour Du Mont Blanc.



EMILY COCKS

Director of Athlete Services & Expo Manager

Emily grew up in Michigan as a competitive swimmer, swimming for the University of Michigan through college. After graduating she moved to Chicago, got an office job as a Litigation Paralegal and found her way back to competing—this time in triathlons. She raced professionally for 7 years (while being a swim and triathlon coach) until retiring from racing at the end of 2016. Emily loves to run the trails every day with her two German Shorthaired Pointers, Winston and Rocco, and continues to coach for Tower 26.

Post Ride Meal: 2nd breakfast of yogurt, fruit and granola with a hot cup of tea!

Bucket List Adventure: Trail running in Yosemite Valley with my dogs off leash and no one around—not possible but one can dream!



KRISTY FOX

Community Relations

Kristy has lived in Steamboat for over 30 years and has no plans to leave anytime soon. Her husband and she have recently sold their fast paced restaurant and are filling their time doing all the activities this little mountain town offers. Her happy place is any adventure with their 3 girls and my 4 legged side kick.

Favorite Post Ride Meal: Chips and guac and a margarita, with salt of course, to replace those electrolytes!

Bucket List Adventure: Hiking the Tour du Mont Blanc through France, Italy & Switzerland.



BRITT LOCHHEAD

Marketing/Merchandise Coordinator

Britt was born and raised in Colorado and has been adventuring in Steamboat her whole life on bike, skis, raft and foot. She is currently a junior at the University of Wisconsin studying Marketing and Entrepreneurship. Her strong passion for the outdoors and community has led her to SBT GRVL where she helps in merchandise and marketing.

Favorite Post Ride Meal: A sandwich with so many toppings it's hard to open your mouth wide enough to bite into it. Followed by an ice cold Arnold Palmer.

Bucket List Adventure: Rafting the Grand Canyon

SCHEDULE

WEEKEND HIGHLIGHTS

FRIDAY AUGUST 18th:

2:00 pm: Ride for Racial Justice Panel and Ride

People will come together at 2pm at Little Toots Park (12th & Yampa) to meet the Ride for Racial Justice athletes, there will be a short presentation and then a bike roll out at around 2:45pm. The ride is meant to be fun, conversational, and a great way to make some new friends. Course options will range from 8-16 miles with the option to go farther if desired.

8:00 - 9:00 pm: FLM FST

Join us at Olympian Hall after our inaugural HLL CLMB for a double feature documentary night and Q&A. We'll be hosting the world premiere of TREAD SETTERS: an Outside film following 4 para-cyclists/adaptive athletes on their adventure through the White Rim Trail and a world where the non-disabled are typically front and center, as well as a very special screening of Able: a film documenting Paralympian Meg Fisher's journey to complete the 2023 LeadBoat challenge.



CASTELLI



VISIT US AT
THE SBT GRVL
EXPO



FRIDAY - SATURDAY

We'll be on site with plenty of reasons for you to stop by our booth:

/// Espresso bar

/// Back for its second edition, our Pop-A-Shot hoops contest with NBA Hall of Famer, Reggie Miller, for a chance to win special prizes.

BOOTH LOCATION: 10TH & YAMPA



WORLD PREMIERE AT SBT FILM: A FILM BY LOUIS ARÉVALO, TASHA TINAGERO, & MATT DIDISHEIM

TREAD SETTERS

SHOWN ALONGSIDE FILM BY GRETCHEN POWERS
FT. OUTRIDE AMBASSADOR MEG FISHER



FRIDAY, AUGUST 18TH

8:00 PM AT OLYMPIAN HALL AT HOWELSEN HILL

HOWELSEN PKWY, STEAMBOAT SPRINGS, CO
FEATURING A PANEL Q + A WITH TREAD SETTERS CAST AND CREW

PRESENTED BY

OUTRIDE + *SPECIALIZED*

OUTRIDE PROVIDES RESEARCH, CYCLING PROGRAMS, AND FUNDING TO EMPOWER ALL PEOPLE TO EXPERIENCE THE SOCIAL, EMOTIONAL, AND COGNITIVE BENEFITS OF CYCLING.

SCHEDULE



THURSDAY, AUGUST 17

10:00 AM

Zipp Shakeout Ride starts at Little Toots Park | [Route](#)

FRIDAY, AUGUST 18

9:00 AM

Panaracer Gravelking Shakeout Ride with Isabel King - starts at Little Toots Park | [Route](#)

9:00 AM

MOOTs Ride - starting at MOOTs HQ

10:00 AM

Castelli Junior Ride - starts at Little Toots Park | [Route](#)

11:00 AM

All Bodies on Bikes Shakeout Ride - starts at Little Toots Park | [Route](#)

12:00 - 5:00 PM

Public Expo on Yampa Street between 9th & 12th Street

12:30 - 5:00 PM

Race number and packet pickup at 10th Street Parking Lot

2:00 - 2:45 PM

Ride for Racial Justice speakers at Little Toots Park

2:45 PM

Ride for Racial Justice casual ride - starts at Little Toots Park | [Route](#)

5:30 - 6:00 PM

HLL CLMB p/b Specialized at Howelsen Hill/Olympian Hall | [Registration](#) | [Route](#)

6:00 - 7:30 PM

HLL CLMB afterparty at Howelsen Hill

8:00 - 9:30PM


FLM FST Documentary Screening & Q+A at Olympian Hall

POWERED BY
Thomson



PRT TRAVEL
SEPTEMBER 20-23, 2023
ALGARVE, PORTUGAL



 Learn More



SBT GRVL IS ALMOST HERE!

LOOK FOR US AT THE EXPO
AND ON COURSE IN MYSTIC FOR
NEUTRAL RACE SUPPORT

orangeseal.com

SCHEDULE



SATURDAY AUGUST 19

8:30 AM

The Chamois Butt'r Group Ride - starting at Little Toots Park | [Route](#)

9:00 - 3:00 PM

Public Expo on Yampa Street between 9th & 12th Street

9:00 AM - 6:00 PM

Race number and packet pickup at 10th Street Parking Lot

9:30 AM

Alpine Bank Toddler Bike Race for 1-4 year olds at the Expo on 10th St.

11:00 AM

Yoga with Old Town Hot Springs in Little Toots Park

12:30 PM

Protect our Winters (POW) Panel at 10th Street Lot

1:15 PM

Pro Rider Panel at 10th Street Lot

2:00 PM

Mandatory rider meeting on stage at 10th Street Lot

3:00 PM

Wahooligan Ice Cream Social Ride with Ian Boswell starting at Little Toots Park | [Route](#)



SBT OTR ON THE ROAD



The SBT GRVL team took to the road to connect with the gravel community and bring SBT GRVL to you. Crisscrossing the country from Arizona, California, and Texas we wanted to say thank you, in person, and connect with gravel communities across the country. Equally important was our goal to raise money for organizations that benefit both the sport, and our mission of introducing more people to cycling.

Look out for the full SBT OTR 2023 schedule.



SOLVE FOR EVERY SURFACE

More than an update,
Force XPLR AXS turns unexpected
routes into new possibilities.

SRAM

SCHEDULE

SUNDAY AUGUST 20: RACE DAY

6:00 AM	Riders begin lining up on Yampa between 10th St. and 9th St.
6:30 AM	Black Course start
7:00 AM	Red Course start
8:00 AM	Green Course and eBike start
9:00 AM	Blue Course start
9:35 AM	First finisher expected back
9:45 AM - 8:30 PM	Silca Bike Wash (corner of Yampa and 9th St.)
10:00 AM - 8:00 PM	Finish Party & Speed Hound Recovery Lounge
11:00 AM - 8:00 PM	Post-race meals by Chef Biju at the 10th Street Parking Lot (same as packet pickup)
12:00 PM	SBT GRVL Green Course finisher awards
1:00 PM	SBT GRVL Red Course finisher awards
4:30 PM	SBT GRVL Black Course finisher awards
5:15 PM	SBT GRVL Blue Course finisher awards
6:00 PM	Post Race Party at 10th Street Parking Lot



SCHEDULE



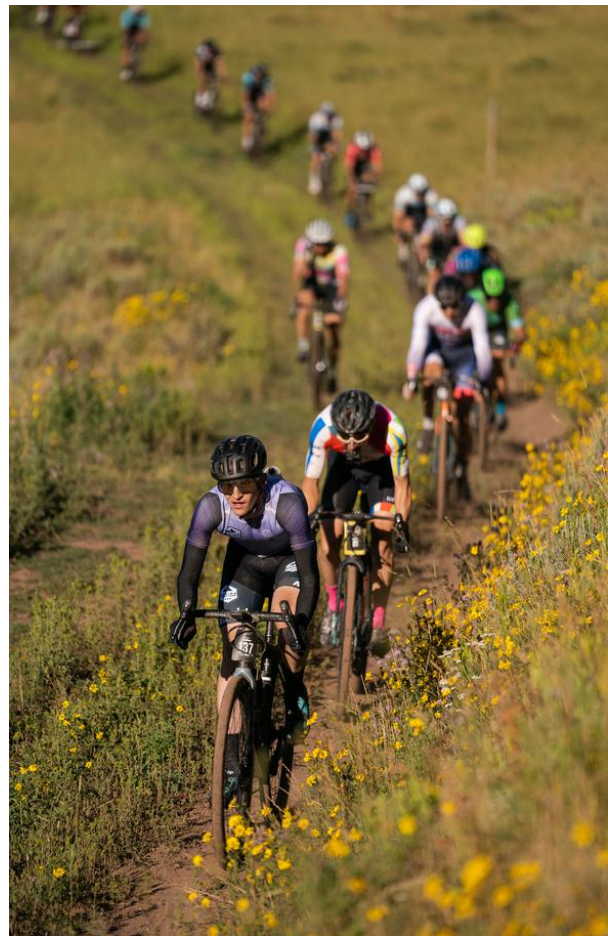
MONDAY AUGUST 21

9:00 AM

Volunteer Cleanup downtown--solidify your entry for 2024!

9:00 AM

Dad's Meetup at Little Toots Park hosted by Alex Howes and Kiel Reijnen





THE HAPPIEST GRAVEL ROADS ON EARTH
RETURNING JUNE 15, 2024
LAHTI, FINLAND

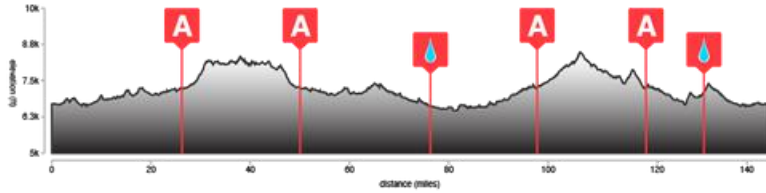


COURSE + MAPS

Black Course

Distance: 141.9 miles

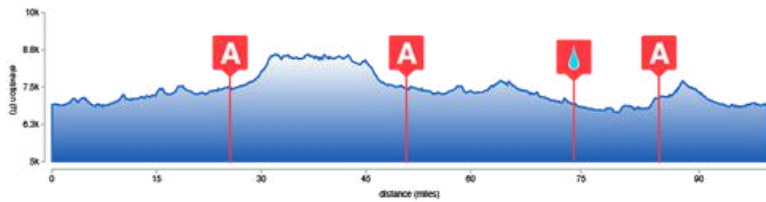
Elevation: 10,464 feet



Blue Course

Distance: 100.1 miles

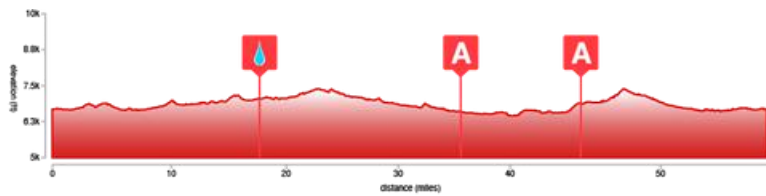
Elevation: 6,768 feet



Red Course

Distance: 59.3 miles

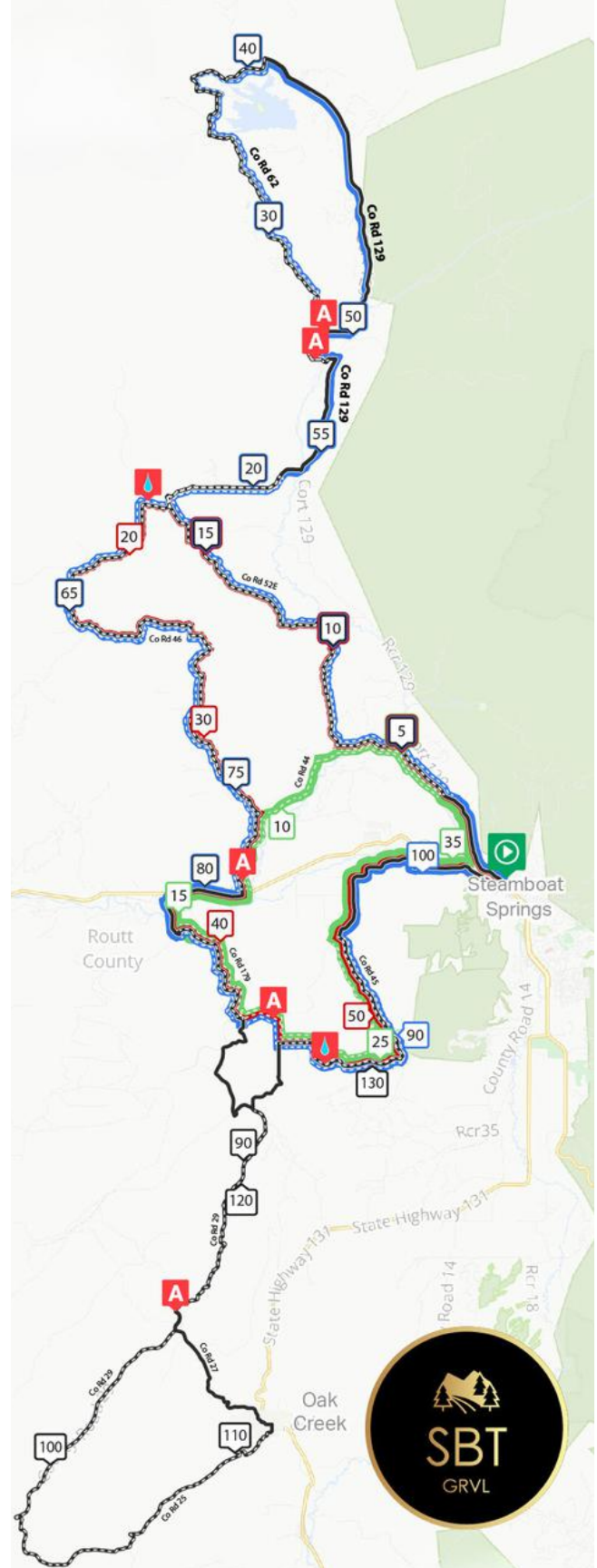
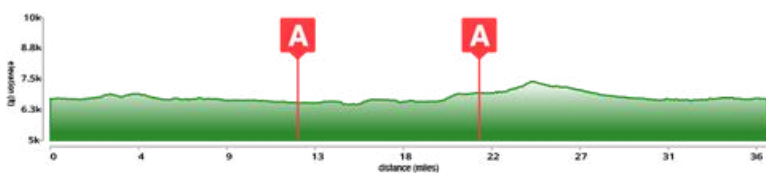
Elevation: 4,033 feet



Green Course

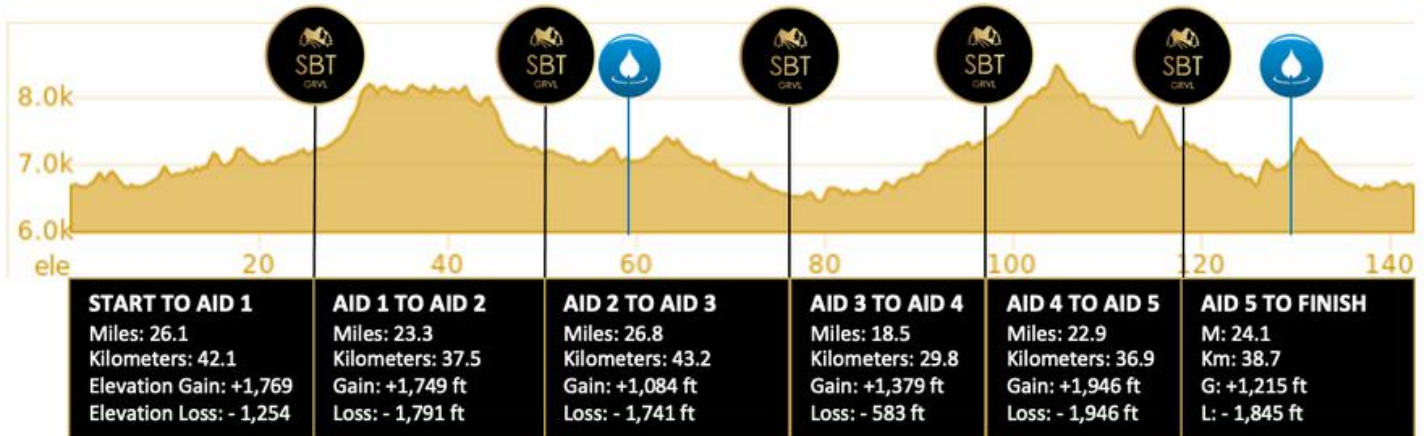
Distance: 36.5 miles

Elevation: 2,169 feet



Black Course | Route

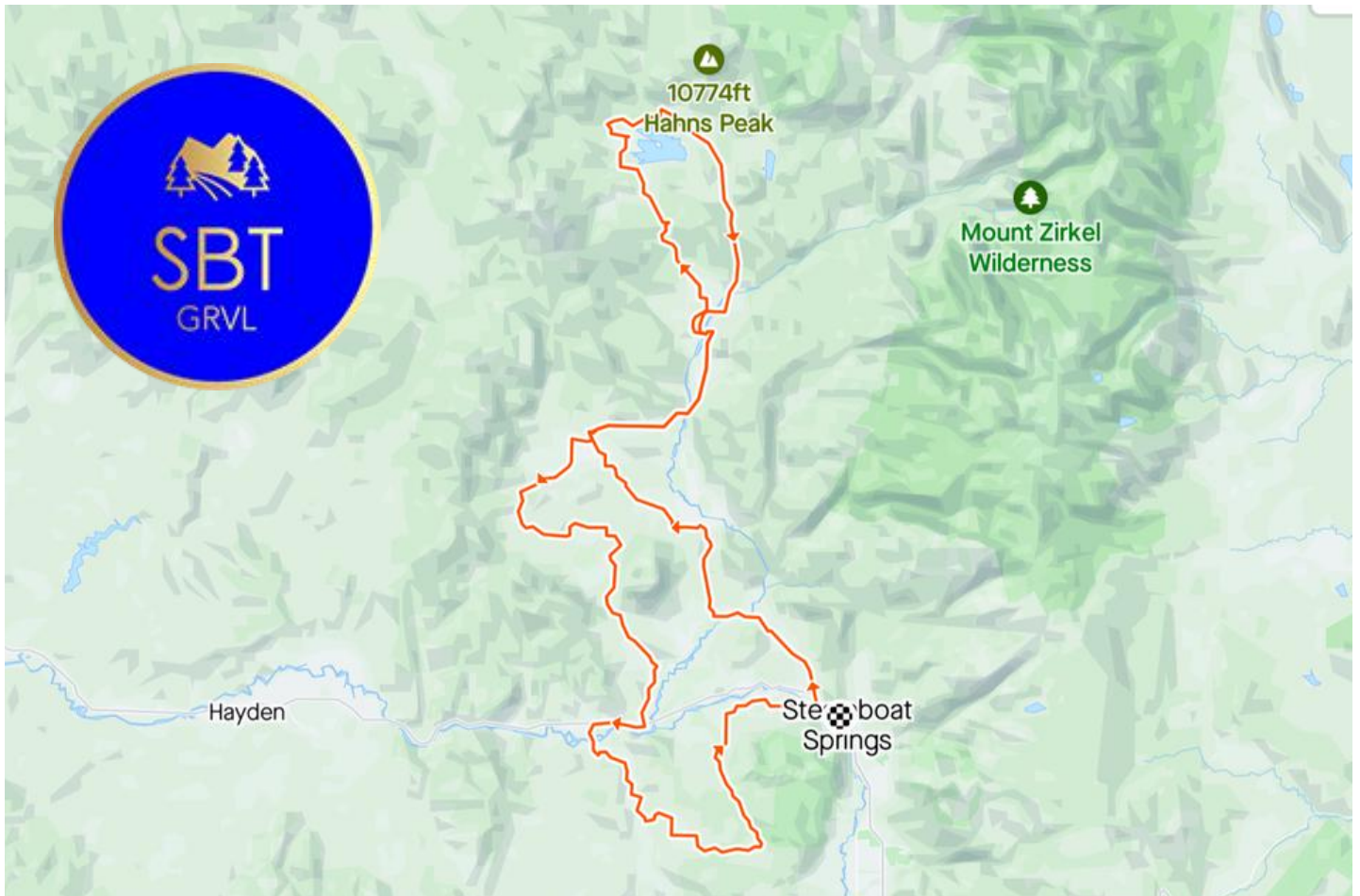
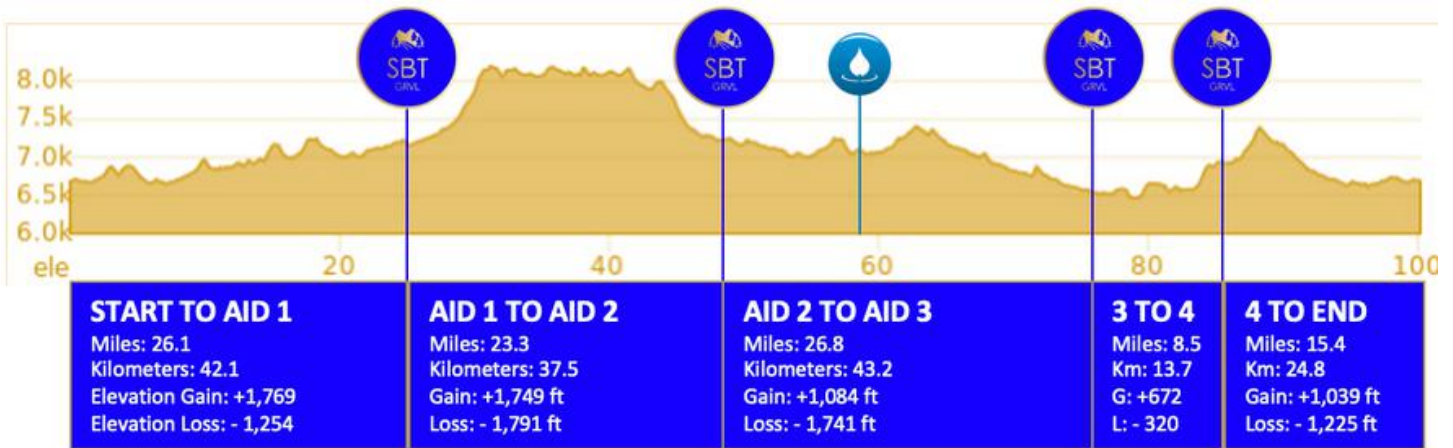
142 miles approx 9,200 feet of climbing 100+ miles of gravel



COURSE + MAPS

Blue Course | Route

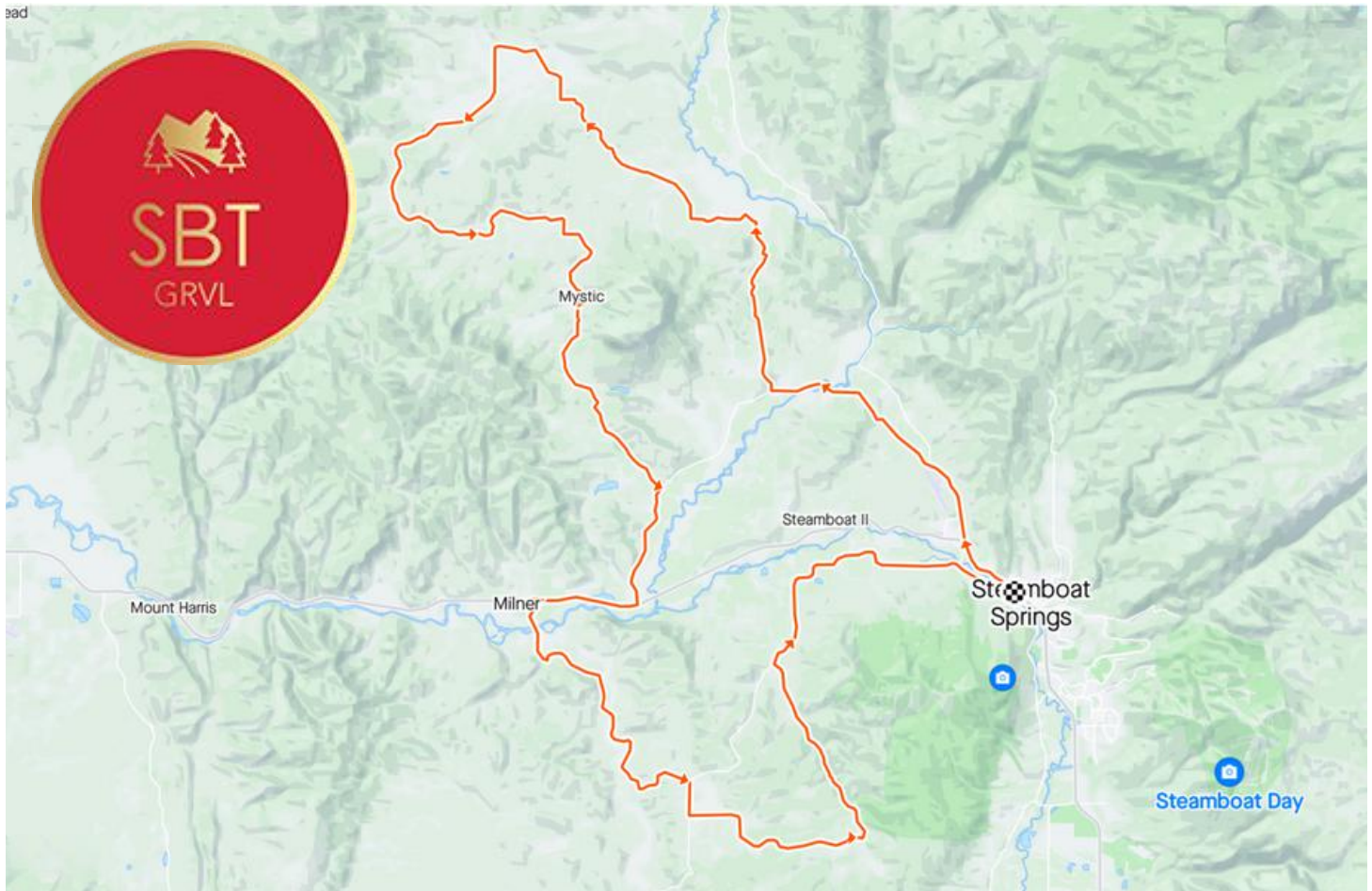
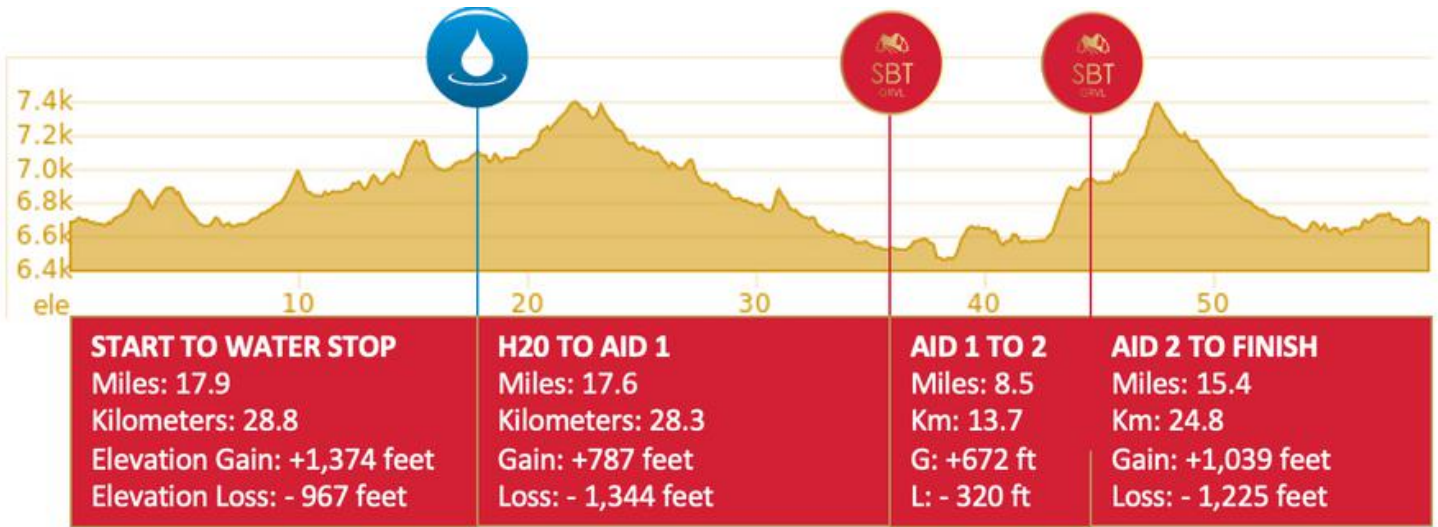
100 miles approx 6,000 feet of climbing 70+ miles of gravel



COURSE + MAPS

Red Course | Red

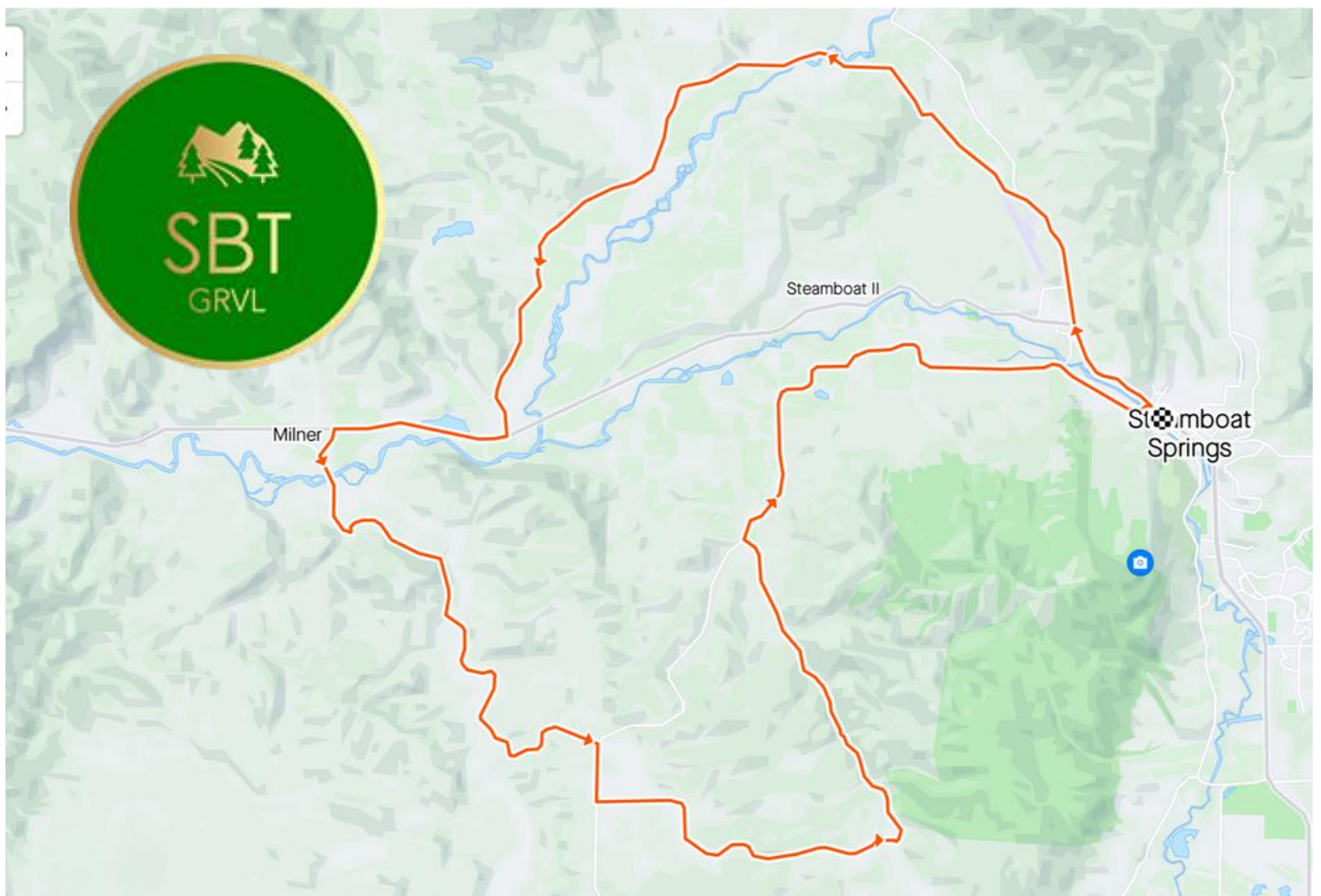
60 miles approx 3,600 feet of climbing 50+ miles of gravel



COURSE + MAPS

Green Course | Green

37 miles approx 2,000 feet of climbing approx 20 miles of gravel



AID STATIONS: WHAT TO EXPECT

One of SBT GRVL's core values is fairness, and that applies to our aid stations. As all of you know, there is NO outside assistance allowed, and that includes receiving food or drink from anyone besides our volunteers at the aid stations. We have a fantastic partnership with Honey Stinger (a local Steamboat Springs company) who will be providing a variety of energy chews and gels, waffles, and their Rapid Hydration Mix. Much of their product is also gluten free for those who prefer that.

In addition to the Honey Stinger product, we will have other standard aid station items like bananas, snack mix, soda, and additional sweet and salty items. We will have TONS of water! If you have certain allergies or dietary restrictions, we suggest that you carry your snacks of choice with you.

Be sure to thank our aid station sponsors when you see them out there! Many of our sponsors have extra goodies if you want to hang out. Those partners include CTS, SRAM, Alpine Bank, Fjällräven, and Honey Stinger. In addition, Orange Seal, Smith and Chamois Butt'r have some special stops planned as well.

All aid stations will have medical personnel, some basic tools in case of mechanical issues, and portable toilets.

On Course Support:

- CTS Aid Station - First stop for Black and Blue Courses.
- Alpine Bank Aid Station - Second stop for Black and Blue Courses.
- SMITH Eyewear Oasis Wash Station + Red Course Water Station - Water and Honey Stinger only, primarily for Red Course riders who need to refill before getting to the first aid station, but available to Black and Blue course riders between second and third stops. We have added portable toilets this year at this location. In addition, clean the dust from your glasses at our Smith wash station!
- SRAM Aid Station - Third stop for Black and Blue Course; First aid station for Red and Green Courses. Stop by to get some special treats from SRAM!
- HONEY STINGER Aid Station - Fourth stop for Blue Course; Second stop for Red and Green Courses
- Fjällräven Aid Station - Fourth and Fifth stop for Black Course.
- Pre-FNL CLMB Water Station - Water and Honey Stinger only, primarily for Black Course riders who need to refill before the last few miles, but available to any rider that needs it in the afternoon. By the afternoon hours, the final climb can be brutally hot and exposed, so take the opportunity to top off your water bottles here!
- This year, most of our aid stations will feature double-sided hydration stations with multiple rows and access points to water and/or electrolytes. You will find Honey Stinger Rapid Hydration Mix in clearly marked 10-gallon jugs, and plain water in red 5-gallon jugs. Between the jugs, there will be easy-to-grab Honey Stinger nutrition, including gels, chews and waffles. For those looking to save as much time as possible, this area will offer a fast refill of your bottles and easy access to quick calories.
- More Mechanics! We have partnered with local bike shops, including Switchback Sports, Steamboat Ski & Bike Kare, Orange Peel Bikes and Ski Haus to make sure there is a wrench near every aid station.
- We are adding a BLACK COURSE specific hydration station at the ALPINE BANK Aid Station to make for a more pleasant experience for all riders. Our fastest Black Course riders will arrive at this Aid Station at a time when Red and Green Course riders will be there as well. To avoid any confusion or conflict between racers vying for podium spots and those going at a different pace, we will have a specific area set up for Black Course racers to refill bottles and snag quick Honey Stinger nutrition products.

AID STATION MAPS



RESPECT THE RURAL

What to know when living in or visiting rural Routt County

RULES OF THE ROAD

Slow down. Cows, sheep, and horses don't understand cars or bikes. They have the right of way on all roads, so whether you are in a car, on your bike or on foot, **yield to animals.** And remember that tractors and other farm equipment do not stop or maneuver like cars. Give them time, lots of space and be patient. Enjoy a different kind of traffic jam!

RESPECT PRIVATE PROPERTY

Do not trespass. Always ask permission first and adhere to the landowner's directions. If you don't know, don't go!

MIND THE GATE

Leave all gates as you find them. If they are open, leave it open. If it's closed, leave it closed.



PACK OUT TRASH

Respect our beautiful community. Take all trash with you.



ENJOY THE RIDE

Whether on bike, foot or car, slow down and enjoy the view. County roads are not like driving on the highway. Be safe, **slow down** and enjoy the ride. Smile, wave and be polite. Just like mom told you!

BE A GOOD NEIGHBOR

Whether you've lived here for generations or just moved in, **talk with your neighbors.** Get to know them and share your contact information. In case of an emergency, it's important to know and can make life easier.



FENCE-OUT LAWS

Understand Colorado fence laws and know who is responsible for maintaining fences. Also know that livestock can roam and open graze.

LIVESTOCK GUARDIAN DOGS

Do not walk/ride into animal herds. Keep your distance and your dogs on leash. Walk bikes around working dogs.

CONNECT WITH THE COMMUNITY

Get to know not only your neighbors, but there are many organizations and community groups that are designed to support landowners in our rural community. A great place to start is with Routt County CSU Extension or Community Agriculture Alliance.


ROUTT COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

970.879.0825

routt.extension.colostate.edu


community
agriculture
alliance

970.879.4370

communityagalliance.org

EVENT SAFETY + MEDICAL PLAN

One of our promises at SBT GRVL is to “invest in the rider,” and nowhere is that more evident than in our medical and communications plan. We won’t get into the nuts and bolts of our plan (that might just put you to sleep), but here are a few highlights we want you to be aware of as you ride “The Greatest Gravel Roads on Earth”.

- EMS Unlimited will have several EMT’s and Paramedics out on course—they will be on motorcycles and eBikes roaming the course looking for those who need help.
- Our friends from UC Health are partners in the event and we have volunteers at each aid station with medical backgrounds and emergency kits ready to help if there are issues.
- We have tons of support from the Steamboat Police Department, Routt County Sheriff’s office, Oak Creek Police, and Colorado State Patrol. Give them a yell of thanks as you roll past their posts on course!
- We have a dedicated course staff that is out there with one goal—to keep all riders on course and get them back to Steamboat safely. This includes sweep van drivers, safety moto drivers, around 50 volunteer course marshals, and fixed-point staff along the course.
- We will have a dedicated first aid tent at the start/finish line. Feel free to come by for any reason at all.
- Our overarching communications plan will be invisible to most of you, but we have a network of two-way radios, cell phones and emergency 800MHz radios that will create a plan to allow us to jump into action if necessary.



SUPPORT

TECHNICAL SUPPORT ON RACE DAY

We know that many gravel races require that you always take care of your own mechanical support, but in our effort to level the playing field and not allow outside support, we hope to provide you with the help you need to finish your ride. Fully stocked aid stations and Honey Stinger are one way we help, but we also have several local bike shops that will be at the aid stations to help you if you need it. Technical support should be available at each aid station.

We will also have a tool tent on hand at the start line to help with those last-minute adjustments. We suggest you carry the tools to fix a flat or two as well as some basic wrenches, but in a catastrophic mechanical situation we should be able to help you finish, even if it isn't that PR you are expecting.

Need some air at the start? Silca will be out there with their legendary pumps and pressure gauges to make sure you are ready. After you are done, we will have a bike wash available along with products from Silca if you want to scrub down your ride before it heads home.



Panaracer

GRAVELKING

THE Gravel Tire

ss ad (half page)

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120mL/4oz



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1000mL/33.8oz

The preferred sealant for Gravelking tires.



RULES + REGULATIONS

HAVE FUN! BE SAFE! RIDE SMART!

Riders must wear an ANSI certified helmet at ALL times while on the bike.

Follow the rules of the road. The roads are OPEN to vehicle traffic, so treat them as such! You do not want to take your chances mixing it up with a car. These rules include, but are not limited to: Follow the centerline rule. Keep your bike on the APPROPRIATE side of the road. In the United States, that is the RIGHT side of the line. If you are visiting from another country for the race, make sure you are set on that before the gun goes off (and also, welcome!).

Ride as far right as safely possible. Most of the paved sections have a shoulder, but if not, stay as close to the right as possible. Again, no one wants to mix it up with a vehicle.

On the gravel roads, please stay on your "side of the road". We realize that there is no line down the center but use your best judgement. This is especially important when going around blind corners. That car/tractor/cow/ competitor is going to expect you to maintain your line on your OWN side of the road.

There will be stop signs. Treat them as such. If you are reported violating road rules, you will be disqualified (some due process may be involved).

No direct outside support on the course (Friends, Family, Sponsors). Our Aid Stations will be fully stocked and our volunteers ready to assist you. On course support also includes bike shops and an Orange Seal technical stop. Riders accepting support from a source not available to all riders will be disqualified.

Please let your loved ones know we don't want more vehicles on the roads. Refer to the Course Map for recommended race viewing locations (we know that there will be plenty of people that want to come heckle, er... cheer for you!).

We know that you ride your bike a LOT. That is why you are here, right? Treat this race the same as being out for a ride.

Just because it is a "RACE" doesn't mean that there is a magical safety bubble around you. We mentioned that the roads are OPEN, didn't we? Pass with care! Use that helmet-protected brain of yours. Do NOT pass in blind corners, let someone know that you are going to pass them (especially on the paved sections) and pass on the left. This should mean that the cyclist you are passing is staying as far RIGHT as possible.

No headphones, earbuds or texting while riding (this also includes swiping left (or right!), 'gramming or checking that email. We know that the course is gorgeous. If you feel the need to pull out your phone to document that, please pull over to the right side, completely off of the road, come to a complete stop and have at it!

No e-bikes (except for the designated e-bike race on the Green course and approved paracyclists). They are AWESOME, but not for the race. Please don't make us go all UCI and check your bike (we just bought an X-ray machine, we don't want to have to use it).

Come prepared to use single person power (except tandems). You've got this!

No aero bars! Trust us, you will want access to your brakes with the several significant dirt descents on course. Lights are not required, and we will need to have all participants finished by dark. The sun sets around 8:00 pm- we estimate that you will need to average over 10mph on the black course to finish in time. Flashing taillights are always helpful for vehicles who may come upon you during the race. We like being

RULES + REGULATIONS

Please use the Port-a-Potties at the Aid Stations. Nature happens, but we try to leave the urinating in the ranch lands to the animals for which they are intended. This MOST DEFINITELY applies to the Start Line. We will be in town, near stores and families....and no one wants to see that! Riders that are spotted nature-ing with the animals will be disqualified. We have added toilets to the Red Water Stop this year.

Show your best character. Yes, we get that racing can be intense. But it is ONE day. You do not want to be forever known as "that person". Be courteous, respectful and generally act like a decent human being. This goes for your actions towards other racers, spectators, volunteers (they are here to help you on their own time!) and vehicles. We get to ride these roads all the time and we would love for our community to keep supporting us!

Riders are expected to be prepared to deal with mechanical issues. Please bring extra tubes, a hand pump and/or CO2, tire plugs, etc. There will be some Neutral Support on the course, but aim to be self-sufficient as their proximity to you is spread out.

There is a mandatory cutoff time at 2:15 pm at mile 83.6 for the black course riders. This means you will need to average 11mph to make it to the cutoff! This is the spot where the Blue Course takes a left up the gravel climb toward the Honey Stinger aid station, and any rider that gets to this split after 2:15pm will be asked to take the Blue Course back into town. As much as we would love to accommodate everyone's pace, we only have our medical and rescue teams until dark so we MUST get you back into town at a reasonable hour. This race is held in a MOUNTAIN TOWN. That means that our weather has the potential to be 90 degrees and sunny or 32 degrees and blustery. Come prepared for any sort of weather. Windbreaker, rain jacket, ear warmers, 3 pairs of gloves to choose from on race morning. It is okay to over pack your race bag. We won't judge. You are going to want options--it may very well rain on you mid-day.



XPLR

Roll with it.

ZIPP SMOOTHS YOUR RIDE WITH A PURPOSE-BUILT GRAVEL WHEELSET

The 101 XPLR arms gravel cyclists with more control and durability over harsh terrain, providing a smooth ride quality that helps reduce rider fatigue.

ZIPP

RULES + REGULATIONS

Sunscreen is recommended regardless of the weather. Ever see a goggle tan? Sun happens all the time. That said, the race is happening. Regardless of the brisk start or sweat-inducing climbs, people are racing their bikes (the two exceptions are lightning or heavy smoke from fires). In the event of a natural disaster or weather that could be potentially dangerous to racers or volunteers (or our beloved spectators), the race will be delayed, shortened, postponed or canceled without refund.

All riders will have the opportunity to take advantage of our awesome Aid Stations. That means you will have the pleasure of receiving the support of our INCREDIBLE volunteers. Make sure to give them a Thank You or a big smile and a head nod-whatever you can muster at that point!

Your jersey has pockets. Not only do they store your food, but they store your trash. Please make sure to keep our beautiful scenery litter-free. We would be happy to take your trash at the Aid Stations and the Finish Line. If you are seen littering during the event, we are sure we can come up with an appropriate punishment. Steamboat Springs is still known as a cowboy town.

We LOVE spectators! Let's be honest, these are the people that make it happen. They make the 8 hour drive with you just to watch you suffer for 10 hours and then tell you how awesome you are (don't get us wrong, we think you are awesome too!). We would love for them to have a copy of the Course Map and see where we recommend setting up your cheering section. We are trying to limit traffic on the course so that we can make it as safe as possible for all participants. Please give them a big hug from us and tell them thank you for making it all worth it!

Stay on the course. This is a race. That means that everyone (in their respective distance category) must follow the same path. It is YOUR responsibility to be in the right place. Study the map, find someone who can show you how to download/upload/reload(!) the GPX files to your Wahoo bike computer. Have some idea of where you are going.

The course will be well-marked, but sometimes things happen. Wind, vandals, rogue wildlife...have a back-up plan.

If you cut the course, you won't receive a finishing time and won't be eligible for prizes. We don't care if the elk misdirected you. Strava doesn't lie (well, rarely).

Listen to race officials. If a course marshal or moto marshal gives you a specific direction, you must follow it. If they tell you to stop, it is for a good reason! More than likely, your safety. We know that STOP is a very difficult direction to follow during a race, but we are sure you can make up those 15 seconds somewhere else while you are still ALIVE.

We are racing on a variety of county roads/private land. Please treat them with respect. Did we mention that we REALLY like riding around here and want to keep our community happy? You will be held liable for any damage or destruction you cause anywhere on the course. We will not charge you for any blood or skin you may leave out there.

If you find yourself needing to drop from the race, please notify the nearest Aid Station. SBT GRVL race directors reserve the right to make any last-minute course/timing changes as deemed necessary for a safe and successful race day.

The SBT GRVL Team

FREQUENTLY ASKED QUESTIONS

Can I switch courses on race day?

Yes, however there will be a \$5 fee to change courses during SBT GRVL weekend. If you have started the BLACK course, but find yourself unable to finish the distance, you can make the turn onto the BLUE course when they separate at Mile 83.6 (this is also the 2:15pm cutoff). You will then be given a finish time based on the BLUE course. Please let the timing station know at the finish that you have made the change as it will allow you to get your time quicker. Also note that if you start with the Black course group, you are ineligible for prizes in the Blue course categories (same goes for shortening the other courses).

Where can I park on race day?

Participants are welcome to use the Wells Fargo Parking lot (320 Lincoln Ave, Steamboat Springs, CO 80487) and the high school parking lot (425 2nd St, Steamboat Springs, CO 80487) to park for free during the event. We ask that racers please refrain from parking in the downtown spaces as it creates congestion for local business and retail store visitors.

Will there be bathrooms at the Start/Finish?

Yes! There will be plentiful port-a-potties for all of your race morning needs! There will also be toilets available at all Aid Stations.

The Start is kind of early, have anything caffeinated before we race?

Yes! We will have Badass Coffee of Hawaii brewing fresh coffee the morning of the race near the start line at 10th & Yampa!

Is the course open to traffic?

Yes! Please follow the rules of the road and keep safety a top priority! Stay to the right side of the road!

Where can my family and friends cheer for me on course?

See following pages on "Spectating".

Is it okay if my family/friend/sponsor hands me a bottle or food on the course?

No! There is no outside support allowed on the course. Our Aid Stations will be fully stocked and our volunteers are ready to assist you.



WHERE TO SPECTATE

In order to keep riders safe, we are trying to limit vehicle traffic on the courses. Here are some areas that would be great options for spectating:

Start Line

- BLACK COURSE - 6:30am
- RED COURSE - 7:00am
- GREEN COURSE - 8:00am
- BLUE COURSE - 9:00am

Steamboat Lake Outpost

- BLACK COURSE - First riders: 8:15am // Last riders: 10:00am
- BLUE COURSE - First riders: 10:45am // Last riders: 1:00pm
- This spot is not on the Red or Green Courses

Clark General Store

- BLACK COURSE - First riders: 8:45am // Last riders: 11:00am
- BLUE COURSE - First riders: 11:15am // Last riders: 1:45pm
- This spot is not on the Red or Green Courses

Intersection of County Road 42 & County Road 44

- Enter and Exit via Marabou
- Please park on the side of the road as much as possible to avoid blocking traffic. When leaving this spot, please backtrack on the way that you came in to avoid driving on route!
- BLACK COURSE - First riders: 10:00am // Last riders: 1:15pm
- BLUE COURSE - First riders: 12:25pm // Last riders: 4:25pm
- RED COURSE - First riders: 8:30am, // Last riders: 10:15am
- GREEN COURSE - First riders: 8:30am // Last riders: 9:15am

Top of "The Corkscrew" on County Road 33 (pavement)

- To get to this location, you will have to travel on our race route for a short distance. Please use caution! Once you arrive, only park in a place where you can get your vehicle fully off the road, and do not block any other roadways.
- BLACK COURSE - First riders: 12:15pm // Last riders: 6:00pm
- This point is not on the Blue, Red or Green Courses

Dirt Road Side Pull Off on County Road 27

- From this location, you will have an overhead view of Black Course racers as they are riding inbound and outbound on County Road 29 below.
- To get to this location, you will have to travel on our race route for a short distance. Please use caution!
- BLACK COURSE - First riders: 10:45am // Last riders: 5:15pm
- This point is not on the Blue, Red or Green Courses

SPECTATING

Trout Creek - Intersection of 25/90

- Please park on the side of the road as much as possible to avoid blocking traffic. When leaving this spot, please backtrack on the way that you came in to avoid driving on route!
- BLACK COURSE - First riders: 11:20am // Last riders: 4:15pm
- This point is not on the Blue, Red or Green Course

Oak Creek - Intersection with CR27

- When leaving this spot, please backtrack on the way that you came in to avoid driving on route!
- BLACK COURSE - First riders: 11:40am // Last riders: 4:50pm
- This point is not on the Blue, Red or Green Courses

Cow Creek - Ridge/Rotary Trailhead - Ride your bike

- This is a spot for the truly adventurous because the only way to get there without driving on the route is by enjoying some of Steamboat's finest singletrack mountain bike trails. To get from the base of Emerald Mountain to this point, it will be approximately 10-miles of pedaling with over 1,500 feet of elevation gain. And, you'll have to save enough energy to do at least that amount to get back to downtown. If you're up for it, though, it is one of Steamboat's most epic mountain bike loops, and a great way to get a unique perspective of SBT GRVL!
- BLACK COURSE - First riders: 12:30pm // Last riders: 6:45pm
- BLUE COURSE - First riders: 1:15pm // Last riders: 7:00pm
- RED COURSE - First riders: 9:15am // Last riders: 12:30pm
- GREEN COURSE - First riders: 9:00am // Last riders: 12:45pm

Finish Line

- BLACK COURSE - First riders: 12:45pm // Last riders: 8:00pm
- BLUE COURSE - First riders: 1:45pm // Last riders: 8:00pm
- RED COURSE - First riders: 9:45am // Last riders: 2:00pm
- GREEN COURSE - First riders: 9:45am // Last riders: 2:00pm



AWARDS



BLACK COURSE AWARDS

For SBT GRVL Black the Pro field will be awarded male/female:

1st \$5,000 2nd \$2,500 3rd \$2,000 4th \$1,000 5th \$500

Place awards in each age category male/female: 29 and under, 30–39, 40–49, 50–59, 60–69, 70+ and Single Speed, Non-Binary, Tandem and Para Cyclists:

1st: Prize Pack | 2nd: Prize Pack | 3rd: Prize Pack

BLUE, RED, and GREEN AWARDS

Overall Top 3 males/females for each course will be awarded Prize Packs.

Place awards in each male/female category for each course: Under 18, 19–29, 30–39, 40–49, 50–59, 60–69, 70+ and Single Speed, Non-Binary, Tandem and Para Cyclists:

1st: Prize Pack | 2nd: Prize Pack | 3rd: Prize Pack



Smoother Is Faster.

"After jamming through miles of washboards 130 miles-deep, on Day 5 of the Spirit Tour, I had my epiphany moment - the Diverge STR is pretty sweet! I'm looking forward to more adventures on this bike."

- Russell Finsterwald,
Specialized Off Road Athlete

EXPO

We are really proud of our partners and vendors that will be at the Expo. Packet Pick-Up is held within the Expo, so make sure that while you are grabbing your race number and goodies, you visit some of the top brands in cycling and pick their brains! Interested in partnering with SBT GRVL? Please contact info@sbtgrvl.com for media kit.



The Expo is also held in conjunction with the Steamboat Farmer's Market. Make sure to swing through and check out the local vendors!

DATE: FRIDAY & SATURDAY, AUGUST 18-19

TIME: FRIDAY: 12:00PM-5:00PM, SATURDAY: 9:00AM-3:00PM

LOCATION: YAMPA STREET, STEAMBOAT SPRINGS

CONFIRMED EXPO PARTICIPANTS

- AHHA
- Alchemy Bikes
- All Bodies On Bikes
- Allied Cycling
- Alpine Bank
- Alpine Insurance
- Argon
- Bahati Foundation
- Badass Coffee of Hawaii
- Big Bobble Hats
- BikeFlights
- Bike-On
- Bivo
- BOCO
- Boys & Girls Club
- BMC
- Canyon Bicycles
- Carborocket
- Castelli
- Chamois Butt'r
- Cycling House
- Cycling Out Loud
- Defeet International
- DT Swiss
- Ekoi
- Eliel Cycling
- EVOC Sports
- Factor Bikes
- Feedback Sports
- First Ascent Coffee
- Fizik
- Fjallraven
- Floyds of Leadville
- Giant/Liv
- Honey Stinger
- Hunt Wheels
- Inside Tracker
- Kuat
- KÜHL
- KRT/QRT Bike Clubs
- Litespeed
- Obed
- Moots Cycles
- Old Town Hot Springs
- Optic Nerve
- Orange Seal
- Ostroy
- Outride
- Outside
- Panaracer
- Party Shirt Intl
- Pearl Izumi
- People For Bikes
- POC
- Point6
- QEJA Socks
- Renewal by Anderson
- Replenish IV
- Retreatia
- Ride for Racial Justice
- Routt County Riders
- Routt County Search & Rescue
- Rudy Project
- SANS Meal Bars
- Schwalbe
- Scudo Pro
- Seedhouse Coffee
- Silca
- Smith
- SOSI
- Speedhound
- Specialized
- Spot Bikes
- SRAM
- Strava
- SuperSapiens
- Swift Industries
- Tailwind Nutrition
- ThinkMakeBuild
- Town Hall Outdoor Co.
- Trek
- Twisted Spoke
- Velocio
- Ventum
- Vitality Wellness
- Wahoo Fitness
- Whiskey Tango Fondo
- Wolf Tooth Components
- Yampa Valley Medical
- Zipp Wheels

NATIONAL ADVOCACY PARTNERS

Bike events are incredible experiences that bring together a community of people that share a passion for getting outside on two-wheels and exploring nature. We love the gravel family and are so excited to be able to interlace it with our incredible Steamboat Springs community. Below are a few things that we feel strongly about when it comes to community and the gorgeous lands that make it all possible. Click on the title for more information on each.



Who We Are

All Bodies on Bikes is a registered 501c non-profit working to make cycling more inclusive. We believe that all bodies are good bodies, all bikes are good bikes, and all rides should be celebrated. We host group rides, provide educational resources and consulting, and are industry leaders in inclusion.

Our Mission

Our mission is to create a body size-inclusive community, educate and change the industry, ensure access to safe and comfortable biking equipment, and celebrate joyful movement on a bicycle.

Programs

- **Group Rides** – Our 11 chapters host free, frequent, inclusive community rides across all cycling disciplines. Each ride is led by community volunteers, ensuring no rider is left behind.
- **SBT GRVL Gravel Cycling Team** – Every year, we select 15 non-traditional athletes for SBT GRVL for the All Bodies on Bikes SBT GRVL team. The athletes train, work together, and in August, travel to Colorado for one of the premier gravel events.
- **Consulting & Bike Industry Education** – Educating industry leaders
- **Podcast** – Highlighting unique stories and voices in the bike world



All Bodies are Good Bodies
All Bikes are Good Bikes
All Rides Should be Celebrated



Learn More & Connect

www.allbodiesonbikes.com
[@allbodiesonbikes](https://twitter.com/allbodiesonbikes)



BAHATI FOUNDATION

Mission: The Bahati Foundation provides inner-city youth access to noncompetitive and competitive cycling with resources and support, allowing success on and off the bike.

Vision: Our vision is to expose inner-city youth to the sport of cycling and maintain active participation as the next generation of cyclists is nurtured while encouraging alternative mobility.



peopleforbikes

PEOPLE FOR BIKES

PeopleForBikes is a national bicycling advocacy organization making biking better for everyone by uniting millions of Americans, thousands of businesses and hundreds of communities to make every bike ride safer, more accessible and more fun. We believe that when people ride bikes, great things happen. Join at PeopleForBikes.org.

NATIONAL ADVOCACY PARTNERS



RIDE FOR RACIAL JUSTICE

From grass-roots to changing the face of cycling and sport on a national scale: Ride for Racial Justice became the first organization in 2020 to create a cohesive, integrated program to bring BIPOC athletes to the start line of an international cycling event, SBT GRVL. The program was first-of-its kind in offering a comprehensive program of inclusive, needs-based support to bring representation to sport. Our partnership with SBT launched in 2021 with astounding success and has continued in 2022 and 2023.

Our model continues to be noticed and has been replicated in domestic cycling events, as well as in running events. In 2023 RFRJ will have trained, coached, hugged and supported 80 athletes from around the globe and this year hosting a teammate from Kuwait. Our relationship with SBT and the town of Steamboat is unmatched within the cycling culture and its a partnership that will continue to grow with each of us learning from each other to create a space on these gravel roads for everyone to believe..."BIKES Equals FREEDOM"



PROTECT OUR WINTERS

POW helps passionate outdoor people protect the places and lifestyles they love from climate change. We are a community of athletes, scientists, creatives, and business leaders advancing non-partisan policies that protect our world today and for future generations. In the future we envision, the world embraces renewable energy, electric transport, breakthrough technologies, and market policies to achieve carbon neutrality by mid-century. We drive to crags, trailheads, and renewably-powered ski areas in zero-emission vehicles; innovation decouples carbon from economic growth; and elected officials from all parties, at all levels of government, make addressing climate their top policy priority. POW's roots are in snowsports, beginning in 2007 with our founder, pro snowboarder Jeremy Jones. Today, POW works across ski, snowboard, trail, climb, and as of 2022, bike!

LOCAL ADVOCACY PARTNERS



DONATE

ROUTT COUNTY RIDERS

Routt County Riders advocates to implement positive change for all types of cyclists in Northwest Colorado. We accomplish our mission through community outreach programs, safety initiatives, trail maintenance efforts and coordinated volunteer projects. We engage civically and advocate for trail diversity, public land access, and road infrastructure improvements throughout the Yampa Valley and beyond. We envision a community where every resident has access to a bicycle; trails and roads are built and maintained for every level and discipline of rider; and cyclists, pedestrians and motorists safely enjoy our beautiful Yampa Valley for transportation and recreation. Please visit our website to join us as a member, donate to the cause, sign up for a volunteer work day or shop our webstore!



DONATE

COMMUNITY AGRICULTURE ALLIANCE

The mission of the Community Agriculture Alliance is to preserve agriculture in the Yampa Valley by initiating and supporting programs and policies that benefit and connect producers, consumers, and the community. CAA was founded in 1999 in response to increasing pressure on regional agriculture. In the 24 years since, our organization has been a representative and advocate for local farmers and ranchers, as well as the rural way of life that gives Steamboat its charm. Our programming focuses in three main areas: supporting a resilient local food system, providing leadership and support for agriculture, and building community connections to agriculture. Most people know us for our CAA Market, which is located at 734 Oak Street. Stop by Monday - Saturday to shop for food from over 66 producers across the Yampa Valley.

LOCAL ADVOCACY PARTNERS



DONATE

THE CYCLE EFFECT

The Cycle Effect's mission is to empower young women through mountain biking to create brighter futures and build stronger communities in Summit, Eagle, Routt and Mesa Counties of Colorado. By centering around our values of equity, compassion, belonging, thriving, courage and fun, The Cycle Effect is committed to breaking down barriers for young women of all backgrounds to enter the rewarding sport of mountain biking. We believe in the transformational powers of belonging and self-fulfillment. Celebrating its 10th anniversary in 2023, the Cycle Effect is a Colorado-based program that mentors through mountain biking. The organization serves adventurous 10-18 year old girls who may not have the opportunity to participate in the sport. Like everyday life, mountain biking is a series of peaks and valleys, of intense effort and exhilarating reward. The Cycle Effect provides a safe space to experience life's ups and downs, so our participants can rise above anything that comes their way.



BOYS & GIRLS CLUB
OF STEAMBOAT SPRINGS



Scan to donate
Boys & Girls Club



DONATE

BOYS & GIRLS CLUB

The mission of the Boys & Girls Clubs of Northwest Colorado is to enable youth, especially those who need us most, to reach their full potential as productive, caring, responsible citizens. The Boys & Girls Club fills the gap between school and home. We provide positive, welcoming environments in which kids and teens have fun, participate in life-changing programs and build supportive relationships with peers and caring adults.

LOCAL ADVOCACY PARTNERS



DONATE

OLD TOWN HOT SPRINGS

Old Town Hot Springs is the non-profit center for health and wellness in the Yampa Valley. Located in downtown Steamboat Springs, we have been the site for recreation and rejuvenation for over 100 years. We are beyond proud to partner with SBT GRVL on this amazing, inclusive, and joyful event that welcomes visitors from far and wide each year. We wish each of you the best of luck on your races! And don't forget to join us for Yoga in the park at 11 am during the Expo.



DONATE

STEAMBOAT SPRINGS CHAMBER

Visit Steamboat Springs, a part of the Steamboat Springs Chamber, partners with the City of Steamboat to welcome visitors to the beautiful Yampa Valley. In addition to our work as a member-based business organization, we operate the Visitor Center, produce bi-annual guides, and provide resources for visitors from around the world. Looking for a place to eat or trail recommendations? Check out our Visit Steamboat Springs app or stop by the Visitor Center for routes, suggestions, or a friendly hello. Here in Steamboat, we pride ourselves on our heritage of Western Hospitality. And we encourage you while you are here to embrace that heritage and enjoy all that Steamboat has to offer, while protecting all Steamboat has to offer.

SPONSORS

PRESENTING SPONSOR

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OFFICIAL BIKE PARTNER

 **SPECIALIZED**

GOLD SPONSORS

SILVER SPONSORS

BRONZE SPONSORS

LOCAL PARTNERS



SAVE THE DATE!
AUGUST 18, 2024

