



Gravel/Mountain/Stage Racing

# EVENT DESCRIPTIONS

## A LITTLE HISTORY

As with most great events, this race has humble beginnings. The course was conceived by The Race Director, Cimarron Chacon, back in 2008 as a way to link up the great trails in the St George area. Cimarron is trained as a landscape architect and worked for the BLM establishing the area trails before heading into private practice. She wanted to create an event that would showcase the amazing terrain and bring people from all over the country. The first race launched, after years of environmental paperwork, in 2010 with 140 riders.

That first year there was a cold wet storm that moved in over the course and only 10 people actually finished the race. Many were pulled off with the beginning stages of hypothermia. Despite the crazy first year, the race has grown to over 1000 riders in year 10.

This success could not have happened without the great community of Santa Clara, the local BLM, and the dedicated volunteers and local sponsors.

At Gro Races we strive to build the off-road cycling culture and create opportunities for people to challenge their limits.

Thanks for being here for the ride.

## TRUE GRIT GRAVEL EPIC

This gravel course is worthy of the True Grit title. Inspired by the new True Grit Lauf Gravel Bike, the course is 80% off-road, 84 miles, and 9000 ft of climbing. Pure Gravel Bliss! .

You will be challenged at every turn and treated to amazing backcountry landscapes seldom seen, even by locals. This course is no "Grinder." Out the gate you will be navigating a rough dry wash, step burst hills and a bit of single track. Once you get to Curly Hollow rd, expect to climb 3000' or so feet in about 10 miles to the top of Hard Root beer hill.

Don't forget to look back and savor the views of snow capped Pine Valley Mountain and Zion NP rising above St George.

We fully expect stories of tears of joy and pain as you experience the Beaver Dam NCA and Joshua Tree forest.

Take care to plan ahead, be prepared, and ride smart during this Epic Gravel Adventure.

## TRUE GRIT MOUNTAIN EPIC

Congratulations for taking on one of the toughest mountain bike races in North America. The tag line Long Tough and Technical is no joke.

For 2020 we are able to offer 3 distance of this course - 100 Epic, 50 Epic , & 15 Challenge . The main loop is our Epic 50.

The race will start and finish in downtown Santa Clara. The first mile will be on pavement past tree lined shops and historic buildings. The venue location will allow for a fun and lively finish line atmosphere we are sure the whole family will enjoy.

The dirt portion of True GRIT takes place in the desert south west of the City of Santa Clara. You will travel through sandy washes, over sandstone and rock outcroppings, through and around large boulders, over fast and flowy single track, up steep climbs to the top of 4 different ridges, you will see miles of beautiful desert plateaus, red mountains, and white cliffs . It will be one of the toughest , most technically demanding courses you have ever raced – and the most beautiful.



# THE EXTREME GRAVEL MOUNTIAN STAGE RACE

When we first conceived of the True Grit Epic, it was planned as a 3 day stage race. Working through the permitting and logistics we finally get to launch it for our 10th year anniversary.

Stage racers will cover 180 miles over tough gravel and mountain bike terrain over 3 days. They will see some of the most Amazing views of Zion, Pine Valley and the Beaver Dam Slopes and test their mental toughness to keep going.

Stage 1 is a mandatory group ride on a route known as the Turkey Farm Loop. The route is 48 miles and approximately 4000 ft of Climbing. The route is ideal for either mountain or gravel bikes. The main road climbs to over 4000 ft and has some very fast descents. At the Pavement, do not miss the turn toward the OLD Wells Fargo Bank Museum and the mandatory Single Track. You will be going very fast on pavement, so don't miss the turn because it sucks to climb back up to it.

After you complete a short segment of single-track you will go under the Interstate and take the frontage road back to town. If you are riding the route on a mountain bike you may choose the option of taking the Prospector /Church Rocks trails back to Washington Parkway interchange. This route is slightly shorter but more technical. It is not advised on a gravel bike.

Stava Link <https://www.strava.com/routes/24160818>

join our Stava Club. <https://www.strava.com/clubs/452455>

## STAGE- RULES

In order to track Stage racers and separate your ranking out each day, we have placed you in the matching category to your entry.

Open Male, Open Female, Single Speed, Masters Male or Masters Female.

We have then issued you a bib number starting in 2000. You will have this bib number each day. Although we will give you two separate bibs at check-in; one for the gravel stage and 1 for the mtn stage.

Day 1 is self-supported and untimed, but you will need to prove you completed the route.

Check-in & Stage Packet Pick-up will be Thursday morning between 8:30 - 10:00 am

Finish & Check out 2:00 pm - 5:00 PM, Upload your ride to Strava and show the official you completed the ride. She will enter 4:00:00 for your time into the system with will give everyone who completes the same 10 pts for completing the day.

Day 2 & 3 you will be given points based on your ranking in your category

<https://gropromotions.com/true-grit-epic/stage/>

Because you are extra special stage racers we wanted to have put everyone in the Open Category in Wave 1, and Masters and SS in Wave 2 for Saturdays Races. If you feel like you would rather start toward the back you are free to do so. Your time does not start until you cross the mat.

For example

Joe Smith is a Masters Male

Day 1. 10, Day 2 597 ( he got 4th ) , Day 3 589 ( he got 12)

The points then tally in the Cup Series. This link below will help you track it each day.

<https://app.lap.io/event/2020-true-grit-stage-race>





**Get 25% OFF**

Use code: **Grit**  
At [carborocket.com](https://carborocket.com)



One use per person.



# GRAVEL RULES

## STARTING PROCEDURE

Riders will start promptly in an escorted neutral start wave. Please respect road rules.

## RIDER RESPONSIBILITY

This is a remote backcountry course with minimal access by vehicles. 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!

Each participant is considered to be on a private excursion and remains solely responsible for any accidents in which he or she may be involved. No responsibility can be accepted for participants becoming lost, stranded, injured... or worse.

**RULES OF THE ROAD** Participants must obey all city, county, and state laws, and "Rules of the Road". Specifically, DO NOT ride two abreast and carry a taillight so you are visible to drivers.

## RESTRICTED COURSE

Support Crews are NOT allowed on course, except to pick up a rider who is abandoning the event. If a support crew vehicle is spotted on course, their rider will be disqualified. Providing support to a rider while on course goes against the self-sufficiency spirit of this event, puts all riders at risk, and creates excess dust on the roads.

**BE RESPONSIBLE** for your belongings and don't throw trash on the trail.

Be nice to your fellow racers, always announce when you are passing and make sure they have a safe place to pull over, especially in the technical parts.

If you need to stop and take a break make sure you are well off course in a hardened area.

## CHECK POINTS

Timing Cut-off Points: There will be 2 cut-off points determined - Feed Zone 1 ( Top of Hard rootbeer hill) 12:30 & Feed Zone 2 ( Joshua Tree Forest Pull out) 2:30

#2 has a split timing Mat. You must cross the split timing map before you proceed.

ALL racers not reaching the check-points by the designated times will have their number marked and radioed in and will be instructed to head directly back to the finish or to the nearest aid station to get picked-up. There will be NO exceptions to these times.

## BE PREPARED

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 rider's primary means of navigation. In addition, the course may have a limited number of course markings to reassure participants they are on route. DO NOT RELY ON COURSE MARKINGS FOR NAVIGATION. USE THE MAP AND/OR CUE SHEETS!!! Participants may load the route into their GPS prior to the event, to assist in navigation

There are only 5 support areas on the course where you can get food, and water. There are only 2 spots where you can meet support crews. We HIGHLY suggest you carry a feedbag, saddle bag, and a minimum of 2 20 oz water bottles. If the forecast calls for temps over 70 degrees we suggest 3 water bottles.

There is a gas station at mile 79. It is acceptable to stop here for last minute supplies for the push to the finish.

# ALL EVENT RESOURCES

Get GPX links to all routes here:

<https://gropromotions.com/2020/03/06/2020-gpx-resources/>

Get Starter links to all routes here and Live Tracking HERE:

<https://gropromotions.com/2020/03/02/official-starters-list-and-live-tracking/>

# MTB & GENERAL RULES

Please visit the website for a complete copy of the rules, these are just a few important highlights.

## STARTING PROCEDURE

Starting times will be staggered according to estimated finish time. If you did not select one by the deadline we assigned one to you. A colored dot on the front of your number plate designates your wave. You must line up and race with your start wave. Do not ask us to change your wave.

We use a programmed chip time. If you jump the gun you will be given a DNS. Jumping the gun is cheating. You may start in a later wave and your actual start time will be your official start time.

## SPECIAL PASSING ZONES AND ALTERNATIVE LINES

**No-Passing Zones:** There is a 1 mile no passing zone through the Bear-Claw Poppy habitat. Racers must remain on the trail tread at all times. There are several pull outs where a front racer may pull over to allow a racer by. These sections will be strictly enforced so that we can maintain a permit to race this section. Markers will indicate "NO PASS ZONE"

**Safety Passing Zones:** These are zones where passing a racer could cause injury to one or both racers due to technical conditions. There are about 5 of these sections on course and they will be marked with "SAFETY ZONE. A racer must make

sure a front rider is clear of the obstacle before proceeding. If a racer must dismount they must do so safely to the side to allow racers to proceed.

**Alternative Lines:** There are several areas where alternative lines are OK. These are short spurs in the trail that avoid challenging lines. They are marked with "ALT LINES OK". On the Bearclaw Poppy trail there are alt lines built into the system. They are marked with Green Circle or Blue Square. Any line marked with official BLM markers are OK. On Stucki Springs there is a big hill that you can go straight up or around.

Going off trail or short-cutting the course is never OK and will be grounds for disqualification.

## NO E-BIKES!

True Grit Epic is a bicycle marathon event along the BLM managed single track trails and dirt roads of rural Washington County UT. 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 chain or belt. "E-Bikes" are not permitted by the BLM and will NOT be allowed under any circumstances.

## GENERAL RULES AND ETIQUETTE

All backcountry bicycle event participants are required to wear bicycle helmets.

Each rider is expected to complete the entire course. Please report leaving the course or DNF to the race official.

The nature of mountain biking requires a mountain biker to be self-supported. Participants are allowed to accept support from other registered event participants, official event aid stations, or crew support stationed at aid stations on course.

The course is closed. Non-registered riders are prohibited from entering the course during the race.

Be responsible for your belongings and don't throw trash on the trail.

Be nice to your fellow racers, always announce when you are passing and make sure they have a safe place to pull over, especially in the technical parts.

## RELAY

The team will be given a baton and number plates with the same number. The baton will transfer from one racer to the next. You must show the baton to the check point official and at the finish line. You may only transition at the Feed Zones. The person must park at the top of Green Valley Drive and

VISIT THE TRUE GRIT STORE



Please note : mock-ups are created to provide approximate examples, but are NOT to be considered accurate representations of final product. ©Giordana Cycling

# EVENT SCHEDULE

## March 12 - Thursday

8:30 – 10:00 AM Stage 1 Check-in at Red Rock Bicycle

8:30-10:30 am – Stage 1: Self Supported Mountain/Gravel ride

2 pm – 6 Pm – Post Stage 1 Ride check-in and lunch at Red Rock Bicycle

2 pm -6 pm Packet-Pick-up at Red Rock Bicycle

( FRIDAY RACERS Gravel & 15 Mile ONLY)

## March 13- Friday

8:30 am -9:45 Packet Pick-up GRAVEL RACERS ONLY

9 am – 7 pm Expo at Santa Clara Town Square

9:30 AM Line Up True Grit Gravel

10:00 AM Start True Grit Gravel Race

10:30 am – 6:00 PM Race Packet Pick -up at Expo

( 15, 50 & 100 Mile MTB)

12:00 noon Beer Garden Opens

3:00 PM – 15 Mile Challenge Race Starts

3:30 Pm – 6:30 PM Concert in the park & Games for Kids

5:00 PM Gravel Awards

## March 14- Saturday

6:30 AM- 7:45 am Saturday, day of race Packet Pick-

7:40-7:50 – 100 Mile EPIC Line up and Racer Meeting

7:50 -7:58 Opening Ceremony

8:00 AM – 100 Mile EPIC Start

8:30 – 50 Mile EPIC Line up and Racer Meeting

8:45 – 50 Mile EPIC opening ceremony

9:00 AM – 50 Mile EPIC Start (by waves)

9:50 AM Little Rustlers Ride

10:30 Am Little Rustlers Pancake Breakfast

12:00 pm – post-race meal begins

12:00 pm – Beer Garden opens

1:30- 5:30 pm – Live Concert at Finish

2:00 pm- 6 pm – Awards Ceremony for top finishers

2: 00 PM -50 Mile OPEN MEN and WOMEN ( awarded 5 deep)

2:30 PM 50 Mile Sport and Single Speed Categories

(awarded 3 deep)

4:00 PM announcements and SWAG give away

4:30 PM 100 Mile Men and Single Speed (awarded 5 deep)

5:30 PM 100 Mile Women and 50 + ( or after the 5th place winner finishes) (awarded 5 deep)

6:00 PM Stage Race Awards

7:00 PM Last Race must be finished

## CHECK IN & START TIMES

You can not change your wave! You can start with friend later than assigned, but if you start before you will get an DNF.

» Look up your bib number in starter list or on starter board

» Sign Waiver

» Get ID Check

» Pick Up bib & Swag

» Line up when your wave is called

WAVE 1 – 9:00 AM Open/Pro Male , Open/Pro Female

WAVE 2 – 9:06 AM

WAVE 3 - 9:13 AM

WAVE 4 – 9:20 AM

WAVE 5 – 9:27 AM

WAVE 6 –9:35 AM

WAVE 7 - 9:42 ( Includes all Relay teams)

# HOST BIKE SHOP

446 W 100 S, St. George, UT 84770

A FULL SERVICE SHOP IN THE HEART OF ST GEORGE. BE PREPARED FOR YOUR RACE. SCHEDULE AND EXPERT TUNE, RESERVE A RENTAL, SHIP YOUR BIKE AND AVOID THE HASSLE, OR PICK UP LAST MINUTE SUPPLIES LIKE TUBES, CO2, LUBE, WATER BOTTLES, OR EVEN A NEW KIT TO MAKE YOU RIDE FASTER.



# PARKING & CAMPING

Parking at the Venue will be limited to volunteers and vendors. Participant parking is available near-by on city streets or at Canyon View Park or Snow Canyon HS. .You may park on Canyon View Drive, the north side of Santa Clara Drive, on Heights Dr, Plan to ride up to 1 mile to the start line.



## PARKING AND CAMPING MAP



- Free camping is available only to those who have pre-registered. Spaces are sold out.. Passes are e mailed to you. If you are on the wait list, Check in at Packet-Pick up for open spots.

- To find the location take Canyon View Dr to Little League drive. Turn right and it is the first set of fields on the right. Above, at canyon view park are bbq's, rest rooms, a pavilion and picnic tables.

- If you are look for a shower, Snow canyon Aquatic Center is only a few blocks away across from the High school at 1144 N 2400 W, St George, UT, (435) 627-4585. They are open until

9 pm Fri. and 6 PM Sat. A pass is \$6

- !!! Please remember there is no public alcohol consumption on city property. So keepany beer discreet and DO NOT dispose of can's and bottles in city trash cans. Use of water bottles is suggested.

- Please Pack in and Pack out. The city has been gracious enough to allow this property free of charge, so we can pass that on to you. But respect the privilege.

# VISIT SOUTHERN UTAH

There is so much to do, see and explore while you are in southern utah. Visit Snow Canyon State Park. Tuacahn Amphather, Zion Nationa Park, Gooseberry Mesa, or any one of the 100's of other trails we have here. GET OUT THERE



# PREPARATION & RESOURCES

Danny Swenson 805-603-9158

## Course Maps and Course Markings

You can find GPX maps for all courses except the 15 Mile Challenge on Trailforks. If this is your first time to True Grit we suggest you download the map to your device and get familiar with the course. If you come a day early, you would be wise to pre-ride Zen and the Barrel Waterfall. These are tricky sections, and knowing your line will keep you on your bike. If you are racing the Gravel, driving out to the connections on hwy 91 will help you get your bearings when you are out on the course.

Remember, there is no shame in walking if it keeps the rubberside down.

<https://www.trailforks.com/route/true-grit-epic/>

<https://www.trailforks.com/route/true-grit-gravel-grinder/>

Course markings are orange flagging with bright yellow signs except the following:

15 Mile cut off are green signs. Once you rejoin the main course follow the orange flags to the finish.

Gravel: markings are large orange signs which say GRAVEL at every junction. ribbons at every junction.

## First Aid and Course Marshals

There are course marshals all over the course. They are there to keep you safe, keep you honest. There is a certified nurse at the Zen FZ and at the Finish.

If you get in trouble and need a rescue or directions please keep these numbers.



## Check Points and Cut -Offs

Pace yourself, don't miss a cut-off & don't cheat by cutting the course. We will know.

### MTB Cut-Off Times

- » -Bottom of the ZEN ( feed zone 1 ) leaving Zen 3:30
- » -Junction of Stucki RD & Rim Runner access 5:00
- » -Start of Barrel Rolls (feed zone 2) 5:30

### GRAVEL Cut-Off Times

- » Feed Zone 1 ( Top of Hard rootbeer hill) 12:30
- » Feed Zone 2 ( Joshua Tree Forest Pull out) 2:30

**LAUF TRUE GRIT BIKE - STAY AHEAD COMFORTABLY**

OFFICIAL GRAVEL BIKE



## Drop Bags and Clothing Drop

You will be able to drop bags for ZEN, BARREL ROLLS and GRAVEL 2. Look for the bag drop area near the start line before the race. These will be transported for you at the start of the race and returned to the venue just after the aid station closes. The bags will be dropped exactly where you placed them at the start of the day.

Only Zip Lock or drawstring bags will be accepted. Small coolers ( 12 " or less) are also acceptable. Mark them with a name and bib #, NO open plastic or paper grocery store type bags are accepted. The white paper bag given at Packet Pick-up is not acceptable. These will not be transported and will be placed directly in Lost and Found.

Return from GRAVEL Drop between 3pm -4pm

Return from Feed 1 is between 2 pm -3 pm

Return From Feed 2 is between 5 or 6 pm

Only 100 Mile racers may drop to Feed 2. Any bags left will be on Saturday will be taken to Red Rock Bicycle and can be picked up there beginning at 10:00 am Sunday morning- 4 pm Sunday. Bags not claimed will be disposed or donated back to race support.

Extra clothing may be dropped at ZEN, & Gravel 2. We will do our best to return it with the drop bags. There is no excuse not to dress warm in the morning.

## Spectator Access to Watch

Our permits require us to have a closed course . The public is not allow to ride, drive, or spectate on the course.

This being said there are a couple of places that friends, family and support staff can reach you while you are racing.

- The Miles 4 -23 miles can be view from the top of canyon view drive in Green Valley. You will be look across the valley. You will not be up-close to the riders.

Feed Zone 1 in Green Valley: Dixie Drive to Canyon View Dr. Go West past the Spa. You can park on the dirt at the top and walk down the hill or take the dirt road and park near the feed zone.

Feed Zone 2 in Santa Clara : Support can access racers at the bottom of Stucki Spings Road in Santa Clara. You can park at the small parking area and walk up the road ( not trail) to the feedzone.

Gravel racers are best viewed at Aid Station 2. Although these are open roads, racer support IS NOT ALLOWED. Any racer found to have a support videicle on course will be DQ'd. This only puts other riders in danger.

- In case of an emergency contact event staff to reach a participant on course.

Only numbered racers and course marshals are allowed on course with bikes



Feed Zones are well stocked and most are full service. ,  
 There will be waterbottle hand ups at MTB 1 ZEN & Gravel  
 1. Hard Rootbeer hill. The Feeds have water, Carbo Rocket,  
 Honey Singer and an array of real food. Each FZ will have  
 lube and tools. Be prepared with your own tubes.

MECHANIC SUPPORT



Zen FZ 9 AM - Noon



Gravel 2- Joshua 1030 AM-2:30

Barrel 2:Pm-5 PM

MTB FEED ZONES

- 1. . Mi 14, 20.6, 57, 63.8 - supported by Joe andrus State Farm
- 2. Mi 38 ,43 ,81, 85.8 -FZ leader John Stavros Bike Patrol

GRAVEL FEED ZONES

- 1. Mi 20 .Fully Stocked - Supported by Team Hammersaw
- 2. Mi 34 , Fully Stocked + Mechanic Support
- 3. Mi 46, Water & Safety ( unmanned)
- 4. Mi 5, 7 Well Stocked, Supported by Bike Hardcore
- 5. Mi 71, Fully Stocked- Supported by Team Hammersaw



# EXPO

## BANDS

Yesousis

## THE FAMOUS UNKNOWN(S)

## INDUSTRY

ENVE - Air filtration Support

Red Rock Bicycle

VeloFlx

Red Stone Olive Oil

Cache Pads

Giordana

Natural Grocery

Zeal Pro

## FOOD TRUCKS -click for menus

[St George Taco Truck \(open 11 am \)](#)

[Havana Cabana\( open 11 am \)](#)

[Pineapple Express](#) open 11 am

## BEER

Saltfire Brewing ( noon-6 pm)

## RECOVERY

Elevated Legs

Sara Wolf Massage of St George

Carbo Rocket Recovery Center

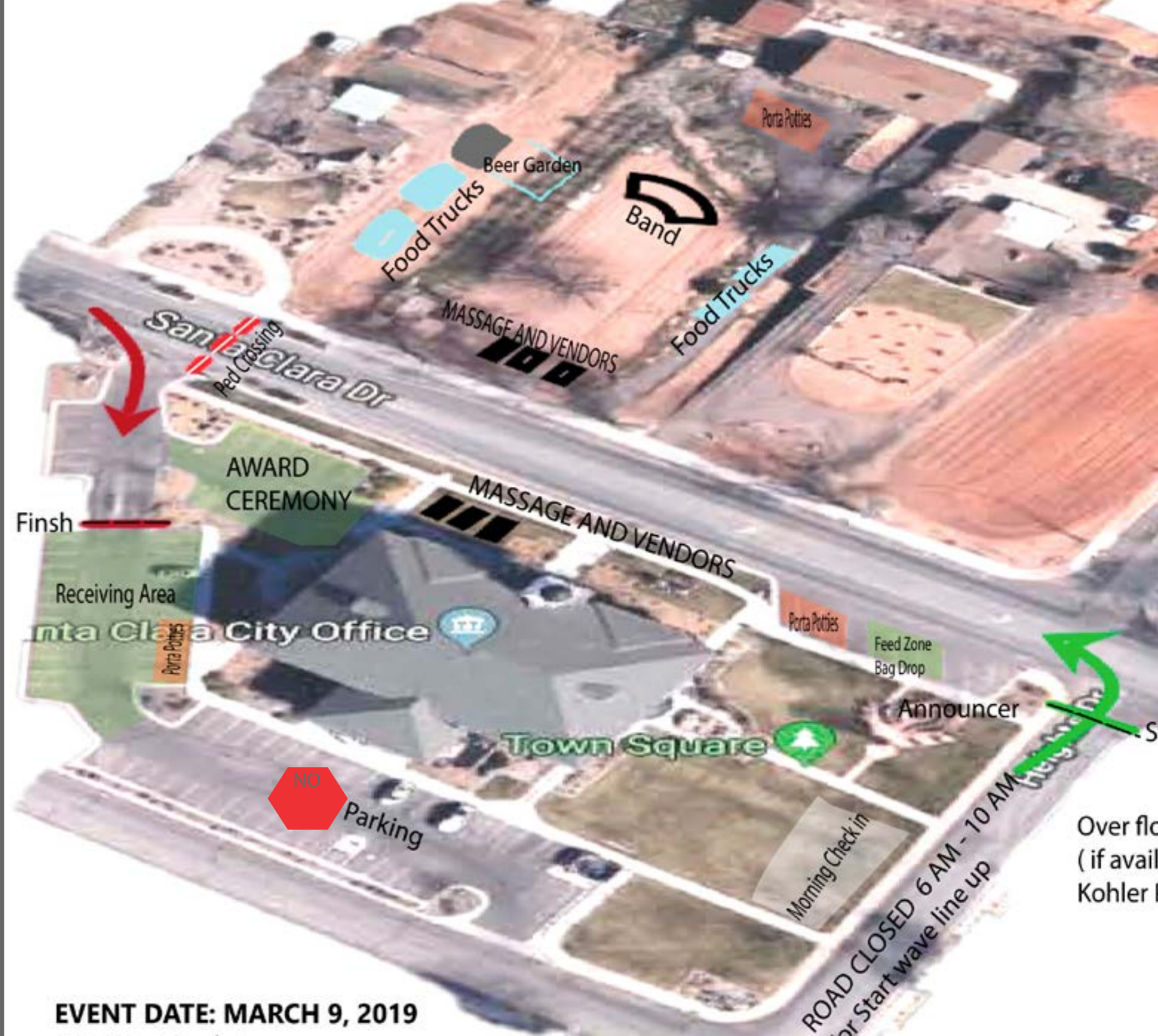
ST George Water Store

## DISPLAY VENDORS

The Edge Resort in Santa Clara

Red Stone Olive Oil

Natural Grocery



EVENT DATE: MARCH 9, 2019

Over flo  
(if avail  
Kohler

# RACE BENEFITS & AWARDS

## WHAT YOU GET WITH YOUR ENTRY

Each Participant will receive an expertly marked course, Custom number plate, live chip timing, food and drink support, access to emergency assistance, post race recovery drinks & Massage, access to vendors, , live music and after party.

### Stage Racer'

Will Receive a goodie Bag, T-Shirt, True Grit Socks, 3 Food Coupons and 3 Post Event Beers

### ALL 100 Mile MTB EPIC and Gravel Racers

Will receive a goodie bag, event T-shirt , 2 post race meal tickets, and 1 post race beers, Socks

### ALL 50 Mile MTB EPIC and Duo Racers

Will receive a goodie bag, event T-shirt, 1 post race meal ticket, and 1 post race beer

### ALL 15 Mile Challenged Racers

Will receive a goodie bag, event t-shirt,

## FINISHER AWARDS

Just DO IT!

ALL 100 Mile, Gravel finishers will get a stainless steel mug.

ALL 50 Mile Finishers get a glass from Cascade Water Resources

ALL 15 Mile finishers will get a finish medallion.



## CASH PURSE & PODIUM PRIZES

\$5000 cash purse guaranteed

In addition to a cash prize, the 1st Place Finisher in each 100 category, Gravel, and 50 Open Categories will receive an entry and guaranteed spot to the next years race.

We will always provide equal pay to Males and Females.

100 Open Male and Female	Female	50 Open Male and Female
1st \$650		1st \$350
2nd \$450		2nd \$200
3rd \$300		3rd \$150
4th \$175		4th \$100
5th \$75		5th \$ 50

- » ALL other 100 Mile Categories will be awarded swag prizes 5 deep.
- » ALL other 50 Mile Sport Categories will be awarded swag and prizes 3 deep.
- » ALL GRAVEL Categories will be Awards 5 Deep



NUE SPONSORS

PLEASE SUPPORT OUR SPONSORS

MEDIA ON COURSE



cyclingnews.com



- Crawling Spider Photography
- Courtney Jacobs Photography
- Dirtwire Tv
- Mtb Yum Yum
- MTB Race News
- Cycling West

Hashtags #goraces,  
#Truegritepic,  
#truegritgravel  
#truegritepicstage



# THANK YOU FOR RACING

## JOIN US AGAIN IN 2020



APRIL  
**4**  
VIRGIN UTAH



JULY  
**25**  
HVOLSVÖLLUR  
ICELAND



APRIL  
**11**  
BEATTY, NV



NOVEMBER  
**7-8**

VIRGIN UTAH